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www.footballsouthcoast.com

Email: admin@footballsouthcoast.com

Football Fever in '14 Continues



The 2014 World Cup has come and gone. We saw many brilliant games played and the Football Fever in '14 continues.

The region was treated to hosting the Foxtel A-League All Stars for 6 great days as they prepared for their game against Juventus, and what a fantastic game it was. It was a great entrée to the upcoming A-League Season

But there's so much more still to come....

The FFA Cup comes to town as our South Coast Wolves take on the Central Coast Mariners. Support our Wolves on the 20th August at WIN Stadium. It's a historical game and one not to be missed by our football family and friends. To purchase tickets go to Ticketmaster.com.au, call 131 600 or the Box office.

Sydney FC will be playing a friendly on the 19th September against Wellington Phoenix and on the 3rd January, WIN Stadium will host its first ever A-League Fixture when the Sky Blues take on the Newcastle Jets.



CEO Update



How great was it having the Foxtel A-League All Stars here in Wollongong for their training camp?. It was an action packed 6 day visit and the feedback I have had has been fantastic.

During the 6 days we had a Sports Dinner, school visits, club visits, the open training session FAN Day, a coaching seminar and of course that friendly with the Young Socceroo's with a crowd of close to 7000 at WIN Stadium. What a wonderful celebration of football and a great way to end the training camp.

In April I was approached by the FFA about potentially hosting the All Stars training camp – being chosen from a number of other locations, was a fantastic acknowledgment by the FFA of the passion for the game in our region.

During this time I got to meet the players and coaching staff – and they are truly All Stars not only for their obvious skills on the pitch, but for being such great role models for our children. Each player was very generous with their time to the supporters and a great example of course was ADP making sure he signed every autograph prior to leaving the stadium.

I would like to thank so many people that assisted with the training camp including members of the FSC Junior Football Council and especially FSC Staff Nichole Mears, Glenn Fontana and Jonathan Forster.

Back to our local competition and there is lots to look forward to as we approach the finals series. Summer Football is also on our doorstep – with registrations for Junior and Senior Competitions NOW OPEN.

Ann-Marie

Chairman's Corner



In the lead up to finals time, we can acknowledge what a great season we have had – not only in our local competitions but with the Football Feast we have experienced.

Thank you to everyone that made the Foxtel A-League All Star visit such a huge success. This includes our volunteers, our coaches, local schools and our children that participated in clinics and visits. There is a great buzz around the place as we really embraced this opportunity

Just when we are all trying to get over the end of the World Cup, we have been treated to Juventus visiting our shores, and can now look forward to the FFA Cup with our South Coast Wolves taking on Mariners.

Then of course we have the Asian Cup coming up in January 2015 when we get to see the Socceroo's in action again.

In the meantime there is lots more great football to enjoy in our own backyard as our FSC competitions reach their final stages. Good luck to all clubs involved.

Eddy De Gabriele

QUOTE OF THE MONTH



Upcoming Events



Some key dates in August / September

- 20 August – FFA Cup Game – South Coast Wolves vs Central Coast Mariners at WIN Stadium
- 6th and 7th September – Junior Grand Finals at Ocean Park Woonona
- 8th September – Summer Football Registrations for Juniors close
- 13th September – Amateur League Grand Finals
- 14th September – Women's Grand Finals
- 14th September – EA Champion of Champions Round 1 kicks off
- 15th September – Summer Futsal Starts at the Frat
- 15th September - Senior Summer Football Rego closes
- 19th September – Sydney FC vs Wellington Phoenix Friendly
- 27th and 28th – Men's Premiership Grand Finals

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

The FFA Cup – 20th August at WIN Stadium – Come and Support the South Coast Wolves



The Westfield FFA Cup is a national knockout tournament run by Football Federation Australia in conjunction with the State and Territory Member Federations in Queensland, New South Wales, Northern New South Wales, Victoria, Australian Capital Territory, Tasmania, South Australia and Western Australia.

Our region is represented in the FFA Cup through our South Coast Wolves

On the 20th August at WIN Stadium the South Coast Wolves will be up against Central Coast Mariners.

