



At a Glance

**THANK  
YOU**

Wow – what a great season! All of our winter competitions have wrapped up.

A HUGE **thank you** to all of our clubs, volunteers and parents. Your contribution to football in this region is incredible and greatly appreciated. Our sport would not be the great game it is without your hard work and commitment.

But it's back to business for FSC....We are about to kick off our first Summer Football Competition with 900 junior players registered and our Summer Futsal at the Frat comp has started.

Check out our grand final winners further in the newsletter and please don't forget to like us on Facebook and Twitter to keep up to date with information on clinics, academies, competitions and lots more.....

The Matildas are coming back to play a friendly against China – 24<sup>th</sup> November



Tickets are on sale now. Watch the Matildas in a friendly against China at WIN stadium

Our Matildas are currently ranked number 8 in the world. It's another great opportunity to watch elite world class football right here in Wollongong.

We are planning an interesting curtain raiser too.....stay tuned for all the details.

Great to see the girls back in the Gong.





### CEO Update

It's been another busy month of football. I managed to get along to the Junior Grand Finals, Women's Grand Finals and of course WIN stadium last weekend for the District League and Premier League games.

We also had our All Ages All Abilities Open Day and the FSC Pink Tie Ball which was lots of fun. Of course we had Sydney FC and Newcastle Jets visit Wollongong for their preseason. I know that there were a lot of disappointed fans with ADP not playing, but it was terrific to see players from our region like Ruben Zadkovic, Josh Macdonald and Matt Jurman at WIN stadium.

Of course there was some media coverage on our federal funding for the Home of Football. There's an update on this further in the newsletter.

Thank you to all of our parents that have embraced our Summer Football Competition for the first time. With 900 registered players there has been a bit of work in sorting through teams so thank you for your patience as we try to make this the best summer competition in the region.

This month, Nicki Bowman (FSC Deputy Chair) and myself had the opportunity to have dinner with Moya Dodd (FFA Director), Hesterine deReus (Matilda's coach) and a few other females involved in the game. It was a great opportunity to discuss some of the issues faced by female players and coaches at a grass roots level. I look forward to working with this great group as we try to overcome some of the challenges and grow this sport even further for females.

**Ann-Marie**



### Chairman's Corner

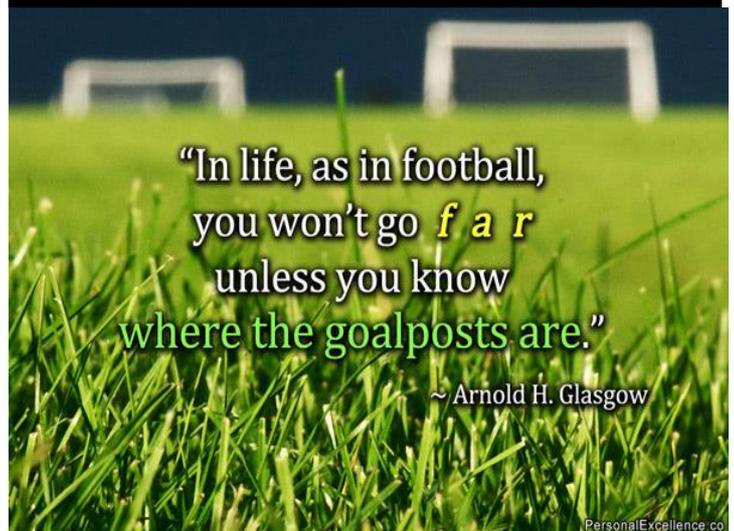
Congratulations to all the Grand Final winners. What a terrific end to a great season of football.

We had lots of positive feedback about the Grand Finals at WIN stadium and it was great to see football there again. Football will be back there on the 24<sup>th</sup> November as the Matildas come to town.

A big welcome to Jonathon Forster the new Assistant Technical Director who has already started some great work engaging with our Junior clubs including creating Centre's of Excellence for our U6 and U7 players.

A big congratulations to our South Coast Wolves and Illawarra Stingrays on their FNSW Awards. It has been a tough but rewarding year for both clubs and FSC looks forward to continuing our support in 2014. **Eddy De Gabriele**

### Quote of the Month





With the season over, we celebrated our achievements for 2013 and have started the planning process for 2014. It is great to see our junior teams (U12 and U13) making the finals series again after several years of rebuilding. We also have several young players applying their trade in the A-Youth League and we congratulate Peter Simonoski (Sydney FC), James Baldacchino, Zac McKenzie (West Sydney Wanderers) and Joshua Bingham (Central Coast Mariners). This showcases the depth of some of our youth here and the pathway the Wolves and FSC have provided.

