

# The Wanderer

June 2018



## Presidents Message

Greetings. The last weekend, saw the first real wet weekend for 2018, with the majority of grounds closed, except Ewen Park. Those of us, who have been around a while, would have been astounded that football at Ewen Park was being played, given before the work done by council last year; Ewen was always a swamp, being the first ground closed. Yet, there we were, Saturday and Sunday with the field draining, field firm, players playing. A special call out to the Council, who have found the secret formula for fields in the inner west, and allowed us to play football, even when the weather is wet.

The month of May was also 'Charity Month' with more and more teams getting involved in these wonderful causes. Congratulations to the 35/4's, who have seen their team fund raising, become a club fund raising, with a great trivia night, and charity weekend, seeing teams in pink and photos a plenty. Best prize at the Trivia night, Matt Ryan's gloves, that apparently left the training pitch in England, went straight into a post satchel, and then two weeks later, where opened having fermented nicely over that time. Obviously, we wish Matt and the rest of the Soccerroos all the best for the upcoming World Cup. Those travelling Hurlo's who are going to Russia; we look forward to seeing the Hurlo Lion taken to the world, to cheer on the team as they look to progress in the toughest group. A months full of football, high quality games, every day for two weeks, and then the drama of the sudden death playoffs. Please join our tipping competition to gain bragging rights from your friends. This is not a fundraiser; a friendly competition that allows people to enjoy a bit of friendly rivalry.

This is a bumper issue, our biggest ever and we hope you enjoy from information on our World cup tipping competition, our upcoming *Kitbag for Kids* drive to collect pre-loved gear for disadvantaged children, so please if you have 20 Hurlo socks please donate some of them back. There is lots of Charity Round photos, [Super 6 6-aside Summer Soccer Rego](#) has opened, Coaching corner, some great tips for match day fitness from our sponsors Dulwich Hill Chiropractor, a flash back to Hurlo of the 1950s and a great travelling Hurlo.

Overall, it will be a great 4 weeks of football, so whether you're going to Russia or staying at Hurlstone Park, get excited, get passionate, because every day is a great day for football.

Mark Higgins, President

Email: [president@hurlstoneparkwanderers.com.au](mailto:president@hurlstoneparkwanderers.com.au)

## Inside this issue

Message from the President.....	1
Kitbag for Kids Campaign .....	2
World Cup Tipping Comp.....	3
Super6 Registrations Now Open ...	4
Thank you for Supporting our 2018 Charity Round .....	5
Charity Trivia Night 2018Recap .....	10
Preparing for Game Day Tips.....	12
Coaches Corner .....	13
Hurlo Around the Grounds .....	14
Needed: Ground Managers .....	15
Flashback to 1950s .....	16
#GoHurlo Gear for Sale .....	16
Sponsorship Opportunities.....	17
Travelling Hurlo of the Month .....	17
Keep In Touch.....	17
Hurlo Shop Now Online .....	18
Extra Time Football Fun .....	19

## Key dates for 2018

15th June – 15th July 2018 Men's FIFA World Cup

17th June - Volunteers Thankyou Evening

Mid July—Mid August Kitbag for Kids

21st July - Everyone Can Play Day

18th/19th Aug - Final weekend of CDSFA competition

25th Aug - Family Fun Day



## Kitbag for Kids Campaign from Mid July

From Mid July to Mid August we will be supporting and promoting the *KitBag for Kids* Charity. *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](http://www.kitbagforkids.org)

# KIT BAG 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!



Drop your donations into the collection bins located at your home ground.



Even better, agree with your team-mates to donate a complete team-strip. Ask your coach or manager to contact us to arrange collection.



Then follow our story on  and  @KitBagForKids

for more information email [contact@kitbagforkids.org](mailto:contact@kitbagforkids.org).....



HURLSTONE PARK  
WANDERERS FC



FIFA WORLD CUP  
RUSSIA 2018

# WORLD CUP TIPPING COMP

**\$10 ENTRY FEE**  
**PAY AT EWEN &**  
**BEAMAN PARK**  
**CANTEENS**

**GREAT PRIZES FOR**  
**1ST, 2ND, 3RD,**  
**BEST HPW TEAM**



- Sign up via ESPN Footy Tipping app OR via [www.footytips.com.au](http://www.footytips.com.au)
- Select your tipping name. If you want your tips to contribute to your HPW team, add your team code to the start of your Tipping Name eg. AA4A - tipping\_name (for All Age Div 4 A)
- Search for "HPW World Cup Tipping 2018"
- Enter "wanderers" (all lower case) as the password
- Any queries, [admin@hurlstoneparkwanderers.com.au](mailto:admin@hurlstoneparkwanderers.com.au)

