



FOOTBALL SOUTH COAST - NEWSLETTER

Volume: March 2017

www.footballsouthcoast.com

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On the International Stage

There's lots happening within football in Australia. On the pitch the Socceroo's are in the midst of World Cup qualifications for the 2018 World Cup in Russia. With upcoming games against Saudi Arabia (home), Japan (away) and Thailand, it was great to see the Socceroo's score their win against the United Arab Emirates in front of 27,000 fans.

The Matildas played in the Algarve Cup earlier in the year. The Algarve Cup is a global invitational tournament for national teams in women's association football hosted by the Portuguese Football Federation (FPF). Held annually in the Algarve region of Portugal since 1994, it is one of the most prestigious and longest-running women's international football events.

The Matildas took 4th place in the tournament losing to Denmark who took third place. In the group stages the Matilda's beat the Netherlands and China and suffered a defeat to Sweden. Congratulations once again to Caitlin Foord who was part of the Matildas Squad and had a great tournament.



It's All About the Ladies

Female Football Week was run between the 8th and 19th March. It was a great week to celebrate the wonderful women we have involved in the game. FSC ran the following initiatives during the week which were an all round success:

- Free Come and Try Clinic for 4-6 year olds
- Inaugural U12/U13 Girls Only Tournament
- FSC All Stars vs the Sutherland Shire FA All Stars

Girls Development SAP

For any young female players interested in additional football training, FSC will continue to run the Girls Development program in 2017 and this is open to all players aged 7 to 16. This is an FSC initiated program based on the FNSW skill acquisition principals and is consistent with the FFA National Curriculum. The program is open to any interested participants and will involve both training and game days. Check out www.footballsouthcoast.com for further information.



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CEO Update



The season has just kicked off and the weather again has created chaos. Preseason tournaments have been cancelled or rescheduled and most of our kids haven't had the opportunity to kick a ball for training.

Having said that, it's great to see that some games did kick off for juniors last weekend, and a huge congratulations to Thirroul in particular who have worked hard in the off season to install drainage. The investment and work is certainly paying dividends with Thomas Gibson being utilised across this wet weather.

This time next year—we should have our first synthetic pitch installed in the region which will certainly alleviate some of the problems during wet weather. The project at Ian McLennan Park has kicked off with Wollongong City Council managing this project. Surveys and geotechnical reports having been completed with tender documentation currently being prepared.

The FSC Season Launch was a great night this year and we thank the Wollongong City Council Lord Mayor and The Parliamentary Secretary for the Illawarra and South Coast, Gareth Ward for attending and supporting our code.

On a personal note, I am excited about becoming the coach for my son's Under 7 team and can't wait to get involved. A big thank you to the many junior coaches involved in the game and who volunteer so much of their time.

The FSC Knights will also participate in the 2017 season and we thank the Disability Trust for supporting this wonderful initiative and showing how inclusive football can be for the whole community.

As the first term of school is nearly over, and the lack of training our juniors have had due to the rain, the upcoming School Holiday Clinics will be a great way to get players ready for the season ahead. We at FSC pride ourselves on having some of the best coaches in the region, so all participants will get some great development in a fun environment.

Ann-Marie

Chairman's Corner



The recent wet weather certainly highlights the need for synthetic pitches and we are planning on having our first football synthetic pitch being utilised by this time next year. Wollongong City Council has been working on this project which will see construction commence at the end of the 2017 playing season.

As this wet weather subsides and 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.

Quote of the Month

BE STRONG
WHEN YOU ARE WEAK,
BRAVE
WHEN YOU ARE SCARED,
AND HUMBLE
WHEN YOU ARE
VICTORIOUS

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Some key dates over the next few months:

10 April to 20 April —FSC School Holiday Clinics
14 April to 17 April—FSC Office Closure—Easter Holidays
17 April—Fraternity Cup Finals (Memorial Park, Corrimal)
24 April—FSC Autumn Academy commences
7 May—A League Grand Final

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

From the Technical Director

Despite the extraordinary weather we experienced in the month of March, FSC programs have continued and been delivered at various indoor facilities across the region. We thank all the parents and caregivers who have been so flexible in getting the players to various changes of venues and often at short notice.

