



EASTERN INSIDER

THE OFFICIAL NEWSLETTER OF THE EASTERN FOOTBALL LEAGUE
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EASTLAND



FROM THE CEO

GROWTH | Female participation now equates to over 25 per cent of total participants in the EFL, and we are excited about the evolution of our clubs and the positive impact they are having on their respective communities. [CLICK HERE](#) for more.

JUNIOR FOOTBALL

SILENT SUNDAY | Throughout Rounds 11 and 12 this year, the EFL will be introducing a new initiative, *EFL Silent Sunday*, for the junior boys and girls competitions. As expectations around respect and responsibility rise within the community we feel it is our obligation to assist clubs with initiatives such as this. [CLICK HERE](#) for flyer.

GAME DEVELOPMENT

ACCREDITATION | All coaches need to be accredited and compliant on CoachAFL. The option of 'No Coach Selected' is now removed as an option on Sports TG. Correct coaches are to be selected on the team sheets, failure to do so may result in League-issued fines.



JOIN THE AFL COACH COMMUNITY

Get accredited, get educated and be the best coach you can be



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MEDIA

EFL MOBILE APP | Download the official EFL mobile app for all game-day team lists, fixtures, results, ladders and news. Download Team App on Google Play or App Store and search Footy EFL.

BROADCASTS | Tune in to 1377 SEN+ or video stream on *EFL.org.au* from 1pm this Saturday as Balwyn hosts Rowville in Premier Division. The official League podcast, *EFL Insight*, is available each Thursday via *EFL.org.au*. Listen to *EFL Sunday* from 10am - 12pm on 1377 SEN+.

TIPPING | Check out the *EFL.org.au* leaderboard after Round 12, or register for the online competition. [CLICK HERE](#).

SPECIAL OFFER

RECOVERY PROGRAMS | Rise Health Group is running AFL performance and recovery programs, with a special offer to those registered with an EFL club. [CLICK HERE](#) for flyer.

