



Kick Off time....

Clubs have been busy finalising registrations, ground preparation and their teams.

With the Men's preseason competitions wrapping up, a number of our competitions will commence over the next couple of weeks. The Men's Illawarra Credit Union District League competition has already started with its new 26 round structure and the Illawarra Mercury Premier League will kick off on the 28th March.

It certainly looks as though there has been some great growth in our numbers which goes to show that our beautiful game is only getting even bigger.



Spending Some Time With Legends



Of course we have the World Cup this year and it is always a time to reflect on the progression and history of Football in our country. At the FSC Men's Season Launch we had the pleasure of some special guests - 1974 Socceroo's Adrian Alston, Jim Fraser and Rale Rasic (the 1974 Coach).

It was great to hear the stories and messages of these legends of the game and the friendship that has continued throughout the years. This is what we love about football – the creation of lifelong friends and memories.



CEO Update



Lots of preparation is underway as we get ready for the start of our 2014 season and there has been lots happening.

The FSC All Stars versus the South Coast Wolves on the 26th February was a great success. Over 600 supporters braved some wet weather to watch a wonderful display of football. The feedback we received on the event was fantastic and is certainly something we will continue on an annual basis. Congratulations to both youth grade and first grade teams for some great entertaining football.

The Preseasons Men's Competitions have wrapped up and the Women's Association Cup is currently underway. Our Junior's and Amateurs will commence their competition games on the 5th April.

This year we have also introduced a new U18 competition with teams from both Men's and Junior Clubs and is a great example of our various competitions working together to grow the game to our youth playing base.

It was great to attend the South Coast Wolves Season Launch. With the club playing games out of WIN Stadium it is vital for our football community to support the club.

We've been busy in the office finalising preseason competitions, preparing draws and getting things ready for the season.

This month I also had discussion with the AFC Asian Cup Local Organising Committee and how the South Coast can be part of this great event in 2015.

All the best to our players, coaches, referee's and club volunteer's and we hope you all enjoy a great 2014 season.

Ann-Marie

Chairman's Corner



Football South Coast held its AGM on the 19th March.

It was a great night to share the many successes we had in 2013 and a great way to communicate our areas of focus in 2014. We also introduced our new Director Alison Errey. Alison is currently the Head of Public Affairs with IRT and has lots of experience and skill sets that we welcome to the FSC Board.

Also, congratulations to Milco Stojanoski who was appointed as the Deputy Chair with the departure of Nicki Bowman from the Board.

At the AGM, we got some great feedback on our new disciplinary processes, the level of communication with our clubs, coaching development and our All Ages All Abilities Program so thank you to all our members that attended.

As the majority of our players get ready to take the field – we hope you enjoy the great game in 2014.

Eddy De Gabriele

QUOTE OF THE MONTH





PHOTO by
Pedro Garcia

The South Coast Wolves have kicked off their season and we are seeking your support. Next home game is Sunday 30 March against Sydney Olympic. We'd love to see you there. There is plenty of activities for the kids with our traditional Wolf Chase back this year.

I also encourage the junior teams out there to become our ambassadors for the day. It is a great chance for the kids to play on WIN Stadium, walk out with the players and for one lucky club ambassador - experience what it is like to be part of the team by watching the warm up, meeting all the players and leading out the teams.

We also have some great packages available to both senior and junior clubs and welcome the hire of a box even if it is for one game to host your sponsors or friends. Contact Susan at the office - admin@southcoastwolves.com.au for more details. **Chairman - Bobby Mazeveski**

Upcoming Events



Some key dates in March and April

- Men's Illawarra Mercury Premiership commences 28th March 2014
- SAP commences 29th March 2014
- RYL commences 6th April 2014
- Junior, Amateurs and Women's Competition commences 5th April
- School Holiday Clinics commence on the week of the 14th April
- Term 3 Academy commences the 28th April

Like us on Facebook or visit

www.footballsouthcoast.com for more information



An Update from the Stingrays

On Sunday 16th March the Illawarra Stingrays played Sydney Uni in the final of the Pre-season cup at Blacktown Sports Complex.

