



# THE WANDERER

*Official newsletter of Hurlstone Park Wanderers FC*

## 2023 SEASON STARTS 30 MARCH

### PRESIDENT'S MESSAGE

We are now only a couple of weeks away from the start of season 2023.

This is an incredibly busy time of year for all our hard-working committee members and age coordinators, who have been recruiting players, coaches and managers, allocating to teams and getting ready for team submission, and then on to training allocation, gear requests and preparation for the season. A huge thank you to them all for this massive effort. In total we have 93 teams playing in the Football Canterbury Competition this year, which is a huge number of teams to organise. In addition, we have just welcomed and welcomed back our new and returning Little Lions (under 6s and under 7s) who play internally in the club. At this stage we have more than 1350 registered players and more than 190 coaches and managers in the club, and many more who are still signing up. Welcome and welcome back to all of you!

It is always an exciting time of year as well for us when we get back on the pitch for training, when the goals go up, and as we get closer to the season. The buzz in those first few weeks as players get back together, and the excitement of the kids who are new to the club or returning to us is wonderful to see.

Pre-season is a hectic time of year as we manage limited field space for training and for pre-season games and so we thank you for your patience with this. It is also important to remember that we are often guests on other clubs' grounds for pre-season, so it is important to respect and comply with any requests from the officials of those clubs. We appreciate how important it is for teams to get some game time in before the season proper, but it is also a huge logistical effort to organise. A big thank you to Robin Hawkes our club secretary who has done the heavy lifting to get games organised.

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### EVENTS:

Miniroos certificate  
• 28 March 2023

Easter Weekend  
(no games)  
• 7-9 April 2022

2023 Season Begins  
• 31 March-2 April 2023

3-5 year old miniroos  
begins  
• 22 April 2023



In the next week we will be having welcome and information nights for our coaches and managers – this year we will be having an in person welcome, and then following up with some zoom sessions. We will also be preparing some information guides for our coaches and managers, especially those who are new to Dribl and some of the other systems.

Those of you who have been at Ewen Park already will notice that we are operating under slightly challenging circumstances, but all for a very good reason, as our new club rooms and amenities building is coming along behind the barricades. We are very hopeful that this will be completed within a few months and so we will be able to have an official opening in 2023, and have the new state of the art building (with great viewing opportunities for games) ready for our Centenary year 2024. This is very much our facility – we did the leg work to obtain a \$1 million grant from the Greater Cities Sports Fund, and our members are also contributing co-funding from our Building Fund (for those of you who have been around the club for a long time – remember the raffle books – we are finally able to reap the rewards!). We are working in partnership with Canterbury Bankstown Council who will be the owners of the facility, but we have had input along the way in all aspects of the design. In the next few weeks, Council will install temporary change rooms and a storage container for our gear. Unfortunately the only toilets available are the portaloos, but we are working with Council to make sure that they are locked and kept clean and hygienic for our use during the construction phase. And we will still have a canteen in operation for the season, and a barbecue in operation on Saturday mornings.

There are a few key messages for season 2023, that it is important for all of the Hurlo community – players, parents, supporters and team officials to be aware of. First, we are a volunteer run club, and volunteers are the lifeblood of community sport. So be appreciative of the efforts of every volunteer, and better yet, put your hand up to volunteer. This means, when your team is on set up, pack up or barbecue duty, be the first to sign up, be there early. There is lots of evidence that

being a volunteer is great for mental health and makes people happier, and it is also a great way to get to know your community and your club.

Second, our club has a strong commitment to football being safe, inclusive, welcoming and fun for everyone involved. Every member or supporter of the club needs to commit to this. This means that we play with a spirit of fair play, with respect for our own team mates and for our opponents, and, most importantly for referees and game leaders and for ground officials. When you sign up to play or coach or manage, or sign your child up to play, you agree to our code of conduct (which is in this newsletter). We have zero tolerance for dissent to officials or for any type of misconduct on or around the field. We also have committed to Supportive Sidelines – if you are on the sidelines as a supporter, we only want to hear positive and supportive comments and applause, and for all players on the field. We want our coaches to be able to encourage and foster the development and enjoyment of players. Even more, we want the players to communicate with each other positively on the field. So it is up to each of us to bring our best selves to the football field.