GROUP A	GROUP B	GROUP C	GROUP D
RUSSIA	PORTUGAL	FRANCE	ARGENTINA
SAUDI ARABIA	SPAIN	AUSTRALIA	ICELAND
EGYPT	MOROCCO	PERU	CROATIA
URUGUAY	IR IRAN	DENMARK	NIGERIA
GROUP E	GROUP F	GROUP G	GROUP H
BRAZIL	GERMANY	BELGIUM	POLAND
SWITZERLAND	MEXICO	PANAMA	SENEGAL
COSTA RICA	SWEDEN	TUNISIA	COLOMBIA
SERBIA	KOREA REPUBLIC	ENGLAND	JAPAN

## Join the Hurlstone Park Wanderers World Cup Tipping Comp

With the World Cup starting in June, our quadrennial World Cup Tipping Competition has been set up on ESPN Footy Tipping site. If you would like to join in, participants can enter via the app or online: **App** - Download the ESPN Footy Tipping app on Google Play store or iTunes; or **Website** – Sign up at [footytips.com.au](http://footytips.com.au)

- **Tipping name** – there is prize for best performing Hurlstone Park Wanderers team. If you want your tips to contribute to your team, add your team code to the start of your Tipping Name e.g.. AA4A – tipping\_name (for All Age Div 4 A); 8Y– tipping\_name (for u8 Yellows)
- Search for "HPW World Cup Tipping 2018"
- Enter "**wanderers**" (all lower case) as the password to gain access.
- Pay \$10 per entry at Ewen Park or Beaman Park canteens to be eligible to start tipping. Great prizes for 1st, 2nd, 3rd and best Hurlstone Park Wanderers team.

For further information, contact [admin@hurlstoneparkwanderers.com.au](mailto:admin@hurlstoneparkwanderers.com.au)

# Super 6 Soccer 2018/19 Summer Season Registration Window is now open



**SUPER 6 SOCCER**



## Our new 6-a side summer season is now open

The excitement of the world cup is in the air. Our online registration is now open. Register your team now and save with our incredible super early bird discounts.

## Our comps are for all

All ages and levels, great venues and professionally run. Come to where all the teams play on the largest fields and the best referees. Fun, fitness and skill development.. or just a kick around with mates.



## Adult and junior comps

Over 2000 teams since 2007. We invented the game. Voted 'best comp by a country mile'. Now with 2 comps for the kids over summer. Register for 2 or more and save a bundle.

## 4 Sydney locations

Croydon, Maroubra, Kareela and Castle Hill. See [www.super6soccer.com.au](http://www.super6soccer.com.au) for all the details including all the kick off dates, days played, and registration cut-off times. Get in early so you or your football crazy children don't miss out!



[Super 6 Soccer website](http://www.super6soccer.com.au)

[Register now](#)



## Thank you to All who Supported Charity Round 2018

A big thank you to everyone who supported this years Charity Round on the weekend of 26/27 May 2018. This year we have raised over \$25,000 for our supported charities - #Gohurlo a huge effort !





# Thank you to All who Supported Charity Round





## Thank you to All who Supported Charity Round 2018





# Thank you to All who Supported Charity Round







HURLSTONE PARK WANDERERS FC

# Thank you to All who Supported Charity Round



# Hurler Charity Trivia Night Recap

Thank you also to all the teams that came along for a night of fun and trivia at the sold out Hurler Charity Trivia Night . Congratulations to 'The Kevin Muscat Appreciation Society' team from the 35/6's who were the big winners on the night. Thank you again to everyone that donated prizes for raffle and auction.





HURLSTONE PARK  
WANDERERS FC



# R&W Hurlstone Park PROUD SPONSORS

**SELLING HOMES  
IN  
HURLSTONE PARK  
SINCE 1971**



# R&W

## Hurlstone Park

9558 0322 | [rawhurlstonepark.com.au](http://rawhurlstonepark.com.au)

## Preparing for Game Day: Tips from Dulwich Hill Chiropractic



### Dulwich Hill Chiropractic & Therapeutic Centre

As the season progresses we asked Supporters at Dulwich Hill Chiropractic & Therapeutic Centre for some advice on preparing for game day and training:

1. Dynamic stretches are a great way to warm up before a game. Without going into too much detail (you can find more about it online) a dynamic stretch is a movement which activates and stretches a muscle through a set movement.
2. Static stretches are a great way to warm down. It helps oxygen get to your tired muscles which allow them to recover after a game. A static stretch are what most people are used to doing, it de activates the muscle and helps stretch the fibers.
3. Make sure shoe laces are tied properly. Use a rigid tape to secure your boots if need be. This will stabilise your ankles.
4. No slouching when you run, keep arms moving close to body and lift knees. These movements help keep your spine functioning correctly and it allows you to run better.