In a tight game the Stingrays ran out winners 3-1 against a side that had played 3 pre-season games with conceding a goal against them.

The game in the first half was dominated by the Uni side who were unlucky not to have scored in the first 25mins of the game and it was gritty defence by the Stingrays that held them out. The Stingrays settled down and started to move and passed the ball around better and Jordie Baker swoop on a ball and scored the first goal just before half time.

The second half started the same again Uni dominated but still couldn't find the back of the net. Again the Stingrays struck not once but twice one to Jordie and one to Michelle Carney the score 3-0 Uni scored a late goal and that's how it ended. 3-1 to Stingrays and the first silver ware for the season.

On another positive note the Stingrays played 3 under 17s players (Caithlin Leadbetter, Lucy Nolan and Nikita Woods) which demonstrates the strength in our juniors. **Club President Mick Woods**



Need to fundraise for your club? Illawarra Credit Union can help you get there – sooner.

We're excited to be working with Illawarra Credit Union, in our newly developed partnership. As part of the Partner Benefits Program, FSC players, coaches, officials, family and friends have access to exclusive offers, PLUS you'll be fundraising for your club.

Everyone needs financial products and services at some stage – so simply by getting your Personal Loan, Home Loan or Savings Account through Illawarra Credit Union, you'll be helping your club raise revenue.

Your club will receive 0.2% of all loan balances and 0.05% of all savings balances, for the life of your loan or account with Illawarra Credit Union. The money is paid straight back to your club on a quarterly basis, with no middle man.

Why not use these funds to improve your club facilities and help develop soccer locally. There are currently some fantastic offers that as part of FSC you can take advantage of:
FSC Personal Loan

Whether you're heading to Brazil for the World Cup, looking for some extra spending money, wanting to purchase a new car, or buy those new football boots you want, this personal loan is for you. The benefits are great:

- 9.49% interest rate p.a
- Unsecured loan
- No application fee
- Loans up to \$30,000

1% discount – Off the Standard Variable Rate Home Loan

For those looking at purchasing their 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. The offer is valid until 31 March 2014.

To arrange an appointment with an expert call 13 22 49 or www.illawarracu.com.au For more information, contact: Luke Potter

Illawarra Credit Union Partnerships Manager

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Women's Football Update



The Football South Coast Women's competition is proud to acknowledge the ongoing sponsorship of the Master Builders Club.

The 2014 season again sees an increase in player numbers and teams, replicating the general growth of women's football across Australia. The Women's Competition welcomes all new and returning players and clubs. 2014 sees the competition increasing to 35 teams across 4 divisions and the Women's competition is keen to replicate the 2013 success of local teams in the State Cup and Champions of Champions.

The season commenced on 16/3/2014 with round 1 of the preseason competition, the Association Cup. Congratulations to all teams who have made it through to Round 2. The competition proper will commence on the 6th April 2014. Vacancies still exist in some teams and anyone wishing to join a team should check the FSC website for vacancies.

The Women's competition also wishes to extend good luck to local players Michelle Heyman and Caitlin Foord as they line up for the Matilda's this year in the Asian Cup.



Men's Premiership Update

The cabinets of some clubs are already being filled with Silverware. There has been some great football on display in the preseason tournaments and 2014 looks set to be a great competitive year across our competitions.

Congratulations to the following clubs in their pre-season victories:



Premier League Fraternity Club Cup Winners - BULLI



District League Pre-Season Fraternity Club Cup Winners - BERKELEY



Peoplecare Youth Cup Grand Final Winners - BULLI





**health
files**

March 2014

Sports & physical activity

According to recent research, physical activity levels for Australians are declining. This is partly due to the sedentary nature of many forms of work and leisure activities, such as watching television or using computers, as well as changes in transportation. Many Australians are not active enough to gain health benefits such as increased fitness and reduced body fat, as well as a lower risk of obesity, Type 2 diabetes and coronary heart disease. In 2006-07, the estimated direct healthcare costs due to physical activity were almost \$1.5 billion.

