

THE WANDERER

Official newsletter of Hurlstone Park Wanderers FC

2025 PRE-SEASON INFO

JOIN OUR WHATSAPP COMMUNITY

This will allow us to communicate any field closures and other information more quickly. Please go to https://chat.whatsapp.com/JM2vaB3GQwoGrEXoY AoVMb to join the community and receive

PRESIDENT'S WELCOME

Rosalie Viney

Welcome to our second newsletter for 2025. This has been an incredibly busy period for the club administrators - particularly for Steve, our Registrar, the rest of the committee and for all of our age coordinators. It has been wonderful to be able to welcome newcomers to the club and say hello to returning players at our team formation sessions that have been running throughout February.

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KEY EVENTS:

- Training days released soon
 Season starts first weekend of April (Friday 4th / Saturday 5th / Sunday
- MiniCubs start 3rd May







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As I write this, our age coordinators and our registrar and many of our managers and coaches have been putting together teams - a process that involves a huge amount of individual curation to make sure we have everyone accounted for and that all our teams are viable for the team submission date of 2nd March. So I really want to send a huge vote of thanks to all those who put in many hours of volunteer work to make this happen.

This year we are hoping to have a more regular newsletter (at least 6-8 during the year). This is a great opportunity for me to introduce to everyone who does not already know her our incredible young club member Briana Wong, who will be coordinating the newsletter this year. Briana will be known to many of you as our MiniCubs Coordinator, and a regular volunteer on Saturday mornings helping with Game Leaders, All Abilities and Little Lions. This year Briana is taking over the Little Lions Coordination from Steve and so will be the regular contact for U6 and U7.

But back to the newsletter. We would love to bring out a newsletter every month, but to do this we need content – and that is where our players, our coaches, our managers and our

supporters come in. We love nothing more than to read stories about our teams - their successes, their struggles, their triumphs and their challenges. So please send us your photos, and your stories about how your team did this week, any notable events. In the end this is your newsletter and we want the content to reflect the whole club - for that to happen we need you to send us your stories.

We are also hoping to introduce a regular Fair Play Spotlight, so we would particularly love to hear stories about how our teams promoted the spirit of the game. Our club's philosophy and vision is based around promoting opportunities for everyone to participate in the game and to be able to enjoy it, and so stories that promote that message are especially welcome.

I want to reflect a bit on the team formation process which has been front of mind for our age coordinators. It might sound obvious but football teams are "lumpy" - that is - for a competitive team we need at least 11 and most likely around 15 players, but not more than 17 or 18. Players of course sign up often with individually, but of playing with expectation their friends, or with the people they played with last year. Our club tries to balance playing football to be with your mates with playing football to provide challenge and development for players, and in all of that we aim for our teams to be in competitions where they are competitive (ie they win some games, they lose some games and they always feel like it was a great competition). This is an incredible balancing act for

our hard working age coordinators, and so I ask that all our player and parents recognise that they mean that everyone get exactly can combination of team, team mates and division that they think is right. First of all, remember that we don't choose the division - we put in a recommendation, but the Football Canterbury Grading have to consider Committees competitive balance of all teams. So we might have been in Div 3 last year and suddenly find that we are now in Div 1. My advice is to understand that this could be because several teams have disappeared so it may be pretty much where you were last year, but also, this is an opportunity to embrace a challenge. Similarly, don't assume that teams will not be challenged if they are not in Div 1. And after many years of following all our teams I have come to learn that there is something to be gained from every year, and that there is always next year. So my other advice is chill out and embrace the season ahead.

The other challenge that our age coordinators face is trying to balance the combination of team formation outcomes and requests to be with a particular player in a particular team. We appreciate that friendship based teams are the heart of our club, both for younger players just starting football, but also for adult players. But I want to reflect on two very close to my heart case studies to say football is about making friends as much as it is about playing with your friends. First, as one of our older adult players, I can definitely say that I joined a team because I was recruited by a friend, and since then I



have recruited more than a few friends to football, some of whom still play with me, but many of whom do not (some in other teams, some in other clubs and some who have temporarily hung their boots on a hook, all still my friends!). But more importantly I have made a zillion friends by being part of a football team, and that is just as valuable to me as bringing my friends to play. Second, my younger child Jay is now in their 21st year as a player with the club, and has never played in a "friendship" based team - this is not to say that Jay does not have friends they play football with - but rather, right from being a nearly 5 year old through to today, their team has been a diverse bunch, and not based on their school group or their playgroup or indeed anything other than a love of football. Of course now as an adult team they but for our family, are tight throughout the school years, it was incredibly valuable that Jay had a bunch of friends who were not their school mates. Jay's experience is that football provided a whole other group of friends and that that can be a huge bonus and release valve from the intensities of school. This is such an important part of football. So if your child has ended up in a team with maybe only one or two school friends,



or even none – see this as an opportunity for them and for your family. Football brings joy, friendship and opportunity, and if we can all approach it that way we have so much to gain.

