



Adelaide City Women's Football Club – TRIALS for Season 2010

ALL CURRENT & NEW PLAYERS WELCOME

Special Interest Articles:

- Trials for season 2010
- applications for coaching positions 2010
- Keeping football fun and safe
- Team Manager Coordinator
- Social and Fundraising Update
- NEW "ask Helen"
- U11Hurricane report
- NEW "Did you know?"
- Cup Fever
- MPIO
- Club Committee at Work

WHAT:

- ACWFC will be holding trials for Season 2010 at their Hutt Street Grounds:

WHEN:

- U11 and U9, October 18th from 10am to 12am.
- U17, U15 and U13, October 20th, 21st and 22nd
- Club Development Squad (Division 2) and Division 3, October 25th and 27th

YOU MUST TRIAL IN YOUR AGE GROUP UNLESS INFORMED OTHERWISE.

- Trials for U13 to Senior teams will begin at 6:30 pm on weeknights and 11 am on Sundays. There will be free sausage sizzles after trials on October 18th, 22nd and 27th.

WHAT YOU WILL NEED:

- Bring your boots and shin pads and plenty to drink!

THE PROCESS:

- Development Squad (Division 2), Division 3, Under 17s, Under 15s & Under 13s will be informed of their successful or

unsuccessful selection within 7 days of the last trial date.

- Under11 and Under9 players will be informed of their successful or unsuccessful selection on the last day of their team trial or by email within 7 days of the last trial date.

For further information contact:

Edoardo Rosso (0421241640),

Franca Di Bartolo (0402052468)

or Stefan Metanomski (0413188097)

Visit us on:

<http://www.acwfc.com> for a more detailed version of this flyer.

Club room update:

We know you have been waiting to hear what is happening... due to the wet weather we have not been able to use the heavy machinery necessary to start the next stage of the building – the 'tilt up' construction for those of you who know about building. Things should start to happen soon. Watch this space!



Cafe Mykonos

Shop 9
157 O'Connell Street
North Adelaide SA 5006

Ph - 8367 0633
Cuisine: Greek

License: Licensed & BYO

"Just as popular for its famous clientele as its Greek cuisine, Cafe Mykonos is North Adelaide's newest restaurant in which to be seen. Once settled on ultra comfy chairs, the buzz of the smartly styled room is contagious".
2009 - De Groots lifestyle media – best restaurants Australia guide.

Adelaide City Women's Football Club - 2010 Coaching Positions

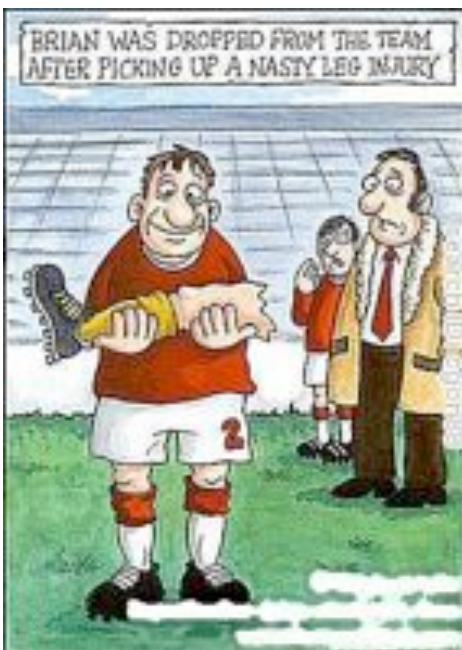
Adelaide City Women's Football Club is currently considering applications for coaching positions for the 2010 seasons in all capacities for all age groups.

For further information please contact: Edoardo Rosso (0421241640), edorosso@iinet.net.au



ACWFC - "Keeping Football Fun and Safe" Parents and Spectators:

- Remember that your daughter participates in sport for their enjoyment, **not yours**.
- Encourage your daughter to always play according to the rules and to settle disagreements without hostility or violence.
- Never ridicule or yell at your daughter for making a mistake or not winning.
- Respect officials' decisions and encourage your daughter to do likewise.
- Show your appreciation for all the **volunteers** - coaches, officials, committee members.
- Applaud good performance for all individuals and teams. Congratulate all participants.
- Condemn the use of **violence, verbal abuse** or **vilification** in any shape or form.
- Support policy and practices in relation to **child protection issues**.
- Respect the rights, dignity and worth of every young girl regardless of their gender, ability cultural background or religion.



Please contact on fegkette@esc.net.au with any suggestions or offers for our new clubroom furnishing



Team Manager Coordinator Update July 09

Planning has started for next season – including arrangements for trials later this year. TMs have been asked to check with their players and parents on who is intending to play for the club again next year. This is important information for the club to make sure we are adequately prepared for requirements next year including coaches, TMs, equipment etc.

In last month's newsletter Suzi Vladimirov was introduced to you as the Club's Member Protection Information Officer (MPIO). This is a very important role as the club and its members need to ensure that they are adhering to the Equality Opportunity and the Child Protection Acts.

