



Volume: June 2014

www.footballsouthcoast.com

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And so it begins



Finally after a 4 year build up – it's here. The World Cup is underway!

It's a time for the world to focus on our great game and enjoy watching the 'best of the best' as they represent their nations. Our Soccerroo's have done us all proud in their courageous games to date and there is lots more drama, excitement and passion to come. We hope you all enjoy the greatest football event of all.





CEO Update



What a great time for football. It comes along every 4 years and it's a time when the eyes of our country and the world are on Football.

It's also a time to reflect on the great sport that we are involved in, and to really appreciate that football truly is the International Language of Sport.

There is so much to look forward to with our Football Calendar – next year we have the Asian Cup in Australia, where we get to see our Soccerroo's in action, and of course the Women's Football World Cup.

We are making great progress in catching up competition rounds due to the wet weather despite some pressures of double headers and scheduling games over the long weekend.

Coming up over the next few weeks, we also have our school holiday clinics which are always popular at this time of the year – and even more so being a World Cup year, so be sure to get in early.

This month we also kicked off our Women's Futsal Fitness Program. Each Wednesday at 10am at the Frat - our ladies get the opportunity to play, make friends and keep fit. We have had some great feedback so far – so spread the word.

FSC also conducted a football clinic for some refugee's through a partnership with the Multicultural Communities Council of Illawarra. The participants thoroughly enjoyed themselves and we look forward to more programs of this kind.

Ann-Marie

Chairman's Corner



Well the World Cup is underway and the focus is on our Beautiful Game.

There have been a few surprises so far and the games have been spectacular.

It is terrific to see such focus on our game with lots more football to come over the next few months including the A-League All Stars vs Juventus game in August – a chance to see some World Cup hero's in action.

In between there is lots of football here at home where we have had an astounding amount of growth since last year. An additional 800 players are playing our great game in 2014 and this growth I am sure will continue.

Congratulations to our FSC teams / clubs that have had success in the FNSW State Cup as the competition heads into the Semi Final series. The Bloor Rail Bert Bampton Cup / Youth Cup final games are also around the corner – so good luck to all teams involved.

Eddy De Gabriele

QUOTE OF THE MONTH

**"TALENT WINS GAMES
BUT TEAMWORK AND
INTELLIGENCE WINS
CHAMPIONSHIPS"**

Michael Jordan
kushandwisdom.tumblr



Upcoming Events



Some key dates in May

- Every Wednesday at 10am – Womens Futsal Fitness at the Frat
- 30th June – FSC School Holiday Clinics commence across numerous locations
- 13th July – Bloor Rail Bert Bampton Cup / Youth Cup Finals
- 14th July – Term 4 Academy Commences

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THE WORLD CUP - Here are some interesting facts about the World Cup



Did You Know?

- The World Cup has been held every four years since the inaugural tournament in 1930, except in 1942 and 1946 when it was not held because of the Second World War
- The 19 World Cup tournaments have been won by eight different national teams. Brazil have won five times, and they are the only team to have played in every tournament.
- The other World Cup winners are Italy, with four titles; West Germany, with three titles; Argentina and inaugural winners Uruguay, with two titles each; and England, France, and Spain, with one title each.
- The World Cup is the most widely viewed and followed sporting event in the world, exceeding even the Olympic Games; the cumulative audience of all matches of the 2006 FIFA World Cup was estimated to be 26.29 billion with an estimated 715.1 million people watching the final match, a ninth of the entire population of the planet.
- This trophy is not awarded to the winning nation permanently. World Cup winners retain the trophy until the next tournament and are awarded a gold-plated replica rather than the solid gold original





The South Coast Wolves would like to thank recent junior clubs, Corrimal Rangers and Thirroul for being part of our Junior Club Ambassador program. I am sure the kids enjoyed the experience.

With an important sequence of games coming up, the Wolves are looking for your support. There is plenty of activities for the kids including the wolf chase. If you haven't come to one of our games, we encourage you to give it a go.

The South Coast Wolves have also qualified for the inaugural FFA Cup. The draw will be televised live on Fox Sports on 26 June. The Wolves will be hoping for a home draw with the distinct possibility we may be up against an A-League club.

Remember, home games are Sunday afternoons with a 3pm kick off at WIN Stadium. There is plenty of free parking around. We look forward to seeing you at our games, see website for details.

Chairman - Bobby Mazeovski



Women's Football Update



With Division 1 heading into Round 10 we have Albion Park sitting on 24 points, one point ahead of Tarrawanna (23) with Thirroul sitting on 19 points.

