



ELTHAM REDBACKS FOOTBALL CLUB INC.
ABN 34 394 819 801, Reg No. A0008940Y
Correspondence to: PO Box 236, Eltham, VIC 3095.
Home ground: Wattletree Rd, Eltham North

Vets Program for Over 45s and Social Dads

ERFC has introduced a Vets program that encourages men of all ages to engage in an appropriate football program that has a competitive and non-competitive element with a health and well-being focus. These programs have proved very popular and have helped men of all ages get back into football and fitness with football programs structured to their ability and how they would like to play the game.

- Teams:** Over 45's Played semi-competitively within a private ERFC league
BigKidz Social game played generally once or twice a week
- Times:** Program starts in February, finishes early September
- Places:** Generally no limit
- Where:** Eltham Redbacks Home Ground, Wattletree Rd, Eltham Nth
- When:** O45s matches are on Friday evenings and Saturday afternoons
Training Wednesday night (TBC)
Social Generally weekday (Monday or Wednesday) from 8.30pm -10pm (TBC)
- Uniform:** O45s – full playing uniform supplied. Boots and shin-pads need to be purchased.
BidKidz – no uniform required. Boots and shin-pads need to be purchased.
- Cost:** Over 45s - \$420 – includes playing strip, affiliation fees, team fees, registration fees, hire of training facilities, trophies, all training equipment (balls, cones, bibs, etc), insurance, referees' fees **and a building levy of \$20 for the redevelopment of our clubrooms.**

BigKidz - \$115 – includes hire of training facilities, all training equipment (balls, cones, bibs, etc), **and a building levy of \$20 for the redevelopment of our clubrooms.**
- Enquires:**
- Over 45's players <http://elthamredbacksfc.org.au/join-our-vets-over-45s-players-wanted/>
- Social player's bigzkidz@elthamredbacksfc.org.au