In this newsletter we let you know a bit about what is coming next for the season, key dates, some important information about disciplinary processes, and we introduce some of our club members.

In the next week or two we will get full access to our fields (Beaman as well fingers crossed, with that beautiful newly minted playing surface) and so I look forward to the opportunity to say hello down at the fields.

Cheers Rosalie



UPDATE ON PLAYFOOTBALL 2.0

Many of you may have seen an email recently from Football NSW regarding the introduction of PlayFootball 2.0 as a registration system for all clubs across Australia.

As we mentioned in the previous newsletter, Football Canterbury and some other Associations, with the support of their member clubs, made the decision not to adopt the new registration system in 2025. This was because of burden on volunteers given the timing of the release of the new system and concerns about the user interface. We have seen that there have been problems many Associations who adopted the new system.

Previously Football NSW imposed restrictions on our clubs about access to some programs and to state and national tournaments.

The recent email was the result of extensive consultation with Football Canterbury and other Associations. Our Association has agreed to work closely Football NSW and with Football Australia towards adoption of the new system, and Football NSW has agreed that no sanctions will be imposed on clubs and Associations that use Dribl in 2025. This is great news for all clubs and we thank Football Canterbury for their principled and collegial approach to resolving these issues. We will continue to use Dribl in 2025 and will work toward being ready for PlayFootball 2.0 in future years.

OUR CLUB BY THE NUMBERS

It's time to do a nerdy dive through the registration database to see what the club 'really' looks like!

How big are we?

Fittingly, in our Centenary year last year we had the highest number of registered members in the club's history. We are lagging a little behind those numbers at the moment, but we still have several programs (eg minicubs, Football 4 all) and a few hundred registrations still to come in this year. Our overall numbers stay fairly stable each year- we usually land somewhere between 1700 and 1850 members by the close of registration in May.

How many teams do we have?

This year we have 96 (56 Junior, 40 senior) teams in Football Canterbury competition (U8 and above). In 2024 it was 92 (52, 40). More teams and fewer members means that many of our teams are more...slender... than in 2024, which I know many of you are noticing.

How old are we?

This year we have had a big increase in 30-39 year olds, and a dip in 20-29 year olds compared to 2024. The are the same people, they've just turned 30 since last year!

Our youngest member so far this year is 4, and our...least youngest...is 71. Our average age is 23 and a bit.

Gender: One third of our members identify as female. We have small but increasing membership who do not

identify as male or female, or have not declared a gender.

Where do we come from?

Unsurprisingly, about one in five of us live in postcode 2193 (Hurlstone Park, Canterbury, Ashbury) and the next biggest postcode group is 2203 (Dully, represent!). We are then pretty evenly scattered through our neighbouring suburbs (Marrickville, Summer Hill, Ashfield, Earlwood, Lewisham, Petersham...). Further afield, we have members from Burradoo and Wollongong.

Steve Cumming, Registrar. HPW

MPIO - EDEL BRADY MEMBER PROTECTION INFORMATION OFFICER

Hi, I'm Edel, your club's Member Protection Information Officer (MPIO). I'm here to ensure every member feels safe, respected, and supported. If you have concerns about harassment, abuse, or inappropriate behavior, I provide impartial guidance on your rights and direct you to the right club procedures or external resources. Please note, I do not investigate or mediate complaints – that is handled by proper authorities.

Safeguarding our members is a club priority. In line with Football NSW requirements, we strive to maintain a safe, inclusive environment where everyone can enjoy soccer without fear of discrimination or abuse.

For support or more details on <u>member</u> <u>protection</u>, feel free to <u>reach out</u> or visit our website. Let's keep our soccer community safe and welcoming for all!

