

Calendar of Events:

Registration

- Ongoing – contact Jill Harris on jillharris@iprimus.com.au

Technical Committee Meeting

- Date: 4th May 2009 - TBC
- Venue: Captain Stirling Hotel
- Time: 3.00pm

Management Committee Meeting

- Date: 6th May 2009
- Venue: Nedlands Yacht Club
- Time: 7.30pm

Coaches, Managers and AGMs info evening

- Date: 2nd April 2009
- Venue: Albion Hotel
- Time: 6.00pm – 8.30pm

Kit Collection

- Date: 4th April 2009
- Venue: NYC
- Time: 2.00pm – 4.30pm
- See details page 2

SSF Gala Day

- Date: 5th April 2009
- Venue: Pat Goodridge Reserve
- 9.00am – 1.00pm
- See details page 2

April Holiday Clinic

- Date: 21st -23rd April 2009
- See details page 2

Season Opener

- 16th May – mark your diaries!

Newsletter Features

- Appointment of Director of Coaching – Dale Leggett
- Margaret River Competition
- Safety Tips – by Dr Nick Cooke
- Coach Profile – Amber Roberts

Message from the Club President and the Management Committee

Dear NFC Member

Welcome again to the 2009 Football Season with NFC. We truly hope you enjoy your season with us in the final year of the club in its current format ahead of our planned merger with UWA Soccer Club in 2010.

In 2007 the Management Committee of the club determined that the NFC's vision and ambition was to become the **leading football club in WA by 2012**. This is now the vision of the proposed merged UWA-Nedlands Football Club.

We are confident that the two clubs have taken enormous strides on our journey towards that vision. With your commitment and assistance we are largely on track to achieve our goal.

Nedlands FC expects in its own right to be fielding **39 teams this season in Football West Competition** (per the table below). We are particularly pleased with the age continuity in the club and with the strength and depth that we are showing in our ranks of senior players, both men and women.

On top of this we are launching our **Joey Soccer "schools-based" competition for local children in Years 1, 2 and 3**. We already have 15 confirmed team entries for this competition and expect this to grow to between 18 and 24 teams with over 120 players in our inaugural season!

For those who have been with the club for some time you may also note a very pleasing trend that has seen **our teams across the board moving up the Football West leagues** – only a few seasons back most of our teams were competing in Divisions 3 to 6 in their age groups whereas in the current season **the majority of our teams are competing in the top three divisions in their age group**. This is testimony to the better management of coaching and playing talent in the club, retention of our best talent and of increasing self-belief and club spirit.

Over the past few seasons we have increasingly come to appreciate that the **quality of coaching and management of each team** has the greatest impact on the player experience and parent experience in the club. We are therefore placing increasing emphasis on **supplementary training** for our coaches and by **sourcing qualified coaches** for key coaching positions. And perhaps our most significant action has been the recruitment this year of a dedicated **Director of Coaching** in Dale Leggett. Read more about Dale below.

The club's most significant challenges in the current season and economic climate are securing the **financial support of sponsors** and **the future of our grounds**. We have had the benefit of tremendously generous support from sponsors over the past three seasons in particular. If you feel you can help us in **our quest to raise \$30,000** from sponsors this season, please contact Mel Strutt per the notice below! We continue to work with the City of Nedlands to try to find **alternatives to the Paul Hasluck Reserve** for 2011 and beyond. A number of potential options are currently being evaluated.

And we are always on the lookout for **strong leadership talent** to assist us with our journey to be the best of the best. If you feel you are able to help the leadership group of the club please contact the Club President, Steve Quantrill or any member of the Management Committee at your earliest convenience!

Our very best wishes for 2009! Help us to be the best of the best!

A special thank you to our sponsors:



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REGISTRATIONS ARE STILL OPEN!!

We have been busy registering new and returning players over the last 6 weeks and teams are beginning to come together. It's wonderful to see so many of you returning for another season with Nedlands FC. There is still room for enrolments in most age groups but once a team is full we will start a waitlist until we have a coach and manager and enough players to form a new team.

The new on-line system has proved to be a challenge and I would ask you to contact Jill Harris by email at jillharris@iprimus.com.au if you have encountered difficulties with the system and therefore may not be registered. She will be happy to send you a form to complete which will enable her to register on your behalf.

