



FOOTBALL SOUTH COAST

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News and Events



Wow. What a month!

The Young Socceroo's came to town and drew a crowd of just over 2,200. It was a great turn out and enjoyed by all that attended. We wish our Young Socceroos all the best as they play in the FIFA U20 World Cup. Corey Gameiro a South Coast Wolves Junior is of course part of this squad.

Brett Emerton was amongst the Sydney FC players that were at Harry Graham Park for a clinic with 60 lucky juniors.

Hesterine deReus the Matildas coach spent the day with FSC and Stingrays representatives and attended our Elite Girls Clinic. In fact Hesterine loved her time here on the South Coast so much, she will be back again in August for a coaching clinic.

How can we forget our Socceroo's making their third consecutive World Cup. What a great achievement. Of course our very own Albion Park Junior Luke Wilkshire was part of the squad that beat Iraq in Sydney with a crowd of over 80,000 people. What a great night for Australian football.

Our Very Own Matilda's

Westfield Matildas Head Coach Hesterine deReus recently announced her 20-player squad for the upcoming European Tour. Michelle Heyman and Caitlin Foord, both from Shellharbour are part of this squad.

Our Matildas are currently ranked 10 in the FIFA World rankings. Go Girls!





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Chairman's Corner

I was amongst the 80,000 strong crowd that got the opportunity to watch history in the making.

Our Socceroo's off to their consecutive World Cup in Brazil. The atmosphere, the noise and the success are all part of the growing strength of football in this country.

Lucas Neill said on the night that sometime soon, Football will be the number 1 sport in Australia. In some ways it already is – it is by far the greatest participation sport in the country with over 200,000 registered players in NSW.

12,000 thousand of these players are registered with FSC and an astonishing 7,500 of these players are juniors. And we keep growing every year.

As always 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**



CEO Update

Football in this country just keeps getting stronger. Our Socceroo's are off to Brazil, our Matildas are on the road to Europe and our Young Socceroo's are currently playing in the U20 FIFA World Cup. We are proud to have a strong representation of South Coast players in our elite national teams.

Over the last month I have been busy working on a submission to the State Government for infrastructure funding. We at FSC are continuing to lobby all levels of government. Our football family makes up a huge part of our population and there is a huge need to better service our players, coaches and volunteers with better facilities.

I also recently met with a wonderful woman who is involved in youth homelessness programs. We got talking about the benefits of sport. Most of us love the game of football for what it is – a game. The opportunity to get exercise, have fun and win.

Most of us underestimate the social benefits of this wonderful game. It's a game that encourages leadership, teamwork and discipline. It's a game that encourages social networks and support, the establishment of great friendships and provides an opportunity for our youth to have mentors and role models.

Speaking of mentors and role models, at our sports luncheon I had the opportunity to speak at great length with Lyall Gorman.

He told the guests at the luncheon that the key drivers of the WSW were their pride, passion and to always have a go and never give up. It has certainly worked for the Wanderers!

Yours In Sport

Ann-Marie Balliana

Quote of the Month



FOOTBALL SOUTH COAST

From the FSC Technical Director: Glenn Fontana



Our July school holiday clinics have been a huge success with over 400 players participating in these clinics. The weather has called some havoc but its all systems go. Be sure to like our FB page and regularly visit our web page for any updates.

The FSC Academy and clinics are conducted by highly qualified coaches and this is the reason why our clinics keep growing.

Don't forget we are FFA and FNSW affiliated.

Our Rich History of Football

Did you know that Balgownie Rangers is the oldest running registered club in Australia formed in 1883?

And how about Tarrawanna Soccer Club - 100 Years Young.

Thursday June 20 was a significant day in the history of Tarrawanna Soccer Club. On that day, the first Competitive Football Match by a Tarrawanna Team was played at Tarrawanna 100 years ago.

As though to mark the occasion, arguably Tarrawanna's greatest ever and certainly most celebrated player, Scott Chipperfield, scored two goals on Saturday in the Blueys emphatic four goals to nil victory over Bulli in the IPL.



Watch this Space....



Illawarra Credit Union is currently working with Football South Coast to bring you 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.

We have a great range of products & services at really competitive rates, jump onto illawarracu.com.au to find out more. Stay tuned for details in the next newsletter on how your club can get involved.





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Football South Coast Futsal

If you missed out at our School Holiday Clinics – don't forget our Futsal Mastery School Holiday Program.

It's played at the Frat and the kids get a one hour fitness training session with our friends from Reflex.

U6-U9 are being held on the 8th and 9th of July and U10 – U13 will be held on the 11th and 12th July.

Some of the greatest players in the world starting off playing Futsal. Lionel Messi, Cristiano Ronaldo and Xavi are just a few.

