

The Wanderer

April 2017



Presidents Message

Finally the season gets underway. After 2 ½ months of registrations, team organising, gear purchasing, gear delivery, gear distribution, coaching meetings, manager meetings, card distribution, pre-season games, pre-season training, rain, ordering stock and entering teams, we get to play some football.

Currently, close to 1400 players, forming over 110 teams, have registered with the club. We have 77 teams from under 9's to over 45's and 34 team for the 6–8 Small Sided Football age groups. A big thank you to our registrar, to our age coordinators, our gear manager and our pre-season manager who have all done a stellar volunteer job, to get the club ready.

Key messages for the 2017 season, are around 'Let Kids be Kids' and 'Respect for Officials'. These are the key indicators of a successful season at Hurlstone Park Wanderers: Not how many trophies we win, but how we RESPECT our opposition and Officials, and how we RESPECT the game.

Let's make 2017, the year that we finally get it, so that 30% of officials don't leave the game every year, due to abuse, and that we understand that Officials make mistakes, and that this is grass roots. Please make sure you are aware of ALL the rules changes in 2017, and that any abuse of an Official is a YELLOW Card, so let's keep a lid on it. There are over 50+ officials in the CDSRA, who are actually Hurl players, and most of them are Kids.

Also coming up in the 2017 season, are new goals for the 6-11's. We've replaced our SSG goals, and retired the I-Goals, and we hope that you'll be happy with what we've done. In May 2017 we will have our first big Charity Day where we want as many teams as possible to wear pink Socks, and if you're really want to support, then there are pink jerseys too.

As part of our inclusive goal, we are also looking to run 3 gala days in 2017 for people who are less able to play regular football.

So as the season starts, we ask that you put your hand up to volunteer. How can you help ? Whether it's an hour on the BBQ, or an hour as ground manager, or you can help set up the field, take down the field, or you would like to help in anyway, please get in contact, so that 2017 can be a great season for all of us in the Hurl Community.

I hope that this season is an enjoyable one for you all and am looking forward to hearing of your successes via our newsletter, Facebook, Instagram and Twitter. Good luck to all our teams this season and see you at Ewen, Beaman and across the CDSFA.

Mark Higgins, President

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Key dates

- 1-2 April - Season Commences
- 15/16 April - Easter No Games
- 20/21 May - Charity Round
- August - Family Day

Preparing for the Season

With the first game day approaching, the following will provide you with up to date information relating to the draw, results, tables, field locations and where to check field status with regard to wet weather for both training night and game days.

Draw, Results and Tables - The Canterbury District Soccer Football Association (CDSFA) maintains the competition draw via their website, for all non-Small Sided Football. To view the draw for all games, results and tables click [here](#)

Playing Fields - Click [here](#) for addresses and maps for CDSFA fields.

Wet Weather Game Day - Click [here](#) to check CDSFA ground status for playing fields.

Wet Weather Training - Click [here](#) or call 9718 7666 to check or Canterbury council ground status.

Please note that if the ground is showing closed, no games or training can take place. This is policed by the council, and the club can be penalised severely. Players and coaches are also not covered by the club's insurance if the grounds are closed.

Rules of the Association - For CDSFA rules click [here](#)

Match sheets: We will send the link to managers each week to print out and bring to the game. Ensure they are signed by the ref (even if away team); bring your copy back to the Canteen at Ewen.

Results and Referee Payments Submission Form - Please use [this form](#) to submit your results and referee payment reimbursement claim

What if there is no referee? If there is no referee appointed to the game, you and the opposition must agree on a volunteer referee. Once you've agreed, this person has all the powers of a CRA referee. Don't pay a volunteer referee.

BBQ Duties: Remember we have a barbecue each weekend at Ewen Park – we will ask our players and parents to volunteer at this at least once during the season, but you might also want to allow for a breakfast or morning tea/lunch sausage for the kids!

