



Volume: August 2015

www.footballsouthcoast.com

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If you Can't Get Enough Football – There's still lots of opportunities to play

Now that the Winter Competition has nearly wrapped up – there's lots of football to keep everyone in the game.

Summer Football registrations have opened for two locations at Corrimal and Dapto. Both locations will run Friday night games from age groups 12 and up. We have also introduced a Girls Only competition for certain age groups so check out the FSC website for more details and registration information.

Last year we had close to 1300 players. This year we have some new kit colours and lots more fun planned. Register early so that you and your team don't miss out on a place in this great competition.



Our Five A Side Summer Competition at the Fraternity Club will also kick off over the next few weeks with competitions for Men's, Women's, Mixed and Juniors.

This great facility at the Fraternity Club is on a synthetic surface and incorporates a great atmosphere under lights in a very social environment.

Keep an eye on our website for all the details.





CEO Update



Only a couple of weeks left for most of our competitions and football finals will be upon us.

We've already had some teams across our competitions that have taken out the Minor Premiership with lots more titles to be determined – so it promises to be a great end to our competitions this year.

The FSC Development Programs were rolled out across boys ages 9 to 12 and girls aged 7 to 12. These are programs delivered by our highly qualified FSC coaches and again was received with lots of positive feedback.

Congratulations to Bert Bampton Final Winners Wollongong United and Woonona (Youth Cup) and also Shellharbour and Port Kembla for their State Cup wins last month.

I am sure most of you have seen the Juniors Corner Segment on WIN News televised each Thursday. There has been lots of great feedback as each week we have showcased one of our junior clubs and some of the great initiatives and stories across football on the South Coast.

Last month I attended the Disability Trust Gala Night – a fantastic evening that recognizes some of the great work and participants of the Trust. It was also a fantastic pleasure to be asked to present, Alex Dawson – one of our FSC Knights with his award. Well done Alex!

Last week FSC had a charity game against the Wollongong Homeless Hub to raise funds for this great organization and raise awareness as it was Homelessness Prevention Week. There were a few sore muscles across Team FSC, but it was a great initiative and lots of fun. Also a huge thank you to our clubs that participated in the FSC Homeless Hub Wrap Up Weekend. **Ann-Marie**

Chairman's Corner



With the International Champions Cup and visits from Chelsea, Liverpool and Tottenham Hotspurs, it's been great having access to so much great football right on our doorstep.

Locally – things are also heating up as the final series approaches, I would like to wish everyone all the best.

Football is no longer a winter sport with so many opportunities to keep playing with the FSC Academy, Summer Football and of course our Five A Side comp at the Fraternity Club.

See you around the grounds. **Eddy**

QUOTE OF THE MONTH

BE SOMEBODY
WHO MAKES
EVERYBODY FEEL
LIKE A
SOMEBODY.

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Upcoming Events



Some key dates over the next few months:

- 4/5/6 September: Junior Grand Finals (Ocean Park)
- 7 September: Summer Football Registrations Close
- 13 September: Women's Grand Final (TBC)
- 19 September: Community League Grand Final
- 21 – 24 September: School Holiday Clinics
- 28-30 September: School Holiday Clinics
- 26 September: District League Grand Final Day
- 27 September: Premier League Grand Final Day

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

Season 2 – FSC Knights



The FSC Knights is a program that was developed between Football South Coast and the Disability Trust. The program is designed to encourage participation and inclusion for participants that need that extra bit of encouragement and support to play football.

The FSC Knights had their inaugural season in 2014, and 2015 has also proved to be a great success, with more players participating. FSC would like to thank the Disability Trust for their ongoing support and to the coaches including Josh Hutton and Megan Murphy for their commitment and assistance to the team each week.

Also a big thank you to our clubs for embracing this program. Here's some feedback from Megan that we thought would be great to share:

"In round 16 the U/6's played Unanderra Blue and the U/8's played Woonona Blue. In round 17 the U/6's played Port Kembla Black and the U/8 played Port Kembla Grey. The teams mentioned and their coaches were absolutely fantastic!! The players were extremely accommodating and showed so much respect and sportsmanship towards our team, ensuring our participants were always involved.