It's also a great way to train when any of your local club grounds are unavailable – our courts at the Frat consist of an artificial surface and so are much more weather resistant – especially with the rain we've had!

'As a little boy in Argentina, I played futsal on the streets and for my club. It was tremendous fun; it really helped me become who I am today'.

Lionel Messi – three time FIFA World Player of the Year



Our Junior Development Squads

During 2013, FSC has continued to expand our development programs for boys and girls. These program costs are funded by FSC with the purpose to give opportunities for players to improve skills and techniques under the guidance of the FSC Technical Director and accredited coaching and to allow continual identification of talented players.

The development squads cover U8 to U9 players where the players are nominated by the club and U10, U11 boys, U10, U12 and U14 girls are selected during trials.

The programs are all part of the FSC pathway for players who have the potential to continue on the FSC pathway to representative teams which include SAP (Skills Acquisition Program), RLC (Regional League teams), South Coast Wolves and Illawarra Stingrays.



The feedback from coaches and parents has been very positive and the standard of players nominated was very high, a special thank you to all clubs that supported this program and most of all these young players enjoyed the experience.

At the end of the year FSC will review all programs and resources and continue to work with clubs, coaches and players to progress junior development even further.



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Women's

Representing Football South Coast in the All Age Women's FNSW State Cup are Albion Park and Tarrawanna. The teams had a bye in the first round and easy win in the second. In round 3 Albion Park defeated Manly Vale 2 -1 in extra time and Tarrawanna defeated Mt Annan 4 nil. In the quarter finals Albion Park defeated Sydney University Blue 3 nil and Tarrawanna defeated Dunbar Rovers 2 - 1.

Both have made it to the semi finals being played on the 30th June. Albion Park will play Queens Park and Tarrawanna will play Brookvale 1.

If both teams win they will meet each other in the final on the 14th July at Valentine Park, Parklea.



A Word from Figtree Physio: The Female Footballer



One of the great things about football is that it is a game for everyone. Male or female, young or old, football is a game that anyone can play. With this though comes a specific risk for each group. The female footballer is three times (3x) more at risk of injuring their knee than a male footballer – specifically – of rupturing their Anterior Cruciate Ligament (ACL). The ACL is a vital ligament in the knee for stability and you cannot change direction while playing sport without it. The only way to fix the ligament is through a knee reconstruction which then will lead to 6-9 months of intensive rehabilitation.

The reasons that female footballers are more at risk are many including:

1. Hormonal differences – leading to more laxity in the ACL
2. Biomechanical differences – wider pelvis leading to more ACL strain
3. Structural differences – smaller ACL 'footprint' in the knee
4. Less muscle mass than male athletes

Ways to Prevent ACL injuries in the Female Footballer:

1. Improve and teach landing and jumping techniques
2. Education for female footballers
3. Specific warm up protocols such as the FIFA 11+ to improve coordination
4. Coaches to be aware of the risks and structure training sessions appropriately

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Bam Bam is heading your way!

The Football South Coast team recently participated in the Food Patrol corporate challenge and lost a combined total of 59.4 kg's amongst the five participants - and was the winners of the challenge.

We were all so amazed at how easy and manageable the Food Patrol program was and are reaping the benefits of looking good and more importantly feeling great.

We want our football family to be the healthiest sporting code on the South Coast and so we are pleased to announce we will be partnering with the Food Patrol over the next few weeks to help you kick start your weight loss goals while raising funds for your club.

Bam Bam and the Football Patrol crew will be coming to a ground near you - so keep a look out on our Facebook page and our website for all the exciting details.

The best thing about winter is that summer is just around the corner - and we want you to look and feel great.





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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.

MMJ play the Fraternity Club in the finals and FSC and Wollongong Council play off for 3rd and 4th Spot.

Contact FSC for all the details on our next competition....



Fraternity Club



MMJ Wollongong

South Coast Wolves Update

As we move closer to the business end of the season, it is fair to say things have not gone to plan. We are under no illusions on just how difficult it is going to be to ensure survival in the Elite 1 competition. Players, coaches and the board are all pulling out all stops to fight all the way to the finish line. We have recruited Steve Hayes and Aaron Calver, both players bring further depth and stability to our playing roster which has taken a hit through injury and suspension.

There is a saying "what doesn't kill you makes you stronger". For our club and team, I have no doubt that if we survive this year, we will have learnt lessons and if we can keep the bulk of this squad, they will be stronger for the experience.

Our juniors have shown improvement as the season goes on and I am satisfied with their progress and the future bodes well. One of things this club desperately needs is its own home base for playing and training. This will take a great deal of financial pressure off the club and help it re-establish itself as a driving force.

I urge all supporters of football to get out to each and every Wolves home game from here on in showing your support and bringing the boys home. **Bobby Mazeovski**