



# THE WANDERER

*Official newsletter of Hurlstone Park Wanderers FC*



## PRESIDENT'S MESSAGE

Rosalie Viney

This is the second newsletter for the season and before we even kick a single ball, there has been a huge effort from many in our club to get us ready for the season. When you pay your registration fee to play football it is easy to start thinking like a customer. But club football is run by volunteers, members of the football community for the football community - this is a community that you are part of and so it is important that we celebrate, respect and contribute to the volunteer effort.

So the first theme of the month is to celebrate and thank these local heroes, and to acknowledge the effort that goes into launching a season for a club of our size.

As you will see in this newsletter, we have registered more than 1400 players and our total registrations are tipping towards 1600. These players have been formed into 87 teams in the u9-045 age groups that were submitted to the CDSFA at the beginning of March for grading, and into our house system for u6-u8 players. We will shortly be launching our MiniRoos packages for u3-u5 players.

Before the first whistle blows in a game for HPWFC: registration packages have been set up; budgets for the year have been developed; grading sessions have been organised and conducted;

*We acknowledge the traditional custodians of the lands on which we meet, train and play*

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## EVENTS:

Coaches & Manager Meeting - 25 March

Seniors Meeting - 1 April

31 March - GMT & Bruce Drake memorial Pre Season opening games at Ewen Park

Season Commences - 6 & 7 April

Easter Weekend - April - 20 & 21 April  
NO GAMES

age coordinators have sorted players into teams and spent countless hours communicating with players and parents; gear for our 95+ teams/houses and 1400 players has been ordered, sorted and distributed; coaches and managers have been recruited, allocated and briefed; pitches have been booked for the season; training allocations have been developed and communicated; information nights have been organised; pre-season games have been organised (despite the challenge of limited pitches); HPW members have participated in grading; and countless follow up emails have been written, read and followed up on. Every one of these activities happens on volunteer time.

Inevitably there will be a few teething problems, but as they say... before you complain, take a moment to think....have you volunteered? If not, now is the time, there is plenty more to do as the season starts to take shape.

### **We are here to play football**

The second theme is to remember that you or your child is playing football for the love of football, not to get the perfect outcome from the perfect season. Sometimes the division we end up in is not as we'd like it: Too high, too low, not enough teams, too many double header games. Sometimes we end up not training in our preferred spot or time and have to make compromises.

I speak from experience as someone who has had all of these outcomes for teams and I can only say the best thing your team can do is accept the outcome and look to make the best of the season. There is always something to take away from every season, and there is always next year.

### **Roll on season 2019**

The third theme of the month is excitement. After all those hours of emails, there is nothing better than

starting training. It is wonderful to welcome our new under sixes and their parents to the club, and wonderful that we have a whole bunch of new players in all age groups, and have retained so many teams. We have two or more teams in almost every age group in the CDSFA competition. We are planning a season launch early on 6 April (the first day of the season) and hope that many of you can come along.

And on the last pre-season weekend we have been granted access to Ewen Park and Beaman Park, which will be a great opportunity for some intra-club pre-season games. The showcase event will be the Bruce Drake Memorial Game. Bruce was a stalwart of our club and of grassroots football in NSW (as an employee of NSW Sport and Rec and as a coach for many years within the club). Many of the players coached by Bruce are still playing in the Club. This celebrates his contribution and memory and will be played this year between our Bill Brackenbury Cup 2019 team and a team including many that Bruce coached in his years at the Club. It will be a great game so we hope that many of you will get along to see it.

### **Can you help out?**

Volunteers are the lifeblood of our club, and right now, too much of that effort rests with a small number of individuals. You could help by coaching or managing a team, helping with set up and pack up, offering your services to assist with grant applications or newsletters, taking photos, writing stories, making sure your team is organised for bbq duty, making sure you have an oranges and shirts roster, getting someone to and from games....there is always something to do.

Roll on April 6th....we are excited about the season.