For additional information visit the Game Day section of www.hurlstoneparkwanderers.com.au



Preparing for Game Day

For our first games of season, we would like to remind all of our players, coaches, managers and supports to make Game Day an enjoyable experience for all. It is important to remember that:



- We are all representing Hurlstone Park Wanderers and we agree to the club's Code of Conduct.
- Encourage supporters to attend games, however ensure that your spectators offer positive encouragement.
- RESPECT Officials – always – they are human, and some are kids.
- Assist with Field Set-up or Pack-up if you are the first or last game on any field – be there in time to do this (45 minutes before kick-off), and pack up before any post match post-mortems or celebrations.
- Support the Club via our volunteer run Canteens and BBQ (i.e. stop in pre or post game for a drink or some thing to eat rather than the local shop).
- Bring your Shorts, Socks, Shin pads and a water bottle (also kit-up with teamwear from our online shop).
- Comply with CDSFA rules relating to no jewellery.
- No card, No play, No exceptions. If you take your card for any reason remember to bring it for your next game.
- Be ready to take the field 5 minutes before kick-off.
- Stay Social – send us scores updates, photos and team stories for Facebook, Twitter, Instagram and future editions of the newsletters.

Player, Coaches and Manager Pledges

We would like to take the opportunity to re-iterate that as a club we pride ourselves on being a community club that promotes playing football in an inclusive manner, with respect for opponents, officials, and for the love of the game. This month, we include at the end of the newsletter the *Players* and the *Coaches and Managers Pledge*. We remind you that whether you are a player, coach, manager, parent or supporter that the Club promotes fair play towards fellow players and has a zero-tolerance approach to inappropriate conduct towards match officials at all levels.

OUR GOAL: ZERO REDS

Each year the CDSFA awards the 'Fair Play Award' to the club that has had the least number of Red and Yellow cards. It is our goal to rank highly in this award this season.

Our goal this season is to receive Zero Red Card.

We would like to reminder all players that we have a ZERO Tolerance policy in place.





Coaches Corner

Thank you to all our coaches both past and present who play the most important role in their team's happiness. Notice, I said happiness, not success. As Grassroots coaches, a successful coach is the coach that has his/her team return for the following year. Our role as a Grass roots coach is to help player and team development, our measure is the assessment at the end of the season, not where we finished, but have we improved? Is my team now better technically, are they better in a football sense? have I been able to mentor them in a positive way, so that every player wants to return the following year?

Coaching isn't easy, however in 2017, the committee have put in a real effort to help all our coaches, to build a framework so that they can help each other. The web-site has been improved with a great deal of information, broken into the relevant age groups. We have started a Google Group so that coaches can help each other, and we will be running special nights during the year, for coaches to come along, at the field and discuss any issue they may have.

The first piece of advice, I will give is to 'have a plan'. Have a Session plan that out lines what you are going to do in your session, don't just 'wing it'. There are several examples of session plans on the web site, there is a whole season of plans for grass roots and skills, so please have a look, and follow the plan.

If you can, we really want you to attend an FFA course, especially if your in the 6-12 years age group. These courses show you how to apply the C.H.A.N.G.E I.T methodology, how to plan your session, how to run through your topic, what to observe, what to communicate, demonstration and access.

Most of all, Coaching needs to be fun, the players need to have fun and the best way to ensure that we are all having fun, is to plan, plan, plan. If you'd like help, please write to me, and I'm always happy to talk football.

Coaching Resources

To help you be an improved coach, we've updated our website to draw upon the knowledge of the FFA and MyFootball club, to help you plan a session, help you organise a session, observe your session and change it if the players are not challenged or if it's not working.

Content includes:

- For 6-8 year Small Side teams - [Discovery Phase](#)
- For 9-12 age teams - [Skills Acquisition](#)
- For 13-17 age teams - [Game Training](#)
- For 17 and over age teams - [Performance Training](#)

Each Page contains links that can help you Plan a session (with session templates and complete Season of Session examples), information on the FFA methodology and FFA Course books.