Do all of the above regularly. They will improve your game, reduce the chance of injury, help your muscles recover and maintain ideal spinal posture.

For more information, feel free to contact us on [support@dhctc.com.au](mailto:support@dhctc.com.au). Justin and Nigel are happy to help.





Terry Wong  
Coaching Co-ordinator

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

### Keeping it fun!

Whatever the age, we tend to learn more when we are having fun.

### Tips for Coaches/Managers

For younger age groups, training exercises should all be about games. Bullrush, Tag, Rob The Nest, Sharky Sharky are all games that secretly work on skill acquisition without specifically mentioning dribbling or passing techniques. A little bit like hiding vegetables in the Bolognese. Call them fun names ... like Minion Rush (for Bullrush) or The Avengers Quest (for Rob the Nest).

For older age groups, it's going to vary based on the group, their skill level and the reasons they are playing. Tapping into what motivates them, both as a team and an individual, and what they find enjoyable is a great way to build fun into your practice. Perhaps simply ask them? Perhaps give players a role in the planning of a training session and you'll soon find out what they enjoy.

How do you tell players are having fun? The look on their face will say all. Keep them smiling :-)

### Tips for players

Keeping it fun and enjoyable for your entire team revolves around being aware of your teammates (including your Coach and Manager). By all means have fun, but not to the point where it disrupts the team. Your Coach is giving up their time and deserves to have fun as well.

How do you tell Coaches are having fun? The look on their face and tone of their voice will say it all. Keep them smiling :-)

### Tips for parents

The primary reason why you encouraged your child to play football is most likely to give them an opportunity to get some exercise and run around with mates in a team environment. How do you keep them interested? Simple. Make sure it remains fun.

I understand that sometimes in the throws of competition, we lose sight of this all important element. Too often we lose kids from the game because it becomes all too serious and the pressure to perform becomes all too great. While there is a small percentage that will thrive and prosper under these conditions, most won't and certainly not for prolonged periods. Just remember why you got them into football in the first place.

How do you know your kids are having fun? Perhaps ask them whether they are still enjoying playing and what they enjoy the most. Keep them smiling :-)





## Hurlo Around the Grounds



# NEEDED GROUND MANAGERS

Honorary position - April to August - Weekends



**Ground Managers** have an essential role in ensuring football is played throughout the season. It's a great way of enjoying a small part of your weekend amongst local families in the open air at the newly turfed Ewen Park, Beaman Park & Blick Oval.

*Does this sound like something for you?*

Being a Ground Manager involves:

- Supervising parents setting up and packing away field equipment
- Supervising games
- Open and lock change rooms
- Available either Sat/Sun; 8am-12:30pm or 12:30pm to 5:30pm

All training and support is provided by experienced Ground Managers

\* Honorary - payment for services normally volunteered

For all enquiries, contact Robin Hawkes on 0411 744 865 or  
[volunteers@hurlstoneparkwanderers.com.au](mailto:volunteers@hurlstoneparkwanderers.com.au)



## Flashback to 1950s



This month's Flashback is from the 50's, Hurlstone Park winners of the Robertson Cup and the Canterbury Cups

## #GoHurlo Gear for Sale at Ewen Park



We have some very enthusiastic young Hurlo volunteers who have set up a shop to sell some #Go Hurlo gear.

On sale we have Hurlo T-shirts, Beanies, Boot bags, Balls and Eco Coffee cups individually or in a fantastic package deal (a cup, boot bag, beanie, t-shirt and ball for \$20!).

On sale at Ewen Park on Saturday Mornings until sold out!

Come along and support these fantastic young Hurlo kids!!!





## 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](mailto:sponsorship@hurlstoneparkwanderers.com.au)

## Travelling Hurlo of the Month

This month's travelling Hurlo is Dan Wilkinson from our 1960 u12s team in his commemorative #gohurlo polo shirt in Shanghai, China. Thanks for sending in Dan!

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 merchandise packed? Remember you can stock up on Hurlo gear via our online shop at: [hurlo-shop/](#)



## 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/](http://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](mailto:newsletter@hurlstoneparkwanderers.com.au)





## 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** HOME ABOUT US COLLECTION BLOG CONTACT

HURLSTONE PARK WANDERERS

**HURLSTONE PARK WANDERERS TEAMLINES**

HURLSTONE PARK WANDERERS

VIEW ALL | PLAYERS | COACHES & MANAGERS | SUPPORTERS | GOALKEEPERS | ACCESSORIES

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/>



## Extra Time Football Fun

Inspired by the FIFA World Cup and all the new Kits on display, for this month's Extra Time Football Fun we have included a blank template and encourage you to design your own kits. Be it classic, retro, weird or wonderful we all love our kits. Send in your Kit designs and we'll publish them on our socials.