We have a fantastic opportunity to build on the great crowd at the recent Foxtel A-League All Stars friendly against the Young Socceroo's and support our region in the inaugural year of the FFA Cup. Adelaide City recently knocked the Western Sydney Wanderers off their perch? Can our South Coast Wolves do the same against the Mariners? Get your tickets now through Ticket Master or 131 600!



The Wolves would like to thank all the junior clubs that hosted us over the last few weeks allowing us to put back into the community with some free passes to the FFA Cup game. The senior players thoroughly enjoyed themselves at all venues and we hope to further consolidate our relationship with the clubs next year.

The FFA Cup is nearly upon us. Wolves take on Central Coast Mariners on Wednesday 20 August at WIN Stadium - 7.30pm kick off. You will need to get your tickets early to avoid queuing at the gate. We hope the region and community can come out and support the club in what shapes as the club's biggest game of the season. With tickets just \$10 for adults and free parking, the club hopes for a crowd reminiscent of the Wolves glory days. Don't miss it.

Thanks also to FFA and FSC for hosting the Foxtel A-League All Stars in Wollongong recently. The family fun day at the only open training session was a real hit and it was great to see so many happy faces.

Chairman - Bobby Mazevski



Women's Football Update

The Women's competition committee would like to congratulate Albion Park on their winning the FNSW State Cup. Albion Park are also featuring in the final of the Association Cup which is being played at 1:00pm on the 24th August at Tarrawanna, congratulations to both teams.

The finals series for the women's competition kicks off on 31st August with the Grand Final to be held on 14th September (subject to scheduling of FNSW Champion of Champions for 1st Division). Thanks to all clubs who submitted EOI's to host the games and congratulations to all teams who have made it to the finals. Ground allocations and game times will be issued shortly.

The Women's Council would like to thank all clubs who participated in the Pink Day initiative.



The next Club's meeting for the Women's competition will be held on the 14th October at 7:00pm at the Master Builders Club.

The Women's competition committee are looking for interested individuals to join the committee for the 2015 season as a number of committee members will be retiring.

Players and/or officials are also invited to participate in FSC working party around growing and strengthening refereeing in the area.

For more information email referees@footballsouthcoast.com.



**Need to fundraise for your club?
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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.

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Check out the fantastic rate on this Personal Loan, developed exclusively for FSC. The benefits are great:

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- No application fee
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Sign up to this home loan offer and enjoy 1% discount off the standard variable rate for the entire life of the loan - no need to fluff it up with fancy words, this offer stands on its own.

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Visit <http://www.illawarracu.com.au/1fixed> for more information, or to arrange an appointment with a home loan expert, call us 13 22 49.

Men's Premiership Update – League Champions



Bulli Youth Grade side continued their outstanding season on Saturday by claiming their third piece of silverware in 2014 in winning the Illawarra Mercury Premier League, League Championship.

A narrow two goals to one victory over second placed Wollongong United, gave them an unassailable 11 point lead at the top of the table with three rounds to play.

The League Title trophy will now sit alongside the Peoplecare Youth Cup (Pre-season Knockout) and BloorRail Youth Cup with the side now going all out to complete the Grand Slam with victory in the Grand Final in late September.

Shell Cove FC have capped off a memorable League Campaign in becoming League Champions in the Illawarra Credit Union District League First Grade Competition with victory over Picton Rangers at Hume Oval.

The Cove hold a ten point lead over Warilla Wanderers also with three rounds to spare and will now be given the opportunity to apply for promotion to Premier League in 2015.

In amassing 60 points from a possible 69, Shell Cove have been in irrepressible form in dropping just the one game from 23 starts.

Thirroul FC are another team to earn the tag of League Champions for Season 2014 in winning the ICU District League Youth Grade Title.

In an amazing accolade for the Thunder, this is the third season in a row that they have been crowned League Champions and this latest success came on the back of scoring an eye catching 104 goals in their 23 appearances to-date with just the one loss against their name.