The Wolves will be holding trials between 27 October and 8 November. Times and venues will be advertised shortly through the club website. The club encourages any male players (11 – 20 years old) who think they have what it takes to play at a high level to trial. The club is once again hoping for large numbers of trialling players.

The club recently held its award night and congratulations goes out to Stav Bimbilovski who took out the club person of the year. Other winners included Ricky Zucco taking out golden boot, Sam Matthews – Rookie of the Year and Players Player with Jack Keating taking out player of the year.

The South Coast Wolves also were winners at the recent FNSW awards night taking out the Club Fair Play award. This is indicative of the clubs culture in playing the game in good spirit. Joshua Bingham also won the NPL1 Youth Grade Golden Boot which is a fantastic achievement for someone who just twelve months ago was playing out of the local leagues.

**Bobby Mazeveski - Chairman**

**From Glenn Fontana: Technical Director  
Welcome to Jonathon Forster as FSC Assistant Technical Director**

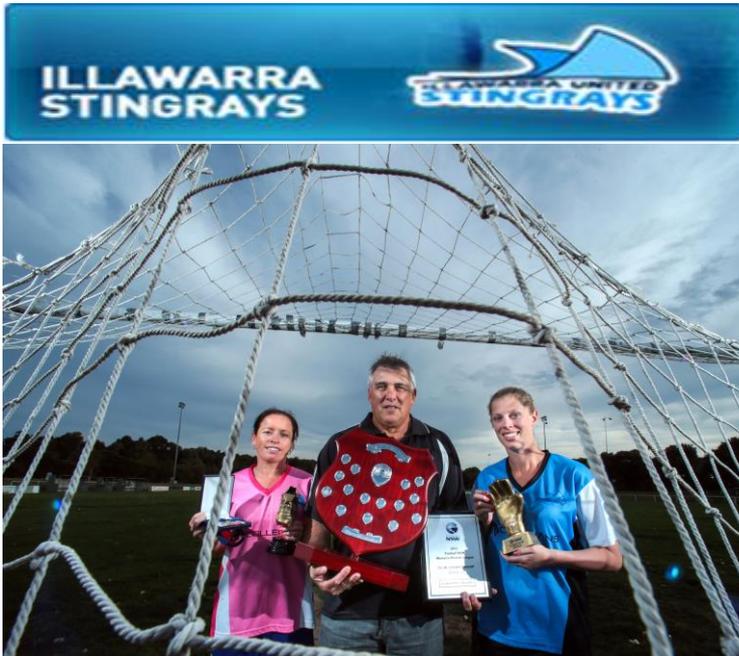
Born and raised in Norwich, England, Jonathan spent the majority of his Junior and Youth years playing for the Norwich City FC Academy. Having moved to Australia in 2008 Jonathan decided to begin a career in coaching and the sporting industry.

Jonathan has previously been involved with FSC Development Programs including, Holiday Clinics, the FSC Academy, Skills Acquisition Program (SAP) and Regional Development Squads (RLC).

In his new role Assistant Technical Director Jonathan will be working with Clubs to enhance coaching at all levels across our Junior Clubs and as an FFA accredited instructor will be rolling out FFA accredited coaching licenses. Jonathan will also be responsible for assisting with our highly popular and growing FSC Academy and School Holiday Clinics.

Jonathan brings his passion for football to our region and we look forward to the great contribution he will make.





Congratulations to the Illawarra Stingrays on another successful season.

The U14's won the Grand Final and the Club took out Club Champions again. The Stingers were also FNSW Award winners with Sarah Gollop the Goalkeeper of the Year, Brett Wallin was Coach of the Year and Michelle Carney was the Golden Boot and 1<sup>st</sup> Grade Player of the Year. Well done guys!

Trial dates for the 2014 season are on the 27<sup>th</sup> and the 30<sup>th</sup> October.

Email [stingraysfootball@hotmail.com](mailto:stingraysfootball@hotmail.com) for further details.



### FSC Enters Into an Exciting New Partnership with Illawarra Credit Union

FSC are excited to announce we have entered into a unique profit-sharing partnership with Illawarra Credit Union, where all local clubs have the opportunity to receive ongoing financial support.

How does it work?