It would be great if you could pass this on to the teams to thank them for being so inclusive. It was an absolute pleasure to witness this occurring from these young teams and credit to their coaches and parents".

BERT BAMPTON AND YOUTH CUP REVIEW

Wollongong United made it back to back Bampton Cup wins following their 2-0 win over Dapto Dandaloo Fury. Johnny Martinoski opened the scoring from a long throw before Sangyu Park sealed the Cup win with a sensational strike. Dapto Dandaloo threw everything at Wollongong United in the latter stages of the game however United held on to record a deserved victory.

In the Youth Cup, Woonona Sharks sprung somewhat of a surprise by beating Dapto Dandaloo Fury 3-1. Hayden Nicol opened the scoring for the Sharks, before Lee Kizi equalised for the Fury. Samuel Spargo scored to put Woonona back in front, before Kyle Del completed the scoring for the Sharks, who also deserved their win and first silverware of the season.

DISTRICT LEAGUE PREVIEW

Picton Rangers have wrapped up the League Championship inside 21 rounds, however their unbeaten run came to an end over the weekend following their loss to Oak Flats Falcons. Corrimal Rangers hang on to second spot however there are five other teams within a win of second place. The final positions will come down to the last weekend with seven teams all vying for playoff positions. There are some crucial games coming up over the next few weeks.

PREMIER LEAGUE PREVIEW

Dapto Dandaloo Fury appear to have one hand on the League Championship trophy following their win over second placed Bulli recently, who now trail by six points and an inferior goal difference with just four games left. Wollongong United and Albion Park White Eagles seem to have just about secured playoff positions however Port Kembla, Tarrawanna and Wollongong Olympic are all in the mix for the last playoff position with Port Kembla probably in the box seat at this stage. It is going to be another interesting finish to the season with playoff positions yet to be determined.





2015 SUMMER FOOTBALL

PROFITS GO BACK INTO LOCAL FOOTBALL

**4 A-Side for U6 and U7
7 A-Side for U8 to U18**



TWO VENUES TO CHOOSE FROM:

Memorial Park, Wilga Street, Corrimal

U12 - U18 Friday nights, 1st game kicks off at 5pm.

U6 - U11 Saturday mornings, 1st game kicks off at 8:30am.

Lakelands Oval, Lakelands Drive, Dapto

U12 - U18 Friday nights, 1st game kicks off at 5pm.

U6 - U11 Saturday mornings, 1st game kicks off at 8:30am.

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

U8 - U18: \$100 per player (shirt & shorts included)

First rounds to kick off Friday 9th/Saturday 10th October

Grand Final Gala Days Friday 11th/Saturday 12th December

(The weekend of 18-20 December will be used as catch up in the event of wet weather)

To register a team or as an individual go to:
www.footballsouthcoast.com then go to
COMPETITIONS and **SUMMER FOOTBALL** tabs
or email admin@footballsouthcoast.com
or phone Debbie 42856929



**REGISTRATIONS CLOSE
7TH SEPTEMBER
PLAYERS ARE COVERED BY
FNSW INSURANCE**



FSC Women's Competition Update

As the women's competition enters round 16 we see some of our finalists already determined but others going down to the wire. In the Master Builders Division 1 perennial favourites Albion Park are sitting safely on top of the ladder with the remaining top 4 spots currently shared by Wollongong Olympic and Thirroul. Tarrawanna, who despite a slow start to the season, have rocketed themselves up into fourth position.

In the Master Builders Division 2, Berkeley enjoys the top spot well ahead of Helensburgh, Wollongong Olympic and Wests Illawarra in a tight race for second.

Following a mid season split of the competition, in the Master Builders Division 3 Thirroul and Albion Park are ahead of the pack with another tight fight for the remaining positions. Meanwhile in the Division 3 Plate, Figtree find themselves ahead of Helensburgh Black followed by Port Kembla as we head into the final rounds.

Tarrawanna are clear leaders in the Better Business Accounting Over 30 competition followed by Woonona and Russell Vale Pink.

As we move into the finals series commencing in 30 August we wish all teams the best of luck and encourage all players to attend our Grand Final Day to be held 13 September (venue to be determined).