2014 SUMMER FOOTBALL

PROFITS GO BACK INTO LOCAL FOOTBALL

**4 A-SIDE FOR U6 AND U7
7 A-SIDE FOR U8 TO U16**



TWO VENUES TO CHOOSE FROM

Memorial Park Wilga Street Corrimal

U12 - U16 Friday nights, 1st game kicks off at 5pm. Grounds 1 & 2

U6 - U11 Saturday mornings, 1st game kicks off at 8.30am. Grounds 1 & 2

Barrack Heights Sports Field Daphne Street Barrack Heights

U6 - U16 Saturday mornings, 1st game kicks off at 8.30am.

COST: U6 - U7: \$80 per player (shirt & shorts included)

U8 - U16: \$100 per player (shirt & shorts included)

First rounds to kick off Friday 10th/Saturday 11th October

Grand Final Gala Days Friday 12th/Saturday 13th December

To register a team or individual go to:

www.footballsouthcoast.com then go to

COMPETITIONS and SUMMER FOOTBALL tabs

or email admin@footballsouthcoast.com

or phone Nichole 4285 6929



**REGISTRATIONS CLOSE
8th SEPTEMBER**
PLAYERS ARE COVERED BY
FNSW INSURANCE



FSC Junior Update

The Foxtel A-League All Star visit provided some fantastic opportunities for our local schools and junior clubs to get some extra practice and clinics in the lead up to finals time.

It was a great opportunity for some juniors in our region to get up close and personal to the A-League super stars and a great time to promote football especially across our schools.

As part of the Foxtel A-League All Stars, some junior coaches also got the opportunity to hear from Josep Gombau. Josep is the current coach of A-League side Adelaide United and is a former FC Barcelona youth team coach holding multiple positions at Barcelona academies. What a great opportunity for coaches to get such great knowledge and insight from Josep.

With one round of junior competition left, we will head into finals and Grand Finals which will be held at Ocean Park in Woonona on the 6th and 7th September. Good luck to all teams involved in the Final Series.

Pictured Below: The Foxtel A-League All Stars with players from Corrimal and Bulli Juniors after a morning clinic at WIN Stadium





FIGTREE
physiotherapy

A word From Figtree Physio

Finals Time – Finals Fresh!

It's that time of year again – finals time. At this stage of the season the top teams are preparing themselves for the high pressure of finals games. So as a player or coach, here are some tips to make sure this time of the year is successful:

1. Freshness vs Fitness

It is very hard to get fitter at this time of the season. The focus should be to look after your players ensuring they are fresh and as injury free as possible. Mindless running should be kept to a minimum and sessions should be shorter but still intense with quality.

2. Recovery

After game recovery is essential to allow your players to prepare as well as possible for the next game! Preparation for the next game begins at the final whistle. Cold water baths (10-12 degrees for 10mins), a carbohydrate and protein mix with an hour of the game and gentle stretching may all be helpful.

3. Be vigilant with injuries

Planning your week is important to your teams success. The focus is "game day" so it may be necessary for players to miss the first session on the field and do gym work or pool work instead to aid recovery and manage physical loading. If you are injured or have "niggles" seeking specialised advice is important to assist in keeping you on the park.

4. Manage your stress

There is a reason why often the most experienced team defeats the youngest team – performing under pressure. As a younger athlete it is important to get your mental game in order to help you achieve your goals. Managing your stress, pressure and anxiety is as important as doing your warm up before the game!

5. Nutrition

The last factor is getting your food right. If your body is feeling a bit flat then getting your fuelling right is vital to give you any advantage you can. Eating well all week will give you a massive boost at this time of the season and healthy eating shouldn't just be left to the night before.

Matt Whalan

M.Phty B.ExScRehab(Hons)
www.figtreephysio.com.au



The FSC Sports Dinner – with the Foxtel A-League All Stars

The FSC Sports Dinner was held on the 1st August at Villa D'Oro. It was a great night where guests got to sit with the players and coaching staff and some of our Volunteers and FSC Sponsors were acknowledged on the night for the fantastic contribution to football.





The FSC Sports Dinner – with the Foxtel A-League All Stars





The FSC Sports Dinner – with the Foxtel A-League All Stars



Winter sports & cold-related injuries

Snow sports are a popular choice of recreation, but the conditions of alpine environments should be seriously considered and prepared for to minimise the risk of injury.

