

The Wanderer

August 2018



Presidents Message

Finals time, minis world cup, family fun day, there is a lot happening in the Hurlo community as we look at the end of another season. Some of you would have hung up the boots already, and its always a sad occasion. We already have our first winners for the 2018 season, the mighty 12/2's, winning their grand final. Next week we have the following teams in their grand finals, so please try and get along in blue and white to cheer them on. The 16/2' Bs, the AA3, O35/7's, the 12/4's, O30WB, GMT, WIL2 and WIL 3

There will be some reshuffling of the committee in 2019. I'll be stepping down as president after 3 years at the helm of this wonderful club. Our Register Marin, who also managed the news letter and charity days, is also stepping down. The club will be in good hands in 2019, but we need to wait until December before the new president takes the reigns. I'll still be around, in a different capacity, and like most of you, you start with a child who wants to play football, then you coach, join the committee, coach some more, coach other coaches, age coordinate for a while, work on a few BBQ's, end up president, and an awesome 20 years goes by.

So, if you'd like to have a greater involvement in the Hurlo community, if you'd like to step up, then please come and join the committee. All newbies are not given the major work roles, but get a feel for how the club works, where it is going, what we need to deal with, and enrich your lives by giving back to football.

The list of people to make the club work is large, but still feels, not large enough. Our operational volunteers who are at Ewen and Beaman every weekend, our coaches and managers, our gear manager, referee's coordinator, web master, newsletter king, volunteer coordinator, results coordinator, all working together to ensure that our culture is maintained, and that football is what matters.

So, as you head into the off season and plan for 2019, keep up to date with our Facebook page, our web page, and all juniors have a great family fun day, and all seniors, sit back, recover and plan for the next year.

Go Hurlo.

Mark Higgins,
President

Email: president@hurlstoneparkwanderers.com.au

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Key dates for 2018 / 2019

Mid August—Mid August Kitbag for Kids
25th Aug - Family Fun Day / Presentation Day
26th August - Everyone Can Play Day
September - March Beach football and Six-a-side
January 2019 - Registrations Open
March 2019 - Preseason fitness time
April 2019 - Season Starts



Congratulations to our Minor Premiers

Whilst many teams are still playing in the finals series, we would like to take the opportunity to congratulate the 12/2s, All Age 10's and 35/5s for finishing their seasons on top of the table. Well done and good luck in the finals.





Heartbeat of Football Heart Health Check Day

On Saturday 28 July , Heartbeat of Football visit Ewen Park and provided free heart health checks for our members. Over all 41 participants were tested with the following results:

8	20%	Females tested
33	80%	Males tested
6	15%	Participants were under 40
35	85%	Participants were 40 or older
7	17%	Participants knew their blood pressure
34	83%	Participants did not know their blood pressure
39	95%	Participants had normal blood pressure
2	5%	Participants had high blood pressure
13	32%	Participants knew their cholesterol level
28	68%	Participants did not know their cholesterol level
28	68%	Participants had normal cholesterol
13	32%	Participants had high cholesterol
4	10%	Participants knew their glucose level
37	90%	Participants did not know their glucose level
40	98%	Participants had normal glucose
1	2%	Participants had high glucose
16	39%	Participants were recommended to visit their GP

Some of you will remember that Heartbeat of Football is one of our supported Charity Round charities. It is great to be able to offer their service to the Hurlstone Park Wanderers members.

Thank you to everyone who came out and was tested, we hope it was worthwhile.

Heartbeat of Football is a great organisation with a focus on the health of footballers and it is heartening to see our charity initiatives in action. We are a club with a rich history. We have always been more than the individual, more than the team. If we can help just one member stay healthy and on the field longer through our efforts then it is a good day. I am sure our founders would be proud of us on days like today.

For more information on Heartbeat of Football, visit their website: heartbeatoffootball.com.au/





Super6 Soccer 6-a side spring comps start soon !

Many have registered their teams. Discounts still apply. Be part of the action and get your team in before you miss out! All regos now close Tuesday 21 August.

A variety of teams

Great venues and well organised. Come to where all the teams play on big fields with the best referees. Keep playing with your friends . Full quality Cigno strips for all the junior teams to play in and keep.

Adult and junior comps

The first and best and most popular 6 a side comp in Sydney. Under 6 to over 45, boys & girls, men & women & mixed comps. We have a comp for everybody. get on your group chat and start recruiting. Our spring comps

4 Sydney locations

[Croydon](#), [Maroubra](#), [Kareela](#) and [Castle Hill](#). See www.super6soccer.com.au for all the details including all the kick off dates, days played, and registration cut- off times click on location links above Massive registration discount for Castle Hill comp and early bird discounts at Maroubra and Kareela still apply.

Register now at [Super 6 Register](#)





Terry Wong
Coaching Co-ordinator

Email: coaching@hurlstoneparkwanderers.com.au

With the season drawing to an end, I would like give everyone an opportunity to provide some valuable feedback on season 2018 and a heads up for what's planned for next season.

In 2018, we had 130 dedicated coaches supporting all our teams; from the u6's to the O45's. I would like to officially thank and applaud them (and their Managers) for devoting their time, football knowledge and patience to the Hurlstone Park Wanderers playing group. Without them, it makes it difficult to provide our players an opportunity to play.

We are already starting to plan for next season. Here's a few things to look forward to:

- Grading - keep an eye out on the socials and email for details of grading for U9s and up
- More Coaching Clinics ... including a 'Goalkeeping for Coaches' program.
- Additional support for coaches and teams

A continuation of our Miniroos program to introduce our little Hurlo cubs to this great game.