Meanwhile in Division 2 we see Shellharbour (25 pts) leading Port Kembla on 21 points with Fernhill and Unanderra not far behind on 18 and 17 points respectively.

Helensburgh (27pts) is leading Division 3 ahead of Berkeley and Corrimal both sitting on 21 points.

In Division 4 Tarrawanna (24pts) leads Russell Vale Pink(18) Woonona (12) and Helensburgh (7).

Clearly we can anticipate some tight games and exciting end to the season for all divisions as we start to head into the serious end of the competition.

Congratulations to both Albion Park and Tarrawanna who have progressed to the State Cup Semi finals.



health
files

April 2014

Sporting performance & food

Good diet and nutrition can enhance sporting performance. Carbohydrates should form the basis of the sportsperson's diet. For most athletes, a varied healthy diet will provide vitamins and minerals, as well as protein, to promote growth and repair of muscle tissues. Adequate fluid intake is essential to help performance and prevent dehydration.

The link between good health and good nutrition is well established. Interest in nutrition and its impact on sporting performance is now a science in itself. Whether you're a competing athlete, a weekend sports player or a dedicated daily exerciser, the foundation to improved performance is a nutritionally adequate diet.

Water

Dehydration can impair athletic performance and, in extreme cases, may lead to collapse and even death. Drinking plenty of fluids before, during and after exercise is very important. Don't wait until you are thirsty. Fluid intake is particularly important for events lasting more than 60 minutes of high intensity or in warm conditions.

Water is a suitable drink, but sports drinks may be required, especially in endurance events or warm climates. Sports drinks contain some sodium which helps absorption. A sodium content of 30mmol/L (millimoles per litre) appears suitable in sports nutrition.

Pre-event meal

The pre-event meal is an important part of the athlete's pre-exercise preparation. A high-carbohydrate meal 3-4 hours before exercise is thought to have a positive effect on performance. A small snack 1-2 hours before exercise may also benefit performance.

Some people may experience a negative response to eating close to exercise. A meal high in fat or protein is likely to increase the risk of digestive discomfort. It's recommended that meals just before exercise should be high in carbohydrates and known not to cause gastrointestinal upset. Examples of appropriate pre-exercise meals and snacks include cereal and low-fat milk, toast/muffins/crumpets, fruit salad and yoghurt, pasta with tomato-based sauce, a low-fat breakfast or muesli bar, or low-fat creamed rice.

Eating during exercise

During exercise lasting more than 60 minutes, an intake of carbohydrate is required to top up blood glucose levels and delay fatigue. Current recommendations suggest 30-60g of carbohydrate is sufficient, and can be in the form of lollies, sports gels, low-fat muesli and sports bars, or sandwiches with white bread.

It's important to start your intake early in exercise and to consume regular amounts throughout the exercise period. It's also important to consume regular fluid during prolonged exercise to avoid dehydration. Sports drinks, diluted fruit juice and water are suitable choices. For people exercising for more than 4 hours, up to 90g of carbohydrate per hour is recommended.

Eating after exercise

Rapid replacement of glycogen is important following exercise. Carbohydrate foods and fluids should be consumed after exercise, particularly in the first 1-2 hours after exercise. To top up glycogen stores after exercise, eat carbohydrates with a moderate to high GI in the first half hour or so after exercise. This should be continued until the normal meal pattern resumes. Suitable choices to start refuelling include sports drinks, juices, cereal and low-fat milk, low-fat flavoured milk, sandwiches, pasta, muffins/crumpets, fruit & yoghurt.

Where to get help

- Your doctor
- Dieticians Association of Australia - 1800 812 942
- Sports Dieticians Australia - (03) 9926 1336

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



Carbohydrates & exercise

During digestion, all carbohydrates are broken down into sugar (glucose), which is the body's primary energy source. Glucose can be converted into glycogen and stored in the liver and muscle tissue. It can then be used as a key energy source during exercise to fuel muscle tissue and other body systems. Athletes can increase their stores of glycogen by regularly eating high-carbohydrate foods.

If carbohydrate in the diet is restricted, a person's ability to exercise is compromised because there's not enough glycogen kept in storage to fuel the body. This can result in a loss of protein (muscle) tissue because the body will start to break down muscle tissue to meet its energy needs, and may increase the risk of infection and illness.