As indicated in the newsletter the club is reviewing its current procedures and processes in relation to MPIO requirements and will be communicating outcomes directly to parents and players and via TMs.

Just a few reminders this month for TMs:

- Following up with parents for any outstanding chocolates/lollies money
- Check with parents/players re: plans for next year – will they be trialling for next years teams?
- **Please can you let Franca know ASAP**
bartolo_2@bigpond.com

- Edoardo has invited junior teams to come and train with the Premier girls on a Tuesday evening – training starts at 6.30 pm. This is a great opportunity for the junior girls to meet the Premiers, have fun and train all at the same time! The session will need to be organised through your coach.

I am more than happy to answer and questions you may have or provide assistance with any of the topics raised above and any other TM matters. Good luck with your last games and keep up the good work!
Regards
Natalie Soulsby



ACWFC Social & Fundraising Update 2009 - Suzi Vladimirov

1. Fundraising

Please forward all monies from our chocolate drive to your Team Manager [TM]. If you have not managed to sell them all, may I suggest you forward the full amount anyway and do what most families do - pop them in the pantry and eat them!!

Wristbands/Headbands:

TMs – please sell as many as you can between now and the end of the season.

Towards the end of the season I will be requesting TMs to return all of the unsold goods.

What does not sell this year will always sell next year. Once we have our clubrooms we will be able to offer the items for sale from a central place.

Thank you to everyone for your fund raising efforts.

PAVERS:

There is still time to forward your form and payment. There are spare forms in our "clubroom" and you can download a form from www.acwfc.com. Payment can be made to ANY TM or Committee member.

2. Presentation Night

Friday 26 September
"The Veneto Club"
6:30pm.

Tickets will be sold on the night at the entrance.

A sub-committee is meeting to make final arrangements for the night. If you would like to help 'in a hands-on way' with setup etc., please contact me as soon as possible.

Team Managers will soon be asking you for numbers intending to attend.

It is compulsory for all players to attend as this is when the club recognises the achievements of ALL teams and players.



“Ask Helen”- by Helen Harpas Club Physio

Hi, I'm Helen, the club's physio. This column in the newsletter is a chance to share some of the common physio related questions I have been asked by parents and players. Please feel free to send me any specific questions you may have as well – I am happy to answer them and they may be of interest to other parents/players.



Q. *My 11 year old daughter frequently complains of sore knees when doing exercise including soccer training and playing games.*

A. Knee pain is a common problem for active young sports people. There are several causes of knee pain.

The knee is made up of bones covered in tough, smooth cartilage over the surfaces that articulate with other bones and more flexible cartilage (or menisci) that lie between the knee and the bones of the lower leg. There are also ligaments that run along the inside and outside part of the knee (medial and lateral collateral ligaments), and ligaments that cross from front to back and vice versa in the inside of the knee (anterior (ACL) and posterior (PCL) cruciate ligaments).

Injury to any of these structures can cause knee pain.

The thigh muscles form a fibrous capsule around the kneecap (patella) and together form a tendon that inserts into the lower leg just below the patella. In adolescents this tendon inserts into the growing part of the leg. Overuse / excessive stress and poor foot posture can lead to pain over the insertion of this tendon and / or around and underneath the patella itself.

It not uncommon for younger players to have pain associated with growth and the above structures.

With proper management most knee and leg pain can be managed by a combination of:

- Custom made sports orthotics (Refer to Stewart Ogston, club podiatrist) to correct foot posture and resultant bad knee mechanics
- Correct warm-up / correct warm down
- Correct stretching
- Modified activity to exclude jarring sports such as netball, jogging on hard surfaces or for extended periods of time
- If necessary, physiotherapy treatment

For further information and / or questions I can be contacted via email on helen.harpas@internode.on.net or by 'phone on 0417 833 307



Team Report U11- Coach: Joe Sommariva (by Lewis Pounentis)

Even with a two week break, the last 6 weeks have been very hectic for the Under 11 Hurricanes under the guidance of their coach Joe Sommariva.

Along with the Under 11 Tornadoes, the girls were fortunate enough to have a Wednesday training session with some of the Adelaide City Women's Football Club Premier League team. The girls took a lot away with them that night and it has been evident in their performances over the past few weeks.

On Friday the 24th of July, many of the girls from both the Hurricanes and Tornadoes squads were involved in the ACWFC Premier League team's game at Santos Stadium against Cumberland.

The girls accompanied the seniors out on the field and they were then involved in a Small Sided Games demonstration at half time. They also had the opportunity to be ball girls on the night. A great night was had by all who attended and a big thank you to all the parents for allowing the girls to attend.

The Hurricanes have performed admirably in their last four games – a couple of hard fought close losses against the Magic and Para Hills East were overshadowed by a gutsy come-from-behind win against the Jaguars and a victory 'of pure class' against Cumberland – undoubtedly their best performance for the season under very "intense" conditions (which were handled expertly by Craig and Yours Truly).