As always, I am keen for any feedback about the standard of coaching you have experienced.

Please feel free to approach me at the park or email me at coaching@hurlstoneparkwanderers.com.au

If you are already missing football and want to keep the skills up in the off-season, check out the various 6-a-side and futsal competitions in the area. Such as [Super6 Soccer](#) Also, don't forget to support your favourite A-League team and head out to the games to catch some action.

Until next season!

Terry

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





HURLSTONE PARK
WANDERERS FC



We have helped
over 200 women
through their
pregnancies



Our clinic has
helped over
4000 patients
in the last
8 years

We have
gone from
a one man
show to a
team of
9



The
youngest person
we have treated
was **3 weeks old**



We have
provided
soccer club
sponsorship over
the last **6 years**



We have supported
6 local schools in
fundraising on over
10 occasions



We have supported
the Dulwich Hill &
Marrickville Fair
for the last
7 years straight



The **oldest**
person we
have treated
was **92**



We have
donated over
\$20,000
to local charities in
the last 5 years

**Why? We love our community and
we want it to thrive and be healthy!**
Our journey continues, let us be part of yours!



Dulwich Hill **Chiropractic**
& **Therapeutic** Centre

Save the Date: Family Fun and Junior Presentation Day

Our Annual Family Fun and Junior Presentation day will be held on August 25th at Ewen Park from 11:00- 3:00pm.

This is a great way to end a wonderful season of football. There will be something for everyone to do including a jumping castle, soccer darts and an inflatable obstacle course.

We will also have 6 a side fields set up for a Round Robin competition!

We will be handing out our 2018 #GoHurlo t-shirts, 5/10 year service awards and Coach's player of the year trophies for teams from Under 8 Girls, U9s through to U16's.



EVERYONE CAN PLAY GALA DAY

An opportunity for individuals with a disability to enjoy a day of football and fun.

Members of The Hurlstone Park Wanderers, and a variety of support agencies, will join participants in a number of friendly eight-a-side matches.



To close off the season we will be holding our second Everyone Can Play Day

When: 26 August 2018

Where: Ewen Park, Tennent Parade Hurlstone Park

Time: 12pm for a 12.30 Start

Cost: Free

Volunteers needed to help play, referee, work on the BBQ and otherwise assist in making the day a success for our guests.

For more information or to register contact
Robin Hawkes on 0411 744 865
or at rhawkes@bigpond.net.au

SAUSAGE SIZZLE AND A DRINK

• FOR ALL PARTICIPANTS •

~ CANTEN ALSO AVAILABLE ~



Just a friendly reminder...

Kitbag for Kids Campaign Ends Soon



**HURLSTONE PARK
WANDERERS FC**

Kitbag for Kids goal is to ensure no child in Australia forgoes the opportunity to play sport due to the lack of a footy shirt or a pair of boots. If you have any old football gear that you no longer need lying about the house, look out for the *Kitbag for Kids* Yellow Drop off Bins at Ewen and Beaman ovals.

For more information visit: www.kitbagforkids.org

KITBAG FOR KIDS

Help Hurlstone Park Wanderers support disadvantaged children across Australia.

Donate spare boots, shorts, trainers, shin pads and replica football jerseys

IT'S EASY TO GET INVOLVED!





HURLSTONE PARK
WANDERERS FC



R&W Hurlstone Park **PROUD SPONSORS**

SELLING HOMES IN HURLSTONE PARK SINCE 1971



R&W

Hurlstone Park

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Flashback to ... 2014

This month's Flashback is down at the Kanga Cup in August 2014 where we were represented by the then U11/1's and the U15/1's. Great to see many faces still playing today.



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

Travelling Hurlo's of the Month

This month' we are lucky enough to have two travelling Hurlo's. The first are Sebastian U9/4s 'saving a goal', Juliette U7s and Leonore O30W1B visiting family in The Netherlands. Of course they had to pack their Hurlo jerseys.

This photo is their day visiting Amsterdam taking in riding bikes to Museum Plein, taking a picture with the 'iamsterdam' sign and the Rijksmuseum.



Our second Travelling Hurlo comes from Anne, 30W1Bs, Liam 14/3s and Ruby Tiedemann (U11Girls/1) in their Hurlo gear snorkelling off Fitzroy Island in far north QLD

If you have a travel photo in your Hurlstone Park Wanderers gear and would like to be the '*Travelling Hurlo of the Month*', send them through via the email address below or post them to our Facebook, Instagram or Twitter accounts.

Travelling soon and don't have any Hurlo gear or merchandise packed ? Stock up on gear at our online shop at: hurlo-shop/




Hurlstone Park Wanderers Shop now online

A reminder that with the help of our sponsor Stanno, the Hurlstone Park Wanderers Teamwear shop is now online.


You will be able to purchase a range of club, match day and training wear for players, coaches, managers and supporters. Our goal is to have you and your team fitted out and recognisable in a common club style and look.

[register](#) [log in](#) 0 items: \$0.00

 **STANNO**




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HURLSTONE PARK WANDERERS



HURLSTONE PARK WANDERERS

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Teamwear and Accessories are available to players, goalkeepers, coaches, managers and supporters. Items include T-shirts, Polo shirts, Tracksuits, Training Tops, Training pants, All Weather Jackets, Training Hats (Beanies), Shoe Bags, Back Packs, Sports Bags and Trolley Bags.

Visit the online shop at:

<http://www.stannoaustralia.com.au/team-catalogues/hurlstone-park-wanderers> or
<http://hurlstoneparkwanderers.com.au/hurlo-shop/>