**Rosalie**

**president@hurlstoneparkwanderers.com.au**



# REGISTRAR'S MESSAGE

Steven Cumming

***“All happy families are alike; each unhappy family is unhappy in its own way.”***

In 1877, Tolstoy probably wasn't thinking about the new Play Football registration system, but his words have been on my mind a bit lately. For most members, registration has been intuitive, quick, easy and painless. But almost every 'unhappy' registration has gone wrong in a new and unique way.

So thank you for your patience and kindness as we have worked through the new system, and my apologies for any snippy emails I may have sent you along the way. But we got there! Right now we are approaching our 1600th registration, with about 1450 players and 150 team official registrations. We have 87 teams registered in competitions at U9 and above, and close to 20 houses in under 6,7 and 8s. Our youngest player is four, and our oldest would probably prefer me not to say (but the first digit is a 6). About a third of our players are girls and women. We are a huge, diverse, multigenerational club and one of only a handful in the district that has teams in every age group.

Please remember that not very much of the registration process is automatic. Once your registration comes in the door, it goes into a whirring factory of activity. It needs to be manually checked and approved by the Registrar, payment confirmed by the Treasurer and then it moves to another database system for the age co-ordinators to allocate players to teams, identify and contact coaches, chase up stragglers and so -on. We then need to straighten up sideways photos and follow up on missing or unacceptable ones, and finalise incomplete payments, de-registrations and refund requests. And this is when everything runs perfectly. All of this is being done by volunteers with jobs and families and we make mistakes and lose track of emails from time to time. Thank you for (mostly) being so understanding when this happens.

Give your age co-ordinator a high five next time you see them- they are the absolute engine room of the registration process, and none of us could set foot on a pitch without them.

I Look forward to putting faces to the hundreds of names in season 2019.

**Steve**



## Coaches & Managers Meeting

Monday 25 March  
6.30pm - 9.00pm  
Marrickville Golf Club

Coaches, Managers are reminded of our important information and welcome night. We hope to be able to hand out player ID cards on the nights, and we will also be giving teams important information about the season.

We will also provide information that is important for coaches and managers. Some of this will be NEW information, but we appreciate that much of it will be information with which many of you are familiar. Hand out of cards will begin from 6.30 pm. Information for all coaches and managers from 7.00 pm. Additional information and Q&A for new coaches and managers from 8.00 pm (we would appreciate some experienced coaches and managers staying for this part).

Light refreshments will be served

## Senior Teams Information Night

Monday 1 April  
7.15pm - 8.30pm  
Marrickville Golf Club



Senior team representatives are reminded of our important information and welcome night. We hope to be able to hand out player ID cards on these nights, and we will also be giving teams important information about the season. It is essential that all senior teams have at least one representative at the Senior Teams Information Night.

We will only hand out senior teams' (WIL, AAW, 030W, U18, U21, AA, 035 and 045 Men) cards on this night – if you do not have a representative from your team at this meeting you will not get your cards for Round 1. We will cover some of the same information that is covered at the Coach and Manager Information Night, but this is Required Attendance for our Senior Teams, to understand key aspects of our approach to disciplinary matters, team responsibilities and other issues. Please ensure that you have a nominated representative or two to attend the meeting.

Light refreshments will be served.

# COACH'S CORNER

## Terry Wong HPW Coaching Coordinator



### Pre-season conditioning

Are you fit and ready to play?  
With the season rapidly approaching, there is every chance that you are quickly running out of time to get into shape before the first whistle of the season blows.

#### 1. Use a dynamic warm up

The traditional practice of a 5-10 minute jog followed by static stretching has been found to be detrimental to strength, speed and preventing injury. Instead, start with some light jogging, gradually increasing in speed. Then complete movements that mimic what you will need to do in a game (change direction, pass, shoot, quick starts) again, gradually increasing in intensity. Stretching is best done after activity as a way to recover.

Check out FIFA 11+, a complete warm up program designed to help reduce injuries for age 14 years and up. It takes 20 minutes and is said to reduce leg injuries by 39%. For younger age groups, simply incorporate game-based warm up routines.

