



Volume: February 2014

www.footballsouthcoast.com.

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And so Another Season Begins....



Welcome to the 2014 Football Season.

It's the year of the World Cup and it promises to be another year of some great football on the South Coast. FSC organised our own special launch with two A League Stars (Brendon Santalab and Corey Gameiro) who were both South Coast Juniors. A huge thank you to Corey and Brendon for helping us promote the beautiful game.

A Big THANK YOU to Our Football Volunteers



Our beautiful game relies on so many people who contribute to running our clubs, coaching and managing our players, maintaining the grounds and so much more.

Thank you for your contribution to our game. For a sport as big as ours – these competitions would not be possible without the time and support of our volunteers.

We hope you have a great season!



CEO Update



After 3 weeks off over Christmas it's great to be back. We've hit the ground running and there's been lots happening already:

- Our FSC Academy has started up again for Term 2 as our juniors can't wait to get into training for the upcoming season.
- We've entered into a new sponsorship agreement with our great football supporter Peoplecare who will be offering Academy scholarships as part of this agreement. Keep an eye out on our FB page and Web page for the details.
- We welcome Corey Gameiro as our FSC Academy Ambassador. Corey also joins our coaching staff and we welcome Corey to the FSC coaching team.
- It was great to attend the Illawarra Stingrays Season Launch last week. We wish you all the best for the 2014 season.
- Our new web site is up and running. It looks great and will keep you updated on all local and other football news.
- Work has continued in our efforts to improve football infrastructure. Funding continues to be a key issue and we have continued discussions with the NSW State Government.
- Lots of preparation is underway for the 2014 Season with our Fraternity Pre Season Cup commencing. There has been lots of busy clubs with the registration process and it looks to be a big year in terms of participation across our junior clubs.

Enjoy the Football Fever in 2014. **Ann-Marie**

Chairman's Corner



Football Fever in '14. What a great junior season launch with Corey and Brendon. We are proud of our local players and it was great for them both to assist with our local campaign.

Some preseason and trial games have already commenced and it's great to see everyone so excited to get back into football mode.

The inaugural All Stars game vs the South Coast Wolves has certainly created a lot of interest and we look forward to a great night of football on the 26th February at John Crehan Park.

Wishing everyone a great season in 2014.

See you around the grounds.

Eddy De Gabriele

QUOTE OF THE MONTH





The South Coast Wolves have recently announced a move to WIN Stadium for 2014. With games scheduled for Sunday afternoons, we encourage the whole community to come out and support the club.

The Wolves will be announcing special season packages for clubs, families and die hard supporters over the coming days. The players and club are looking forward to our opening game of the season on 16 March.

The first grade team has started the season well signaling their intentions to be no easy beats for the coming season. In fact, the team has had impressive wins over ACT NPL1 champions Tuggeranong United and NSW NPL1 premiers Sydney United in pre-season. Though it is early days, the team looks set to give the playoffs a real shake this year. The junior teams are well into their preparations for the season ahead.

The club is also doing a lot of work behind the scenes with professionals like doctors, nutritionists; sports psychologists, personal trainers, physiotherapists and health experts all engaged to ensure the teams have a solid foundation from which to build on. Our coaches are working hard with technology and advanced training techniques to also provide a strong platform. The club will hold its season launch at Bella Portofino on Friday 28 February.

In the meantime, keep up with the latest news and views by visiting us at our website – www.southcoastwolves.com.au or “thescwolves” on Facebook. **Bobby Mazevski**

Upcoming Events



Some key dates in February

- The Preseason Fraternity Cup kicks off on the 14th February for District League and the 21st February for the Premier League
- The FSC All Stars versus the South Coast Wolves on the 26th February, 2014

Like us on Facebook or visit
www.footballsouthcoast.com for more information



From Glenn Fontana: Technical Director – Grassroots Expo Coming Up – 19th March 2014



On the 19th March, Figtree Junior Football Club will be hosting a Grassroots Coaching Expo which will be conducted by Oscar Gonzalez who is the Football NSW Coach Education Manager.

The Grassroots Coaching Certificate is run at **no cost** to participants and is a great introduction to coaching and provides coaches with the necessary tools to create a fun environment for the players. Join Corey Gameiro as he begins his coaching journey who will also be attending the course. All participants will be required to register by the 10th March so please check our web page and Face Book page for registration details over the next couple of weeks.

FUTSAL AT THE FRAT – Some great new competitions and programs

Don't forget we have a great all weather surface at our Futsal courts at the Frat. Some great new ways to take part in Futsal at The Frat include:

- A Women's Futsal Fitness Program – a great new concept for our ladies to get fit and play the greatest game in the world. Stay Tuned for all the exciting details.
- An exciting new competition for our FSC Amateur teams using the full sized pitch which is a great alternative for training during the winter competition.

Our courts can be used for private bookings so call Jay on 0433 388 725 for more information.



Playing sport can get a bit rough, so it's a good idea to look into the level of benefits for things like physio, chiro and dental.

If you're new to health insurance, already have cover, or are just shopping around, we'd love to help you out - no strings.

It's easy as! Just have a chat with one of our friendly Peoplecarers to compare your current health insurance with our own products. There's **absolutely no lock-in** and it's entirely for your peace of mind - we're just happy to help.

And for the best part...

