



## News and Events



### The Finals are Upon Us!

Finals Fever...It starts with our Women's Finals on the 1st September. Our Junior Grand Finals are on the following weekend (the 7th and 8th September) at Terry Reserve Albion Park.

Amateur Grand Finals will be held on the 21st September at Ian McLennan Park, Kembla Grange and football will be back at WIN Stadium with our Illawarra Credit Union / People Care District League Grand Finals on the 28th September and the Illawarra Mercury Premier League Grand Finals on the 29th September.

Good luck to all players and clubs involved in the Final Series!

### Lock in the 14<sup>th</sup> September –

**Sydney FC is coming and our Illawarra Mercury Premier League Major Semi Final is the curtain raiser**

Tickets are selling fast. Make sure you purchase your tickets through Ticketek to see the A-League Preseason game between Sydney FC and the Newcastle Jets.

What a great opportunity for our area to see ADP play with some of our very own local stars including Ruben Zadkovic from the Newcastle Jets (pictured) who are now part of this great A-League competition.

The Illawarra Premier League First Grade Grand Final Qualifier between Port Kembla and a yet to be determined opponent will be the curtain raiser kicking off at 2:30pm.





## CEO Update



What a huge month in our quest for a Home of Football. First it was announced by our Federal Labor Government that we were successful in obtaining \$7.4 million in funding for our West Dapto Complex. These are budgeted funds from Regional Development Australia.

We were then successful in being shortlisted as part of the \$100m Restart NSW Infrastructure Fund in which we submitted an expression of interest. This is a great achievement as over 120 applications were received and only 20 were shortlisted. There is still some way to go with this funding however, and over the next month we need to submit a detailed application.

There have been a number of public forums in relation to the Infrastructure Fund and it is quite clear that the assessment panel is interested in hearing from the community. This is where we need the help of each and every one of you as part of our football community.

Please log on to  
<http://engage.haveyoursay.nsw.gov.au/restart-illawarra>

Let our government know that our Home of Football will generate long term job and economic growth through the tournaments that can be attracted to this region with these facilities. Let them know that given the size of our great game we need appropriate facilities to service our current and future players.

On another note, I wish all of our teams in the finals the best of luck. Enjoy the moment!

**Ann-Marie Balliana**

## Chairman's Corner



Congratulations to all the competition winners and finalists in our Junior, Men's, Women's and Amateur competitions.

We've had a great winter competition and we are ramping up for our Academies, next round of School Holiday Clinics, Summer Football and Futsal at the Frat. Even more reasons to play the beautiful game.

As our teams celebrate their achievement to reach the finals, we as a football community can celebrate the great news with our Home Of Football. There is of course lots more work to be done but we are heading in the right direction.

See you around the grounds and make sure you get your tickets to the Sydney FC and Newcastle Jets Preseason game. It's going to be great.

**Eddy De Gabriele**

## Quote of the Month







It's been a tough year for the South Coast Wolves. With lots of things not exactly going to plan, we have plenty to be proud off.

1. We did not finish bottom of the club championship.
2. Several of our players earned trials with A-League clubs
3. We saw a 20% increase in crowd attendances
4. We had our 12's and 13's make the playoffs and our youth team just missed out on goal difference.

Whilst we still need to lodge a full application to FNSW, we are confident that we will retain our place in NPL1 for 2014.

In order to make this a bigger and better year, I can tell you that planning has already started. There are many logistics to consider - all I can say right now is watch this place! We are hopeful the Wolves will once again (as a club) be a force to be reckoned with. **Bobby Mazeveski - Chairman**

### Summer Football

We have been overwhelmed by the interest shown in our 10 week Summer Football Competition for Juniors and Seniors. Our Junior Competition kicks off on the 12<sup>th</sup> October on Saturday mornings and our Senior Competition for Men and Women will be run on Tuesday nights at Darcy Wentworth Park Warrawong commencing 8<sup>th</sup> October 2013.

Log onto **[www.footballsouthcoast.com](http://www.footballsouthcoast.com)** for all the details.



### From Glenn Fontana: Technical Director



The SAP Gala Day was recently held at Valentines Sports Park. It was a great opportunity for our elite junior teams to show cases their talent and was a great opportunity to see how far these players have progressed.

On another note – don't forget to register for Summer Football - it's a great way to keep fit and have fun during the off season.

Also - make sure you also keep an eye out for our Academy and upcoming School Holiday Clinic registrations through our web page and Facebook.



It's been another great year for our Stingrays. For the first time - All 5 teams confirmed a spot in the semis. The club also secured the Club Championship for the second year running.

Budding Stingrays are encouraged to look out for our trial dates for the 2014 season with dates still being finalised. In some more great news Collegians have confirmed that they will continue to be the major sponsor for the 2014 and 2015 season.