Ours is a family club, and one of the things that I most value is watching our young players come back each year, and our junior teams graduate to be senior teams. Playing community sport should be a lifelong activity, and that happens when players are having fun. There are many studies now that report that the reason kids drop out of sport is that they are not having fun, or they are feeling pressure from negative comments from parents or coaches. There is only one message that our kids need about the game, only one they want to hear, and that is "I enjoyed watching you play today".

So let's make this a great season for every single member of our club, but embracing fair play, fun and finding ways to help out throughout the season.

**Rosalie Viney**  
**[president@hurlstoneparkwanderers.com.au](mailto:president@hurlstoneparkwanderers.com.au)**

# Defibrillators

The presence of defibrillators at our fields is essential for safety. We have recently installed defibrillator cabinets, so that the defibrillators are always visible and available. These are installed on the canteen walls (see photos). We encourage everyone in the club to be aware of the location of the defibs, as this can be critical in an incident. Only recently a player at another club had to be resuscitated at a pre-season game - fortunately this ended well, with the player making a full recovery, but it is a timely reminder.



The Association will be publishing the locations of defibrillators at all fields where games are played - we encourage our coaches and managers to be aware of this list.

We will hold an information session for our coaches, managers and senior players about use of defibrillators and bystander assistance for resuscitation. Please keep a look out for details of this session.

*Special thanks to Edel Murray, Committee member and MPIO, and Gerry Choate, Vice President and Disciplinary Committee Chair, for purchasing and installing these life saving machines at both our home grounds.*

# Game Leader Program 2023

**A great opportunity for our junior players to learn leadership skills, have fun and earn some pocket money**

Are you (or do you know someone who is) between 12 and 17 years old, someone who loves football, and is looking for some weekend work? We have the perfect opportunity through our Game Leader Program. HPW has a great record of developing young match officials for the game through our MiniRef program that has operated for many years. In fact, our current Game Leader Coordinator started out as a MiniRef back in 2007!

Our program has produced many of the current CRA Referees, as well as giving our kids the opportunity to develop football and leadership skills, earn some pocket money and hang out with their mates at the park on the weekend.

Our Mini Ref program was such a success that it encouraged other clubs to develop similar programs, and Football Canterbury have now formalised this as the Game Leader Program. Our club was the first to begin a training program for Game Leaders.

## What is involved?

To become an accredited Game Leader, you need to sign up here.

Gemma and Jackie will then start the training process (after an initial discussion) and appoint you to games.

- We will let you know about the information and training sessions (this is a short info session that if not compulsory, but you do need to attend a training session to be part of the program - this is a one hour session at Ewen Park).
- Once you have completed the training session you can be allocated to Little Lions games as a game leader.
- For games for U8s and U9s, you will first be allocated along with a peer mentor (partner). Each of you will be game leader for half a game and observe your peer for half a game. You will receive feedback from our Game Leader Coordinators and from your peer mentor.
- The Game Leader Coordinators will decide when you are ready to be a fully accredited Game Leader. From then on you can be appointed to games in your own right.



- Our experienced Game Leaders will be appointed to u10s, u11s and u12s games.
- We may also ask Football Canterbury Referees to appoint Game Leaders for u10s-u12s Games.

We will be continuing this process in 2023 and we already have many new keen young people who are signed up to join the program. But we still have room for more so please let us know.

## Why is it great to be a Game Leader?

You get to watch football and run around on a Saturday or Sunday morning. You earn some pocket money. You get a sausage (or equivalent) and a drink from the canteen. You learn some great skills.

