



Volume: July 2013

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News and Events

It's been another busy football month!

We've launched our Summer Football Competition for Juniors and Seniors, had three State Cup champions from our area, announced a Sydney FC pre season trial game and have introduced our 'All Ages All Abilities' program. .

How about our visiting EPL teams?

What a fantastic vision of having over 85,000 in Sydney and 95,000 in Melbourne to watch two of the most famous clubs in the world. Let's hope this is a sign of things to come for football in Australia.

Sydney FC is coming to Wollongong

Another treat for our Football Community. Sydney FC will be having their first A-League preseason game against the Newcastle Jets on the 14th September.

Not only will we get to see a former Juventus star in action but there are so many of our local stars that will be part of the A League and playing for Sydney FC and also Newcastle.

Corey Gameiro, Matty Jurman, Pedj Bojic are all in the Sydney FC squad this year and are all former Illawarra juniors. Ruben Zadkovich is part of the Newcastle Jets team. Tickets are on sale through Ticketek. Don't miss this great opportunity to see legends of the game and our own local heroes.

Summer Football Is HERE!!

Win Tickets to Sydney FC and a training session with Corey Gameiro



FSC is excited to announce our first Summer Football Competition. Junior's play each Saturday morning commencing at 9am and this is a SunSmart Competition. Seniors will play on Tuesday nights. Check out our web page for more details. Register as a team or an individual.

Juniors that register before the 15th August will be in the running to win:

- 5 tickets to the Sydney FC friendly; and
- 20 players will have a private coaching session with our very own Young Socceroo and Sydney FC player Corey Gameiro.



CEO Update



It's been an exciting month with the launch of our exciting new Summer Competition and our All Ages All Abilities Program. Football is such a diverse sport. It can be played across all ages, all skills and any gender. FSC is delighted to announce that we have been working closely with The Disability Trust as part of our All Ages All Abilities Program and will be having an Open Day on the 14th September 2013. We have included a copy of the information flyer as part of the newsletter.

It has also been a big month in terms of our efforts towards securing better infrastructure for our game. FSC submitted an expression of interest for a Sporting and Football Community Complex at West Dapto as part of the \$100m Restart NSW Infrastructure Fund. In addition we have submitted a funding application through Regional Development Australia - Illawarra.

The eligibility for funding was all around long term job and economic growth. Football can be a big contributor to this through tournaments that can be attracted to this region with these facilities.

Thank you to everyone that has been involved and supported the 'Time to Make Up Ground' campaign.

I have also met with all levels of government including local, state and federal. We need to continually push our government to not only understand the potential for football in this region but the huge challenges we currently face right now due to our growth and lack of facilities.

There are of course so many competing proposals for this \$100m, but we will continue to fight for football no matter what the outcome is.

Ann-Marie

Chairman's Corner



It is great to see so many of our initiatives in FSC finally coming to fruition. In particular our Summer Football and our All Ages All Abilities Program.

It's great to see A-league in the Illawarra. FSC will be hosting a corporate function for the pre-season game between Sydney FC and Newcastle Jets. Keep an eye out for the details.

Our school holiday clinics were a huge success this July which is a reflection on our quality coaching staff.

On the top of our agenda is addressing the infrastructure needs of our sport. Our objective is for the best long term strategy for football in this region and we are continually working towards this. **Eddy De Gabriele**

Quote of the Month





As we approach the last month of the competition, our senior teams face a huge battle to avoid finishing bottom of the club championship. We are in a 3-way tussle with Apia and Central Coast; both of which we play in the penultimate and final rounds of the season. This is going to be one of the most important months in the clubs recent history.

Our junior teams have been getting better every week and we have our under 12 and 13 teams both sitting in playoff contention whilst our under 14 and 15 teams continue to surprise their opposition each week who dare to take them lightly. With reports that the junior SAP teams doing well coupled with the form of our junior teams, it bodes well for the future of the Wolves.

I urge all football fans of the Illawarra to get out and show your support to the Wolves particularly for our last two home games of the year which could be pivotal. **Bobby Mazevski - Chairman**

From Glenn Fontana: Technical Director

We had an amazing attendance at our July School Holiday Clinics with over 500 boys and girls attending including our new Futsal Mastery School Holiday Clinics.

Our development squad program activity is heavily underway. 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.

Given the recent growth in our junior development programs and the ever increasing focus of FSC to improve the quality of coaching across our region, FSC is seeking an Assistant Technical Director to work on a part time basis (mainly afternoon and some weekend work) to assist the FSC Technical Director. Check out our website for more details.





STATE CUP SUCESS

What outstanding success we had in the State Cup this year. Congratulations to all teams that participated especially:

- **Shellharbour under 14 girls**
- **Balgownie under 16 boys**

As a demonstration of the strength of women's football in this region – two of our teams, Albion Park and Tarrawanna made it to the finals. In an extremely close game, Tarrawanna won on penalties. Well done guys!

Railcon Bert Bampton Cup Winners - Tarrawanna



Tarrawanna Win the Bampton Cup Final

Tarrawanna have emerged as the 2013 Railcon Bert Bampton Cup Winners after a narrow 1- 0 win over Woonona.