Go along and support the girls as they fight their way through the Final Series and show the strength of women's football in the region.



### FSC Enters Into an Exciting New Partnership with Illawarra Credit Union

FSC are excited to announce we have entered into a unique profit-sharing partnership with Illawarra Credit Union, where all local clubs have the opportunity to receive ongoing financial support.

#### How does it work?

Illawarra Credit Union will pay FSC 0.20% of the loan balances and 0.05% of the deposit balances of FSC players, coaches, families and friends. Just provide your FFA number when joining Illawarra Credit Union and FSC will distribute the appropriate amount to each of the individual clubs on a quarterly basis.

#### How can we find out more?

FSC are organising for the Illawarra Credit Union to come and chat to any clubs interested in getting involved with this partnership. It is a great fundraising opportunity to contribute to the future success of your club.

For more information, contact:

Luke Potter  
Illawarra Credit Union Partnerships Manager  
Ph: 0417 825 554 | 02 4252 1328  
Em: [lpotter@cu.com.au](mailto:lpotter@cu.com.au)





## A word From Figtree Physio

### Injury Management

As we head towards the business end of the season, player fatigue and injury management becomes vitally important to clubs. All clubs want their best players on the park for the most important games of the season so this month we will look at the best ways to help keep you on the field. There are a number of proposed strategies to help recovery from games and injury from herbs to ice baths so let's look at the ones that are shown to work (a little in some cases):

1. Ice baths – have become very popular with physiotherapists and sports trainers over the past few years. Most of the evidence is now showing that yes they work in aiding recovery however they don't need to be as cold. Ideally – 10 mins immersed in cold water at around 12-14 degrees is ideal to aid in recovery.
2. Compression Garments – thought to have a number of benefits ranging from decreased muscle workload and damage to decreased limb volume. Only a small amount of research exists and a lot is positive in the effects of compression garments (however most is sponsored by the brands themselves).
3. Nutrition – appropriate diet and post game meals are very important for recovery. A post game meal that includes some protein and carbohydrates is important to 'kick start' the recovery process. Drinks like Powerade may offer some assistance however they are very high in sugar and you may be better off with an electrolyte supplement and water instead.
4. Rehydration – prevention of dehydration is important to prevent injuries and fatigue. Research shows that it takes 48-72 hours for the body to return to normal following a game of football. The quicker you return your body to a hydrated state the better it is for your recovery. A simple strategy is to weigh yourself before and after a game. If you have lost 2kg during a match then you need to replace at least 2-2.5 litres of fluid over the next 3-4 hours.
5. Injury Management – it is important to address little 'niggles' and look after yourself more as the season progresses. Avoiding alcohol when injured and seeking appropriate injury management is vital to not only keep you on the field but also so you are playing at your best!
6. Adequate Rest – rest and sleep is when your body repairs itself. It is important that you schedule rest into your week and monitor your fatigue levels. Reporting excessive fatigue and possibly modifying training to suit is often a strategy that works very well at this stage of the season.

Overall, common sense is the best strategy. If you can combine the above recovery tools into your week then you give yourself the best chance possible to avoid injury and keep performing at your best at this time of the year.

Matt Whalan  
M.Phty B.ExScRehab(Hons)





## Men's Competition – Honour Roll



### Illawarra Mercury Premier League

#### **First Grade**

League Champions – Port Kembla  
Runner Up – Bulli

#### **Youth Grade**

League Champion – Dapto Dandaloo  
Runner Up – Bulli

Club Champion – Port Kembla



### Peoplecare District League

#### **First Grade**

League Champion – Bellambi  
Runner Up – Warilla Wanderers

#### **Reserve Grade**

League Champion – Picton Rangers  
Runner Up – Warilla Wanderers

#### **Youth Grade**

League Champion – Thirrour FC  
Runner Up – Oak Flats Falcons

#### **Club Champion (Combined)**

Thirrour FC



### Illawarra Credit Union District League

#### **First Grade**

League Champion – Helensburgh Thistle  
Runner Up – Berkeley Sports

#### **Reserve Grade**

League Champion – Helensburgh Thistle  
Runner Up – Corrimal Rangers

#### **Youth Grade**

League Champion – Wests Illawarra  
Runner Up – Berkeley Sports

### Amateur

#### **Division 1**

League Champion - Port Kembla Pumas  
Runner Up – Uni Wolves

#### **Division 2**

League Champion - Hogs FC  
Runner Up – DU FC Pirates

#### **Division 3**

League Champion - Dapto Utd  
Runner Up – Kemblawarra Krocs

### Amateur Masters

#### **Masters 1**

League Champion - Coledale Waves  
Runner Up – Austinmer Beroccas

#### **Masters 2**

League Champion - Oak Flats Falcons  
Runner Up – Russell Vale Utd

#### **Masters 3**

League Champion - Dandaloo Hoodoos  
Runner Up – Northern FC



## Women's Competition Update



On a glorious day of weather last Sunday our Women's Football Grand Finals were held for all divisions held at Ocean Park Woonona.