All clubs are also reminded of the Awards Night scheduled on 10 October at The Builders Club and to ensure they get their tickets when they become available.

The Women's Council would like to thank all the clubs who sent representatives along to the officials/ refereeing session recently held at The Builders. Bringing these skills 'in house' can only strengthen the quality of our competition.

The Council has also been busy planning for the 2016 season and beyond, looking at ways to grow and strengthen our competition, we look forward to sharing this information with members at the next Club meeting.





Conditions & treatments - Achilles tendonitis

Achilles tendonitis is inflammation of the Achilles tendon. This overuse injury is more common in younger people who play sport or run, but is also common for people not involved in sport. Treatment includes rest, non-steroidal anti-inflammatory drugs (NSAIDs) and physical therapy.

Tendons explained

A tendon is a band of connective tissue that anchors muscle to bone. The Achilles tendon is the largest tendon in the body. It attaches the calf muscles to the heel bone (calcaneus) and is very important because it lets you lift your heel when you start to walk. It also helps you to walk, run or stand on tiptoe.

Symptoms

- Pain in the back of the heel
- Difficulty walking
- Swelling, tenderness and warmth of the Achilles tendon

Degrees of severity

Achilles tendonitis is graded according to how severe it is:

- Mild – pain in the Achilles tendon during a particular activity (such as running) or shortly after.
- Moderate – the Achilles tendon may swell. In some cases, a hard lump (nodule) may form in the tendon.
- Severe – any type of activity that involves weight bearing causes pain of the Achilles tendon. Very occasionally, the Achilles tendon may rupture (tear). When an Achilles tendon ruptures, it is said to feel like a hard whack on the heel.

Causes

Overuse injury – this occurs when the Achilles tendon is stressed until it develops small tears.

Arthritis – Achilles tendonitis can be a part of generalised inflammatory arthritis, such as ankylosing spondylitis or psoriatic arthritis. In these conditions, both tendons can be affected.

Foot problems – some people with flat feet or hyperpronated feet (feet that turn inward while walking) are prone to Achilles tendonitis. The flattened arch pulls

on calf muscles and keeps the Achilles tendon under tight strain. This constant mechanical stress on the heel and tendon can cause inflammation, pain and swelling of the tendon. Being overweight can make the problem worse.

Footwear – wearing shoes with minimal support while walking or running can increase the risk, as can wearing high heels.

Treatment

The aim of the treatment is to reduce strain on the tendon and reduce inflammation. You can reduce strain by:

- Avoiding or severely limiting activities that may aggravate the condition, such as running
- Using shoe inserts (orthoses) to take pressure off the tendon as it heals. In cases of flat or hyperpronated feet, your doctor or podiatrist may recommend long-term use of orthoses.

Inflammation may be reduced by:

- Applying icepacks for 20 minutes per hour during the acute stage
- Taking non-steroidal anti-inflammatory drugs
- Placing the foot in a cast or restrictive ankle-boot to minimise movement and give the tendon time to heal. This may be recommended in severe cases and used for about eight weeks.

You may also be given specific exercises to gently stretch the calf muscles once the acute stage of inflammation has settled down. Your doctor or physiotherapist will recommend these exercises when you are on the road to recovery. Recovery is often slow and will depend on the severity of the condition and how carefully you follow the treatment and care instructions you are given.

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

Get in touch!

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PS4 NATIONAL PREMIER LEAGUES NSW MEN'S 1

SOUTH COAST WOLVES v **MARCONI STALLIONS**

2015 PS4 NATIONAL PREMIER LEAGUE NSW MENS 1 - ROUND 22
SUNDAY 16th AUGUST 2015 | WIN STADIUM | KICK-OFF 3:00PM

MATCH DAY SPONSOR: MCR MULTI CIVIL & RAIL SERVICES LTD

MATCH DAY AMBASSADOR: Cancer Council Daffodil Day

Friday 28th August



Illawarra Stingrays Update

As the season wraps up for the Stingrays, the club is looking ahead to 2016.

Details of trials and coaching positions will be made available over the coming weeks.

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