



# FOOTBALL SOUTH COAST

Volume 3: May 2013

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## News and Events



FSC has been busy working on some great new competitions and school holiday ideas to keep our kids busy whilst enjoying our great game. Be sure to like our Face Book page so you can keep up to date with all these exciting new programs. FSC is affiliated with FFA and FNSW and all of our programs are run by some of the most highly qualified coaches in the region.

Elite football is on its way to Wollongong! The Qantas Young Socceroos will be playing against the U20 NZ team in their final game before the U20 FIFA World Cup.

Let's support our Young Socceroos and enjoy a great game of Football at WIN Stadium on Monday 10th June 2013 (public holiday) kick off at 2pm. Get your tickets through Ticketek.

## Chippers is coming!

Another treat for our Football community.

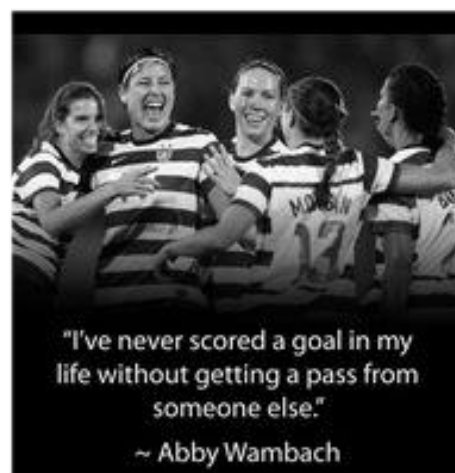
Recently Tarrawanna Football Club announced that Scott Chipperfield will be playing in the Illawarra Mercury Men's Premier League.

The 37 year old is scheduled to play his first game against Coniston on 15th June.

What a great opportunity to see a former NSL title winner and Socceroo back in action in his home town.



## Quote of the month:



## First Aid Information: Did you Know?



Always assume that a person who is unconscious has a spinal injury until proven otherwise. Do not move a conscious person complaining of spinal pain or numbness and/or inability to move arms or legs, unless they are in immediate danger or have a blocked airway. If the injured person is unconscious but breathing roll them gently on to their side while supporting the head and neck in a midline position. If the injured person is conscious hold the head with your hands in its current position until the ambulance arrives. Should you suspect a person has a spinal injury dial Triple Zero (000) immediately and ask for an Ambulance.





# FOOTBALL SOUTH COAST



## Chairman's Corner

Firstly, welcome to Ann-Marie Balliana as our new CEO and MD of Football South Coast. It's been a busy month and what a football feast we have coming up. We have a visit from the Matilda's coach, the Young Socceroos playing at WIN stadium, Sydney FC coming for a clinic and our first ever FSC Sports luncheon is taking shape.

It's proving to be a great month of football and it's great to see the FFA and A-League teams taking an interest in our region and it's passion for football.

We also have our local hero Scott Chipperfield playing for Tarrawanna in the Illawarra Mercury Premier League. What a great opportunity to see a former Socceroo back on his home turf.

A big thank you to all our sponsors especially the Illawarra Mercury, Peoplecare, the Illawarra Credit Union, Spartan, Railcon and Villa D'Oro. Your support to our football community is always appreciated. **Eddy De Gabriele**



## Sydney FC is coming to town

On the 12th June 2013, 4 Sydney FC players will conduct a clinic with 60 juniors. FSC has randomly selected these players across all of our junior clubs.

The clinic is due to start at 4pm at Harry Graham Park, Figtree and anyone not attending the clinic (including our coaches) are more than welcome to come and watch the Sydney FC guys in action. At 5pm the Sydney FC players will be signing autographs and everyone is also welcome to attend this part of the afternoon.



## CEO Update

There's no other way to put it. I love football!

Football has been a part of my life for a very long time as a club volunteer, player, Board member and now as a mum of a footballer (my little guy plays in the U6's!).

I am very excited about leading FSC forward with the vision and focus of a fantastic board. Thank you to everyone that has welcomed me into this role.

The first thing most people have said to me is that we have a big job ahead. And yes, of course we do - we have 12000 registered players in this region and FSC needs to continue to make the experience of football bigger and better for all our new and existing players.

Player and coach development continues to be a key area of focus. Not only for elite player's, but giving every junior access to great football. And our coaches... they play a crucial role in ensuring that football is an enjoyable experience for everyone.

Our infrastructure really needs to keep pace with us - and our recent Home of Football submission must surely get our government to see the demand for the right facilities for our sport.

Just as important is giving our clubs and volunteers the support they need - this is the key to successful football in this region.

I am also really excited about the first ever FSC Sports Luncheon we are organising which will take place on the 28<sup>th</sup> June (Friday) – so lock it in your diaries. We have some very special guests including Lyall Gorman the Executive Chairman of the Western Sydney Wanderers. More details of this exciting event will be coming soon.

Yours In Sport

Ann-Marie





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## From the FSC Technical Director: Glenn Fontana



Football South Coast continues to focus on junior development in the region. The FSC Academy and clinics are conducted by highly qualified coaches and are affiliated with FNSW and FFA.