The Grand Final winners were:

- **Division 1 – Tarrawanna**  
(Defeated Albion Park 4-1)
- **Division 2 – Wests Illawarra**  
(Defeated Balgownie 2-1)
- **Division 3 – Bulli**  
(Defeated Shell Cove 3-1)
- **Over 30's – Tarrawanna**  
(Defeated Woonona 3-0)

What a fantastic display of football by all teams. Well done and Congratulations.

## Junior Competition Update - Junior Council Cup and Plate Finals

Sunday the 25th of August saw the Woonona Junior Football club host the Cup & Plate Finals for 2013.

Congratulations to all the teams that were successful in making the finals.

The finals this year had to be rescheduled due to earlier bad weather. In what could only be described as a perfect day for football the games started at 8.15am with an under 11's girls game and completed with the Under 16 girls cup final at 3pm.

The Cup & Plate competitions have now been conducted over the last 2 seasons and were introduced by the Junior Council to provide further football in the form of a cup competition. The plate competition ensures that not just 1st division teams are represented on the big day. The junior council is committed to being able to continue to further develop this competition. The Cup & Plates are named after people who have had significant input into the junior football in the past, with some still actively involved in football with FSC and their clubs.

The 2013 winners were : 12 Cup Figtree, 12 Plate Shellharbour, 12G Cup Shellharbour White, 13 Cup Unanderra, 13 Plate Shellharbour, 13G Cup Warilla, 14 Cup Figtree, 14 Plate Bulli/Woonona, 14G Cup Shellharbour, 15 Cup Figtree, 15 Plate Wollongong, 15G Cup Dapto, 16 Cup Shellharbour, 16G Cup Fernhill, 17 Cup Thirroul, 17G Cup Woonona, 18 Cup Figtree and 18G Cup Woonona.

A special thank you to the Woonona club with their organisation of the day.

This weekend will see the Grand finals being played at Albion Park, good luck to all those teams participating.  
**Earle Canvin (Specialist Junior Councillor)**





# FUTSAL AT THE FRAT

**FRATERNITY CLUB FAIRY MEADOW**  
OFFICIAL FUTSAL BODY ON THE SOUTH COAST RECOGNISED BY FNSW & FFA

**REGISTER YOUR TEAM NOW**  
[www.footballsouthcoast.com](http://www.footballsouthcoast.com)

Registration closes 13 September 2013

**COMPETITION STARTS WEEK OF 23rd SEPTEMBER 2013**

**Match Fees per team:**  
Juniors \$40  
Seniors \$50

**Player Registration Insurance Included**  
Juniors U6-U12 \$14  
Juniors U13-U18 \$22  
Seniors \$35



Free Parking      2 Futsal courts – synthetic turf

All players need to be members of the Fraternity Club (\$25.00 – 1 year or \$11 – 3 years)  
Player Registration and Insurance fees entitle you to play summer & winter competitions.  
Registrations are valid September to September each year.

**Futsal at the Frat**  
Futsal comps/Futsal clinics/Corporate Tournaments/private sessions and more...

**Competition days & groups**  
Monday: U9's – U10's/mixed/men  
Tuesday: U11's – U12's/women  
Wednesday: U13's – U14's/men  
Thursday: U7's – U8's/amateurs/men  
Friday: U15's – U16's/mixed/men

**For more info:**  
[admin@footballsouthcoast.com](mailto:admin@footballsouthcoast.com)  
[www.footballsouthcoast.com](http://www.footballsouthcoast.com)  
M: 0433 Futsal (388725)

Join FSC Facebook page 



## Upcoming Events - check out our website for all the details ([www.footballsouthcoast.com](http://www.footballsouthcoast.com))

### The FSC Pink Tie Ball



Help us celebrate the end of the winter competition and help raise funds for cancer research and awareness.

When: 21<sup>st</sup> September at 6:30pm

Where: The Fraternity Club

Cost: \$60.

### All Ages All Abilities

Football South Coast has partnered with the Disability Trust to introduce a football program for players with Cerebral Palsy, Acquired Brain Injury, Down Syndrome, Autism and Asperger's.

These players will become part of the FSC Knights Football Club and play games on a weekly basis with training from qualified coaches.

A Gala Day will be held at the Fraternity Club on the 14<sup>th</sup> September starting from 9am and is free of charge.

Register your interest by the 7<sup>th</sup> September 2013 by email to [admin@footballsouthcoast.com](mailto:admin@footballsouthcoast.com)