SAP program

Both our mixed and girls SAP squads have been training well indoors and have continued to impress their coaches with their attitude and application. Unfortunately, game time on the weekend has been very limited due to game cancellations, most notable being the SAP Gala Days at Football NSW that were both cancelled due to field conditions. Our mixed squads U9, U10, U11 and U12s did play this weekend however travelling to Bankstown City. All four age groups performed extremely well which was even more pleasing given the training preparation leading into it.

Association Youth League (AYL)

The month of March saw some great success in the AYL program. Our under 13s and Under 15s competed in the pre-season Bathurst Cup. Both teams finished the weekend undefeated and came away celebrating having won the competition. Our squads travelled to Sutherland earlier in the month and to the Central Coast on the weekend with some real positive results across the four age groups. Off the field, the players and parents attended the first of many coaching workshops delivered by our FSC coaching staff. The workshop topic focused on daily wellness, injury prevention and management and the importance of providing feedback after their training sessions. The evening was a great success and we are looking forward to rolling out further educational workshops over the coming months.

Junior Academy & Girls Development Programs.

The wet weather certainly hasn't dampened the spirits of our Junior Academy and Girls Development players. Despite so many indoor training sessions, the commitment of both players, parents and caregivers has been extremely impressive. Participation numbers continue to be strong and our Technical Director would like to thank all the players for their efforts over the month. We look forward to getting back outside after Easter and continuing the strong development that we have seen in March. There are currently spots open in this program for players interested in obtaining additional training and development.

Coach Education

Attendance at our coach education courses have been strong throughout the month. Grassroots courses were delivered at Figtree, Shellharbour and Bulli with further courses scheduled for Albion Park, Helensburgh and Balgownie. The month also saw a Skills Training Certificate that was well attended at the Fraternity Club and Illawarra Sports High School and we look forward to rolling out more courses across the region in the months ahead.

FSC Season Launch

Close to 400 guests attended the Season Launch on the 19th March. It was great to see so many of our clubs in attendance and recognise some wonderful contributors to our game including our volunteers and sponsors. Rob Shehadie provided some entertainment on the night and the Fraternity Club were wonderful hosts for the event.



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Women's Competition – Preview



The Football South Coast Builders Club Women's competition will kick off with 43 teams this year. The Women's Competition will consist of four divisions and the inaugural Under 21s competition. With recent rain the annual Bonnie Lassie was cancelled and most teams will be going into the competition with a minimal amount of pre season games.

First Division will be highly competitive again with 10 teams fighting it out for top honours in the premier women competition. Last years season came down to the wire with Tarrawanna securing the Minor Premiership by 2 points. Albion Park and Woonona ended up equal second with goal difference splitting them. The 2017 season will be highly competitive again and with players, teams and clubs moving it is impossible to predict who will win the title in 2017.

Title heavyweights Albion Park will be looking to add to their silverware after claiming both the State title and the Grand Final Championship in 2016. The bulk of the Albion Park girls will be back again in 2017 and they will be hitting the pitch with great intent with attempts to win back the minor premiership they lost to rivals Tarrawanna.

Tarrawanna will be trying to go one better in 2017 after losing to Albion Park in the Grand Final 3-0. Despite falling at the final hurdle the girls from Tarrawanna had a successful season not only securing the minor premiership but also making it to the Grand Final of the Champions of Champions where, unfortunately they lost.

Woonona will be another team to watch out for in 2017. The Sharks haven't won silverware in almost a decade but their 2016 season was impressive which saw them only lose 3 games and hold the best defensive record in the competition. If Woonona wants to challenge Albion Park and Tarrawanna they will need to improve on their ability to score in front of goal.

Fernhill, made up mostly of the 2017 Wollongong Olympic team, will be looking for a strong season. Their strong possession game makes it hard for opposition teams to break them down and they will be looking for a finals spot this season.

Thirroul will have two teams in Division 1 showcasing the strength of the northern suburbs club. Thirroul's first division team last year struggled for consistency which saw them miss the finals for the first time in 4 years. Thirroul have secured the services of a new coach overseeing the whole club. Its possible the girls will have their fire reignited to play finals football again.

Balgownie finished 7th in last years competition however exposed a lot of young girls to the top division with the club again opting for youth in their squad for 2017. It will be interesting to see how they go against the powerhouses of the competition. Their youth and enthusiasm may win them a few games and see them make a run for the finals.