For those of you who have not yet paid your registration is not complete and you won't be able to play without payment.

Registrations continue throughout the season so it's never too late to join.

Please also encourage your friends to come along to training as new players are always welcome.

Important Announcements!

Kits – Kits will be available for collection by coaches and managers on the 4th April 2009 from the store room at the Nedlands Yacht Club between 2.00pm and 4.30pm. If you have any difficulties collecting your kits on this day please contact the Equipment Manager Ben D'Silva on 0410 386 774 or by email Ben@bentech.com.au.

New Players - Nedlands Football Club are continue to seek players for the 2009 season for various age groups from **Joey Soccer** to **Small Side Football** Under 6's to **Senior Men's & Women's**. For further details please contact the club registrar Jill on 0431 953 090 or refer to the website www.nedlandsfc.com.au. Full list of teams for 2009 can be found on the website.

Trials – Trials have finished for 2009, though new and existing players who missed the trials are welcome to come down to age group training, which started on the 7th March 2009. The [training schedule](#) can be found on the website www.nedlandsfc.com.au

ATTENTION LADIES!!!! NFC will be fielding 3 women's sides for 2009 and we need more players for Premiers, Reserves and Div 3 team. We can proudly announce that NFC appointed Dan Evans to coach the premier and reserves teams. NFC are seeking a coach for the Div 3, if interested please contact Jan Jungstedt (Head Coach) on 0412 076 385 or jjungstedt@hotmail.com. Training is every Monday & Wednesday nights at Paul Hasluck Reserve, Pitch B, 6.30pm – 8.30pm. Players are welcome to come down to training. See you there!

Coach Wanted – we are seeking a qualified coach for the Men's Amateur team. Experience is essential. For further information contact Jan Jungstedt (Head Coach) on 0412 076 385 or jjungstedt@hotmail.com

April School Holiday Coaching Clinic – you have a choice of two clinics this year! The **Jamie Harnwell** April school holiday clinic is back this year. The clinic is available for boys and girls to learn and improve their soccer skills and meet Perth Glory and other international soccer players!! These will be held at the Charles Court Reserve on the 21st – 23rd April 2009 from 9.00am -12.00 am. See attached flyer for more information! **UWA Sports and UWA Soccer Club** are also offering a course for juniors running from 21st April – 23rd April see attached flyer.

Small Sided Football Gala Days – All players participating in the 6, 7, 8 and 9's this year are invited to come down to Football West's Small Sided Football Gala Day and enjoy learning the new rules, while enjoying some free entertainment. With bouncy castles, face painting and much more, the Football West Gala Days will be fun filled for the whole family. NFC teams will be attending the gala day on the **5th April at Subiaco City FC, Pat Goodridge Reserve**, corner Hay St & Selby St, Jolimont 9am-1.00pm. See attached flyer!

School Programs - Woodvale SH is the only Department of Education and Training approved Specialist Soccer Program located in the Northern Suburbs, while John Curtin College in Fremantle conducts WA's most successful *Soccer Excellence Program*. If you would like more information please contact soccer@woodvale.wa.edu.au for Woodvale and Peter.Rickers@det.wa.edu.au for John Curtin.

Club Clothing - Track Tops and Polar Fleece Tops – most sizes available. Junior sizes \$35, Senior sizes \$39. Contact Susan at info@nedlandsfc.com.au

Sponsorship!

We'd like to thank Melissa Strutt who has stepped up to join the Management Committee and offered to do a much needed sponsorship drive.

Mel has prepared some information which is attached to this email.

In particular we hope to have all teams sponsored, and it is even more special if the sponsor is also a parent of a player! Team sponsorship in the first year is \$995 which includes printing of the strip. Thereafter the annual renewal rate is \$495. This is fully tax deductible.

If your child's team is already sponsored consider some of the other options. Gold club sponsorship is \$4,999 in the first season and \$2,499 to renew.

We welcome **Claremont Sports** as a new sponsor for 2009.

