

14 January

WHO WILL BE IVANHOE'S MR TRIATHLON?

This Saturday (18 Jan) the club is holding a change up training session for the players at Watermac in Greensborough, a triathlon. It will start at 7am and will consist of a 400m swim, 10km ride and 4km run, so it should be all done by around 8:30am. Cost is \$12.30 per person. Who will be crowned Mr Triathlon come Saturday morning? You have to be in it to win it!

10 January

HNY & NOW ONTO SEASON 2014

Happy New Year everybody! We hope you've all had a fantastic Festive season full of fun and happiness. It is now though, that we turn our attention to the Season ahead, with pre-season training resuming next week on Monday 13 January at Ivanhoe Park starting at 6:15pm. We all know how tough D2 footy is and if we want to be successful in 2014, it is now that the hard work must begin. So make sure you prepare the best way possible, by getting along to training as often as possible. Training will be Monday and Wednesday at Ivanhoe Park (unless otherwise informed) from 6:15pm. We will be having the occasional Saturday session as well, including next Saturday (18 Jan) at Watermac. Let's make 2014 our year!

23 December 2013

MERRY CHRISTMAS!

We would like to wish all the Ivanhoe family a very Merry Christmas and hope you have a wonderful festive season with your families and friends.

PRE-SEASON RESUMES POST CHRISTMAS

After a great start to Pre-season training, the boys are now enjoying a well earned break for Christmas. Pre-season training will resume on Monday 13 January at 6:15pm at Ivanhoe Park. It will continue every Monday and Wednesday thereafter with some Saturday sessions along the way. The first Saturday training session will be on January 18 at Greensborough Watermac (details to follow). Only together can we make 2014 a huge success, bring on the sweat!

6 December 2013

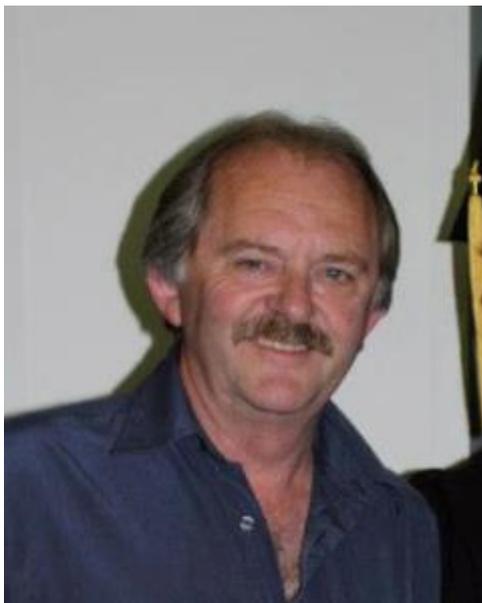
LEFTY SAYS FAREWELL

After 4 terrific years as our Under 19s Coach plus one year as the Assistant Under 19s coach, it is with a heavy heart that Adam 'Lefty' Wright has vacated the role. Due to work commitments Lefty is unable to give his all to the role in 2014. The Ivanhoe AFC would like to thank Adam for all his tremendous hard work over the years (which also includes being on the committee), and wish him luck in the future. We know we will see him around a fair bit. As Lefty himself said, "The way forward is exciting for the club", and he has helped put the foundations in place.



BILL TAKES THE REINS

It is with great pleasure that we announce Bill Emerson as our Under 19s Coach for Season 2014. Bill has spent the last couple of years working as the Assistant Coach of the Under 19s after spending years coaching with the Ivanhoe JFC. Bill will continue helping the development of our young men as they progress from junior football towards senior football and we know they are in great hands. Congratulations Bill and good luck in the coming year.



5 December 2013

BIG ROLES FOR IVANHOE PAIR

After playing major roles in recent years at Ivanhoe Park, two of our own have moved on over the off-season to fantastic roles. These roles show that our young players have been in great hands over the past few years, with ex-Senior coach, Leigh Cole, taking up an Assistant Coaching role at VFL powerhouse club Port Melbourne where he will work as the Forward line coach under Gary Ayres. Ex-Football Manager, Steve McCrystal, has also taken on an exciting role in 2014, a full time recruitment role at AFL club Adelaide Crows. IAFC wish to congratulate both men on their new roles and wish them all the best.



Steve (left) and Leigh (right) in action together

CHRISTMAS WINE SPECIAL

Here's our annual wine special, courtesy Steve McCrystal, that we urge you to take advantage of. Not only is it great value and supports one of our people, it also helps support our club. So if you are a wine drinker or know someone who is, please consider this special. \$100 for a dozen wines, whites and reds including Shiraz, Cabernet Sauvignon, Sauvignon Blanc and Chardonnay. Please contact Steve on 0414649038 to place your order.

4 December 2013

WELCOME ABOARD ANYTIME FITNESS

Ivanhoe AFC are pleased to welcome Anytime Fitness Alphington on as a new sponsor. As part of the deal, Anytime Fitness are offering significantly reduced joining fees to all Ivanhoe AFC members and friends. So all you need to do if you want to add some muscle, keep or get fit or lose a little winter weight is to head to Anytime Fitness, 738 Heidelberg Rd, Alphington (03 9499 6162) and speak with Kate. Make sure you mention you're from IAFC. What are you waiting for, they're open 24/7! Click on the logo to visit their website.