## What is different in 2023?

This year we are expanding our Game Leader program to cover u10-u12 games. This means our most experienced game leaders (and those who develop experience and show promise during the season) will also be appointed to these games. Lots of these games are on Sunday so we need to know about your availability.

We have a sliding scale of payment for game leaders for 2023, reflecting the time and responsibility:

- Little Lions (U6s and U7s): \$10 per game
- U8s and U9s:
  - Trainee Game Leaders \$10/game (game leader for a half, observe for a half)
  - Accredited Game Leader \$15 per game
- U10s-U12s: Accredited Game Leader \$20 per game

If this sounds like something that you or your child is interested in getting involved with, get in touch with Gemma and Jackie at [gameleader@hurlstoneparkwanderers.com.au](mailto:gameleader@hurlstoneparkwanderers.com.au) or fill out the [game leader form here](#).

**How do you keep your 3-5 year old occupied at Ewen Park while their older sibling is playing their game on Saturday morning?  
Sign them up to the Hurlo Mini Cubs program.**



**HURLSTONE PARK WANDERERS**



### **HURLO MINI CUBS (MINIROOS)**

Football Fun for 3-5 year olds

Our MiniCubs program will be back in April.

Fun football skills based games in a great environment  
with friendly approachable coaches.

Register here:

<https://registration.dribl.com/club/15>



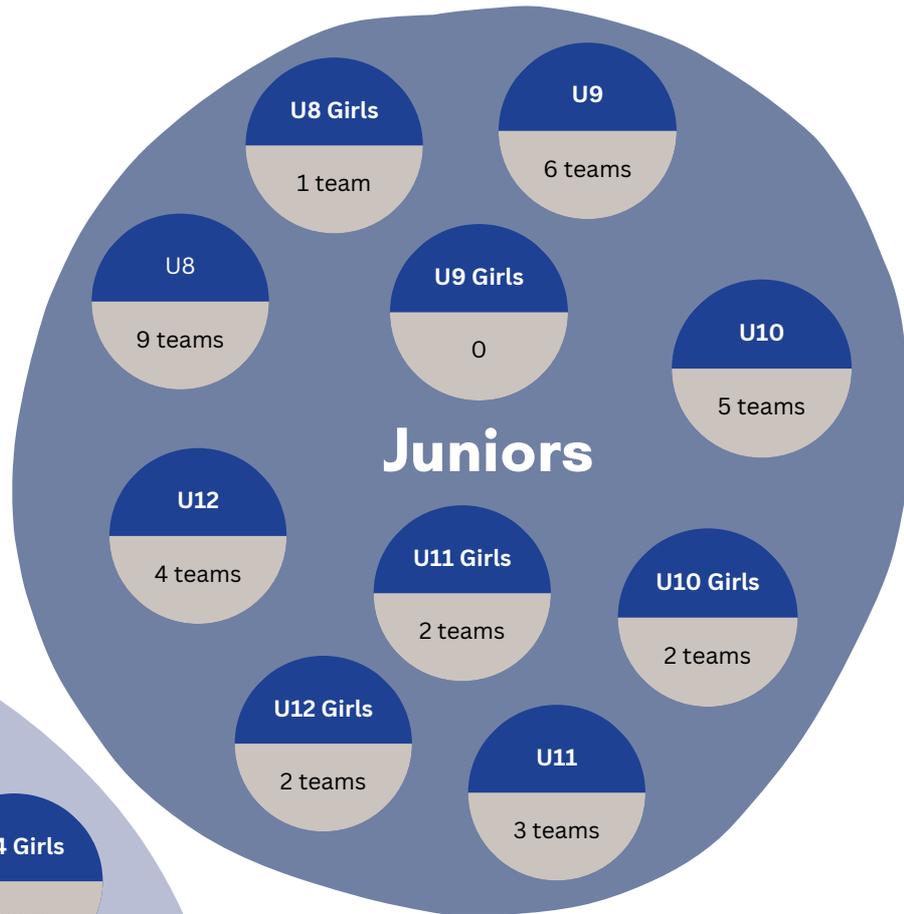
# Our teams for 2023

## Little lions

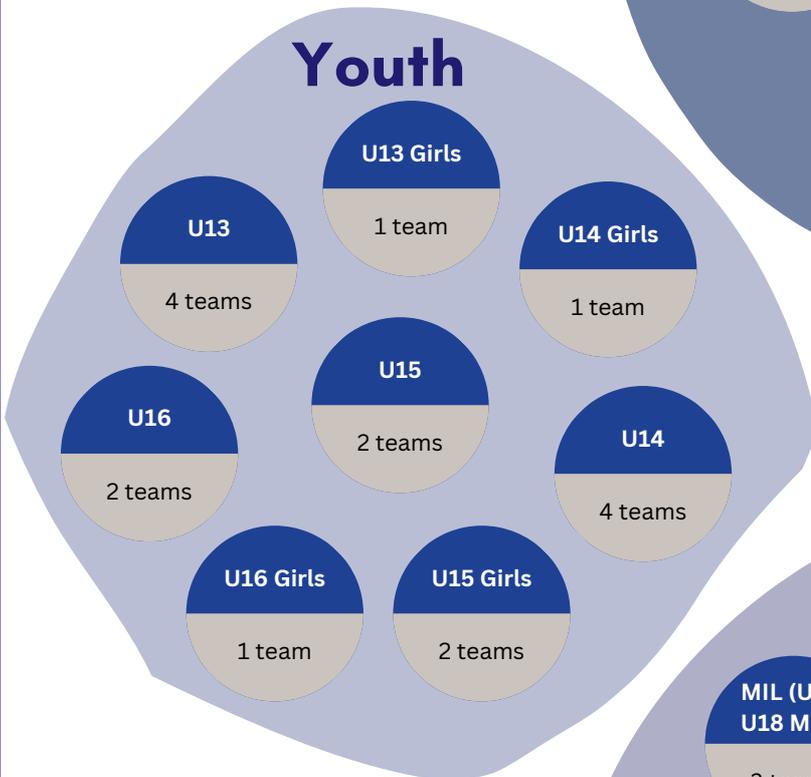


(each house has 2 teams)

