

CORRIGIN TIGERS FOOTBALL CLUB



President: Darryle Smith - president.corrigintigers@yahoo.com 0427 060 570

Secretary: Kelli Hawkins - corrigintigers@yahoo.com.au 0452 487 701

Treasurer: Erin Warwick - treasurer.corrigintigers@yahoo.com

C Grade Co-Ordinator: Claire Parsons - c-grade.corrigintigers@yahoo.com

Auskick Co-Ordinator: Glenn Burling - corriginauskick@gmail.com

Web: www.corrigintigers.com.au

PO BOX 190, Corrigin WA 6375

SMITHY SAYS...



'Smithy'

Think Mental Health Round is coming up when we take on Kulin/Kondinin in round 8. Across all levels, we are excited to play KKFC and are keen for repeat of results after our first clash of the season, where we played them on Anzac Day - it was great footy and we were honored to be able to show our respect and remember the ANZAC's, in our first ever Friday game. Football aside, myself and the club strongly believe the *Think Mental Health Round* is an important round, promoting Mental Health Awareness - from information on eating, exercising & getting enough sleep, to seeking help if you need it. Check in with your mates, family - start the conversation. We have some more information in our newsletter, please give it a read.

Some important contact numbers are:

Lifeline 13 11 14

Suicide Call Back Service 1300 659 467

Beyond Blue 1300 22 4636

RESULTS

ROUND 7

LEAGUE: BR 10 5 65 V CR 12 6 78

RESERVES: BR 5 7 37 V CR 6 12 48

COLTS: BR 12 7 93 V CR 3 5 23



Let's go tigers!

ROUND EIGHT

Saturday 21st June
Kulin/Kondinin (Kulin)
V
Corrigin

COACHES CORNER

As we head into our second bye in 3 weeks, we have both teams in strong positions at the half way point of the season. B grade sit equal second and A grade third. We walked away from Bruce Rock last week with two very hard fought victories and take a lot of confidence out of both games. This weekend the southern colts carnival is taking place where we are heavily represented. Congratulations to Jarrad Coppen, Zac Sprigg, Blake Gardner, Tyson Bell, William Prosser and Zach Courboules on selection and some very strong performances! Also congratulations to Kyle Hewett on coaching the team to some very good performances!

Go Tigers



Brod Walton

STAYING MENTALLY FIT

Staying mentally fit in life requires knowledge and skills about how to protect and promote wellbeing.

Mental fitness is something we can build, maintain and grow to help us cope with stress and life challenges. There are many actions we can take to build and maintain our mental fitness, by:



Getting good quality sleep



Regularly keeping physically active



Eating a high-quality diet



Avoiding cigarettes and making healthy choices around alcohol and other drugs



Spending time in nature



Learning and practicing relaxation strategies and ways of regulating how we feel



Learning to manage unhelpful thoughts



Learning the social and emotional skills to cope with life stress and solve problems in life



Building positive and respectful relationships in footy and in life



Staying involved and engaged in fun activities, such as footy, that build confidence and give us a sense of purpose, meaning and accomplishment



Giving to others and contributing to a charity or cause



Treating everybody with compassion and respect



Recognising when we are struggling and knowing where to go for support



Recognising when others are doing it tough and having the skills to reach out to help them get the support they need

Doing these things on a regular basis can enhance our mental fitness and reduce our risk of experiencing mental health challenges. They can also save someone's life.

Find out more



AFL PLAY



URGENT HELP



How to check in on someone

Helping others and providing support can make a difference for someone who is having problems and going through a tough time. If you think someone you care about isn't going so well, try the following tips on how to support them and continue to check in on them.



Talk

For most people, just asking if they are okay and listening can make a difference.

By simply being there for someone, they can feel less alone and more supported to open up and talk about how they are really feeling.

Asking open ended questions that require a response is a good way to start the conversation.