*"ACWFC Under U11
Hurricanes 2009"*

There is absolutely no doubt that there has been a marked improvement in the skills and tactical understanding shown by all the girls. And with 6 games left in the season, we are all looking forward to their efforts being translated in to on-field success.

To Amelia, Talia, Emma, Georgia, Pia, Kelly, Alexia, Lucy, Millie, Lauren (and Julia!) - congratulations go out to you all for your efforts so far this season. We are all very proud of what you have achieved.



? Did You Know?

This is a new column about things of interest to do with girl's soccer and the club - Past and Present.

Did you know that ...

It wasn't until 1997 that women became part of Adelaide City boy's football club. Stefan Metanomski (our current President and a long time committee member) and Fabio Deluca were instrumental in the incorporation of ACWFC in 2000 so that it would be eligible for its own government grant and managing its activities independently. Since this time the women's club has had no financial or legal relationship with the Adelaide City boy's Football club.

Cup Fever Go City!!!!!!

U17 GIRLS CUP SEMI FINAL

Adelaide City Vs Para Hills Knights– KO 7pm
Thursday 13th August, at SAWSA Park, Greenhill Road

WOMEN'S PREMIER DIVISION CUP SEMI-FINAL

Adelaide City Vs Sturt/Marion - KO 8pm.
Friday 21st August, 2009 at SANTOS Stadium.



ACWFC MEMBER PROTECTION INFORMATION OFFICER (MPIO)

More information about the MPIO Activities– July 09

I was introduced to you in the last club’s newsletter as the newly appointed (and trained) club’s Member Protection Information Officer (MPIO). This is a role that I take very seriously because we need to make sure that our club is a safe and friendly environment for our children. Apart from government legislation including the Equal Opportunity and Child Protection Acts we are also required to conform to the Football Federation of SA (FFSA) regulations as an

associate member. While all of this is important the bottom line is that having a transparent and equitable process in relation to our club operations and decisions (both administratively and with our teams and players) makes good sense for the club to remain viable and for club members to be satisfied. At present I am reviewing our existing procedures including our complaint/grievance process and our code of conduct. While I am confident that we have the appropriate processes in place I am sure that they can be improved and

hopefully streamlined to make it easier for everyone to understand their rights and responsibilities. So watch this space for more information. I would be keen to hear from anyone who has any comments to make or ideas that could assist me during this review process.

Please feel free to contact me on 0402401665 or email suzivlad@hotmail.com
Regards
Suzi Vladimirov

Club Committee at Work - Reviewing Season 2009 and planning for Season 2010

The committee has started to review season 2009 and prepare for season 2010. For the review of 2009 we would like to hear from you - the player/parent /club member.

ACWFC is run by volunteers for our girls to play football. As you know a great deal of time and effort that goes into the organisation, coaching, team managers, the maintenance of the grounds, building the new club rooms, obtaining sponsorship, running the canteen, managing uniforms and equipment to name a few items! We also have to comply with the rules of the FFSA (Football Federation of SA). This is the first year we have been under the FFSA previously we were under SAWSA (SA Women’s Soccer Association). There have been many changes to the way we run our clubs and games (e.g. the ground steward role, tech areas).

As preparation for Season 2010 we have asked TMs to check with you regarding your intention to come back next year. This provides us with an indication of how many teams we can field and therefore how many coaches we need.

As you can appreciate volunteer coaches are not easily come by and we rely on them so much. We are actively advertising for coaches but as you can image it is difficult for us to compete with boys clubs that are financial enough to pay their coaching team.

- ACWFC 2009 committee members:**
- President** – Stefan Metanomski;
 - Co-Vice President** – Shaun McColl;
 - Co-Vice President** – Mary Fabris;
 - Treasurer** –Jan Hurley;
 - Secretary** – Gillian Kette;
 - Club Co-ordinator** – Franca Di Bartolo;
 - Social Director** – Suzi Vladimirov;
 - Apparel Officer** –Jacqui Whorlow;
 - Canteen Manager** –Belinda Ferrante;
 - Club Delegate** – Mary Fabris;
 - Sponsorship/Marketing** – Stefan Metanomski; Suzi Vladimirov;
 - Team Manager Coordinator** – Natalie Soulsby;
 - Webmaster** – Shaun McColl;
 - Newsletter** – Gillian Kette;
 - Premiers Representative**; Ferry Cillessen;
 - Grounds, Club security and Equipment Managers** –John Hopwood, Tim Katianos, Shaun McColl.

ACWFC Review of Season 2009.

Please jot down your thoughts on Season 2009, good and bad. The only way to progress is to communicate and to make things work better is by volunteering your time to help.

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Please cut out and return to TM or send to fegkette@esc.net.au

Because we always need volunteers when you let us know how we have gone this year please consider how you can help in making our club even better.