Sponsorship is essential for our financial health and is much appreciated

New Appointment – Dale Leggett, Director of Coaching

Dale was selected at a very young age as a future professional footballer in the UK and progressed through the development ranks at two professional clubs before injury cut short his career. Unable to leave the sport he recovered sufficiently to play in Malta whilst coaching talented players aged 12 – 15. He returned to the UK and coached children aged 10-17 in Hertfordshire in the UK for seven years which also included a “coach the coaches” component, and he has now started at Christ Church Grammar School as their soccer specialist and coach of their First XI. Dale is extremely energetic and enthusiastic, has a true passion for the game and gift for working with young players so we are extremely excited to have secured his services this season in what we hope will be many years of association with our club. Dale will be working directly with our coaches to help raise the standard and consistency of coaching in the club, will be coaching our boys 15’s and will oversee the Joeysoccer programme for children in Years 1 to 3 at College Park on Saturdays. It will be a busy season! We welcome you Dale! (Photo to follow in our next edition!)

Teams 2009

Age Group	League	No of players	2009 Teams	Max no of subs	2009 Division
6	Optus Small Side Football	4 x 4	2 teams	2	N/A
7	Optus Small Side Football	5 x 5	2 teams	2	N/A
8	Optus Small Side Football	5 x 5	5 teams	2	N/A
9	Optus Small Side Football	7 x 7	OSSF 9s - Koalas 1 team OSSF 9s - Gliders 2 teams	2	N/A
10	Rooball	9 x 9	Rooball 10s Rooball 10s	2	N/A
11	Junior	11 x 11	North 11 Blue North 11 Purple	3	N/A
12	Junior	11 x 11	North 12 Green North 12 Red	3	N/A
13	Junior	11 x 11	13s Division 1	3	N12G
		11 x 11	13s North Division 3	3	N12Y
14	Junior	11 x 11	14s North Division 1	4	13D4
		11 x 11	14s North Division 3	4	13D6
15	Junior	11 x 11	15s North Division 1	4	14D5
21	Youth	11 x 11	Premiers	4	19D1
Senior Men's	Amateur	11 x 11	Division 4	4	Division 4
		11 x 11	Reserves Division 4	4	Division 4
		11 x 11	Social Division 3		
Masters	Masters	11 x 11	Division 2	4	Division 2
Girls U11	Smarter than Smoking Girls	11 x 11	G11 - 3 teams	3	N/A
Girls U13	Smarter than Smoking Girls	11 x 11	G13s Premiers	3	Premiers
		11 x 11	G13s Division 1	3	Division 2
Girls U15	Smarter than Smoking Girls	11 x 11	G15s Division 1	3	Division 1
		11 x 11	G15s Division 1 North	3	Division 5
Girls U17	Smarter than Smoking Girls	11 x 11	G17s Premiers	4	Division 1
Senior Women's	Smarter than Smoking Women's	11 x 11	Premiers	4	
		11 x 11	Reserves	4	
		11 x 11	Division 3	4	

Women's Margaret River Competition

The Nedlands Women's team had their annual preseason carnival in Margaret River recently over the weekend of 14th and 15th of March. Most of us camped at a fantastic campsite in Cowaramup called Taunton Farm. Our first game was at 11.00am against Margaret River, and we drew 0:0 after 6 lovely corners from Katy Rutter were not converted. There were some great runs from Sam Tulloch down the wing, and with Goal Keeper Sara King only touched the ball once, and we were unlucky not to get the points here. The second game was at 1.00pm against Busselton, which proved to be a much tougher game. We were down 1:0 at half time, and then down 2:0 until Erica Gunderson converted a lovely corner kick from Alex Kearley to bring us to 2:1, however this is where it would stay, with one of our players Grace Lindsay being taken out by the goalie. The trip to hospital determined it was a medial ligament strain, and she is out for 4-6 weeks, but looks great on her crutches. The third game at 3.00pm was against Collie, and we were finally getting our play together, which saw us take the lead 1:0 after a lovely cross from Georgie Kent was put away by a solid strike from Alex Kearley. We missed many other opportunities, with Ange Gibbons pushing out of the defence line beautifully to feed some great balls into the attacking half. Another great cross from Liz Dorman was received by Alex Kearley but it hit the bar, and went straight down, but was not deemed to go in. There were also some fantastic streaks from Rachel West taking the ball all the way from the defence to the forward line, however the score remained 1:0 to us. Day Two, with our first game at 11.00am against Haige Park, a very strong team from Bunbury. Despite massive efforts from an exhausted team we went down 1:0 after the keeper saved the first one-on-one with a player only to have another player put it in. Sensational defender Shellie Kent who had kept us together the whole tournament went down with a leg injury which led to them scoring their second goal. A Haige Park free kick just outside the box was saved by the keeper after the wall was well set up and didn't cave to the continuous jostling from the opposition. It was a rough game, and we were again unlucky to score with some more characteristic strength from Rachel West. With only two teams from our group getting through to the final (Haige Park and Busselton), we missed out on the finals, however we were losing players rapidly to injury, and there were many blisters and exhausted bodies, so we retreated to the beach for the afternoon for some recuperation before the long drive back to civilisation. This can't be finished without mentioning solid supporter Grace Kooperman who was unable to play due to injury, but still managed to make substitutions and run the line for us. We also had some top mascots this year including Joshua, Nina and Kayden. We are all looking forward to the post season carnival in Busselton, where we will endure it all over again!