FOR EXAMPLE:

- How are you going? What's been happening in your life lately?
- You don't seem quite yourself lately, is something bothering you?
- You seem upset or worried, what's going on? Can I help with something?
- I've noticed you're not going out much lately, anything going on?



Do an activity together

Activities create conversation. Find an opportunity during everyday life activities to start the conversation and ask them how they are really feeling. Try doing activities together such as:



GOING FOR A WALK



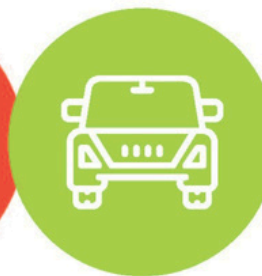
GOING TO AN
EVENT TOGETHER



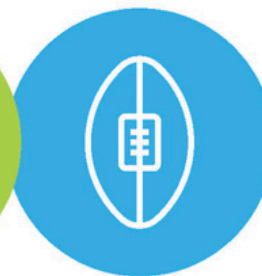
GOING FOR A COFFEE
OR A MEAL



KICKING THE FOOTY,
PLAYING A GAME,
SURFING ETC



GOING FOR A DRIVE



ANYTHING THAT
ENCOURAGES OR PROVIDES AN
OPPORTUNITY TO HAVE A CHAT



Listen

Just being there for someone and offering a listening ear can make a difference.

1. Show them that you care and are here to listen to them.
2. Have patience, let others talk and don't judge.
3. Be reflective by repeating what they have said.
4. Keep calm and accept that they may disagree with you.



Provide support

If the person you're concerned about is in a life threatening situation, or is at risk of harm to themselves or others, call 000.

Getting help early can make a difference. A good place to start is:

- Talk to your GP or someone you trust.
- Call a support line.
- Contact a support service.
- Try the Think Mental Health check-up tool.

They may also need your support while they look for professional help.


think
MENTAL HEALTH

For more information visit
thinkmentalhealthwa.com.au

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Save the Date

CORRIGIN FOOTBALL CLUB
PRESENTS

Ladies Night
19th OF JULY 2025

TICKETS ON SALE FROM THE
1st OF JUNE

EVERYONE WELCOME

DINNER, DRINKS & FUN
AVAILABLE WITHOUT A
TICKET

Ladies Night
Saturday 19th July

Ladies Night Tickets

<https://www.trybooking.com/events/landing/1411903>

or use the QR Code



Ladies Night Raffle

DRAWN ON 19th OF JULY 2025
RESULTS ANNOUNCED AT LADIES NIGHT & PUBLISHED
IN THE WINDMILL

\$10 TICKETS

1st Prize
2 NIGHTS AT DUXTON PERTH
WITH INCLUDED BREAKFAST, BOTTLE OF WINE & LATE CHECK OUT
VALUED AT \$499

2nd Prize
SWAN DRAUGHT ESKY
WITH 2 BLOCKS OF EMU EXPORT
VALUED AT \$350

3rd Prize
2 WANDERER MOON CAMPING CHAIRS
VALUED AT \$295

4th Prize
\$100 TRADEWINDS HOTEL VOUCHER
VALUED AT \$100

5th Prize
HIGH TEA FOR 2 AT THE ESPLANADE FREMANTLE
VALUED AT \$94



PAULINE SMITH
08 938 231 439
CORRIGIN FOOTBALL CLUB INC.
PERMITS 17 063725

We have printed raffle
tickets available from Pauline or
online tickets on the link below

<https://rafflelink.com.au/corriginfc-ladies>



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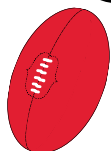
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COLTS



