



Don't Forget - The Matildas are coming to Wollongong on the 24th November



Tickets are on sale now. Watch the Matildas (currently ranked Number 8 in the World) in a friendly against China at WIN stadium

The game starts at 3pm.

The Curtain raiser kicking off at 12:30 will be an FSC Invitational team taking on the Illawarra Stingrays.

Some of our local corporate leaders are taking part to raise funds for Women's Football development. That's gotta be an interesting match up!!

There's plenty W-League and National Youth League action coming to Wollongong.



Over the coming W-League and National Youth League Season, Sydney FC will be hosting some matches at WIN Stadium.

W-League

8th December (Western Sydney) – 5:00pm

19th January (Brisbane Roar) – 3:00pm

NYL

8th December (v Melbourne Heart) - 2:15pm

18th January (v Central Coast) – 5:45pm

Check out

<http://www.footballeustralia.com.au> for more details.



CEO Update



A lot of people have asked that we at FSC must be enjoying the off season... actually this is when a lot of the work gets started.

We've been keeping busy with Summer Football and have over 920 registered players. There has been such positive feedback about this competition and we only want to make it bigger and better next year. Thanks again to everyone for your support.

We've been working on a new and improved web site. We hope that this will serve as a useful and dynamic tool to get information to our football family.

There's been lots of club AGM's taking place and we welcome all new committee members to the FSC Competition. Football would not be the sport it is without the support of so many volunteers who devote their time to football.

Over the next year FSC will be looking at ways to help our clubs raise some much needed funds. Two of our long time key supporters the Illawarra Credit Union and Peoplecare have got some great offers – that will assist in benefiting our clubs.

Support two great local organisations who are great contributors to football in this region. There are some great offers detailed further in the newsletter.

There's still plenty of football action happening in the Gong – with the Matildas, W-League and National Youth League games - so get down and enjoy some great football action at WIN stadium.

Ann-Marie

Chairman's Corner



I would like to take this opportunity to thank both Nicki Bowman & Rosemary FSC Directors who have recently resigned from the FSC Board.

Can I firstly say, it's been a great pleasure and honour to have Nicki Bowman – the FSC Deputy Chair an inaugural Unification Committee Member & FSC Director – as my colleague who has been part of this Unification & re-structuring of Football in this Region since 2007. Nicki and her family will all be leaving Australia and heading off to live in New York & then Europe for the next 12-months.

Likewise, Rosemary Digger has been on this journey with us since inception and has been a strong and loyal advocate of this Unification Model. Rosemary has resigned to focus on more time with her family.

Their efforts and hard work will certainly be missed and we wish them both well.

FSC will look to recruit two new Directors over the next coming months.

Eddy De Gabriele

Quote of the Month

**Good Players
Inspire Themselves
Great Players
Inspire Others**



FSC PERSONAL LOAN



Illawarra Credit Union has created a special offer for Football South Coast players, coaches, officials, family and friends; the FSC Personal Loan

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Luke Potter - Partnership Manager
Ph: 0417 825 554 | 02 4252 1328
Em: lpotter@cu.com.au

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*Based on a loan amount of \$15k over a term of 5 years. WARNING: The comparison rate only applies to the example or examples given above. Different amounts & terms will result in different comparison rates. Costs such as redraw fees or early repayment fees, and cost savings such as fee waivers, are not included in the comparison rate but may influence the cost of the loan. Eligibility criteria, terms & conditions, fees & charges apply. Catalyst Money and Illawarra Credit Union are divisions of Community Alliance Credit Union Ltd. ABN 14 087 650 771 Australian Credit Licence 245 576



With news the Wolves are part of the NSWPL1 Competition for 2014; the club is now pushing forward with its preparations for the season ahead. One of the first objectives is to select our teams. With over 350 player's trialling across all grades, the club is confident that our teams will be even more competitive this year. The club is sticking to its policy that no less than 80% of players selected will be from this region ensuring local footballers have the opportunity to progress through the pathway.

It's also been an exciting month with the official signing of the MOU with Sydney FC which further outlines the strength of the pathway system. With several Wolves players playing in the National Youth League, the club's future looks bright and further vindicates the club's development program.

The Wolves are also pleased to announce their new gear supplier for 2014 – Team Rhino. We are confident that Team Rhino will deliver a quality range of playing, training, game day and supporters gear.

If you or anyone you know would like to sponsor the Wolves in 2014, please contact Tim Wilson; general_manager@southcoastwolves.com.au

Bobby Mazevski - Chairman

From Glenn Fontana: Technical Director Skills Acquisition Program and Girls Acquisition Program

FSC is part of the FNSW SAP for under 9, 10 and 11 and trials are currently underway. We've had a great turnout of some great young local talent and teams will be finalised over the coming week.