Don't forget to book a spot in our July School Holiday clinics which will be conducted at Figtree, Balgownie, Thirroul, Albion Park and Helensburgh. Check out the FSC Website for further details on dates and times.

## Men's

Wollongong United have stormed into the last eight of the prestigious FNSW Waratah Cup after an upset two goals to one victory over Sydney United from the NSW Premier League in the Round of 16 at Macedonia Park.

The win was all the more meritorious as Sydney scored inside the opening ten minutes before the home side bounced back to lead at the break and then withstood a strong fight back from their more illustrious visitors in the second period to record a famous victory.

Wollongong have now taken on the mantle of giant killers in this season's competition after also knocking over another Premier League side, Blacktown Spartans in the previous round.

We wish Wollongong United all the best in their quest to reach the semi-finals.



## Amateur's

The FSC Men's Amateur competition kicked off on the 30th of March with 3 divisions of all age and 3 divisions of Over 35's. With a couple of washed out rounds there has been 8 rounds completed. Early leaders of the competition are: Div 1: Port Kembla Puma, Div 2: Hogs FC and DU Pirates, Div 3: Warrawong Wizards, M 1: Coledale Wave, M 2: Oak Flats Falcons, M 3: Dandaloo Hoodoos





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## Football South Coast Futsal

"I played Futsal for 2 or 3 years before I joined Santos. Futsal was important in helping to develop my ball control, quick thinking and passing....

.also for dribbling, balance and concentration...futsal was very, very important, no doubt.' Pele



Football South Coast Futsal at the Frat is the only outdoor Futsal competition in the Illawarra. With men's, women's, mixed and junior comps - there is something to suit all levels of players.

We will soon be offering our first ever Futsal Mastery Clinic for our juniors. Stay tuned for all the details. A great way for kids to develop their skills, meet friends and 'have a ball' during the school holidays.

Social bookings also available.

## Junior's

Eight rounds of Junior Football have been completed. The next phase of the Association Cup and Plate competitions will take place over the next few weeks with finals scheduled on the weekend of June 29 and 30.

It is round 3 of the FNSW state cup knockout competition with FSC still having teams in the Under 13, Under 14, Under 16, Under 17, Under 14 Girls, Under 18 Girls. Disruption last weekend with wet weather will see these games rescheduled; though Unanderra U16's were able to play and won their match in golden goal.

There is another opportunity for a Junior Licence to be held at Albion Park from June 26 – another 6 candidates required. Please contact your secretary ASAP.

## Check out this poem!

### A Young Child's Poem Touchline Shouting

Touchline shouting, that's all I ever hear,  
I'm so confused and filled with fear.

I'm only ten year old and football should  
be fun, but with all this noise I don't know  
which way to run.

"Get back in defence!" my manager  
shouts.

Dad shouts, "Get up front and deal with  
these louts!"

Loud mouth supporter, who knows all the  
rules (he takes the rest of us for fools).

Shouts, "What are you doing lad? Your  
head's in a spin!"

Is it any surprise, with all this din?

I am only a child, so why do you all try to  
destroy, what I'd love to enjoy?



The Illawarra Credit Union is a long-standing sponsor of Football South Coast and together we have been working on a mutually beneficial partnership for all players, officials, family members and friends. The partnership will offer an opportunity for clubs to receive ongoing financial support. Stay tuned for more details on the partnership and ways for your club to get involved in this initiative in the next newsletter. Watch this space!





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## Women's

Hesterine Dereus, the current Matilda's coach will be coming to visit representatives from FSC and the Stingrays on the 6<sup>th</sup> June for a forum on player and coaching development.

What a great opportunity for our region to hear from our current national coach. Hesterine will also attend the Elite Girls Clinic and spend some time with our potential Matilda's.

Some more great news. Training lights are being installed at JJ Kelly Park and will be completed by the end of June. This will also accommodate night games for our local league. Let's hope this is a sign of things to come to improve our infrastructure and football facilities.



## A word from Figtree Physio:

Figtree Physiotherapy is excited about an ongoing partnership with Football South Coast (FSC) to (1) increase the sports medicine knowledge of all members of the local Football community and (2) attempt to decrease the number of injuries associated with football.

We'll be doing this through regular stories on the Football South Coast web page with our regular "From the Physio Room" articles and ongoing free sessions to clubs, parents and strappers.

Over the next few months there will be updates on the FIFA 11+ warm up protocol which is showing some great results in injury prevention and exploring specific risk factors for female footballers and discuss ways to prevent injury in this special athletic group.

There will also be updates on the topics and issues raised at the recent "Football Medicine and Strategies" conference in London this year. You'll also be treated to an insight into the training and medical facilities of visits to Arsenal FC (England) and Lille FC (France).

**Matt Whalan**

## Corporate Futsal and the Frat

The first ever Corporate Futsal at the Frat competition has been a huge success. All teams involved have commented on the great environment, the networking opportunities and the benefits of teamwork and keeping fit.

The next competition is starting on the 26<sup>th</sup> June 2013. Games take place on Wednesdays commencing at 12pm. Have fun and keep fit!