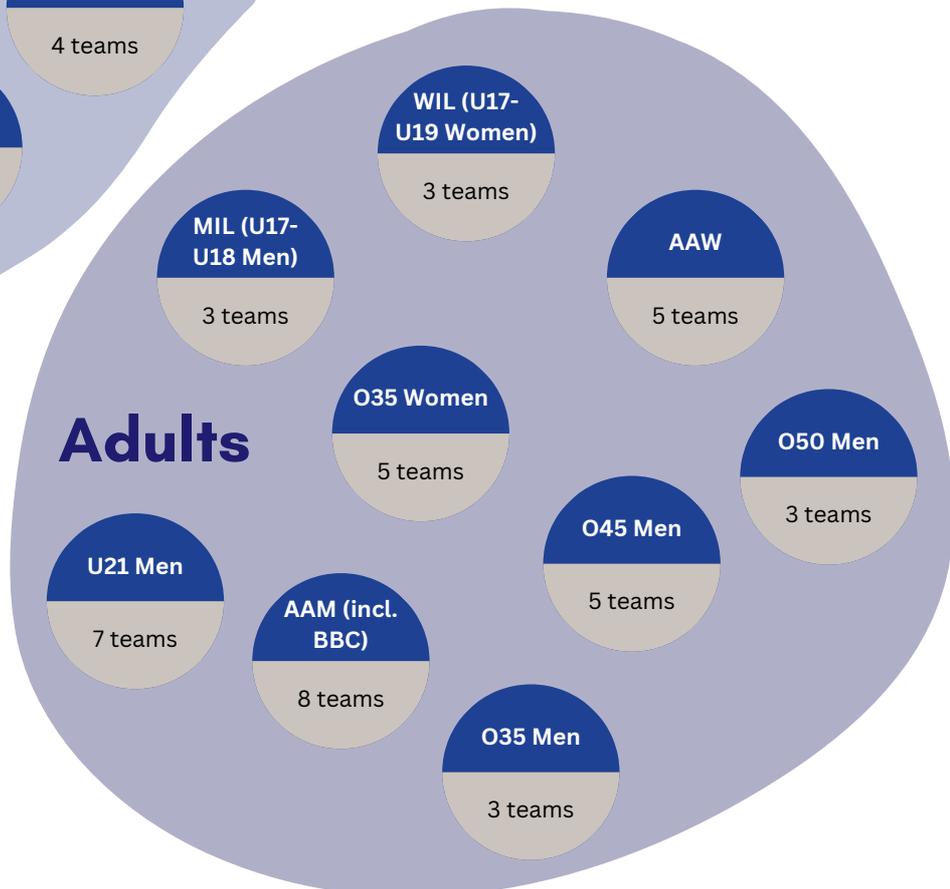
## Juniors



## Youth



## Adults



This year we have 93 teams playing in the Football Canterbury competition, across every age group, except U9 girls (Under 9 girls, where are you??).

# ...and some useful information for the season

We submit our team lists at the beginning of March, and the Football Canterbury Grading Committees make decisions, based on the playing history of our teams and players, what is the best division for each team. This is never an exact science, and is very much designed to ensure that there is a good competitive balance in every division, to try where possible to avoid byes (this is not always possible). Typically the Association prefers six and eight team competitions, but there will be some that are ten and even twelve team competitions (the 12 team comps play a full round, and then will be split into two divisions for the remainder of the season).

A full list of all age groups and divisions is available here:

[zww6efdirrdudls5.xlsx \(live.com\)](#)

Our teams playing in under 8s through to under 12s are "non-competition" which means that there are no tables published and no finals for these age groups. Their season runs from beginning of April to late August, with a presentation round on the last weekend. They will also have a review by Football Canterbury mid season and teams may be shifted up or down a division or two depending on how they are playing – this is all about ensuring that teams are playing in a division where they are competitive and having fun. This is the first year that the under 12s have stayed in the 9 a side team format rather than "moving up to the big field". This change is being implemented across Australia and follows practice overseas, and

has been done to encourage skills development – 11 and 12 year olds are still quite small compared to the full size field and the full size goal, and staying in the 9 a side format is more suited to getting touches on the ball, accurate passes and positional play. The under 12s will be playing on Sundays (both the mixed and the girls teams).

Teams in under 13s and up have a finals series at the end of the home and away rounds (this will be three complete rounds for 6 team comps, two complete rounds for 8 and 10 team comps, and one complete round and then a split into two divisions and a second complete round in that division for the 12 team comps). While we call it home and away, please be aware that home games may not be played at home – with a huge competition to run and limited field availability, our home games may be played at the other club's grounds, or on a neutral ground. Finals start at the end of the completion of the home and away games – this can be as early as the second week of July or as late as the second week of August depending on weather and the size of the competition.

Teams that are in 10(9) or 12(11) team competitions will play every week – they do not get a week off for the June long weekend or in the school holidays, so be prepared. They will also have a double header weekend early in the season. This is essential to get through the games in the time that we have the fields for winter sport.