The athlete's diet

An athlete's diet should be similar to that recommended for the general public, with energy intake divided into:

- more than 55% from carbohydrates
- about 12-15% from protein
- less than 30% from fat

Things to remember...

- Good nutrition can enhance sporting performance
- Foods rich in unrefined carbohydrates, like wholegrain breads and cereals, should form the basis of the diet
- Water is a great choice of fluid for athletes to help performance and prevent dehydration.

Men's Premiership Update - Men's Premiership Competitions Reach the Half-Way Mark



Both the Premier and District Leagues have turned the corner for the run home to the finishing post in this season's competitions.

Whilst there is still a long way to go, there are some clear pace setters destined to be involved at the business end of the season.

In the Premier League, perennial bridesmaids, Bulli find themselves in pole position having won ten of their 12 games played in accumulating 30 points to lead the race by just the one point from Dapto Dandaloo.

Bulli who are two points better off than at the same stage in 2013 when they had to settle for 2nd spot behind the impressive Port Kembla, will be looking to hold off the challenge of the Fury which will not be easy as the chase for first spot looks to be a race between the two as Wollongong United are currently off the pace in the 3rd position, eight points behind the leaders with South Coast United are in 4th place level a further three points adrift.

After 15 rounds in the District League, Shell Cove FC are having an outstanding season thus far, having lost just one game in the process, to lead this competition on 38 points by six points from Picton Rangers.

There is a chasing pack of five teams with Picton separated by just three points hovering, should the Cove slip up along the way. Corrimal Rangers (31), Berkeley Sports (30 – game in hand), Warilla Wanderers (29) & Oak Flats (29) are all geared to make a serious challenge with some very interesting match-ups in the next eight weeks or so as the competition works its way to an exciting climax.



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

We're excited to be partnering with Illawarra Credit Union to ensure the success of football in our region.

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 by simply getting your Personal Loan or Home Loan through Illawarra Credit Union, you'll be helping your club raise revenue.

Your club will receive 0.2% back, of all loan balances, for the life of your loan. The money is paid straight back to your club on a quarterly basis, with no middle man.

There are currently some fantastic offers you can take advantage of:

FSC Personal Loan

Whether you're heading to Brazil for the World Cup, looking to buy a new car, or invest in those new football boots you've had your eye on, this personal loan is for you. The benefits are great:

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

Home Loan

1% p.a. discount off the Standard Variable Rate Home Loan

This home loan offer is back by popular demand - 1% p.a. off the Standard Variable Rate for the Life of the Loan.

No need to fluff it up with fancy words, this offer stands on its own.

To arrange an appointment with a home loan expert, call us 13 22 49. For more information contact our Partnership Manager on 0417 825 554 or email partnerships@cu.com.au

FSC Junior Update

Our junior player base continues to increase, in particular our female numbers.

In 2013 we had 1910 female juniors, and in 2014 this has increased to 2150. In total there are 8400 junior players across Football South Coast competitions. **Growth of nearly 800 players from 2013!**

This year we also introduced the U18 competition for our male youth players. This competition allows any club, either Junior or Senior to elect a team to be represented in this competition and is a positive step to ensure players between 15 and 18 are given the best opportunity to play in a competitive environment. The competition was developed to be a pathway for players aspiring to play in the Premier League or District League Youth Grade sides.

This is a key outcome of the unification of football in this region. The junior council and men's council have worked closely together in the development of this concept to ensure our youth grade players are given every opportunity to continue to play football at a competitive level.

The FSC Development Programs are also underway. Each year approximately 200 players are involved in this program for boys 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.





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

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Football South Coast

Football South Coast World Cup School Holiday Clinics



FSC Term 4 Academy

FSC Term 4 Academy

School Holiday Clinics

School Holiday Clinics are 3 or 4 days. Have full-on fun and a great time with a half day (9.00am to 12.00pm - 4 day clinic) and (9.00am to 11.00am - 3 day clinic).

The Children will be separated into age groups or ability and don't fret, just ask and your child can be grouped with their friend/s!

All clinics are for 5-13 year olds, for both boys and girls for all outfielders and 10-15 years olds, for both boys and girls for all Goal Keepers!

Term 4 Academy

The Academy is run over 8 sessions/weeks

Monday sessions commence 14 July and conclude 1 September 2014 and Wednesday sessions commence on the 16 July and conclude 3 September 2014. FSC Peoplecare Academy are held at 4 locations.

Refer to our website for more details.

**For more information about Football South Coast
and our programs**

Don't forget to like us on Facebook



or go to www.footballsouthcoast.com



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