

2010 July 28

ROSELANDS FC NEWS LETTER



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7/28/2010



Wednesday 28 July
Issue 09 Round 14

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Welcome to the 9th issue of The Striker newsletter. Remember to get your match reports in to the Newsletter Editor by the Tuesday night deadline.

For past issues of the newsletter plus lots more don't forget to visit the website at www.roselandsfc.com.au

Happy playing everyone and best wishes for the upcoming rounds.

Important Notice

The Association is receiving information at various levels of persons using tobacco products within the technical area. I will remind all of the following that was issued by FNSW in August 2004:

Players are banned from smoking in any game they are participating in; and

Smoking is banned by team staff, officials, players, referees and volunteers in technical areas, access way to and from the field of play, canteen servery and preparation areas, dressing rooms, change rooms and medical rooms.

In addition to this there are also local council guidelines which much be adhered to on various grounds.

EFFECTIVE IMMEDIATELY – REFEREE'S WILL BE INSTRUCTED TO REMOVE ANY OFFENDER OF THE ABOVE FROM THE TECHNICAL AREA. SHOULD A TEAM OFFICIAL BE REMOVED FROM THE TECHNICAL AREA THEY ARE TO HAVE THEIR ID CARD TAKEN BY THE REFEREE AND WILL INCUR THE MADATORY 1-MATCH SUSPENSION BY THE ASSOCIATION AS A MINIMUM PENALTY. ADDITIONAL SANCTIONS/PENALTIES MAY BE IMPOSED. Any team official found to be in the technical area while under suspension will be stood down until further notice and the Club may be fined up to \$250.00.

2010 Committee

President:- Imad Alameddine
Senior Vice President:- Alan Daizli
Junior Vice President:- Vacant
Secretary:- Vacant
Assistant Secretary:- Maria Gissing
Registrar:- Wayne Morris
Treasurer:- Vacant

Fundraising:- Vacant
Social secretary:- Vacant
Sponsorship Co-ordinator:- Vacant
Member Protection Officer:- Maria Gissing
Womans Footbal Rep.:- Vacant
Competition Secretary:- Wayne Morris
Media Rep.:- Jeff Gissing
CDSFA Delegate - Leon Vagelatos
CDSFA Delegate - Dion Thomas
CDSFA Delegate - Grace Martin
Canteen Manager:- Vacant

Correct ID Cards

We draw your attention to Rule 5.2.10, in particular the following:

“... Where a player is eligible and wishes to play for a higher team under this Rule, the player must apply for and obtain his/her new ID card prior to taking the field in that finals match.”

This section was added to the Rules after last season. Any person that plays in any final MUST have an ID card for that team. Remember you can only play in one finals division.

Should a Club require a new ID card to be produced for a particular player:

Notification MUST be received by the Association by 7pm Wednesday prior to the game.

The old card must be RETURNED in place of any new card being issued

A player that presents an ID card stating other than the age/division of the finals game they are about to play in will not be permitted to play. Should this player still play and is later found out to have played said player will be deemed ineligible and the game will be forfeited by the offending team. Whilst referees check cards prior to the game ultimately it is the CLUBS/TEAMS RESPONSIBILITY to ensure their players are playing in accordance with the rules of this competition.

Roselands FC Calling For Volunteers

We are currently seeking volunteers to help out with various tasks for the club during 2009. It is sometimes easy to neglect how much work is required to keep a successful club of this size running smoothly throughout the season.

Even the smallest amount of assistance is greatly appreciated and contributes significantly to the overall operation and success of Roselands FC.

As always we constantly need assistance with canteen, BBQ, field set up, coaching, managing etc etc!
Remember that the club is all of us and we all need to be involved to make it all happen. As the old saying goes, “**many hands make light work.**”

We ask that anyone that considers themselves able to help out in any capacity no matter how insignificant it may seem, please contact us.

USEFUL INFORMATION

Do you have any news you'd like to share?
Do you need to contact us?
Do you want the latest news and information?
Keep this for future reference:
Club Telephone: 9533 4273
Secretary's Telephone: Jeff 0417 216 520
Registrar's Telephone: John 0438 230 595
Club's Website: www.roselandsfc.com.au
Club mailing address: P.O. Box 81
Beverly Hills, NSW 2209

Channels of Communication

There are many channels of communication within our club. These include email, SMS, the web site, the Striker and the pigeon holes located in the club house.

