



## Finally....



Our Junior teams finally kicked off last weekend. In what has been unprecedented and wet start to the season, it was great to see those smiling faces and shiny new boots as the 2014 competition finally kicked off.

There will also be a number of mid-week fixtures for our Illawarra Credit Union District League and Illawarra Mercury Premier League for make-up games. We will be updating Facebook and our Web page (Notice Board) with all the details.

## A timely reminder....

### Please remember...

- 1 These are kids
- 2 This is a "game"
- 3 The coaches are volunteers
- 4 The referees are human
- 5 It's not the World Cup final



As the season does commence for our juniors we want to make the competition as enjoyable as possible.

There are some simple messages that each of us need to remember.

We want to make our great game fun, give our players an opportunity to keep fit and make new friends.

We also have many young referees and assistant referees who have the tough job of officiating these games. So let's give everyone a go and have fun!



## CEO Update



Last newsletter we were preparing for the 2014 season. Over the last few weeks we have been busily trying to get the 2014 season back on track as a result of the wet weather and forced ground closures.

Yes – it has been extremely frustrating but we are working hard to schedule makeup games and ensure we have our match officials available. So it is a challenging time but we are making good progress.

Our FSC Knights have taken to the field for the first time on the 3<sup>rd</sup> May and it was wet but fantastic first game for our newest players. This is a first for football in this region and we hope the kids continue to enjoy every minute of it.

This month we also started the Peoplecare FSC Academy Scholarship program and 3 lucky juniors will get to experience the great coaching and program that the Academy offers. Our FSC Development Programs also kick off in May and there is a great article on all the junior development FSC focuses on across all age groups later in the newsletter.

Earlier in the month we had the coaching staff of the Botafogo Football Academy in Brazil visit FSC as they prepared for some coaching clinics in Queensland. It was such an insight to football in Brazil. In their own words – football is not a sport, it is a religion and so we can only imagine the buzz that will surround the World Cup this year. There are also some interesting facts about Brazil in the newsletter.

Games have also kicked off for our Skill Acquisition and Regional Youth League teams and are both great programs to develop the talent we have in our region.

**Ann-Marie**

## Chairman's Corner



Last week my 7 year old grandson asked why we couldn't let him play football.

I know that these words would have been echoed across 7,500 junior players in our region. It has been a wet and miserable start to our season, but all competitions have finally kicked off.

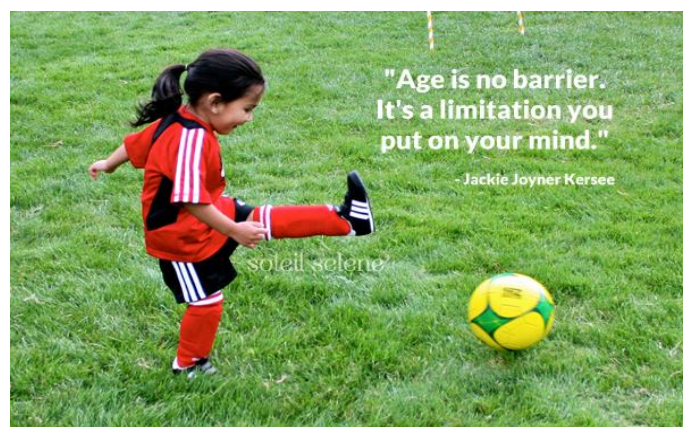
We have been working closely with both Shellharbour and Wollongong City Councils and appreciate the patience of our clubs and players.

On a different note, I would like to welcome Bobby Mazeveski to the FSC Board. Bobby was elected as the Head of our new Representative and Development Football Council and we look forward to the additional focus on our elite and development football streams.

At this point I would also like to thank the Men's, Women's, Junior's and Referee's Football Councils. These council members invest a tremendous amount of time into our competitions and are doing a fantastic job for our 12,000 players.

**Eddy De Gabriele**

## QUOTE OF THE MONTH





## Upcoming Events



### Some key dates in May

- Term 3 Academy commences the 28<sup>th</sup> April
- Pink Day – Women's Competition Round on 11<sup>th</sup> May to raise funds for Women's Cancer Awareness
- Winter Futsal competition commences on 19<sup>th</sup> May

Like us on Facebook or visit [www.footballsouthcoast.com](http://www.footballsouthcoast.com) for more information

## THE WORLD CUP - The FIFA World Cup starts on the 12<sup>th</sup> June. Here are some interesting facts about the Host Country BRAZIL



