



**CLUB BULLETIN : Number 8**

3<sup>rd</sup> September 2013

## **1. SUMMER FOOTBALL**



FSC is proud to announce our first Summer Football Competition. ***Please support this new competition through your clubs webpage and Facebook pages.***

This is a great opportunity for us to expand the accessibility of our sport. The senior competition will be run on a Tuesday night for a 10 week period at Darcy Wentworth Park Warrawong.

<http://www.footballsouthcoast.com/news/news-archive/news-single/article/2013/july/fsc-summer-football-is-on/>

## **2. PINK TIE BALL**

**Football South Coast (FSC) is excited to promote the FSC Pink Tie Ball.**

A big part of our football family are our females, from our 2500 players, to our mums, grandmothers, sisters, aunties and daughters that are involved in the sport – we are proud to be associated with an event that will raise funds towards Breast Cancer Research and more importantly raise awareness.

The event was originated by two of our FSC Junior Clubs – Coledale and Oak Flats as a way to raise funds for a great cause and for our football family to come and celebrate the end of a great season for our clubs.

The Pink Tie Ball will be held on the **21st September 2013** at the Fraternity Club commencing at 6:30pm.



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# FSC PINK TIE BALL

**ALL FUNDS RAISED WILL GO TO PROMINENT  
BREAST CANCER RESEARCH**

**SATURDAY 21st SEPTEMBER 2013  
AT THE FRATERNITY CLUB**

**COME AND ENJOY AN END OF SEASON CELEBRATION**

Lots of games, prizes, DJ and dancing

We have prizes for

**BEST DRESSED MALE AND FEMALE**

**BEST DRESSED TABLE**

and loads more..

**KICKS OFF AT 6.30pm**

**TICKETS ON SALE NOW**

\$60 per person (Tables of 10)

Includes a 3 course meal

Dress is formal or **PINK**

**RSVP: 18th September [ofjscsecretary@gmail.com](mailto:ofjscsecretary@gmail.com)**

For more information, to donate prizes, or help out on the night,

**Contact:**

Ian Dewey 0417 029 752

Paul Smithers 0418 166 470

Leigh Blanch 0416 595 353





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### **3. SIERRA LEONES – AMPUTEES PLAYING FOOTBALL**

There is a special football club in Freetown, the capital of Sierra Leone, where men are part of the Single Leg Amputee Sports Club, an organisation that is helping to heal the deep wounds of this battle-scarred West African nation.

Some of our football family right here are looking to assist this special Football Club who are in need of help.

You can help by donating old boots, or old soccer shirts, shorts or socks or shin-pads.

If you have any equipment or gear that could be used to send and support this cause please drop them off at the FSC Offices by the end of September.

Here's some more information on this great a cause:

<http://www.thenational.ae/news/world/africa/penalties-of-war-sierra-leones-amputees-soccer-club#full>

### **4. UPCOMING SPORTS AND REC COURSES**

Elastoplast Strap Smart Taping Course Program Number: 0062314

Sports Taping is an important skill for coaches, trainers, administrators, teachers, parents and players involved in sport. The Elastoplast Strap Smart course is run by an experienced presenter who is ready to help you develop your skills and knowledge in sports taping. This course offers the beginner technical and practical advice about strapping athletes and focuses on correct strapping technique to help prevent injury and assist in injury rehabilitation. Ankles, fingers and thumbs are covered in this course.

When: Tuesday 10th September 2013

Where: BaiMed Physiotherapy and Sports Injury Clinic, 44 Hopetoun St Woonona

Time: 6.00pm to 9.00pm

Cost: \$60 per participant



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Advanced Sports Taping Course Program Number: 0062315

This Sports Medicine Australia (SMA) accredited course builds upon the skills learnt in the Elastoplast Strap Smart course (which is a pre-requisite to attending Advanced Sports Taping). This course is suitable for athletes, coaches, trainers, teachers, parents, fitness leaders and includes theory components on anatomy, injury prevention and support and practical components including advanced strapping techniques for the knee and shoulder.

When: Wednesday 11th September 2013

Where: BaiMed Physiotherapy and Sports Injury Clinic, 44 Hopetoun St Woonona

Time: 6.00pm to 9.00pm

Cost: \$60 per participant

Member Protection Information Officer (MPIO) face-to-face Workshop – Recognised by the Australian Sports Commission (ASC) Program Number: 0064244

A Member Protection Information Officer (MPIO) is the person within your club responsible for providing information and options to an individual making a complaint or raising a concern, as well as support throughout this process. Having an MPIO in your sporting club/association will not only assist your sport to manage and resolve member issues and concerns, its greatest value is in the development of expertise that can promote and create a positive sporting culture for current and future members.

If you are interested in becoming a recognised MPIO for your club/association you first need to complete a free online training course followed by a face-to-face workshop. Registration for these is very simple. To start the online training simply click on the link <https://learning.ausport.gov.au> and look for the Play by the Rules – Member Protection Information Officer training button.

Once you have completed the online training you can enrol into your nearest face-to-face workshop. Details about the final face-to-face workshop being held in the Illawarra/South Coast region for 2013:



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When: Tuesday 17th September 2013

Where: Shamrocks Rugby Club (Clubhouse), Ocean Park, Carrington St, Woonona

Time: 5.30pm to 8.30pm

Cost: \$25 per participant

NOTE: Completion of both the online training and face-to-face workshop are necessary to become a recognised MPIO with the Australian Sports Commission (ASC).

To enrol into any of the above courses, call 13 13 02 (with your credit card details ready); complete the enrolment form (page 2 of the attached flyers) and fax to (02) 9006-3888 or mail to: Sport and Recreation, Client Service Centre, Locked Bag 1422 Silverwater NSW 2128.



Sports Taping  
Flyer 2013.pdf



MPIO Flyer - Sept  
2013.pdf

## 5. Multicultural Advantage Grants Program

The Community Relations Commission (CRC) invites applications from not-for-profit organisations under the Multicultural Advantage Grants Program - Community Inclusion.

Grants of up to \$20,000 are available for projects with a particular focus on inter-cultural and inter-faith activities, bring diverse groups of people together, mentor small or emerging communities, are targeted at geographically or socially isolated communities, promote community harmony, develop networks or structures and/or address emerging critical issues.

Applications must be received at any of the CRC offices below or by email at [inclusion.grants@crc.nsw.gov.au](mailto:inclusion.grants@crc.nsw.gov.au) no later than 5:00 pm on Friday, 27 September 2013.

You can obtain further details and an application form from the CRC's website [http://www.crc.nsw.gov.au/multicultural\\_advantage\\_grants\\_program](http://www.crc.nsw.gov.au/multicultural_advantage_grants_program) or any of the CRC offices below. Late applications for the above grants will not be accepted.