As all of you are in the club house at some point during the week for training, could you please remember to check your pigeon holes. There is a host of information put in them most weeks about upcoming games, canteen rosters and club news. All of which will help you keep your players and parents well informed and will allow you and the parents to organise their time.

For up to date information, the best place to check is the web site. Having said that, please also note that there are certain things that are not posted on the web and are only placed in your pigeon holes. So please check them.

If you cannot find information through these sources, as always the members of the EC are more than happy to answer any questions, direct or help you in any way we can.

Quote of the week!

"A champion is someone who does not settle for that day's practice, that day's competition, that day's performance. They are always striving to be better. They don't live in the past."

Outstanding Fees

All outstanding fees are required for payment to the club as soon as possible. This is a requirement to ensure your child has adequate insurance coverage with the club, and is registered.

Remember "No Pay No Play"

Match Sheets

- Completed match sheets, for that weeks round, should be returned to the club house by **Sunday afternoon**. There is a wooden vertical file on the desk. Please place the sheet in the corresponding slot (as labelled).

- The weekly Striker is published on the Web every Wednesday. **Close off** for submission of match reports for inclusion is **Tuesday night**. This allows time for putting it all together and publishing. If you miss the Tuesday day deadline, please still submit your report. It will be included in the following week.

- If you have a problem submitting your match report please check your antivirus & browser settings, adjust if necessary. If you continue to have problems please contact our webmaster.

JERSEY WASHING INSTRUCTIONS:

1. DO NOT IRON JERSEYS!
2. Wash all jerseys together inside out
3. Cold machine wash.

If you experience any problems with the shirts please let us know ASAP



Coach Talk

Drill of the Week

Soccer drills to coach the perfect free kick

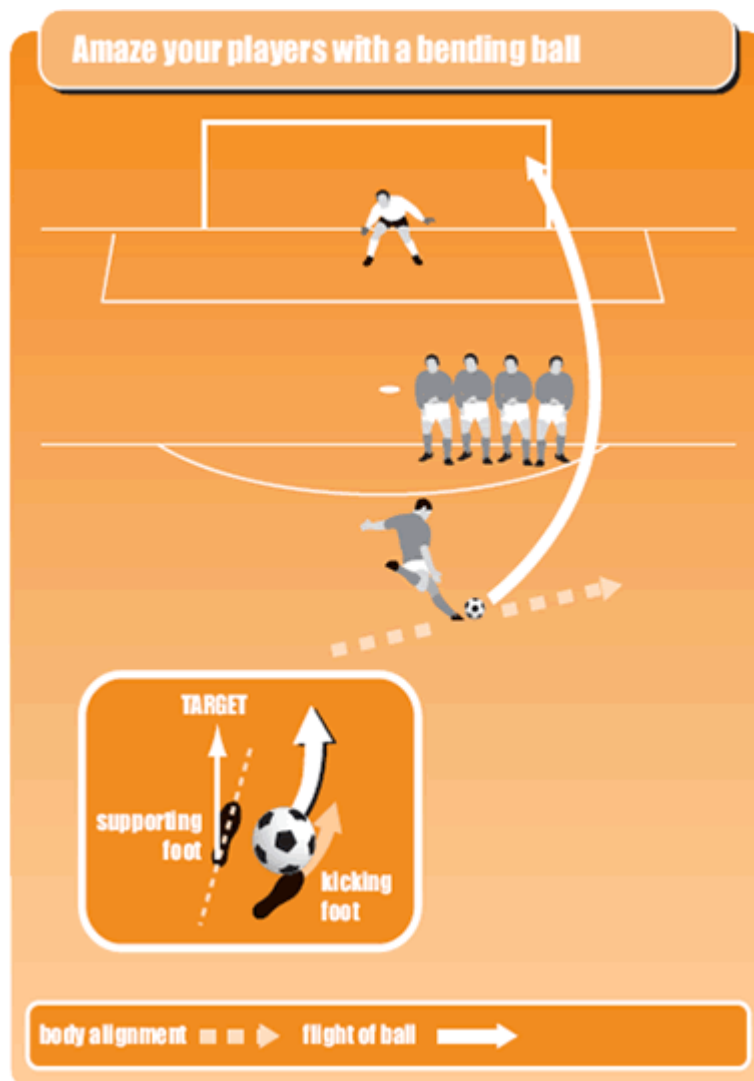
There is nothing more satisfying than bending the ball from free - kicks over the wall into the back of the net. Get yourself down to the soccer pitch, so that at the next soccer training session you can show your free-kick takers how it's done.