Activity patterns of Australians

In 2011, the Australian Bureau of Statistics released a snapshot of the physical activity patterns of Australian adults, based on an analysis of data from the 2007-08 National Health Survey. The snapshot showed that:

- Around 62% of Australian adults did not meet the recommended physical activity guidelines.
- A higher proportion of women than men were not meeting the guidelines.
- The proportion of people who did not meet the guidelines was highest in older adults, those aged 75 and over (76%).
- Almost 40% of adults did no exercise during the previous week.
- Women and older Australian adults were more likely to walk for exercise than men, while men were more likely to undertake moderate and vigorous exercise.
- Adults with a higher education level (than those who had completed Year 12 or equivalent, or had higher education qualifications), were more likely to meet the physical activity guidelines than those who had a lower education level (those who had completed Year 11 or lower and had no post-school qualifications).



Physical activity & organised sports

In 2009-10, around a quarter of Australians aged 15 and over were involved in organised sports and physical activity. Men were more likely to be involved in organised sports than women (29% vs 24%). Participation decreased with age.

The most popular sports and activities for Australian adults are:

- walking
- aerobics, fitness or gym activities
- swimming or diving
- cycling
- jogging or running
- golf
- tennis
- netball
- bushwalking
- soccer

The benefits of regular physical exercise

Being active for some time, a few times every week, offers a range of health benefits, including:

- strengthened heart and cardiovascular system
- increased flexibility
- improved joint mobility
- increased muscle strength
- stronger bones
- improved stamina
- lowered blood cholesterol levels
- reduced blood pressure
- loss of excess body fat
- reduced risk of various diseases, including heart disease
- lower incidence of depression
- reduced stress levels

Things to remember...

- Around 62% of Australian adults do not meet the recommended physical activity guidelines.
- Walking is the most popular physical activity and 30 minutes every day provides significant health benefits.
- Screen time for entertainment should be limited to two hours a day.

Physical activity recommendations

- Think of movement as an opportunity, not an inconvenience. For example, try to walk or cycle instead of using the car, or take the stairs instead of using the lift.
- Be as active as possible in as many ways as you can throughout the day. Aim for at least 30 minutes of moderate-intensity physical activity on most days. The 30 minutes does not have to be continuous. Combine short 10 to 15 minute sessions throughout the day instead.
- Children (aged 5-18) should accumulate at least 60 minutes and up to several hours of moderate to vigorous physical activity every day.
- Screen time (television, videos and computer games) for entertainment should be limited to two hours a day.

Source: Better Health Channel (www.betterhealth.vic.gov.au)



Technical Director Update: Coaching Licences

Over the last month, FSC Coaches and Technical Directors have been conducting a number of coaching licences across a number of locations. Grassroots licences "the Discovery phase" are for coaches training 5-9 year old players. The 3 hour course is fully practical and encourages the coach to develop practices that are based on FUN. The emphasis is on natural development i.e. learning by PLAYING football. Over 200 budding coaches have been part of these coaching sessions.

Courses have been run FREE of charge to a number of clubs including Shellharbour, Unanderra, Balgownie and Figtree. More courses are planned for Kiama and Thirroul. A number of other courses are being scheduled including the Skill Acquisition Phase (formerly called the Junior Licence) at Bulli. A Senior licence was also conducted by FSC with participants thoroughly enjoying the session conducted by our Assistant Technical Director, Jonathan Forster.

FSC will also be working with a number of clubs during the winter competition to improve the quality of coaching within our clubs and provide mentoring to all aspiring coaches. It's a great initiative which has obtained some fabulous feedback to date.

Pictured Below: Participants in the Senior Licence Course





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 semi professional 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
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