Common cold-related injuries

- **Blisters** - badly fitting shoes or the friction of wet socks can cause blisters on the toes, feet and heels.
- **Sprains and strains** - cold muscles and connective tissue are more prone to injury. Sports such as skiing and skating place particular demands on the knees, ankles and feet.
- **Sunburn** - what many people think of as 'windburn' is actually sunburn. Ultraviolet radiation is still present in cold and cloudy conditions.
- **Snow blindness** - this is sunburn of the cornea of the eye, caused by ultraviolet radiation. Symptoms include painful, watery eyes and temporary blurring of vision.
- **Frostbite** - occurs when the tissues of the skin freeze. Ice crystals in and around skin cells block the movement of blood through the fine blood vessels (capillaries), which means the skin is deprived of oxygen and nutrients and dies.
- **Hypothermia** - the core temperature of the average human body is around 37°C. Hypothermia occurs when the body's temperature falls below 35°C. Symptoms include shivering, drowsiness and lack of coordination. The person may lie down to rest, lapse into unconsciousness and, if not quickly rescued, will die.

General safety suggestions:

- Never participate in winter sports alone. With a partner (or two), you can use the 'buddy system', for example to check each other for signs of hypothermia.
- Be aware that you are exposed to UV radiation even on cold and cloudy days. Apply broad spectrum 30+ sunscreen to all areas of exposed skin. Reapply regularly.
- Drink plenty of water before, during and after sport.
- Don't drink alcohol. While an alcoholic drink seems to warm you up, it actually narrows your blood vessels, particularly those of the hands, which can increase your risk of hypothermia.
- Don't push yourself until you are exhausted. Rest at regular intervals to avoid fatigue-related injuries.
- Cold muscles, tendons and ligaments are vulnerable to injury. Warm up thoroughly before playing your chosen winter sport. Remember to take cold temperatures into account and spend more time warming up than usual.
- Know your ability and always stay in control and be able to stop and avoid other people or objects. It is your responsibility to stay in control on the ground and in the air.
- Take lessons from qualified professional instructors to learn and progress.
- As you proceed downhill or overtake another person, you must avoid the people below and beside you.
- Do not stop where you obstruct a trail or run or are not visible from above.
- When entering a trail or run or starting off downhill, look uphill and give way to others.
- Observe and obey all rules, signs and warnings. Keep off closed trails or runs and out of closed areas.
- Before using any lift, you must have the knowledge and ability to load, ride and unload safely.
- Do not ski, snowboard, ride a lift or undertake any other alpine activity if your ability is impaired by drugs or alcohol.
- If you are involved in, or witness an accident, alert Ski Patrol, remain at the scene and identify yourself to Ski Patrol.
- In the event of a fall do not attempt to get up too soon while you are still falling or sliding - wait until you stop.

When using terrain parks, demonstrate appropriate etiquette. 'Smart Style' is a set of guidelines designed in America by Burton Snowboards and the National Ski Areas Association. The simple messages are:

- **Look before you leap** - obey signs, scope around jumps first, use a spotter when necessary
- **Easy style it** - know your limits and stay in control
- **Respect gets respect** - wait your turn and call your start, only one person at a time on each feature, clear the landing quickly.





A-LEAGUE TIPPING COMPETITION

Starts 10th October, 2014

**THINK YOU KNOW THE GAME?
GIVE YOUR MATES A RUN FOR THEIR MONEY!**

POINTS STRUCTURE
2 Points for Correct Pick (Win/Draw)
1 Point for Incorrect Pick
5 Bonus Points for a Perfect Round
All tips must be in 5 minutes before each round.
Later participants will automatically tip the away teams.

HUGE PRIZE POOL
(Prize Pool dependant on number of participants)
1st Prize= 60% OF TOTAL POOL
2nd Prize= 25% OF TOTAL POOL
3rd Prize= 15% OF TOTAL POOL

EXCLUSIVE GRAND FINAL FUNCTION FOR COMPETITION MEMBERS
★ BIG BBQ BUFFET with Prawns, Steaks & Ribs
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