Soccer coaching tips to bend the ball

Your players will love these soccer drills. They will be able to change the direction of the ball mid-flight. Get your players to perform this skill from a free-kick. It's easiest to do when the ball is stationary.

Soccer coaches – try this yourself

- 1. Positioning:** Put a ball on the edge of the area, as in the diagram below. Approach the ball at an angle running across the direction of the goal, in a relaxed movement, not too fast.
- 2. Contact:** If you hit the ball straight it would head for the corner flag. Instead, hit the ball with the inside of your big toe, just where your toe ends and your foot begins. The impact will roll the ball along the inside of your foot. Your foot meets the ball in the bottom corner. Always use bottom left or right depending on which foot you use.
- 3. Movement:** Your standing leg should not move and should still be pointing at an angle away from the target. Swing your kicking leg in towards the goal, without bending it. Now you're doing exactly what David Beckham, Ronaldinho and Frank Lampard do day-in and day-out on the soccer training pitch.
- 4. Ball flight:** Because you are hitting the ball from underneath, there will be sufficient lift to take the ball up and over the wall. As your foot comes across and around, you create ball spin which makes the ball bend and dip. You can get extra height by leaning your shoulders back.



The SMART way to bend free-kicks:

SPECIFIC
MEASURABLE
AGREED
REALISTIC
TIMED

The **SPECIFIC** target for your player is to bend free-kicks into the goal.

Make it **MEASURABLE** by telling your players you want them to successfully bend five out of ten free-kicks.

AGREE with them that this is to happen during the training drill.

Is five **REALISTIC**? It depends on the player.

Make it **TIMED** by agreeing it should happen over three training drill sessions.

Tailor this SMART session to your individual players and get them to tell you if they reach the drill target.

Coach Talk By Coach Con...

Joke of the Week

Seat in Stand?

Bernie and Eddie were fortunate enough to have a season ticket to watch Manchester United. They could not help noticing that there was always a spare seat next (K37) to them and they had a friend who would love to buy a season ticket, especially if all three could have seats together.

One half-time Bernie went to the ticket office and asked if they could buy the season ticket for K37. The official said that unfortunately the ticket had been sold. Nevertheless, week after week the seat was still empty.

Then on Boxing day, much to Bernie and Eddie's amazement the seat was taken for the first time that season. Eddie could not resist asking the newcomer, 'Where have you been all season'. Don't ask he said, the wife bought the season ticket back last summer, and kept it for a surprise Christmas present.

Coaching Philosophies

Less is More: The phrase "less is more" was something we said during the Olympic and 1999 World Cup build-up. Ours was an incredibly fit and mentally focused team, a team trained to peak performance that resulted in winning games. What we learned from many Olympic athletes and some of the Olympic and National team coaches, however, was that at some point they did too much, and as a result they didn't achieve the success they might have otherwise. When asked what they would have done differently, athletes who underachieved often said, "I would probably not have overtrained in the last month."

So when you're at the final stages of preparation for the big tournament or game, back off from the physical training a bit and spend more time fine tuning, making sure everyone is confident. If you've prepared properly, you'll actually get more out of it.

MATCH REPORT WRITERS, COACHES AND MANAGERS

...across all grades and ages we'd greatly appreciate all teams having a match report submitted. It takes just a few minutes and is enjoyed by most players and parents. With so many teams trying so hard to break into a winning run and others overcoming all sorts of difficulties, many people read all the match reports. Keep them coming and if you feel it appropriate to share the workload around, that's ok, but we do ask that this be organised through your manager.

CAN'T FIND YOUR TEAMS MATCH REPORT LISTED IN THE FOLLOWING PAGES?

Then refer to your teams coach or manager, chances are that they haven't submitted one yet. It's very simple to do... go to our home page, click on "Match report" ... and fill in the blanks!!