Port Kembla also struggled with consistency in 2016. They were right in the mix to make the semi finals until they hit a mid season slump and saw them drop off the finals pace. They have lost a few key players to opposition teams but Ports ability to play quality football can see them beat anybody on their day.

Newly promoted University have joined the division after winning the Division 2 Grand Final in 2016. University is one of the biggest Women's clubs in the region and their depth will be their strength. It will be interesting to see how they fair in 2017. With an unknown pool of player possibilities streaming from the university they could be the wildcard in the competition.

Kiama have also been promoted into first division. They have had some experience in this division in previous years and will be looking to make a solid start and cement themselves in the competition. Some off season recruiting will see some strong players return to the Quarry.

Division 2 will be hotly contested. Helensburgh will return after a stint in First Division and will be looking for the form that saw them secure the title in 2015. Other teams to watch out for include Wests Illawarra who missed out on the finals by 1 goal and are surely looking to keep their fate in their own hands this year. Dandaloo and Tarrawanna fought out the Division 3 Grand Final and it will be interesting to see how they fair in Division 2.

Division 3 will be an open race with winners Bulli, Dandaloo and grand finalists Tarrawanna all moving into Division 2. Russell Vale Pink will be looking for another strong season after moving up from Division 4, but will face strong competition from the Oak Flats Wildcats, Albion Park and Oak Flats Falcons.

Figtree will be hoping its their year in Division 4. After making the Grand Final last year the girls from Figtree will be looking to go one better after going down to Russell Vale Pink in last years decider. Other strong contenders in this division include Helensburgh and Oak Flats Falcons.



With a strong contingency of teams it will be a red hot U21 Competition.

Albion Park flexed their muscles at the pre season Thunderbird Cup winning the competition and sending a message to the rest of the teams that they are favourites to take out the title in 2017.




Bulli and Thirroul are shaping up to be their biggest competition.



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Men's Premiership Competition Update

In the Men's Football competitions, the Fraternity Club Cup Pre-season tournament was hampered by wet weather and could not be completed prior to the regular season commencing.

As a result, the Final(s) will now be played on Easter Monday – 17 April at Memorial Park. District League favourites Fernhill only snuck into the semi-finals as the highest ranked second placed team however they thundered past Thirroul in the semi Final setting up a mouth-watering Final against newly promoted Coniston FC. They had a great pre-season which has seen them go undefeated and storm their way through to the Final.

In the Premier League Conference, Wollongong United secured a second consecutive Finals appearance and are on track to go back to back pre-season Cups. They take on the newly promoted (Premier League) Corrimal Rangers who battled hard to edge out a number of more fancied opponents in their run to the Final. Both games promise to be intriguing as all teams try and juggle the catch up games with the rescheduled Cup Final.

The Fraternity Club Bampton Cup has got off to a stuttering start with several Round 1 matches washed out. As clubs and FSC scramble to get games played, Round 2 of the competition may be delayed if the weather keeps disrupting the schedule. The first two rounds of the competition are District League qualifiers with the Premier League clubs entering the competition in Round 3.



SHOOSH For KIDS - 15 to 21 May 2017

15-21 May 2017

If your comment
is negative,
then **SHOOSH!**

Reward good
play by both teams
with applause; if you
can't then **SHOOSH!**

If your comment is
directed at a referee
or match official,
then **SHOOSH!**

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comment is directed
at a player, then
SHOOSH!

Show respect to players and game officials. **Remember It's their game.**



Shoosh for Kids is a collaborative effort between Sport and Recreation and State Sporting Organisations to promote positive sideline behaviour to their members, clubs and associations. The Shoosh for Kids campaign is aimed at promoting positive sideline behaviour at junior sports events. The general rule is, if you can't say anything nice, don't say anything at all.

The purpose of the campaign is to support grassroots sport to provide a positive environment for their members, whilst assisting to address issues which arise from poor sideline behaviour including:

- Abuse to officials
- Reduced volunteer numbers
- Reduced participation rates (due to poor experiences/ non-enjoyment/ too competitive)

The Winter campaign will be on the 15-21 May 2017

FNSW will be supporting this program in 2017 and Football South Coast will be working with our member clubs over the next few weeks to develop the campaign across football fields in the Illawarra.

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