



Hurlstone Park Wanderers Football Club

The Wanderer

90 years commitment to grass roots football and the community

HPW Coaching program

Dermot Crowley talks about his experience as a coach and how the passion of many is becoming a coaching philosophy.

BBQ Roster

June

Saturday 28th

8.30am - U9/5B

10.30am - AA1

Sunday 29th

8.30am - U12/1

10.30am - U14/1

July

5th & 6th - TBA

Saturday 12th

8.30am - U9/5A

10.30am - O35/4

Sunday 13th

8.30am - U12G/2

10.30am - U9/1

Check HPW website for changes

Inside this issue:

Team Profile AAW 1C **2**

HPW coaching program cont. **2**

Community Corner—volunteering **3**

Your comments **3**

Editorial **3**

Meet the committee - The President **4**

Five years ago, having coached my sons team at HPW for a couple of years and blindly stumbled my way through many a frustrating coaching session, I decided to get a coaching licence with Football NSW. I undertook the junior and later the youth licence.

These courses opened my eyes to what coaching could be like and how much the kids would benefit from having a coach who kind of knew what they were doing!

I approached the club president and suggested that I try to bring some of what I had learned to the wider coaching group in the club and before I knew it I was appointed 'Director of Coaching'! My goal was to try to get all of our coaches to embrace a learning pathway that would increase their skills and create more of a coaching community where we could all learn from each other. I wanted new coaches to come into the club and have a pathway to follow and a sys-

tem for coaching that would formulate a consistent playing style for the kids in the club.

We quickly came to the realisation that as good as the FNSW courses were there were limitations. Too few coaches had the time to invest in external courses that ran over many days and often held in Blacktown. We also noticed that coaches who attended these courses came back excited but there was no support to embed what they had learned over the season. Exactly the experience I had. We knew that we had to take a different approach if we wanted to create a football, coaching and playing culture but we did not know how.

After a chance meeting with Alberto Rey Nunez a young Spanish footballer we realised we had a possible answer. Alberto was an ex-youth player for Spanish club Espanyol, and was a coaching director for one of Barcelona's leading youth clubs, UE Cornellà. They



were a grassroots club just like HPW but had 20 years' experience running this community club with a well-developed set of professional coaching standards. They had a coaching philosophy, and their players played within a playing philosophy. This was something that HPW could learn from!

Alberto lived in Sydney and was keen to work with a grassroots club to help them create a coaching philosophy. Alberto was the real deal and recommended setting up a coach-the-coach system that over three years would teach the majority of coaches in the club a consistent, high level approach to coaching, whether they were div 1 or div 6 teams. He saw that no club in Australia

Young women with the world at their feet

AAW 1C—Four premierships, twice champions of champions and great role models for any young person.



The AAW 1 C team now becomes the third HPW team to play in the top tier of the Canterbury District Soccer Football Association competition. Hurlstone Park Wanderers FC was the reason for the rebirth of girls football in the local district, when Giles

Parkinson organised a gala day at the end of the 2004 season. This rekindled interest that allowed the girls' competitions to be reintroduced, and HPWFC teams played in all of them. Many of these girls still play football today, hence the reason

we have three teams in the first division.

The current C team started together as 12 year olds, and while many players have come and gone, this year some have returned and we have 6 girls from the original 12s team. Many want to know the secret to the success, but it's simple, welcome everyone into the team, have fun, and play good football.

The team has been minor premiers and premiers for the last 4 years, including winning football NSW most prestigious community tournament, the Champion of Champions as U18s in 2011, and then again as U21s in 2012, a feat that no other

girls team from the Canterbury District has ever achieved. Led by their captain, Lauren, this year as they move into playing with the grown-ups, they are looking, as always to improve, to enjoy themselves and to support each other.

It is great to be part of a community team that looks to be role models for younger girls, so that they can see how enjoyable football can be, and being part of a team, makes that enjoyment just so much bigger.

Girls, we congratulate you on your achievements, the way you conduct yourselves and most importantly, how you play this beautiful game.

“welcome everyone into the team, have fun, and play good football.”

HPW coaching program cont.

had this approach and was keen to bring all he had learned at Cornella to HPW.

So 2012, year 1, saw six coaches (plus myself) attend a trial pre-season coach the coach program, and then worked with Alberto throughout the season to embed the concepts and develop as coaches. It was not easy, and different teams had different levels of success, but all involved saw a big shift in their coaching and the way the kids played. I had the pleasure of being assistant coach for one of the teams that went on to win the grand final two years in a row. A number of those kids

have gone on this year to play Premier League - a sad loss but testament to the quality of their coaching.