# ...and some useful information for the season - continued

Age Group	When do we play?	Where do we play?	Season dates
Little Lions (U6-U7)	Saturday morning	Ewen Park	1st April 2023 to 26 August 2023
U8-U11 Mixed	Saturday morning	<u>dribl - Competition Management</u>	1st April 2023 to 19 August 2023
U8-U11 Girls	Sunday morning	<u>dribl - Competition Management</u>	2nd April 2023 to 20th August 2023
U12 (Mixed and Girls)	Sunday	<u>dribl - Competition Management</u>	2nd April 2023 to 20th August 2023
Bill Brackenbury Cup All Age Men, O35 Men O45 Men O50 Men	Saturday afternoon (Friday nights, Saturday evening, mid week and double headers possible)	<u>dribl - Competition Management</u>	28th March 2023 to 2nd September 2023 (including finals)
U13-U16 Girls U13 Mixed U14-U16 Boys	Sunday (mid week and double headers possible)	<u>dribl - Competition Management</u>	2nd April 2023 to 3rd September 2023 (including finals)
Women's Intermediate league (WIL U17-U19 women) Men's Intermediate League (MIL U18-U19 men) U21 Men	Sunday (mid week and double headers possible)	<u>dribl - Competition Management</u>	2nd April 2023 to 3rd September 2023 (including finals)
Grace Martin Trophy All Age Women O35 Women	Sunday (mid week and double headers possible)	<u>dribl - Competition Management</u>	2nd April 2023 to 3rd September 2023 (including finals)

# ...and some useful information for the season - continued

## How many games?

### Little Lions

- Up to 20 weeks
- Washed out games not replayed
- We will play June long weekend and mid week of July holidays, depending on parent/player enthusiasm
- No games on Easter weekend

### Juniors (U8-U12)

- 18 weeks
- Washed out games not replayed
- No games on June long weekend and middle week of July school holidays.
- No games on Easter weekend

## U13 and above

#### 6 team comp

- 15 rounds + up to 3 weeks of finals
- Washed out games rescheduled
- Games may be scheduled on June long weekend and middle week of July school holidays if needed to catch up

#### 8 team comp

- 14 rounds + up to 3 weeks of finals
- Washed out games rescheduled
- Games may be scheduled on June long weekend and middle week of July school holidays if needed to catch up

#### 10 team comp

- 18 rounds + up to 3 weeks of finals
- Washed out games rescheduled
- Games will be scheduled on June long weekend and middle week of July school holidays. At least one double header early in the season.

#### 12 team comp

- 11 rounds, then the competition splits, then 5 more rounds + up to 3 weeks of finals
- Washed out games rescheduled
- Games will be scheduled on June long weekend and middle week of July school holidays. At least one double header early in the season.



# HURLSTONE PARK WANDERERS MEMBER'S PLEDGE

As a member of Hurlstone Park Wanderers Football Club (player, volunteer, team official, parent or supporter), I pledge that I will uphold the values of the club in all my conduct related to football to promote playing football in a fun, inclusive and safe environment with respect for all involved in the game.

As a member or supporter of a Hurlstone Park Wanderers team I will abide by all the laws of the game and of the Football Canterbury Association.

- I will always play by the rules
- I will never argue with an official. If I disagree with a decision I will inform the captain, coach or manager during a break or after the competition
- I will control my temper. I understand that verbal abuse of officials and sledging other players and deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport
- I will work equally hard for myself and /or my team
- I will be a good sport and applaud all good plays whether they are made by my team or the opposition
- I will treat all players in my sport as I like to be treated. I will not bully or take unfair advantage of another player
- I will cooperate with my coach, team members and opponents
- I will display modesty in victory and graciousness in defeat
- I will not arrive at the field intoxicated
- I shall not consume alcohol at junior matches
- I will respect the rights, dignity and worth of all people involved in the game, regardless of their gender, ability, cultural background.
- I will thank the opposition and officials at the end of the game

I understand that any breach of this pledge or any misconduct will be sanctioned by one or more of the following:

- Warnings either verbal or in writing
- Ejection from the field of play/stadium
- A fine or suspension imposed by the Club
- A fine or suspension imposed by the Canterbury District Soccer Federation
- Expulsion from the Club
- And/or Legal proceedings

