



Volume: March 2016

www.footballsouthcoast.com

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Congratulations to our Matildas



What a fantastic effort by the Matildas in qualifying for the Rio Olympics, the first time they have qualified since 2004.

In a tough qualifying tournament, the team had to play 5 games in 10 days in the Japanese city of Osaka.

The Matildas qualified for the Games after topping the table at the final round, scoring 17 goals in their 5 matches.

Rio will be just the third Olympics at which the Matildas have competed since women's football was introduced for the 1996 Atlanta Games.

The South Coast was lucky enough to see the Matildas in their training game against the Illawarra Stingrays prior to the qualifying tournament, at WIN Stadium. It was a fantastic opportunity supported by many local fans.

A huge congratulations to Michelle Heyman, Caitlin Foord and Caitlin Cooper – players from the South Coast, that have done the region extremely proud.





CEO Update



It's that time of the year again and Football South Coast is busy preparing for another season.

With registrations nearly finalized and gradings / divisions across teams and clubs completed. Our Draw Master (David Ware) is weaving his magic, as he prepares the draw for Junior's, Community League and our Women's Competitions.

Please bear with us – it's a fairly complicated process and we will advise via social media and our web page once it's all finalized.

Thank you to everyone who came out and supported the FSC All Stars. It was a great night with two very entertaining games. Thank you to the Stingrays and Wolves for taking part in this once again.

It's all been a very busy time for our clubs – and we can't thank our volunteers enough. There is a tremendous amount of work that goes into running a club and it can, at times, be a very thankless task. Without these fantastic people, clubs would not be run and games would not be played. So a big thank you to our volunteers.

Last week we celebrated Female Football Week. It's a great time to reflect on the contribution that is made from players, volunteers, referees and coaches to our game. And the Matilda's qualification for the Rio Olympics was a fantastic way to celebrate the week.

As the opening round of our competitions fast approaches, I hope everyone has a great year whether they are playing, coaching, refereeing or administering the game.

Ann-Marie

Chairman's Corner



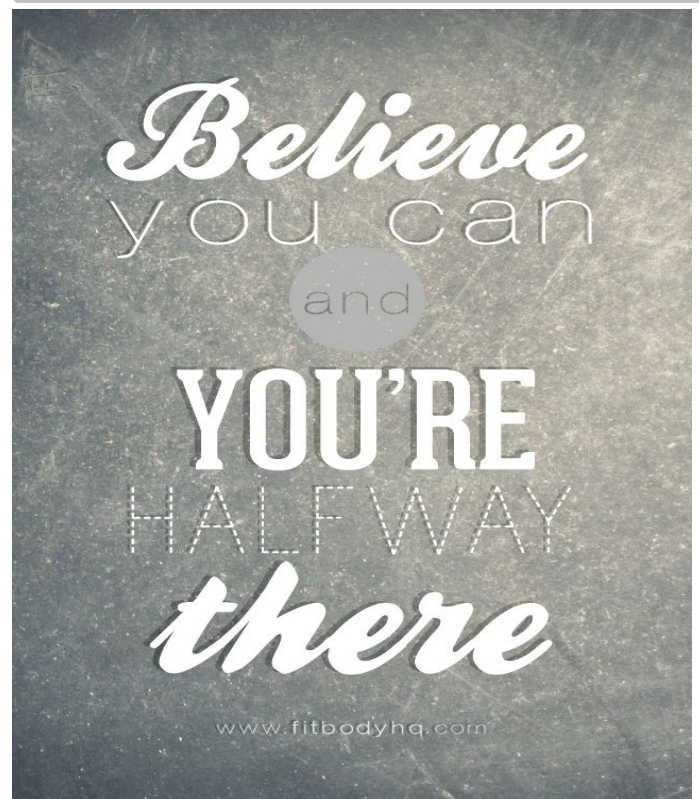
With the Fraternity Club Pre Season Cup wrapped up for another year and the Women's Bonnie Lassie about to kick off – 2016 is already well underway.

Congratulations to Wollongong United and Corrimal Rangers on their wins in the Fraternity Cup Grand Finals.