KEY DATES - OUR SEASON CALANDER

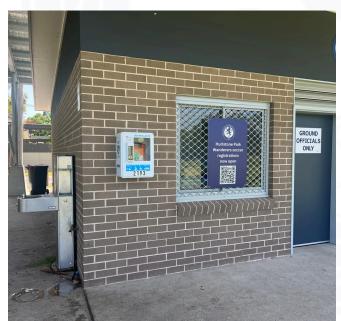
March 10	Preseason training commences
March 22 & 23	Hurley Burley Cup
March 24	Skills Training Begins
March 25, 27	Little Lions Orientation Nights
April 4/5/6	Start of season
April 18-21	Easter Long weekend - NO COMPETITION GAMES **
April 25	ANZAC DAY (competition continues)
April 25-27	Heart Health Round
May 2-11	Female Football Week
May 2	FOOTBALL CANTERBURY Female Football Gala night
May 3	Miniubs (May-June) begins
May 19-25	National Volunteer Week
June 15	FNSW - Football4all gala day
July 6-13	NAIDOC Week
End of August	Season Finish

^{**}No games scheduled - make up games will occur if necessary

DEFIBRILLATORS

Community Safety Spotlight: The Life-Saving Role of Defibrillators

Sudden cardiac arrest (SCA) is a major cause of death in Australia, with survival rates remaining very low without prompt action. Quick use of defibrillators— Automated External especially Defibrillators (AEDs)—can raise survival rates to over 70% if used within minutes. compared to less than 5% without them. At our club, our Hurlo defibrillators are strategically placed to help keep our community safe. For example, one is located in Ewen on the wall between the breezeway and the game day room, and another in Beman to the left of the canteen wall. It's essential to know the location of these devices not only at our home fields but at every venue where we play.



Defibrillator located at EWEN PARK amenities block

Bystander intervention plays a critical role too. Immediate <u>CPR</u> can more than double survival chances, and when combined with the effective use of AEDs, these efforts can be truly lifesaving.



Defibrillator located at BEAMEN PARK canteen

We're excited to further promote safety awareness by inviting you to join our initiative: help us come up with fun and fitting names for our defibrillators—our very own Hurlo Heroes. Together, we can create a safer environment for everyone in our community!



LINK TO FORM

HURLO BBQ

A key hub of our Hurlo community is in and around the BBQ during a Saturday and Sunday morning. For many decades, players, carers and Hurlo friends have come together to sizzle the snags and bacon, slice the bread rolls and serve our hungry players their hard earned post game feast. New friends have been made, old friends have become reacquainted and many good times have been had by Hurlo BBQ volunteers.

2025 season provides the opportunity for all Hurlo players, families and friends to have their turn volunteering to enjoy this experience and THANK YOU in advance!



Each Hurlo team will be allocated on the BBQ roster one or two occasions this season, with an expectation that 3-4 team representatives come along to the allocated slot/s. The experience is shared around so everyone gets to enjoy. We take care of the hard stuff so you can have fun! The ever-committed



HPW Committee will arrange and supply all BBQ food, bread rolls, sauces, utensils, aprons and helpful hints on request. All we ask is that you arrive promptly to your allocated shift with a big Hurlo smile and some good cheer.

Keep an eye on your inbox for your invitation and opportunity arrives to be part of this Hurlo BBQ hub.



DISCIPLINARY PROCEDURES

Another season will soon be underway and it is a great time to touch on the process that the club follows in disciplinary matters. While we hope that none of you need to know this, the beginning of the season is a great time to let everyone know how disciplinary processes work at both the Club and the Association level.

We know that football is a sport where passions are ignited, and that even the coolest of human beings can have a brain explosion, so while we encourage everyone in our club to be able to walk away from hot under the collar situations, as a spectator or a player, here are the things you need to know.

Red cards

Red cards are issued by match officials for a range of offences ranging from what we might think of as "professional fouls" or accidental fouls through to deliberate and egregious misconduct. Once a player has been issued with a red card they must leave the field of play (including the technical zone – so outside the ropes please, and with no argument or discussion!!!). Remember that match officials can issue red cards to team officials or to players on the bench for in-discipline.

The club has a long-standing policy around red cards. When a red card is issued, this will be recorded on the match sheet by the match official, and the club will be notified of the penalty on the following Tuesday (including the length of suspension which will depend on the offence and the report from the match official).

The club disciplinary committee chair will pass this information on to the player (this happens via the age coordinator and the team manager rather than directly to the player). We require that any player who receives a red card writes a written report to describe the circumstances of the send-off (in this report we strongly advise that the player reflects on the circumstances - there is never a circumstance in which the player has not contributed to the red card, and being frank about that is strongly valued). Based on that report and the penalty imposed, the committee may



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Code	Description
R1	Serious foul play
R2	Violent conduct
R3	Spitting at an opponent or any other person
R4	Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
R5	Denying an obvious goal-scoring opportunity to an opponent moving towards the Player's goal by an offence punishable by a free kick or a penalty kick
R6	Using offensive, insulting or abusive language and/or gestures
R7	Receiving a second caution in the same match OR receiving two Temporary Dismissals in the same match

DISCIPLINARY PROCEDURES

consider an appeal so it is important that this report comes quickly. The report can be provided by the player and sent to <u>dcehpwfc.com.au</u> as soon as possible after the match to allow plenty of time for a consideration of appeal.