Played in front of a good final crowd of 750, the game didn't reach any great heights and was settled by a 6th minute penalty from Ilija Prenzowski.

The Blueys last won the Bampton Cup in 1983 but this was their second piece of silverware in 2013 after taking out the Fraternity Club Pre-season Cup earlier in the year.

Bulli Take out the Youth Cup for 2013

Bulli won the Railcon Youth Cup after an exciting three goals to two victories over Wollongong United.

United got off to a great start when Mark Every scored a terrific individual goal in just the fourth minute. However, Bulli responded well and two goals in 60 seconds from Man of the Match, Marcus Beattie, midway through the first half gave them the upper hand in a half in which they looked the better side.

It was a different story after the interval and eight minutes into the second stanza, United were back on level terms when Nick Ristevski scored to restore parity.

With the game in the balance and the trophy up for grabs, the game could have gone either way but it was Bulli who prevailed in the end when Brendon Pattman scored the winner eight minutes from time with a clinical finish. Both young sides are to be commended in the spirit in which the game was played which entertained the crowd for the whole 90 minutes.



Junior Update

With the 2013 season nearing the half way mark, here are some interesting facts regarding the 2013 season.

- There are a whopping **7633** registered players this season, by far the largest junior component of any sport in the region.
- There are **5631** boys along with **2003** girls.
- **4654** boys and girls play in Small sided games every week.
- With the remaining **2979** playing in graded boys and girls competitions.
- This year FSC and the junior council will partner to deliver development programs to over **850** boys & girls.
- Over **200** coaches have attended coaching courses, starting from grass roots coaching level up to senior license.

The FSC junior council is extremely proud of the development programs now open to junior players in our clubs. The number of players getting access to the more coaching from FFA qualified coaches has also risen.

With our Socceroo's qualifying for Brazil in 2014 in such magnificent style and drama, along with the unprecedented popularity and expectation of the upcoming Hyundai A-League season, we will see even greater growth in participation at not only grass roots level but at all levels of football.

This is truly a great time to be associated with the world game. **Earle Canvin - Specialist Junior Councillor**



Football South Coast Futsal At the Frat

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

Spring and Summer registrations will be underway soon and this can be done online. Just go to our Futsal tab on the web page.

It's a great way to develop skills, meet new friends and keep fit on our all weather surface.

Social bookings also available.



FIGTREE
physiotherapy

A WORD FROM FIGTREE PHYSIO:

Strategies for Injury Prevention – FIFA 11+ Warm-up Program

One of the most interesting presentations at the Football Medicine Conference in April was the presentation by Jiri Dworak from FIFA on the new FIFA 11+ warm up programme that had been implemented across the world. The goal of the programme is to provide a standardised set of warm up exercises that aim to address many of the identified risk factors for footballers across all skill and age levels.

The FIFA 11+ has 3 parts with a total of 15 exercises which should be performed in the specified sequence at the start of each training session.

Part 1 includes: running exercises at a slow speed combined with active stretching and controlled partner contacts.

Part 2 includes: 6 sets of exercises, focusing on core and leg strength, balance, and plyometrics/agility – all with varied levels of difficulty dependent on the athlete.

Part 3 includes: running exercises at moderate to high speed combined with planting/cutting movements.

Importantly the programme has been shown to be successful in reducing injuries. For example, in Switzerland, teams performing “The 11” had an 11.5% lower incidence of match injuries and a 25.3% decrease in training based injuries. .

Overall I think that the programme is a fantastic thing for clubs and teams to implement. The programme is available online and is free so check it out and help prevent injuries at your club.

Matt Whalan.



ALL AGES ALL ABILITIES FOOTBALL



Everyone has the right to play the beautiful game of football and this includes players of all abilities and of any age. Football South Coast together with The Disability Trust is proud to announce FSC Knights Football Club – a football club for players with all abilities which includes; Cerebral Palsy, Acquired Brain Injury, Down Syndrome, Autism, Asperger's and all forms of Intellectual Disabilities.

The FSC Knights offer an inclusive environment where everyone can enjoy 'the beautiful game' in a fun and modified way to:

- play football and receive expert coaching
- play the sport in a fun and friendly environment and keep fit and healthy
- develop social skill, interaction and confidence

What a better way to do this than through the beautiful game of football. As well as improving your football abilities, members and their families have the opportunity to form strong bonds and develop close friendships.

FSC Knights will play other teams as per of a modified mainstream football competition. All coaches are qualified including those that have had specific training through The Disability Trust to ensure we are able to tailor the program to meet all needs.

FSC KNIGHTS FOOTBALL CLUB OPEN DAY

On the 14th September Football South Coast is hosting an 'All Ages All Abilities' Open Day to allow all interested players the opportunity to have time with our qualified coaches, get some skill based training and play a game. Ben Atkins our very own Paralympic footballer will be part of the day.



When: 14th September

Cost: FREE

Time: 9am and 2pm

(detailed times to be advised)

RSVP: Please register your interest by the 7th September 2013 via www.footballsouthcoast.com.

If you have any queries please call the FSC office on 4285 6929.

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