# COACHES AND MANAGERS INFORMATION SESSIONS



**MONDAY 27 MARCH 2023  
6.00 FOR 6.30 PM  
MARRICKVILLE GOLF CLUB**

**PLEASE FILL OUT THIS [FORM](https://forms.gle/NLJQGxUMRkNDVPjN6)  
([HTTPS://FORMS.GLE/NLJQGxUMRkNDVPjN6](https://forms.gle/NLJQGxUMRkNDVPjN6)) BY 24 MARCH  
2023 TO HELP US WITH CATERING REQUIREMENTS.**

**IF YOU ARE UNABLE TO MAKE THE FACE TO FACE SESSION,  
THERE WILL BE A FOLLOW UP ZOOM SESSIONS ON 28  
MARCH AND 30 MARCH 2022 AT 7 PM. DETAILS WILL BE  
DISTRIBUTED VIA YOUR AGE COORDINATOR.**



# HURLO BBQ IS CALLING YOU!



As a community based club, we need your help. Grab your team mates and lock in your compulsory BBQ session

Saturday – Ewen Park  
Sunday – Beaman Park

SIGN UP HERE: <https://signup.com/go/BgnUCwL>

# Training maps

## Ewen Park

Tennant Parade, Hurlstone Park



## Beaman Park

Corner of Vera Avenue and Flinders Road, Earlowood



# R&W

# Hurlstone Park

9558 0322 | [hurlstone-park.randw.com.au/](http://hurlstone-park.randw.com.au/)

**Proud sponsors of Hurlstone Park Wanderers for 2023**



We welcome back Richardson & Wrench Marrickville/Hurlstone Park as a **Platinum Sponsor** for the 2023 Season.

For more than 50 years, R&W have been delivering outstanding service for their clients in Residential Sales and Property Management across Marrickville, Hurlstone Park, Dulwich Hill, Tempe, Petersham, Canterbury, Lewisham and Earlwood. There's a good chance many of our members have come across the Dendrinos and their team over the years.

If you are interested or know of any business that would be interested in sponsoring the Hurlstone Park Wanderers, please contact: [contact@hurlstoneparkwanderers.com.au](mailto:contact@hurlstoneparkwanderers.com.au)

They have generously contributed to our "Opportunity to Play" Program, providing much needed funds to enable those who are not in the financial position to play. As you can appreciate, taking part in sport has not only physical but social and mental benefits. We greatly appreciate what this support provides our community.

Be sure to keep an eye out for the R&W team and say hi.



We welcome 3 Tomatoes Cafe as a **Silver Sponsor** for the 2023 season.

This fabulous Cafe is all about serving locals great quality dishes with a Middle Eastern twist; with the popular Will & Co coffee, healthy drinks & friendly

service...where customers become friends. They have a range of quality products made on site, from their famous dips to delicious jams and flavoured almonds.

The entire 3 Tomatoes team aims to provide the highest quality food and coffee with genuine service to match. They will adopt sustainability practices throughout the business and source local produce where possible, even growing their own.

And they are passionate about support local grassroots sporting clubs like Hurlstone Park Wanderers.

Be sure to pay them a visit for a coffee and fantastic meal.



Have budding keepers who would like to work on their skills from specialist goalkeeper coaches? Have a rotation system for players and want to provide them the confidence for game day?

Then, be sure to sign them up for Goalkeeper Training on Monday nights:

5-6pm Juniors (U8-12)

6-7pm Youth (U13-18)

7-8pm Seniors (18+)

To sign up, go to <https://signup.com/go/nyEbfdx> or contact Terry if you have any questions at [coaching@hurlstoneparkwanderers.com.au](mailto:coaching@hurlstoneparkwanderers.com.au)



**Terry Wong**  
**HPW**  
**Coaching**  
**Coordinator**

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 veges 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 😊



**COACH HUB**



This is a private group for HPW Coaches. Information, resources and discussions will be hosted here to continue to improve the standard and support of coaching within our Club. Contact Terry to sign up on [coaching@hurlstoneparkwanderers.com.au](mailto:coaching@hurlstoneparkwanderers.com.au)