The SAP incorporates the principles of the FFA National Curriculum and is an elite non-competition representative tournament all about development for talented players.

FSC has also developed the Girls Acquisition Program.

Girls Acquisition Program (GAP) will be run by the Illawarra Stingrays in conjunction with the FSC philosophy to identify and Coach Young girls who have ambitions to play for the Illawarra Stingrays. FSC experienced staff and the Illawarra Stingrays will work together to deliver this program which is consistent with the FFA National Curriculum and FNSW Goals and Objectives in line with SAP.

This is a great initiative for our growing female playing base so go online to www.footballsouthcoast.com to register your interest.





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

All Age Women - Albion Park Women – Winners of the Champion of Champions



Congratulations to Albion Park Women's Football Club.

Final Winners of the EA Sport Champion of Champions beating Colo SFC 3-0.

Great effort ladies!

Well done.



Gala Night Awards – Check out Some Photo's from the FSC Men's and Women's Presentation Nights





A word From Figtree Physio

Myth Busters

Every day in the clinic I am asked weird and wonderful questions regarding injuries, conditions and treatment options. Armed with information from Dr. Google patient's regular present to me stress and worried by what they "think" they have done to themselves. I thought this month we would look at some common misconceptions that have presented over the years.

1. Rubbing Out "Corks" Is the Best Way to Treat Them

Scarily this is still a common act that I see regularly. A "cork" or contusion is an injury as a result of a direct impact, usually to muscle. It is characterised by pain, loss of movement and often swelling. In years gone by the most popular method of treatment was for someone to rub the cork out. This is a very painful technique and is actually quite bad for the injury. It will delay healing, increase bleeding and I have seen cases where bone development in the muscle has resulted. So never let someone rub out a cork!

2. No Pain, No Gain

Pain is a message in your body to tell you something is wrong. How your body interprets that message will vary from person to person however in general pain is telling you that there is damage to a structure or that there is an area at risk in the body. If you have "real" then you should stop the activity and seek professional advice to determine the reason for the pain before continuing.

3. Tendonitis

One of the more controversial topics in sports medicine is whether there is such thing as tendonitis. The overwhelming evidence (at present) is that there is no such thing as there is an absence of inflammatory markers in tendon injuries. The current term, tendonopathy, should be employed when talking about tendon injuries. Why does this matter? Well the management of the injury is vastly different! Tendonopathies, such as Achilles and Patella tendonopathy, all require a specific exercise and strengthening program that will address load issues in the tendon. Often with the diagnosis of tendonitis people were encouraged to rest when sometimes that is the worst option as the tendon and muscles will get weaker and the injury cycle will continue. In general the best thing for tendonopathies is appropriate and specific exercises rather than resting – so if you fall into this category then make sure you are on the right track.

The key to any injury management and recovery is to make sure you have all the appropriate and correct information. Sometimes the wrong information can lead to a poor rehabilitation prognosis and a long stint on the sidelines

Matt Whalan
M.Phty B.ExScRehab(Hons)



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- **\$50 off** your glasses if you visit Peoplecare Eyes & Teeth before 31 December 2013***

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www.peoplecare.com.au



Give us a buzz or check out our website today!

* This offer is only for all Football South Coast players, officials, clubs, families and supporters taking out a new Peoplecare membership before 31 March 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 and 24 month waiting periods still apply. ** Peoplecare Eyes & Teeth is located at 63 Market Street, Wollongong. Offer valid for each person on membership. Not available with any other in-store offers.

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FSC Welcomes Jay Digger – Our new Futsal Manager

Football South Coast welcomes Jay Digger to the team. Jay will be managing the Futsal Competition.

Jay is a current player of the Taipans and has significant experience in managing futsal in numerous organisations across the Illawarra.

There will be lots of new things happening out on the Futsal courts so keep a look out for how you can get involved in this great activity.

Futsal Facebook: Football South Coast Futsal

Futsal Contact: 0433 388 725

Email: futsal@footballsouthcoast.com



FSC, the South Coast Wolves and the Illawarra Stingrays enter into MOU's with Sydney FC and the Western Sydney Wanderers

FSC has entered into a formal agreement with Sydney FC that will deepen ties to the region.

The South Coast Wolves and Illawarra Stingrays are also parties to the agreement that will see Sydney FC hold yearly open trials and community matches in Wollongong.

They will also conduct coaching seminars with Wolves and Stingrays coaches during the season. An MOU has also been entered with the Western Sydney Wanderers which will allow a number of players to be part of the WSW trial process.

Players in our region will now have a formalized and clear pathway to the A-League and W-League in the absence of a local team.





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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.



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