So, head to the website, and have a look: <http://hurlstoneparkwanderers.com.au/coaches-managers/coaching-resources/>

Please have a look, download the examples, and if you'd like any assistance then feel free to email: president@hurlstoneparkwanderers.com.au

Remember 'It's a great day to be coaching'



Flashback to 1932



While looking through the archives, we found this photo from 1932. Loving the blue and white striped kit. Have any Flashback photos you'd like to share? email: newsletter@hurlstoneparkwanderers.com.au

Support Rainbow Round of Sport

LGBTI prejudice is still a problem in sport - and that's unacceptable. Discrimination is robbing us of talent on the field and hurting fans off it. If you love sport, Rise Up and lace up to make everyone feel welcome. Wear Rainbow laces for the Rainbow Round of Sport between during the rounds set of **Saturday 8 April** and **Sunday 9 April 2017**.

In support of Rainbow Round of sport for LGBTI in Sport we have ordered 400 pairs of Rainbow laces that players and teams are able to wear. Laces are open to any player and team that would like to support this initiative, on a first in basis, for a Gold Coin donation. Donations will be made to a LGBTI Rights group. If you would like a pair of laces for yourself or a set for your team email: newsletter@hurlstoneparkwanderers.com.au

For more information on Rainbow Round of Sport visit: <https://www.skins.net/au/rainbow-laces/>



LACE UP
FOR THE LOVE OF SPORT

pridein**sport**

SKINS
RISE UP



#RainbowLaces





Charity Round Update

With Charity Round coming up on the weekend of 20/21 May, we are pleased to say that we have so far raised over \$3,000 for our charities even before a ball has been kicked this season.

We've raised **\$3,096** of our \$5,000 goal



We would also like to thank the following teams for contributing so far, or who have pledged to participate by wearing pink socks, jerseys or donating:

- 30W1C
- 30W2C
- WIL3B
- U9/2A Girls
- O35/6 Mens
- AA1W
- O35/3 Mens
- U11/1 Girls

It is not too late to get your team involved. Support Charity Round by:

- purchasing and wearing pink socks (\$10 per pair for all players)
- purchasing and Wearing a one-off Charity Day Pink Jerseys (\$50 per player)
- donating at <https://www.gofundme.com/hurlers-charity-round-2017>
- Get a team table together for Charity Trivia Night - [more information and tickets here](#)

If your team has any questions, would like to be involved or to confirm your Team details, number of socks or jerseys required email: fundraising@hurlstoneparkwanderers.com.au

For more information visit <http://hurlstoneparkwanderers.com.au/charity-round-2017/>

Charity in Focus—John Moriarty Football

John Moriarty Football operates in the remote Indigenous communities of Borroloola and Robinson River in the Northern Territory, bringing 2-16 year old Indigenous children together through sport, promoting good health and wellbeing. JMF aim to make a significant difference to school attendance and healthier lifestyles, with a belief that every child deserves a safe, protected start in life.

The JMF story is unique amongst NGOs in Australia, with a truly local response, embedded within the community. John Moriarty was the first Indigenous player to be selected to represent Australia. John and his son James founded JMF in 2012 to introduce a world best practice training and playing program to the supremely talented young Indigenous athletes of remote Australia. The JMF vision has created a platform of opportunity through football that encourages regular school attendance, healthier lifestyles, self-respect and community engagement. Children living in remote indigenous Australia are the nation's most vulnerable and need support. On every measure of life and educational parity, they fall significantly short of their rural, regional and urban counterparts.

John Moriarty Football is a game changer, on and off the field. To find out more visit <http://jmf.org.au/>



HURLIE GIRLIES DO PARK RUN: COME JOIN US!

Are you wondering (especially with the rain) how to get fit for the upcoming season?

One fantastic, free and community based option is to register for Parkrun (see www.parkrun.com.au/). Parkrun is a free, timed fun run that happens each Saturday morning at 8.00 am. We are lucky to have a local version of parkrun (<http://www.parkrun.com.au/cooksriver/>) that starts at Mary Mckillop Park, Canterbury Road, Canterbury. Lots of Hurl players are already signed up as ParkRunners.

To participate all you need to do is register with parkrun and then turn up on Saturday morning ready to run or walk at 8.00 am.

But what this story is really about is the crossover between Cooks River Park Run and Hurlstone Park Wanderers. The Hurlie Girlies (HPW 030 and AAW) have enthusiastically embraced the spirit of ParkRun and regularly turn up to run or walk, but also to volunteer.