Illawarra Credit Union will pay FSC 0.20% of the loan balances and 0.05% of the deposit balances of FSC players, coaches, families and friends. Just provide your FFA number when joining Illawarra Credit Union and FSC will distribute the appropriate amount to each of the individual clubs on a quarterly basis.

How can we find out more?

FSC are organising for the Illawarra Credit Union to come and chat to any clubs interested in getting involved with this partnership. It is a great fundraising opportunity to contribute to the future success of your club. For more information, contact:

Luke Potter  
Illawarra Credit Union Partnerships Manager  
Ph: 0417 825 554 | 02 4252 1328  
Em: [lpotter@cu.com.au](mailto:lpotter@cu.com.au)





**Our Grand Final Winners**



Women's Better Business  
Over 30's

**Tarrawanna**

Women's Builders Club  
Division 1

**Tarrawanna**



Women's Builders Club  
Division 2

**Wests Illawarra**



Women's Builders Club  
Division 3

**Bulli**





**Our Grand Final Winners**



**Illawarra Mercury**

**Premier League**

**1<sup>st</sup> Grade**

**Port Kembla**

**Illawarra Mercury**

**Premier League**

**Youth Grade**

**Wollongong United**



**The Amateur League**

Division 1: **Port Kembla Pumas**

Division 2: **DU Pirates**

Division 3: **Dapto United**

Over 35/1's: **Austinmeer Berocca's**

Over 35/2's – **Russell Vale United**

Over 35/3's – **Wollongong City Vipers**





Illawarra Credit Union  
& Peoplecare

District League

1<sup>st</sup> Grade

**Warilla Wanderers**

Illawarra Credit Union &  
Peoplecare

District League

Reserve Grade

**Helensburgh**



Illawarra Credit Union &  
Peoplecare

District League

Youth Grade

**Thirroul**





FIGTREE  
physiotherapy

## A word From Figtree Physio

### Off Season – A time to Relax?

Following a great Grand Final at WIN Stadium last Sunday the 2013 season is officially over. So what happens now? Do you do nothing until Christmas, then go straight into preseason training? Do you just do 5km and 10km jogs to keep up your fitness? Whatever your approach, the main thing is the preparation for next season starts the day the last ball is kicked. Many a preseason is spoiled by players being injured due to sudden increases in physical workload often as a result of a very “football lazy” off season. It is important to maintain your “football fitness” in the offseason as this will reduce your risks of injury once you start training again in 2014.

The offseason is an important time for a number of reasons:

1. It's a time to self-evaluate your strengths and weaknesses as a player. Talk to your coaches about areas that you need to improve for the next season. It may be core strength or agility – this is the time to work on these things.
2. It only takes 2-3 weeks before your tendons start to become less efficient. Having 2 to 3 weeks off is fine but after that you should be engaging in some sort of loading activity whether it be a casual kick around with friends, Futsal or Beach soccer.
3. Look at your diet and lifestyle. Offseason is often the time of overindulgence and weight gain. Use the offseason as a time to get fitter and stronger – seek out a qualified trainer (ideally one that specialises in football fitness) and sports dietician to assist with taking your game to the next level.
4. Relax – the season is often a stressful time. Pressure to win, pressure to perform and pressure to play with injuries often takes its toll. Spend time with your family and friends, take up yoga or go on a holiday. Getting yourself mentally ready for the new season is almost as important as the physical.
5. Sort your injuries out – if you have had niggling injuries over the season or felt that your body just didn't “work” how you wanted it to then now, is the time to have a Football Specific Screening done to identify areas of concern. This will prevent the occurrence of the ‘preventable injuries’ – hamstrings, calf, quadriceps and groin injuries.

The offseason is an important time of the year for a footballer. Make the most of it.

Matt Whalan  
M.Phty B.ExScRehab(Hons)



## HOME OF FOOTBALL UPATE

Last week there was some media coverage in the Illawarra Mercury about Federal Funding for the Home of Football (HOF) of \$7.4 million being 'scrapped'. Here is an update on what we know about this funding:

- Initially the \$7.4 million was approved by the previous Federal Labor Government. These funds were from the latest round of the Regional Development Australia Fund (RDAF). Funding for the HOF at West Dapto project was included and approved as part of the \$500M Infra-Structure Australia Initiative in the last May 2013 Federal budget.
- Prior to the election Warren Truss (now Deputy Prime Minister and Minister for Infrastructure and Regional Development) announced a \$1 Billion 'National Stronger Regions Fund' which would replace the RDAF.
- FSC has not been formally advised of the Federal Liberal Government not honoring this funding and Stephen Jones MP has since written a letter to Warren Truss seeking clarification
- The National Stronger Regions Fund which has not been finalised or legislated, from media reports, is about supporting projects that create job growth and address infrastructure needs with the focus on areas with low socio-economic circumstances and high unemployment levels. The HOF at West Dapto certainly meets these requirements.
- FSC is proactively discussing our project with the relevant Liberal Members of Parliament at the Federal level to ensure our government is aware of this project and the many social and economic benefits it will bring to our region.