All appeals must be lodged by the Friday of the same week so prompt action is recommended.

A couple of things to note. First, if the suspension is the minimum for the type of offence, then we cannot appeal. The club will never appeal a sanction where there is dissent toward match or ground officials.

Regardless of the offence, the player is required to reimburse the club \$75 for the red card fine and this must get paid to the canteen at Ewen park and a copy receipt must be dcehpwdc.com.au before the player can recommence participation. This means that a player with a 1 week suspension must pay the fine on the weekend of the ban to allow for the receipt to be recorded. A player that competes in a game without Regardless of the offence, the player is required to reimburse the club \$75 for the red card fine and this must get paid to the canteen at Ewen park and a copy of the receipt must be

sent to dc@hpwdc.com.au before the player can recommence participation. This means that a player with a 1 week suspension must pay the fine on the weekend of the ban to allow for the receipt to be recorded. A player that competes in a game without paying the fine will be stood down for at least 2 matches. A player receiving a second red card in the season will be required to pay a \$150 fine and 3 red cards will result in a suspension for the remainder of the season.

Yellow Cards

Yellow cards are issued by match officials for a range of offences that are less serious than red cards. They do not result in a send off unless there are two yellow cards in a single match.

However, all yellow cards are recorded, and players who receive five yellow cards in a season will have an automatic one match suspension.

Our club policy is that players who receive three yellow cards in a season will be required to show cause why they should not be suspended for a match by the club. We do not want to do this, but we also do not want to accumulate disciplinary offences, and we believe that it is up to players to manage their on field conduct to avoid accumulation of yellow cards.

Code	Description
Y1	Unsporting behaviour
Y2	Dissent by action or word
Y3	Persistent infringements of the Laws of the Game
Y4	Delaying the restart of play
Y5	Failure to respect the required distance when play is restarted with a corner kick, free kick or
	throw-in
Y6	Entering or re-entering the Field of Play without the referee's permission
Y7	Deliberately leaving the Field of Play without the referee's permission

DISCIPLINARY PROCEDURES

Team Accumulation of Yellow and Red Cards

Our Association imposes additional sanctions for teams that have a persistent record of misconduct. These include when teams incur five yellow or red cards during a single match, when three players are issued with a red card in a single match, or when a team has three send offs during a season (this results in a points deduction for the team).

Our club monitors yellow cards for each team, and we will issue a warning (show cause) notice to any team that receives 10 yellow cards across the season. If a team reaches 20 yellow cards in a season we may impose a suspension on the team.

Other Disciplinary Matters

While we hope these never happen, there will be other reasons why a team, team official or a player may be required to respond to disciplinary issues. These can be within club matters, or they may be issues that arise from a complaint from outside the club or from incidents that occur at games. These are issues the club takes very seriously, and will involve the Disciplinary Committee, the Club Executive and the Member Protection Officer.

NO RESPECT NO GAME

For internal matters, our disciplinary committee will meet with everyone involved and make a decision about action, including any sanctions.

For matters that involve another club or the Association, we will need to cooperate fully with the Association, and our Disciplinary Committee will support that process. Our experience is that the best approach to dealing with these issues for everyone is to be proactive (let us know as soon as possible if something happens at your game that the club should know about, and err on the side of telling us more rather than less - we can always manage these matters better if we hear first from you, and if we are able to inform the Association rather than being issued with a stern notice of something that is news to the Club Committee!). Our second piece of advice in all these matters is honesty and frank reflection goes a long way to achieving a fair outcome.If you lost your head, better to admit it and let us know - even if that means also telling us about all the wild things that led you to lose your head.

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LITTLE LIONS

Our Little Lions play internally at Ewen Park, against other HPW teams at Ewen Park on Saturday mornings: 8.30 kick off for the Under 6 Little Lions and 9.15 kick off for the Under 7 Little Lions. We have a "house" structure for these age groups – a house is a group of about 10 players, who train together and split into teams on Saturday morning and play against teams from other HPW houses. It's a lot of fun.

