



What a start to 2015!

January was a pretty special month for lots of reasons. We had the Sydney FC vs Newcastle A-League fixture at WIN Stadium, and then the very next day had the International Friendly between Iraq and Iran.

Then on 31 January 2015 - history was made. The Socceroo's won their first Asian Cup title. As registrations for the upcoming season opened – we could not have asked for better promotion of the game, with registrations across Australia set for record highs in 2015.



Back in 2010, the Matilda's also won the Women's Asian Cup.

What an incredible achievement for our national teams to win the tournament with Australia only entering the Asian Football Confederation in 2006.

Football South Coast All Stars

Congratulations to everyone that participated in the recent FSC All Stars clash against the Stingrays and South Coast Wolves. It was a fantastic night showcasing the talent of local football here on the South Coast.

With the women's FSC All Stars concept in its inaugural year, it was a great opportunity to bring the football community together with over 700 spectators enjoying the event. A big thank you to all players, coaches and officials for making the night such a success.





CEO Update



It feels as though we were only celebrating Christmas and New Year a little while ago – and here we are ready for another season with competition games ready to kick off on 21 March.

Over the last few months we've been busy organizing registrations and draws across all of our competitions.

We also launched our first FSC Girls Skills Acquisition Program. We have 60 girls participating in this program with some highly qualified FSC coaches developing our young female players.

The club coaching program is also in full swing – where each junior club has nominated a coaching coordinator. The FSC Technical Directors will be mentoring these coaches to ensure the FFA curriculum is rolled out across all our clubs and providing the tools and techniques to assist.

FSC also held its first Season Launch across all competitions and clubs. It was a great night at the Fraternity Club. Check out the photo's later in the newsletter.

Earlier in the year we also had Brendon Santalab and Aaron Calver assist with promoting player registrations for the upcoming season. Some of the Illawarra Stingrays and South Coast wolves players also attended – what a great way to start our 2015 campaign. **Ann-Marie**



Chairman's Corner



The football season is certainly underway. The Fraternity Cup saw Dapto Dandaloo Fury winning the preseason competition and FFA Cup and Bert Bampton Cup games have already commenced. It was great to see the Bonnie Lassie Cup back in 2015 and congratulations to Albion Park Women's Division 1 for winning the tournament.

As things start ramping up – we need to remember the wonderful volunteers that make football happen in our region. Thank you for your contribution. To our club officials, coaches, parents, the FSC Board and football councils – those who invest so much time and passion into our game – we hope you have a great season.

See you around the grounds. **Eddy**

QUOTE OF THE MONTH

MISTAKES
are just proof that you are
TRYING

Photo courtesy of SHGQuinn.com.au

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Upcoming Events



Some key dates over the next few months:

- 21 and 22 March 2015 – Bonnie Lassie Cup
- 21 March 2015 –IDL Round 1
- 28 March 2015 – Mini Roos Kick off Date and IPL round 1
- 5 April 2015 – Easter Sunday
- 7 April 2015 – School Holiday Clinics commence
- 11 April 2015 – Junior Competition
- 20 April – FSC Academy Term 3 commences

School Holiday Clinics

The FSC School Holiday Clinics will be back and held at the following locations:

Thirroul Figtree Balgownie
Dapto Albion Park Helensburgh

Futsal Clinic @ The Frat

We've also got a Goal Keeper Clinic for girls and boys aged 10 – 14 years.

Go to **www.footballsouthcoast.com** for more details or call the FSC office on 42 856929.



Grassroots Expo

Coaches at all levels play a crucial role in ensuring that football is an enjoyable experience for everyone, as well as laying the foundation for the development of better players.

Football South Coast are conducting Grassroots Football Certificate courses which capture the Discovery Phase for coaches training 5-9 year old players. Check out our website for details on locations, dates and registration details.

As part of the courses, on 29 March 2015 (Sunday) an expo will be held at Thomas Gibson Park, Thirroul with Oscar Gonzalez (FNSW Coach Education Manager).





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FSC Season Launch





FSC Office Update



Football South Coast welcomes Sonya Keir to the team. Sonya will be our new staff member assisting our competition coordinators and helping out across all areas of FSC.

We are also recruiting for a new Five A Side Competition coordinator so please check out our website for more details.

Go to **www.footballsouthcoast.com** for more details.

FSC Development Update



Our Girls Only Programs have kicked off as part of the Girls Skills Acquisition Program. So far the program has been a great success with lots of positive feedback.

As a result, additional spots in the program will be opened up in April so check our website and Facebook page for details as they come to hand.

Term 2 of the FSC Academy has seen record numbers of participants across all locations (Wollongong, Oak Flats and Bulli). Term 3 commences on the 20 April and registrations will open soon.

FSC Knights

Everyone has the right to play the beautiful game of football and this includes players of all abilities and of any age. Football South Coast together with the Disability Trust is proud to support the FSC Knights FC.

The FSC Knights offers an inclusive environment where everyone can enjoy football in a fun and modified way to:

- Play football with expert coaching
- Play the sport in a fun and friendly environment and keep fit and healthy
- Develop Social skills and confidence
- Enable members and their families to form bonds and friendships

Call Football South Coast or The Disability Trust for details.





A word From Figtree Physio

Football Fitness – Train to Get Fit or Get Fit to Train?

There is an ongoing debate in modern football about whether players need to do extra running at training or can all fitness work be achieved through large and small sided games. I think the answer is complicated and player position specific. On average, in the English Premier League, the distances covered by a midfielder can be up to 12-13 kilometres and most of this at 75% of their maximum speed. Strikers will often cover up to 10 kilometres and much of this is up to full speed.

Obviously these distances will likely be lower in a semi professional environment however it does show the physical work and demands that exist in football. In my view it is difficult to achieve the fitness levels required for a footballer just training 2 or 3 nights a week. The players need to be performing extra sessions by themselves in the gym (for football specific strengthening) and on the field (for running speed and endurance). The gym program should focus on core strength and control; power; leg strength and upper body strength. It is important that the gym program be football specific as the old fashioned programs of biceps, pecs and triceps won't make you a better footballer!

Field running should include: sprints of various distances up to 60 metres (this is the furthest a footballer will sprint in a game); endurance work at a reasonable speed and middle distance speed work such as 400m and 200m efforts. I usually don't encourage long slow running such as 10 kilometre runs as it is not very football specific as the speed and technique won't be adequate.

The key is to be prepared to train. The modern version of coaching and football conditioning requires a certain level of base fitness and strength – for you to get the most out of your sport and to be fair to your coaches you should ensure that you are in good condition prior to training rather than expecting your coach to perform miracles!! Importantly the fitter you are the less likely you are to get soft tissue injuries such as hamstring tears, so this season make it your goal to go that bit extra for your club, coach and most importantly yourself and be fit to train.

Matt Whalan

M.Phty B.ExScRehab (Hons)

ADULTS	\$52.00
CHILDREN (11 & up)	\$28.00
CHILDREN (6-10)	\$12.00
CHILDREN (5 & under)	\$9.00




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SAP Gala Day Photo's



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