#### 2. Hydrate

With the weather still warm, make sure you stay well hydrated. Ensure all players start training with plenty of water in the system and take breaks every 15-20 minutes to top them up.

#### 3. Forget long and slow, go short and high

The traditional practice of going for long, slow runs to build fitness is a massive time suck. Thankfully, there are more efficient ways to build aerobic capacity. Interval training, short bursts of high intensity activity has been found to be the best way to increase a footballer's engine. It's also a lot more specific to how they need to perform in a game. Try high intensity activity bursts (drills or small-sided games) of 3-4 minutes, followed by 1 minute rest (jog or walk); then repeat in sets of 4.

**Terry**  
[coaching@hurlstoneparkwanderers.com.au](mailto:coaching@hurlstoneparkwanderers.com.au)

## Skills Training: Monday Nights Beaman Park

One of the exciting developments for our Coaching Program for 2019 is the introduction of Monday Skills Nights.

We have secured accomplished NPL and Futsal coach, Steve Tzanakes to run skills training for players and to mentor coaches.

We are currently running a 4-week Pilot Program with certain age groups and will be in contact with the plans for the remainder of the season.

The Pilot Program is being run between 18 March and 8 April; 5-8pm at Beaman Park and will focus on the 4 key skills within the FFA curriculum; 1v1, striking the ball, 1st touch and running with the ball.

Monday Skills Nights also welcomes HPW Coaches to observe a session being run and welcomes any coaches who wish to attend.



**Steve Tzanakes**



**Dulwich Hill Chiropractic  
& Therapeutic Centre**

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Wanderers for 2019**



# Hurlstone Park Wanderers GMT Team



Leichhardt Saints and HPW team captains with GMT royalty: Grace Martin, a wonderful supporter of community football, whose service is recognised in the title of the competition.

## Introducing our 2019 Squad

Hurlstone Park Wanderers has been very lucky to have lots of fresh faces signing up for this year's Grace Martin Trophy Team. (All Age Women's Division 1) Women's football at park level is certainly alive and kicking.

It wasn't always this way. Some of the GMT players have their footballing roots in the very genesis of Women's football in the CDSFA. Rika Millen played in U7's, nearly 20 years ago, when all teams were mixed and girls were certainly the minority. At about the same time Katie Higgins and Gabbi Baker were plying their football trade in U6 mixed teams.

Giles Parkinson took up the banner for Women's football in the CDSFA around about 2002/3. Slowly but surely Clubs introduced more and more female teams, with U10's and U11's competitions for female players starting in earnest around about this time. It was then that current players such as Tessa Copp, Isabel Durie, Romy Maguire and Lauren Paddon started playing football for Hurlstone Park.

Nearly all our Senior players have similar stories, as football districts across Sydney started supporting Women's football. Many moving into representative football, before returning to play at a competitive Park level.

Hurlstone Park was certainly a leader in the development and nurturing of Women's football in this District, if not Sydney. The two teams that have now merged to become the GMT, had enormous success, 2 State Cups and 3 Champion of Champions titles.

However the most notable aspect, is the fact that the girls are still playing and still love football. They have been through many stages of life, High School, Part time work, HSC, University, Leaving home, New careers, First loves and yet they have maintained one constant.....Football. Something that offers a great escape for a few hours, a team

environment where difference is valued and respect shared, a space to run and express yourself.

As a team we are blessed with a huge commitment from our Women.

HPW has 4 of the top 5 players, from any Club, for games played in the GMT competition since records began (2015). Lauren Wilson and Romy Maguire 66 games, Gabbi Baker 63 and Rika Millen 60. Mary Vlachos was also voted best on field 2015 GMT Grand final and Maree Paradisis has won the GMT golden boot twice.

This season we have added players from as far away as Brisbane, Newcastle and far flung Bexley. We go into the Campaign with enthusiasm and optimism that we can bring home the Premiership for the first time since 2014.