If you are a parent of a Little Lion don't worry if you haven't heard too much from us as yet. We will have an introductory session for all Little Lions and their parents at the respective times/days

- UNDER 6 Tuesday 25th March at 5:15pm - 6:30pm
- UNDER 7 Thursday 27th March at 5:15pm - 6:30pm

Please RSVP to this event here

Games will begin on 5th April and continue throughout the season until mid-August.

Training for U6 will be on Tuesday and for U7 will be on Thursday from 5:30pm-6:30pm

If you have any queries or concerns contact briana at briana@hpwfc.com.au or littlelions@hpwfc.com.au



JUNIORS (8-12)

Our Juniors, aged from Under 8s to Under 12s, play in teams of 9-12 players per team and participate in friendly games against teams from other clubs in the Association.

The focus is on developing their ball and game skills and learning the rules of the game.

Under 8s and Under 9s play 7-a-side on a mini-field, and Under 10s to Under 12s play 9-a-side on a half field.

Training is once a week, and games are on Saturday for Under 8s to Under 11s mixed teams (boys and girls) and Sunday for Under 12s mixed teams and Under 8s to Under 12s girls' teams. This will be at one of our allocated fields.

If you have any age group specific information please contact your age coordinator. This can be found here



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





TRAINING MAPS



EWEN PARK



BEAMAN PARK

MEET OUR AGE COORDINATORS



GEMMA VINEY -U19 + AA WOMEN

How long have you been with Hurlo? And in what roles? This is my 24th year as a player and my 11th year as a coach (i think). I've also been a ground official and the game leader coordinator.

What is your favourite thing about being an age coordinator? Feeling more connected to the teams across my age groups. It's nice knowing who's who, how everyone's going and feeling a little bit a part of a whole bunch of teams.

What is something you love other than football? I'll watch pretty much any sport so if anyone feels like a chat about cricket, nrl, cycling, footy etc etc etc come find me on a field somewhere.

What does being a volunteer mean for you? Being a part of and staying connected with my community as well getting to follow so many hurlo journeys throughout the years.



NICK ABRAHIM -U14

How long have you been with Hurlo? And in what roles? 20 years. Started as a Manager, then Coach for a number of Years, and now Age Coordinator

How long have you been an age coordinator? 4 years

What is your favourite thing about being an age coordinator? Connecting with other Committee Members as well as the Hurlo Community

Do you have a favourite football player? Ronaldo, why? Do I have a choice, coming from a household of 4 Boys.

What does being a volunteer mean for you? Being able to give back and contribute to a great community.

MEET OUR AGE COORDINATORS



EDEL BRADY -U15 + 16 GIRLS

How long have you been an age coordinator? This is my first season

How long have you been with Hurlo? And in what roles? Player for 5 years, Manager for 10 years, MPIO for 4 years

What is your least favourite thing about being an age coordinator? The amount of WhatsApp Groups!!

Do you play? Yes , over 35's women Div 3 team

What is a fun fact or about you? I check our Defibrillators weekly to ensure they are fit and ready to go incase we ever need them!



STEVE CUMMUNG - U8 MIXED

How long have you been with Hurlo? And in what roles? I started managing my now nearly 30 year old daughter's team in U7. I've continued to manage and sometimes coach that team. I've also been Vice President, MPIO and now Registrar for six years.

How long have you been an age coordinator? At least 10 years!

Do you play? No- I never have

What is something you love other than football? The sport I DO play is tennison Saturdays out of season you'll find me at the Beaman Park courts with a wonderful bunch of mates.

What does being a volunteer mean for you? Our club is full of incredible, committed people, and there's a real energy to that. For me, it's about supporting an environment where, win or lose, people have fun, shake hands and smile and come back next week to do it all again.





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. Here are some tips:

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 <u>FIFA 11+</u>, 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 4 minutes, followed by 2-minute rest (jog or walk); then repeat in sets of 4.

Taking some of these steps will maximise the chances you have an injury-free/less and enjoyable season on the park!



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.

terry@hpwfc.com.au

SUPPORT OUR SPONSORS



Marrickville | Dulwich Hill | Hurlstone Park





We are seeking sponsorship and donations from local businesses to support our 2025 season.

Your business will get guaranteed exposure at our events, social media and website to ensure recognition and patronage from our 3000+ community.

Sponsor us!

For our 2025
Sponsorship Pack,
contact Terry at
terry@hpwfc.com.au or
your local Hurlo
representative

Donate!

Simply scan below or click the QR code



www.hurlstoneparkwanderers.com.au