Round 14

U6 Bilbys vs | |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹

COACH NAME: Cheryl Clarke

MANAGER NAME: Kareena Wunderlich

U6 Kangaroos vs | |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: Violet Elkazzi

MANAGER NAME: Andrew Clarke

U7 Lorikeets vs| |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: NICHOLAS VLAHOGIANNIS

MANAGER NAME: PAUL TOZZI

U8/2 vs Leichhardt Tigers | Lost 2-4 |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: ARTHUR ATHANASIOU MANAGER NAME: MARIA ATHANASIOU



U8/4 vs Leichhardt Tigers | Lost 0-6 |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: BILL HAMADE

MANAGER NAME: ISAAC HAMADE

U8/5 vs Leichhardt Saints | Won 2-1 |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: FRED SARKIS

MANAGER NAME:

U8/7 vs Enfield A | Won 1-0 |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: Mark Focas

MANAGER NAME: Mark Focas



U9/4 vs Enfield A | Lost 0-3 |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️.

COACH NAME: WAYNE MORRIS

MANAGER NAME: ANGELA SOLIMAN

U9/6 vs Balamain B | Lost 4-5 |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️.

COACH NAME: SCOTT WUNDERLICH

MANAGER NAME: MARK BIRKINSHAW

U9/8 vs Leichhardt Saints | Drew 2-2 |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: Con Kakoliris

MANAGER NAME: Peter Georgellis

U10/2 Girls vs Hurlstone Park | Lost 1-2 |

DATE: 25/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: RICHARD KENT

MANAGER NAME: BREE KENT

U10/4 vs Balmain B | Won 5-2 |

DATE: 24/07/10 ROUND: 14

Match Report: Well done boys on your great win. If we keep this up we might have a chance to make the finals. Keep up the defence and scoring those tries.

MANAGER NAME: Chris Rigas

MANAGER NAME: Fay Sleiman



U11/5 vs Five Dock | Lost 0-3 |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹

COACH NAME: Jim Plater

MANAGER NAME: Jim Plater

U12/1 vs Burwood | Drew 2-2 |

DATE: 25/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹

COACH NAME: STELIY GEORGIU

MANAGER NAME: STELIY GEORGIU

U12/2 Girls vs Enfield | Lost 1-2 |

DATE: 25/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹

COACH NAME: WAYNE MORRIS

MANAGER NAME: SOPHIA MICHAEL



U13/3 vs Balmain | Lost 0-15 |

DATE: 25/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: MATHEW BISHARA

MANAGER NAME: DOREENA SANTOS

U14/1 vs Concord | Lost 0-5 |

DATE: 25/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: IMAD ALAMEDDINE

MANAGER NAME: KATHERINE SALAZAR

U14/1 Girls vs Hurlstone Park | Lost 1-5 |

DATE: 25/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: JEFF GISSING MANAGER NAME: JEFF GISSING



U15/2 vs Balmain | Won 7-0 |

DATE: 25/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: HENDRICK LAY

MANAGER NAME: HENDRICK LAY

U16/1 vs Marrickville | Lost 0-1 |

DATE: 10/07/10 ROUND: 13

Match Report: **No Match Report Submitted** ☹️

COACH NAME: John Mamatsi

MANAGER NAME: Renato Santos

U16/1 Girls vs Hurlstone Park A | Lost 0-4 |

DATE: 25/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: NARELLE POTTS

MANAGER NAME: ALLEN DAIZLI

U16/2 vs Marrickville | Lost 0-10 |

DATE: 25/07/10 ROUND: 14

Match Report: Another tough day for the boys playing against a good side and we had only 9 players one of which couldn't run but still wanted to play. Despite the result the boys played out the full game and never stopped having a go. We do seem to struggle to get a full team to a 3.15 game at Tempe on a Sunday afternoon. The core of the team show up every week and want to play so we will keep showing up and keep trying our best.