So, on 25 March, just before the start of the football season, Hurlie Girlies will be filling all the volunteer spots at Cooks River Park Run. This is very in keeping with the Hurlstone Park Wanderers volunteer culture and local community focus, and we would love to see our players, parents and supporters out there walking and running when we are volunteering. Come along – get ready for the winter season, and say hello to a friendly fellow HPW member walking, running or volunteering.





All parents want their children to shine on the sports field. Yet there's nothing that will dull a child's sparkle more than having parents and spectators pressure them from the sidelines. It can be an easy trap to fall into as an adult. We go to adult sports events where the noise of the crowd masks all but the voices of those nearest us. We comment out loud at players' performances, roar at mistakes, and vocally urge our favourites to do better and go harder. We call it atmosphere.

But at a child's sports event, we are likely to be one of only a few dozen spectators. When we scream instructions or yell in disgust, our child and other children on the field can hear every comment, and they know where it comes from. What they hear can have a marked impact on them for the rest of their sporting lives. Some may rise above it. Many can't. Now in his fifties and one of Australia's most successful football leaders, Socceroos coach Ange Postecoglou is at the top of his game, revered for his energy and confidence, and with a reputation for not suffering fools gladly. It may come as a surprise to learn then, that Postecoglou harbours a discomfiting memory from his childhood of huddling, frightened with his team mates and opposition players as parents argued on the sideline.

Throwing his support behind the Play by the Rules 'Let Kids Be Kids' campaign to raise awareness of the impact of poor sideline behaviour, Postecoglou recounts the story of how an enjoyable weekend sports match suddenly turned ugly. "I must have been 10 or 11 and the parents started arguing and fighting amongst each other," he says in a video message for '[Let Kids Be Kids](#)'. "And the thing that struck is that the kids—us—both teams, just huddled together in the centre circle, each of us

frightened for ourselves and I guess for our parents. "And even at such a young age it made such an impression on me that the people arguing and fighting outside the field forgot why they were there ... because why they were there were the kids, and their kids were scared, huddled together, opposition and team alike, trying to protect one another." Postecoglou is one of a number of high profile sports people endorsing the 'Let Kids be Kids' campaign. Netball and volleyball player Caitlin Thwaites says children find shrugging off sideline comments very difficult. Australian cricketer Usman Khawaja says sideline abuse often robbed him of his childhood fun both on and off the sports field.

Former Australian Rules footballer Nick Dal Santo observes that even parents who are trying to encourage their children, frequently do it in a 'bit of a degrading way'. "And if just keeps chipping away at them, eventually they'll either one, drop out of the sport, or two, just purely not enjoy it for what it's meant to be."

By far some of the most moving stories recorded as part of the '[Let Kids be Kids](#)' campaign come from children themselves. Children's comments about sideline abuse range from: "it makes me feel like I'm useless and can't do anything", to "sometimes it makes me sad, but sometimes it makes me feel angry at the same time". One child pleads: "Would you please like stop yelling at me on the court because it's making me feel like I can't do it anymore". [Play by the Rules](#) has released a toolkit with practical advice and steps to help sports groups stamp out poor sideline behaviour and power junior sport with positive support. The message being sent is clear: let kids have fun and do what they love. On the sports field, let kids be kids.

For more information visit: let-kids-be-kids

Team in Focus - Over35/3As

You may have seen us at Ewen or Beaman. We are the team with the flags flying from the hills. We call ourselves 'The Hurlers'. We are the Hurlstone Park Wanderers Over 35/3As football team, but do not be deceived by the fancy title. In our 13th season with the club, we are an aging, social team, but we are just a little bit different. We are the team that "goes that step further".

Like many teams we have an eclectic mix of backgrounds and professions. Like a lot of O35 teams, most of us are in our mid-40s though we may be a bit unusual as we have more players over 50 than under 40. Like most Hurlstone Park teams we have never won Grand Final and like last month's Team in Focus, the Football part of the team is important; but not our only focus.



While it is not uncommon for senior's team to have a post-match drink, we go another step further and encourage food via a rostered 'Plate of the week'. We go that step further and encourage a laugh by having a 'Joke of the Week'; music via 'DJ of the week'; thought through an 'Aphorism of the week', and; celebration of effort by awarding of a Man of the Match (we have a roster for each of these duties including the supply of the weekly MoM award). Anyone who has seen our games will know there is usually a large crèche of kids (with accompanying wives and girlfriends) on the sideline playing and offering their support.