State Funding Update - FSC has submitted a detailed application as the next step for the \$100m Restart Illawarra Infrastructure Fund.

Substantial work has gone into this detailed application including numerous letters of support from FFA, FNSW and other relevant associations and organisations. Having been shortlisted from over 120 applications down to the last 20, we will be advised prior to the end of the year on whether FSC has been successful for \$7.1million of funding to supplement the request for federal funding.

A few people have asked about JJ Kelly Park and why FSC is not focusing funds at this location rather than West Dapto. Here are some key points around this:

- Funding targeted at both State and Federal Level is to meet key objectives of economic growth and job creation. 20 hectares at West Dapto will facilitate this and allow major tournaments and events to be held within our region. 20 hectares will also mean that there is sufficient space to ensure football will not have issues with access to grounds in the future.
- The proposed location of the HOF is part of the West Dapto residential expansion project. Infrastructure and recreational facilities will be required in this area. The HOF will be located in an area where members of the community will benefit from this facility which is strongly supported by all levels of government.
- One additional ground is available at JJ Kelly Park. Rugby League and other activities occupy other areas of JJ Kelly Park and there is no indication from Wollongong City Council that this will change in the future. The HOF is needed to accommodate a large football community including 13 elite teams (from the Illawarra Stingrays and the South Coast Wolves).



### Success to our Metro Far South State Title Teams

Met Far South had an incredible 2013 State Titles experience as five out of their seven sides won their respective tournaments held at Wagga Wagga and Shoalhaven.

The U12 Boys coached by Tim Wilson, U13 Boys coached by Allan Jones, U14 Boys coached by Stuart Blake, U12 Girls coached by Geoff Wilson and U16 Girls coached by Steve Gordon all experienced fantastic results.

Sutherland Shire Football Association General Manager Jeff Stewart was delighted with the efforts all teams produced in what was a monumental year.

“It is rewarding that the hard work of players, coaches and development staff has paid off across the combined Illawarra and Sutherland regions with such a dominant performance at the 2014 State Titles.

“Both areas love their football and this level of success at the State Titles reinforces that these two powerhouse associations are a force to be reckoned with in growing, developing and nurturing competitive footballers and coaches both today and in years to come.

“The collaborative relationship that has evolved between Football South Coast and Sutherland Shire Football Association is a testament to this success.”

### Football Poetry

In one of our previous newsletters we copied a football poem called Touchline Shouting. This poem was written by Simon Icke who lives in Aston Clinton, Buckinghamshire. UK. More football poetry including Simon’s poems can be found at [www.footballpoets.org](http://www.footballpoets.org). The poem Touchline Shouting is from his book entitled “Poetry in Motion... Football! Football! Football!” published by Simon Icke on behalf of Aston Clinton Primary School in 1998.

#### Touchline Shouting

“Touchline shouting, that's all I ever hear,  
I'm so confused and filled with fear.  
I'm only ten years 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 boy, so why do you all try to destroy,  
what I'd love to enjoy?"  
FOOTBALL SHOULD BE FUN!



© Simon Icke, Aston Clinton, Bucks, UK. Email: [poetsimon@aol.com](mailto:poetsimon@aol.com)



A Great Offer From Peoplecare



**Peoplecare Eyes & Teeth** is a brand new one-stop shop to keep your grin in great nick and your eyes wrapped in the latest range of designer specs. Drop in for a squiz at 63 Market Street, Wollongong (opposite the old IBIS Hotel) or give us a buzz on 1300 574 778.

**Special offer for all Football South Coast players, families & supporters!**

- 👉 **FREE** electric toothbrush with all dental check-ups
- 👉 **\$50 off** a pair of glasses from our wide range including designer brands - Oakley, Ray Bans, Jag, Guess & more!



**Love those pearly whites**



**Love your peepers**



The boring but necessary fine print:

Offer available to all players, families & supporters of Football South Coast. Bring this voucher with you to claim one or both of the offers mentioned above. Not available with any other offers. Offer ends 31.12.13.