If you give us a buzz to compare your health cover, you'll go into the draw to win 1 of 9 FSC Peoplecare Academy scholarships (for April 2014, October 2014, February 2015) and a set of portable goal posts for your club!

check it out



Compare your health cover, no strings attached



1800 808 700



peoplecare.com.au



1800 808 700

**And just in case you're interested...
we've got a special joining offer, just for you!**

- \$200 for your FSC club
- One month free membership*
- Immediate cover for Extras benefits that usually have a 2 & 6 month waiting period**. This means that you can claim straight away for general dental, physio, chiro, natural therapies and more!
- \$50 off your glasses if you visit Peoplecare Eyes & Teeth before 30 June 2014***
- Free electric toothbrush if you have a dental consultation at Peoplecare Eyes & Teeth before 30 June 2014***

* This offer is only available for Football South Coast families and supporters taking out a new Peoplecare membership before 30 June 2014. Not available with any other offers. ** Excludes Extras only and Ambulance only cover. One month free membership will be credited to your membership after you've made your first payment. 12 & 24 month waiting periods still apply. *** Peoplecare Eyes & Teeth is located at 63 Market St Wollongong NSW 2500. Offer ends 30 June 2014.

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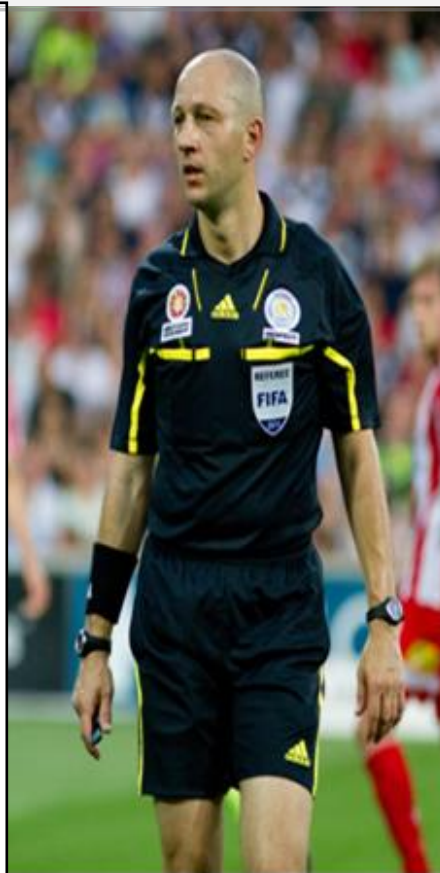
Have you ever thought of becoming a referee?



Our officials are an important part of our game and FSC is always looking to recruit new referees.

If you are 13 years of age or older you are eligible to apply to become a referee.

New entrants begin by completing their level 4 certificate and must complete an online course. Keep an eye out on the Football South Coast face book page and our website for all the course dates and information on the registration and accreditation process.



The Fraternity Club is **OPEN LATE** 7 days, with full club facilities available & sport on the big screens whenever we are open!

The Fraternity Club, trading late every day!

MONDAY-WEDNESDAY // 10am-2am

THURSDAY & SUNDAY // 10am-4am

FRIDAY & SATURDAY // 10am-6am

See you @ The Frat!

PH (02) 4283 3333

www.fraternityclub.com.au // facebook.com/thefraternityclub





FIGTREE
physiotherapy

A word From Figtree Physio

Football Fitness – Train to Get Fit or Get Fit to Train?

There is an ongoing debate in modern football about whether players need to do extra running at training or can all fitness work be achieved through large and small sided games. I think the answer complicated and player position specific. On average, in the English Premier League, the distances covered by a midfielder can be up to 12-13 kilometres and most of this at 75% of their maximum speed. Strikers will often cover up to 10 kilometres and much of this is up to full speed.

Obviously these distances will likely be lower in a semiprofessional environment however it does show the physical work and demands that exist in football. In my view it is difficult to achieve the fitness levels required for a footballer just training 2 or 3 nights a week. The players need to be performing extra sessions by themselves in the gym (for football specific strengthening) and on the field (for running speed and endurance). The gym program should focus on core strength and control; power; leg strength and upper body strength. It is important that the gym program be football specific as the old fashioned programs of biceps, pecs and triceps won't make you a better footballer!

Field running should include: sprints of various distances up to 60 metres (this is the furthest a footballer will sprint in a game); endurance work at a reasonable speed and middle distance speed work such as 400m and 200m efforts. I usually don't encourage long slow running such as 10 kilometre runs as it is not very football specific as the speed and technique won't be adequate.

The key is to be prepared to train. The modern version of coaching and football conditioning requires a certain level of base fitness and strength – for you to get the most out of your sport and to be fair to your coaches you should ensure that you are in good condition prior to training rather than expecting your coach to perform miracles!! Importantly the fitter you are the less likely you are to get soft tissue injuries such as hamstring tears, so this season make it your goal to go that bit extra for your club, coach and most importantly yourself and be fit to train.

Matt Whalan
M.Phty B.ExScRehab(Hons)



FSC ALL STARS



26th February 2013 at John Crehan Park

Kick off times are: 6:00pm (Youth Grade) and 7:45pm (First Grade)

Entry is \$5 for adults and a Gold Coin donation for Children (16 years and under).



Illawarra Credit Union Welcomes You To The 2014 Season

We are excited to kick off 2014 and our great partnership with Illawarra Credit Union.

Illawarra Credit Union offers all players, coaches, officials, family and friends of FSC exclusive product offers and the financial commission on each product will help raise money for your club. Why not take advantage of these great offers:

FSC Personal loan: Whether you are looking for a new car, something extra for that holiday getaway or those new football boots for the season, this personal loan is for you. The FSC community 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 1% Off Special: If you're looking to purchase your first home, next home, investment property or looking to refinance, Illawarra Credit Union is offering 1% off the already low standard variable rate for the life of the loan.

Call 13 22 49, visit our website - www.illawarracu.com.au or follow us on Facebook. 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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MINI ROOS

What is MiniRoos?

MiniRoos is a smaller version of football that provides boys and girls aged 4-11 with a fun introduction to the world game. To learn new skills and make new friends, get involved and become a MiniRoo today!



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playing MiniRoos, visit
minirooms.com.au**