In 2013, 18 more coaches got involved in the program. The coaches from the first draft become a part of the coaching leadership team, and our dream of creating a coaching culture really started to take off. As the program grew and the number of teams increased it became harder to manage. A cultural shift like this will always bring divisions, and some people in the club questioned the value and the motives involved with the project. This is

natural, and I think all involved have always tried to ensure that the club as a whole benefits from a project like this, rather than a few teams. It was about creating a club coaching philosophy and developing a system that all coaches and teams could benefit from for many years to come. Over time we worked through these issues and ensured that in year three all could benefit from the program in some way. One of the big shifts was when we changed the name of the project from the Cornella project to the HPW coaching program. This was a real sign that we

are creating a lasting internal program.

We now have a pool of committed coaches who have a common understanding of how to coach kids to have fun while playing a great style of football. We want this coaching style to become a part of the HPW way with our own coaches running the program in future years.

If you are watching one of the kid's games and you spot a bit of a Spanish magic, think about how lucky we are, as a club, to be able to give this to our kids.

Editorial

We have saved this space for you! We look forward to your letters, information about teams and exceptional people. Drop us a line and tell us what you know.

Send information by email to: fcxfootball@gmail.com

It is good to be able to welcome you to the re-introduction of the Hurlstone Park Wanderers Football Club newsletter. I suppose it is not easy for a club the size of HPWFC, run by volunteers, to find the time to do a lot more than get the teams on the field for training and games every week but we seem to be able to do lots more. Through the newsletter we hope to be able to give the members, players and volunteers of the club a voice and somewhere to share information. It may be an antiquated format in the digital, 24/7 time space continuum, but it allows us all to step back, take a breath and connect again with the community or "village" as

the new terminology calls it. Please take the time to kick back, read, enjoy and participate.



Community Corner

HPW volunteer co-ordinator John Marychurch talks about how we can help.

As a community football club HPWFC depends on volunteers to do all the things needed to support our playing members. Our volunteers include coaches and managers, age coordinators, the committee, ground managers and of course - all the parents.

During the year various other tasks come up where the club needs help such as standing in for regular ground managers, helping with club events, and at the start of next season, helping with registration and getting the season off to a good start.

As the Volunteer Co-ordinator I

would like to thank all the many volunteers who give us their time every week. There is plenty to be done and I am always looking for willing helpers. Your commitment can be an hour, a day or longer if you have the time. All help is appreciated and it means we make it better for our kids to have a more rewarding football experience.

If you can help send me an email and I will include you on my contact list and circulate any tasks using a google group via email.

My contact details are: john.marychurch@gmail.com

Volunteers needed.

If you can give some time to help our great club you will be rewarded.

Contact our Volunteer co-ordinator John Marychurch
john.marychurch@gmail.com



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"If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope."
Barack Obama

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Hurlstone Park women say No to racism.

Hurlstone Park Wanderer FC

90 years commitment to grass roots football and the community

Meet the Committee - President, Paul Kougias

We are 90 years old this year!

Formed in 1924 the Hurlstone Park Wanderers FC has a milestone year in 2014 providing 90 years of football to the local community. Over those years the club has seen many changes to the sport and the local area but some things remain the same, for good reasons and some that aren't what we would like.

The good has been the ongoing and growing support from the local community. Participation numbers have always been the clubs strength and the demographic changes of the last few decades have delivered unprecedented growth in player numbers. It started with our youngest players but the latest trends have been in the over 30 men and women. I suppose the parents saw their kids having all the fun and thought they too could do the same. This year we have 14 over 35's men's and 4 over 30's women's teams. These are mostly made up of mums and dads whose kids play in the club. The opportunity for exercise while making friends with other local residents is a big driving force behind this growth. If you think about it, local sporting clubs like HPWFC are some of the few places you can meet other local residents.

The one area that has not been something to be proud of is the amenities on Ewen Park and other local sporting fields. While we all love Ewen Park and its open space for active and casual use the buildings that supports the park are well over due for upgrade. The canteen remains unchanged since I was there as a young player back in the late 1970's and the change rooms and public toilets need a major overhaul. Lighting is relatively poor compared to new flood light standards and the lack of seating with shelter from the weather makes it uncomfortable for families to support their children during their games.

The committee has been working hard to improve the infrastructure and the recent installation of drainage at Ewen Park is a good example. We have now turned our attention and resources to developing plans for a new canteen and for the first time the building of a clubhouse. It still amazes me that an organisation that serves over 1,200 players and dozens of volunteers still does not have a building to call home. We have some amazing club history dating back to the 1940's that resides in members' homes. The importance of finding a physical home for these cannot be underestimated from the perspective of preserving and sharing local history.

Finally clubs like ours cannot survive without your support and the hard work of our volunteers.

Without a doubt we have some of the most committed and supportive people that I have ever met. Providing the relevant support for our volunteers is critical to the continuation of the great work they do. A serious issue for our club in this area is the lack of a clubhouse for meetings and activities that support our volunteers. Could you imagine your local school not being able to provide a meeting space for the P & F association and asking them instead to meet at the café, local park, licensed club or at someone's home?

In our 90th year we will be calling on our members to support our plans when we make them available for feedback. It's important that we get this right and your involvement is crucial.

Thank you for your support in the first 90 years.