Safety Tips – by Dr Nick Cooke

As the new season commences, it would seem sensible to start with a reminder of the basic principles of treating minor football injuries; the bruises, aches and sprains that occur week in and week out.

When an injury occurs, ideally remove the player from the field and assess. If the injury is minor apply ice or a cold pack and in many cases the player will recover quickly. For more serious injuries the principles are summarised by the initials **R.I.C.E.** and should be applied for the next 48 hours.

R - Rest the injured area to stop further damage and bleeding.

I - Ice should be applied as soon as possible as it slows down blood circulation which reduces bleeding and swelling. Do not apply ice direct to the tissue/skin, wrap it in a towel or cloth so the skin does not burn. Ice also has an analgesic effect.

C - Compression should be applied to the area as soon as possible to restrict bleeding at the injury. Pressure compresses blood vessels so preventing blood escaping through open ends of the torn fibres.

E - Elevation allows gravity to assist the removal of swelling from the injured area and aids recovery.

Most parents and coaches will worry about more serious injuries being missed. In the case of leg injuries, if the player cannot put any weight through the affected limb or is unable to move a joint seek medical advice. In the case of arm injuries an unwillingness to use the arm to perform gentle movements would indicate medical advice is appropriate. The younger the player the more likely this is true. Older children and adults may put on a brave face and this will need to be taken into account. I have always found that if the player requests his laces or shin pads be cut rather than taken off is a good indication that there is a more serious injury.

Coach Profile - Amber Roberts

Amber will be coaching our Girls 13 Premier team this year. She has previously coached the St Mary's girls' school team, and plays for the UWA Premier team.



Amber started her football career at the age of 9 at Sorrento PS and moved to playing for North Beach SC when she was 12.

She played at Sorrento SC the following year and was put into the Women's Premier League at age 15. Amber represented the state in the U14s in 2000. Later Amber moved to Kingsley SC and then to UWA in 2007.

Amber won the junior league leading goal scorer in 2000 when she was playing with Sorrento SC. She was also runner-up leading goal scorer in the Women's Premier League in 2007. She represented UWA in 2006 and 2007 at the University Games.

A fully qualified Physical Education teacher, Amber is currently doing relief work, mostly at football specialist schools. Amber likes playing as a forward, or on the right wing. Amber is a fan of Cristiano Ronaldo because of his speed and foot skills, and likes Harry Kewell because he can score from anywhere. She doesn't support any particular teams overseas though likes the Bundesliga and the English Premier League, but definitely supports Australia if they are playing. Amber enjoys playing because she likes scoring goals!



10% Discount for NFC members!!

Club sponsor **Claremont Sports** have offered a 10% discount on all goods to NFC members! If you have not already received a discount card, just mention that you are from NFC to get the discount and a card at the shop.

They have plenty of black socks available, and of course all other equipment such as boot, shin pads and some very reasonably priced balls.

Next Newsletter will be issued May 2009

Please forward articles, photos etc to the Newsletter Editor, Susan Kennerly at info@nedlandsfc.com.au

Stay in touch

Help us to stay in touch....If you move or are moving please let our Club Administration Manager Susan Kennerly know your new mailing address and any changes to email addresses. Contact Susan on 9284 0090 or email her at info@nedlandsfc.com.au