## Hurlstone Park Wanderers Grace Martin Trophy Squad 2019.

Romy Maguire (GK) Lauren Paddon (C) Ali Thompson. Lauren Wilson. Rika Millen. Charly Ferrier. Maree Paradisis. Tessa Copp. Mary Vlachos. Sonia Angilletta. Jessica Hodges. Fatima Fakhir. Santina Wang. Isabel Durie. Rosie Cox. Rebecca Hantzis. Rochelle Bath and Samantha Southgate.



The 2018 team: runners up (photo credit MMS Photography).



GMT legacy players: Team stalwarts Katie Higgins and Gabbi Baker in the early days



Longstanding GMT players, Tessa (first LB), Rika (second LB) and Isabel (third RB) in their early Hurlo days

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24 **Thursday, July 28, 2005**

**JETS**

Come & see SYDNEY AIRPORTS JETS At Henson Park Sydenham Rd, Marrickville SATURDAY, 30th July, 2005  
**WOMEN'S RUGBY LEAGUE FROM 11.30AM**  
JIM BEAM JETS vs WINDSOR - KICK OFF 1.15pm  
P/L JETS vs BALMAIN - KICK OFF 3.00pm  
Free Jumping Castle and Face Painting!  
More info phone 1300 36 36 90

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# Girls best in state



The Hurlstone Park under-12s team: Caitlin and Christina (keepers and strikers), Paloma, Sophie, Katie and Gabbie (defenders), Georgia, Nicola and Sarah (central midfielders), Lauren, Zoe, Isabella, Emilia and Gemma (wing halves and forwards) and (top right) the under-14s team.



HURLSTONE Park Soccer Club's girls proved they are among the best in NSW, winning the under-12 and 14s State Championships last Sunday.

The under-14s team beat the previously undefeated Liverpool City Robins 2-1 in the final, while the 12s won a thrilling penalty shoot-out against Wakehurst Tigers at Ray Marshall Reserve.

The 14s, leading the Canterbury district competition, knocked over the top teams from Sutherland, Manly, and Granville districts before meeting Liverpool.

Two beautifully constructed early goals gave Hurlstone Park a comfortable lead and enabled them to control the tempo of the game, with strong play up front, some clever work in midfield and tight marking in defence.

However, they had to withstand a late surge from Liverpool who scored a goal just a few minutes before full-time and put pressure on the Wanderers defence.

The Hurlstone Park team has also qualified for the Champions of Champions tournament, which will be held at the end of the season.

In a wonderful display of football, two champion under-12 girls' teams entertained and enthralled their supporters with a contest truly deserved of a state cup final.

The Wanderers and Wakehurst produced a game which flowed from end to end.

The attack and counterattack from both teams was of the highest quality, only being matched by their defensive heroics.

Despite good chances to both teams during the first half, the contest remained scoreless at the break.

For the early part of the second half it was Wakehurst who looked likely to score, and eventually they did.

But far from being beaten, the Wanderers lifted and replied with their own brand of pressure football which eventually resulted in a well constructed equalizer.

During the final six minutes of regular time neither team could break the deadlock, and so the game went into 10 minutes of golden goal extra-time.

The girls were tiring, but their efforts continued to amaze. The teams continued to attack each other only to be halted by resolute defence and strong goal keeping.

At the end of extra-time it remained 1-1, forcing a penalty shootout.

Fortunately for the Wanderers, Sophie, Georgia and Nicola slammed their shots into the back of the net, while Christina brilliantly saved three shots from Wakehurst.

Eight of the girls played in last year's 12s team. They've had a very successful local season winning the minor premiership; playing 14 games, winning 13 and drawing one. They have scored 80 goals and conceded just four.

GMT Legacy: U14 and u12 State Cup success in 2005. Teams featuring Lauren, Katie, Gabbi, Tessa and Isabel

R&W

Hurlstone Park

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# Ewen Park Rainwater Tank Mural

As part of the 2019 Wurridjal Festival that celebrates the Cooks River, the City of Canterbury Bankstown Council through the Bankstown Arts Centre have commissioned local artist Jason Wing to create a mural on the rainwater tank at Ewen Park.