I would also like to take the opportunity to thank our wonderful sponsors of football. We have welcomed many new sponsors during 2015 and 2016, and acknowledge many long term sponsors who have supported football in the region.

Eddy

QUOTE OF THE MONTH



Upcoming Events



Some key dates over the next few months:

- 18 March – Junior Referee Seminar
- 19 and 20 March – Bonnie Lassie Tournament
- 26 March – RMB Lawyers Community League, WGC Cranes District League and the Illawarra Mercury Premier League competition commences
- 1 April – FSC WIN Network Junior Competition commences
- 3 April – The Builders Club – Women's Competition commences
- 11-21 April – FSC WIN Network School Holiday Clinics
- 2 May – FSC WIN Network – Autumn Academy term commences

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FSC Referee Development



In 2016, Strebre Delovski will be the FSC Referee Coach. As a local referee who has progressed as an AFC and FIFA Referee, Strebre currently is one of the most experienced referee's in the A-League.

As part of the continued focus of Referee Development, on the 18th March, our registered junior referee's (both new and existing) will attend a Junior Referee Seminar and have the opportunity to hear from not only Strebre, but also Jarred Gillett a full time FFA referee, who will be in attendance as a special guest speaker.



Football Federation Australia also recently announced that Japanese FIFA Referee Takuto Okabe and Class 1 Referee Koichiro Fukushima will referee two Hyundai A-League matches in Rounds 23 and 24, continuing FFA's strong partnership with the Japanese Football Association (JFA). Both referee's will also attend the Junior Referee Seminar.

It promises to be a great start to the 2016 season for our referee's and we look forward to more of these opportunities for our young officials.

FSC All Stars Photo's



Women's Competition Update

The FSC Women's Council are very pleased to announce a significant increase in registrations, representing a 14% growth for the upcoming 2016 season. Whilst we are disappointed that we couldn't field stand alone U21 and O30 competitions, registrations of teams in both these age groups is testament to the growth in Women's football in the Illawarra and the hope that these competitions are not too far off. The Council would like to thank members of the FSC Junior Football Council who worked hard during 2015 to establish the U21 competition.

Our 2016 competition will comprise 4 Divisions with up to 40 teams. Once again our Major Sponsor is The Builders Club and we would like to thank them for their ongoing support.

The Women kick their season off with the Bonnie Lassie Tournament on the 19th and 20th March and again have welcomed U18 teams who have nominated. Thanks to Woonona for hosting the weekend tournament.

The Women's Council has welcomed two new members, Luise Lago and Don Robb and would like to take this opportunity to thank Joan Hudson who stood down at the end of 2015 for her many years of work for women's football.

Finally the Council would like to give a big shout out to the Matilda's for their recent success in Japan and wish them all the best in the Olympics.



Men's Competition – RMB Community League

The RMB Lawyers Community League Cup competition kicked off on 12 March with both the All Age and Masters team categories all drawn in the inaugural knock out tournament.

This is giving some teams a great little prelude to the season proper which kicks off for them on Saturday 2 April. The first two stages of the cup games are scheduled across a few different venues and FSC would like to take the opportunity to thank Albion Park, Oak Flats, Balgownie, Dandaloo and Russell Vale Football Clubs for their preparation of grounds at this stage of the season.

The Cup competition/knock out resumes on 23 April and again on 19 June for the teams that are still alive. The semi-finals are scheduled for 10 July with the final scheduled just before the end of year finals series.

There is also a new format in the All Age Division 1 for 2016. Each club has two teams (First and Second Grade) and they can share players between the grades. FSC believes this aligns better with the Men's Premiership competitions and makes the competition stronger.

With this introduction, there is new hope for clubs who wish to progress with promotion to District League a possibility (providing League conditions are met). The First Division consists of 10 clubs – Albion Park Cows / Coledale Waves / Coniston FC / Crescent Star / Cringila Stallions / Dandaloo FC / Oak Flats / Port Kembla Pumas / Uni Wolves and Wollongong Fury.

We'd like to take this opportunity to once again thank RMB Lawyers for their support of this competition.



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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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