

The Wanderer

May 2018



Presidents Message

My message this month is to focus on the positives - the minis at Ewen and Beamen and the joy of football that these players show is just infectious. We have seen some great goals and even better celebrations, and all before 11:00am on a Saturday morning. The coaching coordinator has been busy attending events and organising events and with the frustration of council and lights we thank you for your patience as we work out the kinks of working with council via the association. The lights at Beamen are now working Mondays which means that the goal keeping and other training sessions can continue to assist our coaches during the season.

We have formed a sub-committee to help focus our efforts on infrastructure. Everyone seems to be focusing on infrastructure which can only mean that there is an election of some sort coming up. We have written to council (via the association) expressing our concerns about the facilities at Ewen and the inadequate, and frankly unhealthy, state of the toilets and bathrooms. We are expecting an immediate response. Football NSW is also conducting an audit of facilities. Last year Council conducted an audit of lights in the district. The CDSFA are offering money to clubs to assist with improvements and the committee will be finalising its Club Development plan this month. Our Club Development Plan looks forward over the next 5 years with a focus on:

- the growth of the district and increasing player numbers each season
- new floodlights for both Ewen and Beamen
- new amenities and a new canteen at Ewen, and
- acquiring more fields at Beamen.

All of these are possible but will require effort to place the proposal into the relevant bodies, effort to follow up, effort to show that we are a worthwhile community organisation, that we provide an outstanding service to the community, and after 94 years, we deserve an update. If you would like to help we would love to hear from you. If you have been involved in these types of proposals and have experience, then please let us know, we can certainly use more hands to build momentum and then keep it running.

If you would like to immediately support the club then book a table at the Charity night on 25 May. It is a great night full of relaxed trivia and prizes and I highly recommend it. We are looking to get 200 people there and seats are filling fast. Information and tickets available [here](#), then over the weekend its Charity Round weekend where we get to wear Pink in support of our Hurlers Charity Round Charities! Enjoy.

Mark Higgins, President

Email: president@hurlstoneparkwanderers.com.au

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Key dates for 2018

19/20 May - Shoosh for Kids Weekend
25th May - Charity Trivia Night Magpies Sports Croydon Park
26/27th May - CDSFA Charity Round Weekend
15th June – 15th July 2018 Men’s FIFA World Cup
17th June - Volunteers Thankyou Evening
21st July - Everyone Can Play Day
18th/19th Aug - Final weekend of CDSFA competition
25th Aug - Family Fun Day



U12 1960 Reunion 12 May 2018

Back in 1960 Hurlstone Park Wanderers was a much smaller club than it is now, but it certainly punched above it's weight. The club's founder Bill Brackenbury was already a stalwart of the Canterbury District Soccer Football Association, and coaching representative sides. The club's under 12s side boasted football greats, including Kevin Best, who was in 2018 awarded an Order of Australia for his services to club football, and Jim Fraser who went on to play goalkeeper for Australia and to be one of the leading goalkeeper coaches in the country, and is still a coach educator for Football NSW. Players from the 1960 u12s teams went on to representative inter-Association football, and continued to play with the club through to All Ages, winning Champion of Champions for the Association, and the Robertson Cup. Some of the players were part of a 1961 Association reps team coached by the legendary "Bracks".

Football clearly runs through the veins of these men. On 12 May 2018, Hurlstone Park Wanderers was absolutely thrilled and honoured to welcome seven members of the 1960 u12s team back to Ewen Park for a reunion. The gents were a very spritely and fit bunch, who truly looked like they might be willing to take to the field if needed. It was a very enjoyable day for all, despite the fact that it was the first truly wintry day for football this year. Some of the 1960 u12s arrived at Ewen Park early in time to watch our u8s and u9s teams and to mingle with our young players and committee members. Our younger players were pretty excited to meet Jim Fraser and his team mates and intrigued by the idea that the players had played football with a leather football that would feel like a brick when it got wet. As the rain set in on this particular day, this probably felt a bit too close for comfort.

Later in the day, all seven players who had gathered for the reunion returned to Ewen Park to watch the AA1 clash between neighbouring clubs HPW and Cooks River Titans. It was also great to have CDSFA CEO Ian Holmes and Football NSW Coach Educator Oscar Gonzalez at the park to enjoy the occasion with the team. Hurlstone Park Wanderers were very pleased to present the members of the 1960s u12 team with commemorative caps to celebrate their reunion. They then enjoyed the best that club football can offer with a tightly fought game, which ended in a 2-2 draw between the HPW team and the CRT team.



The 1960s gents were particularly impressed by the quality of the refereeing from the Canterbury Referees Association all female referee team for the game.

These gentlemen truly embody the spirit of club football. They had come together from across NSW – some local to Sydney, but some further away, and many of them are still involved in local football. They really prove that the love of the beautiful game is a life time commitment, and that the volunteering spirit is alive and well. These players are giving back to the game even today, and we are delighted that Jim Fraser has offered to provide our coaches with goalkeeper training in the next season. We are really looking forward to welcoming the 1960s u12 team back to the club for our centenary in 2024. We will be asking them to bring their boots, and we reckon they are all pretty willing.