### Did You Know?

- The word "Brazil" comes from brazilwood, a tree that once grew plentifully along the Brazilian coast
- Brazil is the fifth largest country in the world, and third largest in the Americas, with a total area of 8,514,876.599 km<sup>2</sup>
- Population – in 2013 estimate it was 201 million
- The official language is Portuguese.
- The capital of Brazil is Brasília. Rio de Janeiro was the capital from 1793 until 1960
- Brazil has won the World Cup a record five times.
- Brazil has been the world's largest producer of coffee for the last 150 years.
- Pele's real name is Edson Arantes do Nascimento. He is regarded by many experts, football critics, former players, current players and football fans in general as the best player of all time







PHOTO by  
Pedro Garcia

The South Coast Wolves would like to thank our current junior club ambassadors for the day (Shellharbour, Corrimal, Coniston and SAP). If any junior clubs want to be part of a great day out at a Wolves game, please contact our office for details.

The club has recently elected to appoint a new coach following a less than inspiring start to the season however we are confident that we can turn our season around soon. It is very important that the public continue to come out and support the club at our new home at WIN Stadium. The Wolves have a very important series of away games over the next month for both juniors and seniors which could possibly define our season.

Remember all spectators are welcome back to the Brewery for post-match man of the match awards and 2 for the price of 1 meal deals. It doesn't get much better than that. We also have game day corporate packages available; please contact our office for details.

Please follow our Facebook page (thescwolves) and support your local elite football team. We will be promoting very shortly some great events hosted by the Wolves. We hope you can come out and support them.

**Chairman - Bobby Mazevski**



**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

To arrange an appointment with an expert call 13 22 49 or [www.illawarracu.com.au](http://www.illawarracu.com.au)



## Men's Premiership Update



With the ordinary weather during the month of April, it was great to finally see all streams of football playing the game over the last couple of weekends.

The League Tables in all competitions are a bit disjointed with the majority of sides having catch-up games.

In the Illawarra Mercury Premier League, Dapto Dandaloo have shown they mean business in 2014 as they sit top of the table after six rounds with 10 points from the four games that they have played. The Fury beat Bulli in a pulsating contest by three goals to two on Sunday to go top on goal average from Wollongong Olympic who have played two more games than the Fury.

As you would expect at this early stage of the season, the table is fairly congested with just the one point separating the top five teams.

Over in the ICU District League, Corrimal Rangers lead the way on 16 points from six games, with Warilla Wanderers (15pts) and Oak Flats Falcons (14pts) in hot pursuit. It should be pointed out that the Wanderers and Falcons have played a game more than the Rangers but as they say 'it's still early days yet' with the competitions in their infant stages.

There have been a couple of major shocks in the BloorRail Bert Bampton Cup with two District League Teams knocking over their more fancied opponents from the IPL on their way to advancing to the last 'eight' of that competition. Corrimal Rangers beat Wollongong Olympic four goals to nil in Round One whilst last Tuesday night, Berkeley Sports scored a one-nil victory over Bulli in Round Two.

In a recent FNSW Waratah Cup game, Dapto Dandaloo took on mighty Marconi Stallions from the FNSW Premier League and came oh so close to a place in the last 16 of that competition but were eventually beaten with the last kick of the match. The Fury were gallant in defeat with extra time required before the Stallions ran out winners two goals to one.





### Women's Football Update

Like most competitions, the weather has been unkind to the Women. To date the majority of teams have only played 1 out of 3 rounds. Most will be praying for a period of good weather to enable catch up games and prevent any further postponements.

At the end of Round 3 in Division 1, we see Woonona sitting at the top of the table with a game in hand to 2nd place. Fernhill sit at the top of Division 2 through the virtue of a superior goal difference. Meanwhile Berkeley have managed to complete 2 games which sees them heading up Division 3. The least number of games have been played in Division 4 with Woonona sitting up at the top of the table.

In addition to a busy schedule of catch up games, Women's clubs will be joining in fundraising on the Mothers Day round with funds going to Breast and Ovarian cancer charities. Clubs are currently finalising their fundraising activities.



## FSC and Junior Development

We have a number of queries from parents about youth development. Things like what's SAP, what's RYL and how do Development Squads fit into this. So we thought it would be useful to provide an outline on each of these programs.

### FSC Academy

FSC is one of the few associations in NSW to have its own Academy. The Academy is open to all boys and girls aged 6 to 13 years field players and 10 to 15 years goal keepers. It is a development program aligned to FNSW and FFA pathways, aimed at players who can train intensively with FSC highly experienced coaches. The Academies are run over three terms across numerous locations including Wollongong, Bulli and Oak Flats.

