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Success for the Matilda's at WIN Stadium

A crowd of close to 3000 attended the Matilda's game for their friendly against China. It was great to see the girls in action again at WIN Stadium as they won 2-0.

Our Summer Football juniors also got the chance to play at half time in some small sided games.

Prior to the Matilda's game the FSC Invitational team took on the Illawarra Stingrays. The game was part of a fundraiser for female football development. There were a few sore muscles as a result of the clash! Congratulations to all players that took part.





CEO Update



As we approach our last week in the office at Football South Coast for 2013, it's a great time to reflect on some of the things that we have achieved for football in this region.

- We've introduced Summer Football for the first time and what a competition it was. Over 920 juniors playing in a great 10 week comp.
- The All Ages All Abilities Program was launched in conjunction with the Disability Trust. We look forward to introducing our teams to you in 2014
- We have recruited an Assistant Technical Director – Jonathan Forster who will be working with clubs to improve the quality of coaching across our clubs in line with the FFA Curriculum
- Our no cost Development Squads were a huge success for juniors aged 8 to 11 and will continue and grow in 2014
- We introduced the Girls Acquisition Program – a program specifically tailored for a female players ages 9 to 12
- We had a wonderful line up of elite games at WIN Stadium including the Matilda's, the Young Soccerroo's and an A-League friendly
- We continued to deliver great competitions for our Men, Women and Juniors with some great football across the season
- We entered into MOU's with both Sydney FC and the Western Sydney Wanderer's

Unfortunately our efforts towards a Home of Football were dealt a cruel blow as outlined on our web site and via the media over the last couple of weeks. Infrastructure remains to be a key priority of FSC and we will continue to work with stakeholders to get the facilities that football in this region deserves.

I would also like to take this opportunity to wish you all a Merry Christmas and a wonderful 2014 where we can look forward to making this beautiful game even better.

Ann-Marie

Chairman's Corner



As 2013 draws to a close I want to wish all of our Football Family a Wonderful Christmas and a prosperous new year.

What a year 2013 has been with lots of ups and downs. In what has been a tough couple of weeks with the setbacks we had with the Home of Football, there are some positives that we need to take out of this process.

The fact that we were shortlisted for the Restart Illawarra Funding indicates that our government recognises the benefits of our football complex and this is something we will continue to build on. We will also look at other ways we can improve on the existing infrastructure we have in our efforts to address some of the facility issues we currently have as a result of the size and success of our game. Thank you for all your support and see you in 2014 as we prepare for the World Cup....

Eddy De Gabriele





With the pre-season campaign off and running, the Wolves are looking to form a solid foundation for a successful season. The boys at the Warehouse Gym have been working our senior grades hard whilst our other teams have already hit the parks preparing for the season ahead. It was great once again to see so many players trialling for the club.

I am personally delighted to see local IPL players looking to progress their careers through the NPL1 competition with the Wolves. Young Josh Bingham is a classic example of just how quickly a football career can blossom playing at this level.

In another sign of just how much this club is evolving, we have engaged the services of a club Doctor, a Dietician/Nutritionist and partnered with sports science companies to give our players every opportunity of being successful. People may have also noticed the club has now also joined social media (Facebook/Twitter), supporters are encouraged to follow the club.

The pre-season draw has been released and the Wolves face Blacktown Spartans, Bonnyrigg White Eagles and Sydney Olympic at home in what is a taste of what is to come. The community is encouraged to come out and support the club in what promises to be an exciting new year for the Wolves.

Finally, if you or anyone you know would like to sponsor the Wolves for 2014, please contact the office on 4283 3379 or e-mail admin@southcoastwolves.com.au. I look forward to seeing you all at our games.

Bobby Mazevski

South Coast Wolves and The Illawarra Stingrays – A great show of Support at FSC Summer Football

A big thank you to both clubs for your support of this great FSC initiative. In a great show of unity this was a great opportunity for our elite clubs to engage with our juniors and they loved every minute of it. The Kids that is....





Summer Football – A great Success in 2013 – Check out some photos of our Final day





Summer Football – A great Success in 2013 – Check out some photos of our Final day





From Glenn Fontana: Technical Director - Girls Acquisition Program



FSC has developed the Girls Acquisition Program for players aged 10 to 12. With more than 2500 females playing football in the Illawarra, the program is about bringing some parity for the girls in the younger age for the skills acquisition phase, which is roughly nine to 12 years of age.

FSC has taken the initiative of starting a girls program, which will replicate what is done for the boys due to the fact that it is the fastest growing game for girls in Australia.

The program will focus on teaching core skills from the FFA National Curriculum including first touch, ball striking, dribbling and one versus one. There are still some spots available in the program. Please call the office for further information.

January 2014 - Summer School Holiday Clinics



Wondering what to do during the School Holidays?

Don't worry - FSC will be running School Holiday Clinics in January 2014.

The Holiday Clinics will be held on the 20,21,22,23 January at Koolabong Oval for a cost of \$85 for the four days – 9am to 12 pm daily.

The popular Futsal clinic will also be run on the 13 & 14 January at the Fraternity Club at a cost of \$45 per day – 9am to 12pm daily.

All of the details will be on our website for online registration.



A word From Figtree Physio

Future Directions for Football Science and Medicine

As we are in the middle of the offseason I thought it a good time to look into the future for Football Science and Medicine. There is a lot of time, effort and money being spent around the world investigating ways to get the most out of players. When we look in Australia most A-League clubs now use GPS technology to monitor players in addition to having full time physiotherapists and strength and conditioners employed by the clubs. While Australian clubs lack the funds of the overseas “superpowers” we still manage to produce world class athletes through world class science and expertise.