Continued on page 3 ...

Flashback to 1960



HURLSTONE PARK
WANDERERS FC



The mighty Hurlo 1960 u12s, from L to R Ernie King (manager), Jim Fraser, Keith Anderson, Robert Duncan, Kevin Best, John Baker, Robert Conor, Terry Woods, Kevin Biddle, Dan Wilkinson, Ted Brazier, Robert Novello



Some of the Team today: Kevin Best (Advanced to Hurlstone Park Wanderers 1st Grade), Mark Higgins (Current Club President), Jim Fraser (advanced to Socceros), Ted Brazier (advanced to Hurlstone Park 1st Grade), Terry Woods (advanced to State League), John Baker (advanced to Hurlstone Park All Age), Dan Wilkinson (advanced to Hurlstone Park 1st Grade), Kevin Biddle (advanced to Hurlstone Park 1st Grade),

If your team would like to share a story, player profiles or photos for future editions of *The Wanderer*, email them through to us at: newsletter@hurlstoneparkwanderers.com.au



SHOOSH

FOR KIDS

14-20 May 2018

Hurlstone Park Wanderers is joining the state wide Shoosh for Kids campaign! Shoosh for Kids awareness week is running from 14 to 20 May and this is an important reminder for members to support the cause and be positive all season long. We want our junior events to be a positive and happy place for kids so that they want to continue to participate in sport for many years to come. The awareness week is also a timely reminder to all spectators to support the coaches, officials and volunteers who make grassroots sport possible by offering their valuable time.

If your comment
is negative,
then **SHOOSH!**

Reward good
effort with applause;
if you can't then
SHOOSH!

If your negative
comment is directed
at an official, then
SHOOSH!

If your negative
comment is
directed at a child,
then **SHOOSH!**

Show respect to kids and officials. **Remember, sport should be fun!**

Hurlstone Park Wanderers calls on all members to be proactive in ensuring the focus of junior sport is about kids having fun whilst getting active. As a club we want to ensure that the experiences of all kids, officials and spectators are positive. We want everyone, especially children, to continue their involvement in sport because it's a fun and an enjoyable environment for all. Please remember to keep your comments positive at junior sport. Let's keep kids playing sport. Remember: it's their time.

**Join the campaign and support positive sideline behaviour at junior sport.
Remember - sport should be fun!**

sport.nsw.gov.au/shooshforkids

Meet our WIL3B team



HURLSTONE PARK
WANDERERS FC



SUPER 6 SOCCER



Supporting Charity Round 2018

A reminder that we will be holding our Annual Charity Round on the weekend of 26/27 May 2018. We encourage each team to support our efforts in their own way. This year, our Charity initiatives include:

Pull on your Pink Socks - This year we are again encouraging teams to join in and wear pink socks for Charity Round. If your team chooses to get involved hopefully you have your socks from last year. It is suggested that each player donates money through our [GoFundme page](#) (\$12.50 a player for Junior teams and \$15 a player for Senior teams). Remember to send in your photos of the teams in Pink.

Charity Round Trivia Night - Charity Trivia Night will be held on the Friday 25 May 2018. Charity Trivia Night is open to players, family and friends of Hurlstone Park Wanderers. Get the team together and book a table before 22 May. Prizes for the winning table, raffles and auctions will be run on the night. For more information and to purchase tickets visit: <https://hurlerscharitytrivianight2018.eventbrite.com.au>

Can't make Trivia night? We are seeking items as prizes, raffle and auction items on the night. If you have any items you would like to donate please email: fundraising@hurlstoneparkwanderers.com.au

Charity Day Team Activity - Another great way to raise money for charity while enhancing your football fun is get the team together post-match during Charity Round. Roster on some plates, cakes and drinks with a nominal donation. Invite family and friends, celebrate charity round and promote the benefits of the chosen charities. Monies raised can then be donated from your team through the committee or gofundme.com/hurlerscharityround2018.

By Donation

If you are unable to support Charity Round in one of the above ways, one-off donations can be made at gofundme.com/forthehurlcharityround2018

Thank you to all the teams that have pledged their support for this worthwhile initiative.

So far this year we have **raised over \$15,000** in the Charity Round Kitty for distributing to our charities:



For more information visit <http://hurlstoneparkwanderers.com.au/charity-round-2018/>



Join In the Fun at Charity Trivia Night 25 May 2018



Hurlers Trivia Night is the gala evening of Hurlers Charity Round. Held the night before Charity Day, Hurlers Trivia Night is a light, fun evening of general knowledge and football focused trivia with lots of raffles, auctions and donations all with the sole purpose of raising money for the Hurlers Charity Day Charities.

Last year we had over 120 Hurlo attending raising over \$8000 for our charities on the night alone. This year Trivia Night will be held at Magpies Sports Club, Croydon Park.