### Development Squads

At no cost to players, each year approximately 200 players are involved in development programs. This is for boy aged 8 to 11, girls aged 8 to 12 and Goalkeepers aged 10-15. The program includes Club involvement and talented players are nominated or selected who have the potential to continue on the FSC pathway to representative teams. This program gives opportunities for players to improve skills and techniques under the guidance of the FSC accredited coaching staff.

### SAP (Skills Acquisition Program)

This is a FNSW program for ages 9, 10 and 11 for both boys and girls, where players are selected based on a trail process facilitated by FSC. The program that runs for a year, provides a clear, professionally delivered development opportunity for young footballers in NSW which underpins the National Premier Leagues NSW Men's and Women's Competitions.

### Girls Acquisition Program

FSC philosophy is to identify and Coach Young girls who have ambitions to play for the Illawarra Stingrays. The program is consistent with the FFA National Curriculum and is for girls aged 10 – 12. The program is open to all levels.

### Regional Youth League (RYL)

This FNSW competition is offered to boys in the age groups of U12, U13, U14 and U15. The cornerstone of this league is the flexible participation opportunities that could be adopted where players take the experience and learning from participation in the Regional League back to their local club training and match environment. Players are selected based on a trial process facilitated by FSC.





## A word From Figtree Physio

### Football News from Around the World

Recently I attended the International Olympic Committee (IOC) World Conference on Injury and Illness Prevention in Monaco. The Conference involved some of the best researchers from all over the world and included discussion regarding a number of sports. Football being one of the main ones.

As the title of the conference suggests the main focus was how to prevent injuries in athletes. To do this we need to understand what are the most common injuries for footballers, what is likely to contribute to them occurring and then what we can do to prevent it. This article will focus on hamstring strains.

In elite football the most common injury is a hamstring strain. Players with an acute hamstring are, on average, out of full training for 21 days and this can cost a high level club approximately 500 000 Euros/injury! This is a huge expense for such a common injury. Obviously in Australia those sums are not comparable however there is much to be done.

The only scientifically confirmed risk factors for hamstring strain are: age and previous history of injury. In other words, if you are an older player and have strained your hamstring before then you are at a high risk. However there was some very encouraging evidence that by increasing specific hamstring muscle strength and muscle activation then we may be able to prevent not only hamstring tears but may also be able to prevent Anterior Cruciate Ligament (ACL) tears – especially in female footballers.

There are many exercises that can strengthen hamstring muscles in various positions. The main ones that have been shown to increase hamstring strength and activation are: kettle bell swings, Romanian Deadlifts and Nordic protocol hamstring curls. These specific exercises target and result in the highest amount of muscle change and therefore should be considered in every prevention program.

**Matt Whalan**

**M.Phty B.ExScRehab(Hons)**  
**[www.figtreephysio.com.au](http://www.figtreephysio.com.au)**

## Some new Faces on the FSC Board



### **Alison Errey - Independent Director**

Alison has more than two decades experience in senior government roles and has held executive management positions in corporate strategy, community engagement, communications and government liaison.

With post-graduate qualifications in journalism and public sector administration, Alison is a graduate of the NSW Premier's Executive Development Program and undertook leadership, policy and budget management through the University of Sydney's Graduate School of Government.

With a background in journalism and media liaison, Alison is Head of Corporate Affairs with IRT Group - one of Australia's largest community-based seniors lifestyle and accommodation providers. She also serves as a Director on the Board of Life Education Illawarra, a charity delivering healthy lifestyle programs for school children and is actively involved in a range of local community organisations.

A mum of three (two of whom are current local juniors), Alison is passionate about growing football on the South Coast and creating opportunities for the football community to contribute to the future direction of the game.



### **Bobby Mazevski - Head of the Representative and Development Football Council**

Bobby literally has a lifetime of football experience through participation and administration. Having played the game as a junior, Bobby retired from playing at 23 to focus on refereeing. He became the youngest ever Illawarra Premier League First Grade Grand Final Referee at 25 years of age. He went on to referee four Premier League First Grade Grand Finals as well as spending several years as an official in the National Youth League. Bobby continues to referee to this day.

Bobby was secretary of Lake Heights Junior Football Club and on the board of the Illawarra Junior Football Association in 2008 and 2009. In 2011 Bobby was a committee member for the South Coast Wolves in 2011 before taking on the role as Chairman in 2013. Bobby also has significant involvement in Futsal through the South Coast Taipans and has been on the board for the last four years. Bobby also coaches Futsal. Over the last two years, Bobby has won the Premiership and Cup double with the U12 Boys (2013) and U16 Boys (2014) and was only just this year voted Super League Coach of the Year.

Bobby has worked at major organisations such as Telstra, Optus and the University of Wollongong and in 2011 completed postgraduate studies in Commerce at University of Wollongong. His passion for football is undeniable.