Over the next 12 months you should start to see in the Illawarra:

1. Better nutrition and educational opportunities for our local elite players.
2. The continued implementation of the FFA Coaching Curriculum which allows for Football Specific conditioning which has a huge role in injury prevention.
3. Football specific research through a collaboration with the University of Wollongong.
4. The continued education of parents, officials, football staff and players on the key factors for recovery which in reality is the key to a successful season.
5. The implementation of F-Marc's (FIFA Medical Division) key medical policies which are designed to delivery public health messages and promote football health.

Currently we are working very hard to setup a Football Medicine and Performance Department at the South Coast Wolves Football Club. The Department will utilise the services of medical and allied health professionals from around Wollongong to provide a dedicated Football specific service for the players, not just at the South Coast Wolves but across the Illawarra. The goal of this Department is to firstly ensure the safety and health of our athletes in the Illawarra but also to provide education and services to the players to allow them to reach their full potential. We hope to have our first research project running by 2015 which may include players from across the Illawarra and will assist in establishing a link with the University of Wollongong.

Overall the world of Football Science is in it's infancy in Australia. You should see in the next few years a rapid rise in the level of professional services available to footballers in the Illawarra and will help in making the Illawarra one of the leaders in Football science and services in Australia. This can only be positive for our local players!!

Matt Whalan
M.Phty B.ExScRehab(Hons)



New Futsal Competition

The New Futsal Competition Kicks off on the 13 January for a 15 week comp to conclude 21 April. There will be 2 weeks of Finals fever weeks of 28 April and 5 May.

Competitions for Juniors and Seniors with Mixed comps. Call Jay on 0433 388 725 for any enquiries.

Come and enjoy a great game under lights on the great synthetic all weather pitches.

A new option to pay up front and save \$\$



FSC and Illawarra Credit Union Working together to bring benefits to our players

We are excited to be working with Illawarra Credit Union in our newly developed partnership. As part of the unique profit-sharing partnership, Illawarra Credit Union has a number of exclusive offers to players, coaches, officials, family and friends of FSC while helping your local club financially. There are currently a couple of fantastic offers that as part of FSC you can take advantage of:

FSC Personal loan. Whether you are looking for a new car, something extra for that holiday getaway or those new football boots you have dreamt of, this personal loan is for you. For the FSC community, you are able to apply for an unsecured personal loan, with no application fee and a competitive interest rate for loans up to \$30,000.

Home Loan Christmas Special: For those looking at purchasing their first home, their next home, looking to refinance or investment property, Christmas has come early with a home loan offer too good to ignore. Illawarra Credit Union is offering 1% off the already low standard variable rate for the life of the loan.

To arrange an appointment with a specialist call 13 22 49 or www.illawarracu.com.au. For more information, contact Luke Potter - Illawarra Credit Union Partnerships Manager.

Ph: 0417 825 554 | 02 4252 1328

Em: lpotter@cu.com.au





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discount off the standard variable rate for the life of the loan

4.70% p.a.
variable rate

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5.70%

4.70%

\$52,959 savings*



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Eligibility criteria, terms and conditions, fees and charges apply. Offer is valid for a limited time only, until 31 December 2013. Interest rate current as at 1st November 2013. Offer not available for existing loans. *Comparison rate is based on a loan amount of \$150,000 over 25 years. WARNING: This comparison rate is only true for the example given and may not include all fees and charges. Different terms, fees, or other loan amounts might result in a different comparison rate. # Savings based on a loan amount of \$300,000 over 25 years. Illawarra Credit Union is a division of Community Alliance Credit Union Limited, Australian Credit Licence 245 576.

**Health
files**

December 2013

First aid - Fractures & dislocations

Fractures

A fracture is the breaking of a bone, or a bend in a bone, and always has associated damage to the soft tissue around the broken bone. Falls, sporting accidents and motor vehicle accidents account for the majority of broken bones.

There are 206 different bones in the body that hold us up and produce blood and blood cells essential for life. When a bone is broken, it affects blood production and function, and causes damage to muscles, tendons, and the small network of blood vessels.

We need to restrict the movement to avoid any further tissue damage. Restricting the movement of the limb also reduces the pain of the broken limb. To stop further movement of a fracture, you can either use slings or bandages, or any hard object such as a board.

If you decide that the ambulance will be there soon, ask the casualty not to move the injured limb and no further treatment may be required.

A splint will provide stability between the upper and lower joints. The bone on either side of the injury needs to be stabilised and this will reduce the pain associated with the injury.

Dislocations

A dislocation is a bone that has been removed from a joint. This can happen spontaneously or as a result of trauma and may have associated fractures. The human body is quite susceptible to dislocation.

The joints most frequently affected are:

- Shoulders
- Elbows
- Fingers
- Hips
- Kneecaps
- Ankles

1. Provide safety

Commence the basic first aid protocol, ensuring safety for both the casualty and rescuers. Call the ambulance immediately.

2. Look for:

- Pain
- Pale, cold, clammy skin
- Swelling and deformity
- Tenderness and inability to move limb without pain
- Possible shortening of the limb
- Limb may be at an angle and possibly rotated

3. First aid

- Control any bleeding and cover any wounds
- Ask the casualty not to move the injured limb
- Immobilise fracture or dislocation in the position found. If trained and medical aid will be delayed, use bandages and splints. Otherwise, you may use pillows and padding to immobilise and support the limb.
- Reassure the casualty and keep warm



Things to remember...

A **fracture** is the breaking of a bone, or a bend in a bone, and always has associated damage to the soft tissue around the broken bone.

A **dislocation** is a bone that has been removed from a joint.