ROUND 7

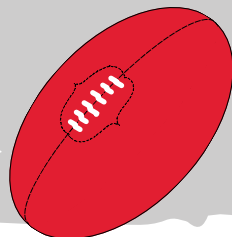
BRUCE ROCK

V

CORRIGIN



Round Seven



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E.O.F.L LADDERS

LEAGUE



#	TEAM	P	PTS	%	W	L	D	BYE
1	Southern Cross FC League	7	28	252.79	7	0	0	0
2	Burracoppin FC League	7	20	114.07	5	2	0	0
3	Corrigin FC League	7	16	114.97	4	3	0	0
4	Hyden/Karlgarin FC League	7	16	105.21	4	3	0	0
5	Kulin/Kondinin FC League	7	16	93.10	4	3	0	0
6	Naremben FC League	7	12	82.73	3	4	0	0
7	Nukarni FC League	7	4	46.75	1	6	0	0
8	Bruce Rock FC League	7	0	70.74	0	7	0	0

RESERVES



#	TEAM	P	PTS	%	W	L	D	BYE
1	Burracoppin FC Reserves	7	24	239.69	6	1	0	0
2	Nukarni FC Reserves	7	20	182.67	5	2	0	0
3	Corrigin FC Reserves	7	20	131.50	5	2	0	0
4	Kulin/Kondinin FC Reserves	7	16	137.35	4	3	0	0
5	Southern Cross FC Reserves	7	12	146.84	3	4	0	0
6	Bruce Rock FC Reserves	7	12	125.20	3	4	0	0
7	Naremben FC Reserves	7	4	34.95	1	6	0	0
8	Hyden/Karlgarin FC Reserves	7	4	18.53	1	6	0	0

COLTS



#	TEAM	P	PTS	%	W	L	D	BYE
1	Naremben FC Colts	4	16	769.70	4	0	0	0
2	Kulin/Kondinin FC Colts	4	12	122.15	3	1	0	0
3	Southern Cross FC Colts	3	8	101.40	2	1	0	0
4	Bruce Rock FC Colts	2	4	149.25	1	1	0	0
5	Corrigin FC Colts	5	4	60.37	1	4	0	0
6	Hyden/Karlgarin FC Colts	4	0	29.18	0	4	0	0
7	Burracoppin FC Colts	0	0	0	0	0	0	0
8	Nukarni FC Colts	0	0	0	0	0	0	0

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VOLUNTEERS NEEDED

There are always opportunities to volunteer at the club on home games. We need goal umpires, time keepers, scorers, water runners & runners.

If you want to help, contact

Trav Hewett or Sam Shreeve

or send us an email.



Players representing the Corrigin Football Club in the Eastern Districts Colts team playing at the Great Southern Colts Carnival this weekend.

Jarrad Coppen, Zac Sprigg, Blake Gardner
Tyson Bell, William Prosser and Zach Courboules.

Don't Forget

To bring a plate of afternoon tea for all home games!



Add to your diary

THINK MENTAL HEALTH ROUND 8

SATURDAY
21ST JUNE

BURRACOPPIN V SOUTHERN CROSS
HYDE/KARLGARIN V NUKARNI
BRUCE ROCK V NAREMBEEN
KULIN/KONDININ V CORRIGIN (KULIN)



HANNAFORD SEEDS ROUND 9

SATURDAY
28TH JUNE

SOUTHERN CROSS V BRUCE ROCK
CORRIGIN V BURRACOPPIN
NAREMBEEN V HYDEN/KARLGARIN
NUKARNI V KULIN/KONDININ

BYFIELDS ROUND 10

SATURDAY
5TH JULY

NUKARNI V CORRIGIN
HYDEN/KARLGARIN V BRUCE ROCK
SOUTHERN CROSS V KULIN/KONDININ
NAREMBEEN V BURRACOPPIN

NUTRIEN AG SOLUTIONS COUNTRY FOOTBALL CHAMPIONSHIPS - 11-12TH JULY

COMING EVENTS

Ladies Night
Saturday 19th July



Saturday 26th July



[Corrigin Tigers Football Club](https://www.facebook.com/CorriginTigersFootballClub)

Find us on Facebook to keep up to date

CORRIGIN FOOTBALL CLUB
LET'S GO TIGERS