Another step further we allocate a theme to each round. For example, we have '70's shirt Day', 'Family Day', 'Prawn Day', 'Opposites Day', 'Ride to Football Day', 'Irish Day', 'Mulled Wine Day', and '90's Day' to name a few. Last year we held 'Sangria dia Brasileiro' to welcome our two new Brazilian players. It must be said, Brazilians put on a fine BBQ and the Sangria made with home made wine was very well received.



Tom Plater, U16, 2015, (centre) accepting our donation for their Kanga Cup Trip

In 2015, our 10th year with the club, we added a new themed round to the roster – Charity Day Round. That year the U/16 Hurlstone Park Boys team was seeking donations to help fund their entry and trip to the annual Kanga Cup tournament in Canberra. We thought this was a worthy cause and arranged a team dinner. We raffled and auctioned various game day items (such as match day positions, the captain of the day, right to take next penalty kick) and instigated a loose fine system to raise money.

[continues page 10]

Team in Focus continued

At the end of the round, we raised \$585 for the boys (who co-incidentally won the tournament). Our donation was more than half the total money raised by their team.



70's Day 2016

Last year (2016) we wanted to challenge ourselves further to make Charity Day Round bigger. Our goal was to double the donation amount and broaden our charities. We set a target of raising \$1,000. We held a trivia night at Petersham Bowling Club (who kindly waived room hire fees) in addition to the series of match day activities and 'fines'. Team members donated a range of items to raffle and auction. In addition, we all purchased and wore McGrath Foundation 'Pull on Your Socks' pink socks.

Overall, our Charity Day 2016 raised \$3,004.65 for our three chosen charities.

This year we want to go another step further and we hope to encourage all players and teams across the club to join us and support Charity Round in their own way.

More information and information on how you can be involved is in on page 4 in the 'Charity Round Update' section of this newsletter.



International Jersey Round 2015

In case you are wondering, on the park last year we had a strong late season run and qualified for the finals. After a come from behind win in the semi-final, we lost to a golden goal in the preliminary final. We celebrated that day and our whole season by holding 'Super Hero Day'.



Super Hero Round 2016



Keep in touch via Facebook, Twitter and Instagram

Whilst we will endeavour to keep the website up to date and publish a monthly newsletter through the season, we would like to encourage all players, coaches, managers, parents and supporters to keep in touch via Facebook, Twitter, Instagram or email. Feel free to ask a question or send photos, scores and share stories from your team throughout the season.

Website: www.hurlstoneparkwanderers.com.au/

Facebook: <https://www.facebook.com/HurlstoneParkWanderers>

Twitter: [@HPWanderersFC](https://twitter.com/HPWanderersFC)

Instagram: [@hurlohpw](https://www.instagram.com/hurlohpw)

Email: newsletter@hurlstoneparkwanderers.com.au



Travelling Hurlo of the Month

This month's traveller is Dave fishing off Hamilton Island. A staunch defender of defenders, Dave is a member of both the Club Committee and our men's over35/3A's.



If you have a travel photo in your Hurlstone Park gear and would like to be the 'Travelling Hurl of the Month', send them through to newsletter@hurlstoneparkwanderers.com.au or post them to our Facebook or Twitter accounts.

Sponsorship Opportunities

Hurlstone Park Wanderers is a not-for-profit local sporting organisation and one of the largest football clubs in the Canterbury District.

Sponsorship opportunities are available to businesses and organisations. By sponsoring the club, you are supporting a leading local sporting club and making a vital contribution to our community. Sponsorship creates goodwill and links your business with positive community experiences.

Sponsorship allows for investment in equipment and facilities to support our players and ensure a successful future. It is an opportunity to have your brand associated with a community run club with over 1400 registered players.

If you are interested or know of any business that would be interested in sponsoring the Hurlstone Park Wanderers, please contact: sponsorship@hurlstoneparkwanderers.com.au



Extra Time - Football Fun

How well do you know your football team logos?