The mural will celebrate the indigenous history of the local area, depicting the Aboriginal warrior and clever man Pemulwuy.

The mural will be launched on 30th March at 4pm and all HPW members are invited to attend.

For more information on the launch and to register see:

<https://www.eventbrite.com.au/e/mural-launch-pemulwuy-the-rainbow-warrior-by-jason-wing-tickets-57762740913>

## Facilities Development: A Club and Association Priority for the year



Hurlstone Park Wanderers has a wonderful history: this is our 95th year, and football in the inner west of Sydney was established by HPW stalwart Bill Brackenbury, after whom the premier men's competition is named.

With such a proud legacy, it can be frustrating that we seem to have facilities that belong to Bill Brackenbury's era.

We are very grateful for the work Council has done to ensure the playing surface at Ewen Park is the best in the Association, but we continue to be frustrated by our outdated and inadequate lights, storage facilities, canteen and amenities blocks.

The good news is that we are the priority for the Association for the year and there is hard work going on behind the scenes to get our facilities and lights to the top of the upgrade list.



This is part of the hard work that the Association does in the background. The CDSFA has been focused in recent years on seeking investment from the various levels of Government in upgrading and future proofing community football facilities to meet community expectations and to enhance the desire to play the game.

This has included working with FFA and Football NSW to keep this issue in the media, and lobbying politicians and council.

We have included in this newsletter some of the recent media stories.

<http://hurlstoneparkwanderers.com.au/facilities-development-recent-news-articles/>

# Wet Weather

Canterbury Bankstown Council

With the recent week of wet weather and training cancellations, it's worth reminding everyone how wet weather cancellations 'work'.

As a club, we assume that if the fields are open, people can train. Individual coaches or teams may decide not to train on a given night, and that is their call and they will contact you. The default is always to assume training is on until someone tells you that it isn't.

The Canterbury Bankstown Council owns the fields that we train and play on and has the right to close a field to protect the surface or if they are concerned about player safety. We cannot play or train on a field that the council has closed, and risk losing the use of the fields if we do so. The Council usually makes a decision about opening or closing grounds twice a day—once between 8.00 and 9.00 am and once between 2.00 and 3.00pm on weekdays. Therefore nobody in the club will know if a ground is open or closed for an evening before about 3.00 in the afternoon. We then pass on the information to teams via age coordinators. The council does not typically inspect fields on weekends, so a ground that is closed on Friday afternoon will probably remain closed for the weekend (and all the rules about not playing on it still apply!)

The council might open or close all fields in the council area, or just some parks (eg Beaman Park but not Ewen) or even certain fields within a Park (eg Beaman 5 might be open and Beaman 7 closed). This means that you can't necessarily assume that just because your u8 who trains at Ewen had training cancelled, the same will be true of your U12 who trains at Beaman.

If you want to find out yourself whether a field is open or closed, ring the Canterbury Bankstown Wet Weather Line on 1300 655 180, or check on the web at:

<https://www.cbcity.nsw.gov.au/explore/sports-recreation/wet-weather-information>

Remember to pay attention to the 'update' time.

**Sunday 31 March**

**Ewen Park**

**GMT v Peakhurst**

**1.30pm**

**Bruce Drake  
Memorial Game**

**BBC v AA**

**3.30pm**

**Please come along to watch a great  
warm up game to the season and  
celebrate a great football legacy.**

**We hope to see you all there !**

## **So, in short**

- Assume training and games are on unless someone tells you that they are not
- Never train or play on closed fields under any circumstances
- Do not contact the club or your coach/manager about training before mid-afternoon of the day of your training session, they simply won't know. If training is cancelled, we'll let you know as soon as we do.
- If you check the Wet Weather line yourself, pay attention to the update time and if there are any specific fields identified as open or closed.

## **Game Day Closures**

Contact will be made from the Club Competition Secretary to the Age Coordinator to Team Manager. The closures can be found on the CDSFA website, these override that of the Council websites on Game Day only:

<https://www.footballcanterbury.com.au/gameday/WetWeather/>