COACH NAME: Noel Gwynne

MANAGER NAME: Mick Abel

U16/2 Girls vs Concord | Lost 0-1 |

DATE: 25/07/10 ROUND: 14

Match Report: I really enjoyed the game today. It's a funny thing, when you lose before the semis, but I was pleased for the good "workout" we got from a top team and only came away 1-0 down. Maybe with only 1 reserve, I could concentrate on the players on the park. Thanks to Melissa, who was really sick and came along to help make up the numbers. Early signs were not good. Once again we take too long to get into the contest. If we continue that mental preparation in the semis, we will be struggling with goals to chase. Bronte missed a penalty shot and spent the rest of the game beating herself (and the whole Concord team). In all honesty, she played a great game. Great touches to turn defence into attack. Elizabeth remained unbeaten AGAIN and really played well all game. Alex (The Magnet) was a target for the strikers as she fearlessly put herself into position and "wore" the shot to protect her goalkeeper. Dianna and Marissa had quiet games, but were without mistake. Reliable. Other highlights were: Alex wearing a shot at goal that was going to nail Emily to the crossbar! Elizabeth and Emily once again courage, position and anticipation. We do not have a great defensive record for nothing!! Shella's speed to contain her opponent. Great anticipation and agility. Chrystalla's effort to keep coming forward, igniting an attack with great touches to the midfielders and strikers. Bronte's efforts all over the park. Threading the ball between two Concord players to reach Maryanne to start an attack. The selfless combination between Nicole, Rana and Maryanne. Shae rising to the challenge and being in position to defend, even if that means getting belted in the stomach. Nicole's courage to get up and play on with an injured ankle. Threading everything at it!!!

COACH NAME: John English

MANAGER NAME: Karen McCarney

U17/2 vs Hurlstone Park | Lost 1-7 |

DATE: 25/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: THOMAS KOLIOMIHOS

MANAGER NAME: JOHN VERGIOS

U21/1 vs Five Dock | Lost F-3 |

DATE: 25/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: HUSSIEN SOUKIE

MANAGER NAME: HUSSIEN SOUKIE

U21/2 vs Lakemba | Drew 1-1 |

DATE: 25/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: TREVOR RATCLIFFE

MANAGER NAME: GEORGE HANTZIS

AA/2 vs | |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: Paul Glekas MANAGER NAME: Peter Stellios

AA/3 vs Enfield A | Drew 1-1 |

DATE: 10/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: DOMINIC SPANO

MANAGER NAME: SAM PETRINO

AA/6 vs Balmain A | Lost 1-4 |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: LIONEL SINGH

MANAGER NAME: MATT KELLY

AA/7 vs Balmain | Won 3-1 |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: IMAD ALAMEDDINE

MANAGER NAME: LEON VERGELATOS

AA/7B vs Enfield B | Drew 1-1 |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: THEODORE TRAVLOS MANAGER NAME: THEODORE TRAVLOS

AA/10 vs Enfield | Won 2-0 |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: GREG GAVALAS MANAGER NAME: GREG GAVALAS



O35/1 vs Belmore | Won 4-1 |

DATE: 24/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: TONY LAZAROPOULOS MANAGER NAME: TONY LAZAROPOULOS

AAS/1 vs Belmore | Drew 2-2 |

DATE: 25/07/10 ROUND: 14

Match Report: **No Match Report Submitted** ☹️

COACH NAME: NICK PANAYOTOPOULOS MANAGER NAME: NICK PANAYOTOPOULOS



Roselands FC Sponsors

As a club we need funds to pay for ground hire, lighting, new strips, equipment, association fees – the list goes on.

As a not-for-profit organisation, we try to keep registration fees down, and supplement our revenue from other areas like the canteen, BBQ and fundraising. A very important part of this is sponsorship, and we will be working hard once again to make sure our sponsors are first in your mind when looking where to place your business. Our newsletter and website will feature sponsor profiles and specials, and we will promote their businesses so you win, they win and we win!

Our Sponsorship Officer position is still vacant, and if you are (or know of) a potential candidate for the position please don't hesitate to contact one of the committee members of the club.

If you are (or know of) a potential sponsor of the club or a team, please give our secretary a call. Over the season, our club will be actively involved in promoting our sponsors and giving recognition for their invaluable support.



Last year our Canteen Manager and volunteers worked very hard to raise much needed funds for the Raptors and they did a great job! The “Raptor Canteen” proved popular not with all soccer types, with many regularly queuing up for a taste of our BBQ and coffee. However, our canteen manager cannot do it alone. **ALL TEAMS & ALL CLUB MEMBERS** help run the canteen and barbeque, and therefore contribute to the running of the club.

So when your Team Manager taps you on the shoulder support your team and club and cheerfully give a little time to cover your shift. It's a lot of fun and the view is fantastic!

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Roselands FC would like to thank our SPONSORS for their continued support:-



Also a big thanks to our Suppliers:

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Stay tuned for next weeks Edition....

*Con
Striker Editor*