We have edited 5 club teams and 5 National team crests from around the world, can you name them? An example is below with the Hurlstone Park Wanderers Logo (an edited version on the left and the original on the right). With only the edited logo to go by, how many teams can you pick ?



Edited



Original



Clue: Answers provided at the bottom of page 12

Take the Players Pledge



In applying for registration as a player with the Hurlstone Park Wanderers Football Club, I will comply with this Code of Conduct in all respects. I also understand that any breach of the Code of Conduct may result in sanctions being imposed upon me. These may include:

- Warnings either verbal or in writing
- Ejection from the field of play/stadium
- A fine or suspension imposed by the Club
- A fine or suspension imposed by the Canterbury District Soccer Federation
- Expulsion from the Club
- And/or Legal proceedings As a member of a team associated with the Hurlstone Park Wanderers Soccer Football Club as well as abiding by the Rules and Regulations of the Club and CDSFA.
- I will always play by the rules
- I will never argue with an official.
- If I disagree with a decision I will inform the captain, coach or manager during a break or after the competition
- I will control my temper. I understand that verbal abuse of officials and sledging other players and deliberately distracting or provoking an opponent are not acceptable or permitted behaviour's in any sport
- I will work equally hard for myself and /or my team
- I will be a good sport and applaud all good plays whether they are made by my team or the opposition
- I will treat all players in my sport as I like to be treated.
- I will not bully or take unfair advantage of another player
- I will cooperate with my coach, team members and opponents
- I will display modesty in victory and graciousness in defeat
- I will not arrive at the field intoxicated
- I shall not consume alcohol at junior matches
- I will respect the rights, dignity and worth of all people involved in the game, regardless of their gender, ability, cultural background
- I will thank the opposition and officials at the end of the game.

In applying for registration as a player of the Hurlstone Park Wanderers Football Club, I acknowledge that I have read and agree to comply with the above Code of Conduct and accept that breaches of the Code carry consequences under the Code, and the Constitution, Rules and Regulations of the Canterbury District Soccer Federation Association and of its members and affiliated Clubs.



Take the Coaches and Manager Pledge

In applying for registration as a Coach or Manager with the Hurlstone Park Wanderers Football Club, I will comply with this Code of Conduct in all respects.

I also understand that any breach of the Code of Conduct may result in sanctions being imposed upon me. These may include:

- Warnings either verbal or in writing
 - Ejection from the field of play/stadium
 - A fine or suspension imposed by the Club
 - A fine or suspension imposed by the Canterbury District Soccer Federation
 - Expulsion from the Club
 - And/or Legal proceedings As a member of a team associated with the Hurlstone Park Wanderers Soccer Football Club as well as abiding by the Rules and Regulations of the Club and CDSFA.
- I will always play by the rules
 - I will never argue with an official.
 - If I disagree with a decision I will understand that officials, like coaches/managers can make mistakes.
 - I will control my temper. I understand that verbal abuse of officials and sledging other players and deliberately distracting or provoking an opponent are not acceptable or permitted behaviours' in any sport
 - I will be a good sport and applaud all good plays whether they are made by my team or the opposition
 - I will treat all players in my sport as I like to be treated.
 - I will not bully or take unfair advantage of another player or official
 - I will cooperate with my team members and opponents
 - I will display modesty in victory and graciousness in defeat
 - I will not arrive at the field intoxicated
 - I shall not consume alcohol at junior matches
 - I will respect the rights, dignity and worth of all people involved in the game, regardless of their gender, ability, cultural background
 - I will thank the opposition and officials at the end of the game

In applying for registration as a Coach/Manager of the Hurlstone Park Wanderers Football Club, I acknowledge that I have read and agree to comply with the above Code of Conduct and accept that breaches of the Code carry consequences under the Code, and the Constitution, Rules and Regulations of the Canterbury District Soccer Federation Association and of its members and affiliated Clubs.



Extra Time - Football Fun Team logos: Japan, Paris St Germain (France), Colo Colo (Chile), Club Brugge (Belgium), Uruguay, Colombia, Chicago Fire (USA), South Korea, Poland, Valencia (Spain)