Get your team together, or join a table on the night. Ticket options include: *Single ticket and teams of 6 and 8 tables*. Each ticket includes entry donation and Raffle Book (12 tickets)

Tickets are available at <https://hurlerscharitytrivianight2018.eventbrite.com.au> - **UNTIL 22 MAY**

Thank you to the Hurlo Community who have donated over 50 prizes items for auction (and counting) for this years event including the following organisations. Also a big Hurlo thank you to Mat Ryan, Soccerroos and Brighton Hove Albion #1 who has donated a pair of autographed Goalkeeper Gloves for auction. To donate an item for raffle or auction email: fundraising@hurlstoneparkwanderers.com.au



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RSL CLUB



Terry Wong
Coaching Co-ordinator

Email: coaching@hurlstoneparkwanderers.com.au

Managing Injuries

Football is a contact sport and occasionally we succumb to injuries. Common ones are anterior cruciate ligament (ACL) sprains, cartilage tears, ankle sprains, contusions and concussions to name a few.

If you happen to suffer an injury, here's some practical tips on what to do:

Immediately post-injury

- Stop playing.
- Seek first-aid or medical attention if necessary.
- Ice it at the field (approach a Ground Manager and they should be able to help you out). For pain relief, 20 minutes every 2 hours for the first 48 hours remains the most common recommendation. There is some talk of ice delaying the healing process (by reducing the inflammatory response necessary for healing) however the following advice always takes preference ... go with what works best for you and your situation.
- Seek medical attention if discomfort is significant or if it extends beyond 48 hours.
- Use compression and elevation via compression bandages or compression clothing. If it's your lower extremities that's injured, consider sleeping with a pillow under your feet.

Rehabilitation

- Resume normal movement as soon as possible. The last thing you want is some sort of compensatory complication.
- Undertake a gradual return to playing, always assessing how your body responds. Start with light training runs, introduce contact and slowly build intensity and playing time.
- Consider taping during a return to playing however always aim for it to be a temporary measure.

Prevention is always better than cure ...

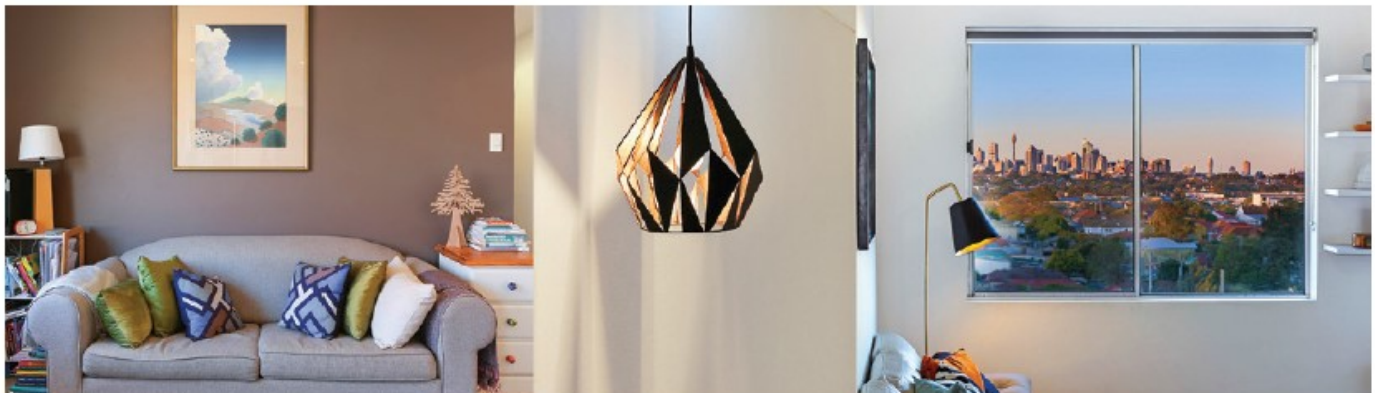
- Use boots that fit - there is some evidence that moulded studs are safer than screw-in studs
- Be aware of poor field conditions that can increase injury rates
- Hydrate — dehydration can lead to fatigue which can increase the risk of injury
- Work on your fitness — injury rates are higher in players who have not adequately prepared physically and are prone to fatigued
- Avoid over-training — more is not always better! Listen to your body and decrease training time and intensity if pain or discomfort develops. This will reduce the risk of injury and help avoid "burn-out".
- Speak with a sports medicine professional or health professional if you have any concerns





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HURLSTONE PARK
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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
- 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

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

- **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



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

P 02 9564 5222 • E: support@dhctc.com.au • 2/554 Marrickville Rd Dulwich Hill • dhctc.com.au •    

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





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 of the Month



This month's travelling Hurlo is PK, one of the many Goalkeepers for the 35/4s who is a little lost in translation in Ireland.

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 hurlstoneparkwanderers.com.au/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/

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 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

For this month's Extra Time Football Fun, we have included for your little ones (or big ones) who love football these cut-out paper Hurlo dolls. Clip and colour these paper #gohurlo players, and be ready for an imaginary one-on-one game. Just the trick to continue the games around the house, at the dinner table or in the car on the way to training or your game.

