



**CLUB BULLETIN : Number 2 - 2014**

21<sup>st</sup> February 2014

## **1. Referee Course**

Information can be found on the [FSC Website](#) for person(s) interested in completing a referee's course. This is available for Junior and Senior's.

**Please promote this through your clubs** as officials are such an important part of our sport and FSC continues to focus on the recruitment, retention and development of our officials.

Unfortunately there appears to be a shortage of referee's again in 2014 so your assistance and promotion of this would be greatly appreciated.

## **2. FSC All Stars versus the South Coast Wolves**

There has been a lot of interest in the upcoming FSC All Stars versus the South Coast Wolves.

**Please come along and support the All Stars** in both Youth and First Grade at John Crehan Park this Wednesday the 26<sup>th</sup> February.

Kick off times are 6.00pm for Youth Grade and 7.45pm for the First Grade.

Promotion through your websites and Face Book pages would be greatly appreciated to promote this inaugural event.

## **3. First Aid Course**

As part of our commitment to ensure the safety of our players, in line with our Injury Management Policy, FSC is pleased to announce that we have organised a specialised Football First Aid course to be offered to our clubs.

Dates: Tuesday 18th March – 7:30 to 9:30 OR Tuesday 25th March – 7:30 to 9:30

Location: Upstairs in the auditorium of the Fraternity Club

The cost of the course is normally \$20 per person however FSC will subsidise 50% of this cost. One representative from each club is invited to attend the course which has been endorsed by the FFA. Attendee's on the night of the course will also be eligible to win a first aid kit valued at \$180 as part of the course offering.

Please register your interest by emailing the office at [admin@footballsouthcoast.com](mailto:admin@footballsouthcoast.com) by the 12th March 2014.



### **Introduction to Football First Aid \***

#### **Why do an Introduction to Football First Aid Course?**

- When there's no first aid person available, would you know what to do if a player was injured?
- This short, simple, interactive and practical course will give you the skills and confidence to handle this situation.

#### **Who should do the course?**

The Introduction to Football First Aid Course has been developed jointly by Football Federation Australia (FFA) and Sports Medicine Australia (SMA) with the support of Football NSW

The course is aimed at:

- Parents
- Players
- Coaches
- Club Staff
- Anyone else interested

#### **Introduction to First Aid Principles**

This course will provide First Aid Principles and basic skills. You will learn:

- how to initially care for an injured player;
- to identify when to refer the player for medical attention;
- when to call an ambulance.

#### **What will you learn?**

- Develop emergency planning skills
- Gain an understanding of hygiene and procedures to reduce contamination and infection
- Practice methods of dealing with Football Specific Injuries
- Use safe methods to transport an injured player
- Develop Concussion Recognition and initial management skills
- Recognise a Cardiac Arrest and practice initial response

#### **Details of Course**

- The course will be held at the club's indoor venue, at a time convenient for the club
- Interested individuals can join a "club" course with a minimum of 10 participants and a maximum of 30 for each course
- The course will run for 2 – 2 ½ hours
- Cost of course is \$20 per attendee (this will include course notes and a Certificate of Completion)
- A free First Aid Kit valued at \$180 will be provided to any club that has 20 or more attendees

#### **Who to Contact**

- Details on the course will be available from January 2014 on the My Football Club website – <http://www.myfootballclub.com.au>
- To register your interest please contact Mitch Jarvis (SMA) via phone: (02) 8116 9815 or email: [mjarvis@smansw.com.au](mailto:mjarvis@smansw.com.au)





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### **4. World's Quickest Goal??**

Corrimal Ranger's Luke Picciolini has staked a claim for a piece of history in World Football.

With the District League Fraternity Club Pre-season Cup getting underway last week, the highlight of the First Group of games was undoubtedly Luke's wonder goal for Corrimal.

Picciolini received a short pass from the kick off against Picton Rangers and noticing the Goal Keeper well off his line, slammed the ball over the hapless Keeper's head with the ball nestling in the back the Ranger's net inside 4 seconds. Stunning!

### **5. Finalisation of the 2013/2014 accounts**

The audit of the FSC accounts has nearly been finalised. Relevant financial information will be sent to each football council and clubs upon final sign off in addition to the Notice of the AGM.

### **6. Clubs Have a Chance to WIN a set of portable goal posts**

FSC has entered into a new sponsorship agreement with Peoplecare who will now hold the naming rights to the FSC Academy.

As part of this agreement each term, Peoplecare will run a competition whereby each FSC member (club official, player, their families and friends) that call Peoplecare to make a policy enquiry will go into the running to receive a free scholarship for an Academy term across the three academy locations.

In addition, the club that is nominated the most by all people making policy enquiries at the end of the year will receive a free set of portable goal posts.



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Playing sport can get a bit rough, so it's a good idea to look into the level of benefits for things like physio, chiro and dental.

If you're new to health insurance, already have cover, or are just shopping around, we'd love to help you out - no strings.

It's easy as! Just have a chat with one of our friendly Peoplecarers to compare your current health insurance with our own products. There's **absolutely no lock-in** and it's entirely for your peace of mind - we're just happy to help.

### And for the best part...

If you give us a buzz to compare your health cover, you'll go into the draw to win 1 of 9 FSC Peoplecare Academy scholarships (for April 2014, October 2014, February 2015) and a set of portable goal posts for your club!

**check it out**



Compare your health cover, no strings attached



**1800 808 700**



[peoplecare.com.au](http://peoplecare.com.au)



**1800 808 700**

### And just in case you're interested... we've got a **special joining offer**, just for you!

- \$200 for your FSC club
- One month free membership\*
- Immediate cover for Extras benefits that usually have a 2 & 6 month waiting period\*\*. This means that you can claim straight away for general dental, physio, chiro, natural therapies and more!
- \$50 off your glasses if you visit Peoplecare Eyes & Teeth before 30 June 2014\*\*\*
- Free electric toothbrush if you have a dental consultation at Peoplecare Eyes & Teeth before 30 June 2014\*\*\*

\* This offer is only available for Football South Coast families and supporters taking out a new Peoplecare membership before 30 June 2014. Not available with any other offers. \*\* Excludes Extras only and Ambulance only cover. One month free membership will be credited to your membership after you've made your first payment. 12 & 24 month waiting periods still apply. \*\*\* Peoplecare Eyes & Teeth is located at 63 Market St Wollongong NSW 2500. Offer ends 30 June 2014.

Lysaght Peoplecare Limited. A Registered Private Health Insurer. ABN: 95 087 648 753



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## **6. Ideas to Help Your Club Raise Much Needed Funds**



FSC has entered into a unique profit-sharing partnership with Illawarra Credit Union, where all local clubs have the opportunity to receive ongoing financial support.

How does it work?

Illawarra Credit Union will pay FSC 0.20% of the loan balances and 0.05% of the deposit balances of FSC players, coaches, families and friends. Just provide your FFA number when joining Illawarra Credit Union and FSC will distribute the appropriate amount to each of the individual clubs on a quarterly basis.

How can you find out more?

FSC are organising for the Illawarra Credit Union to come and chat to any clubs interested in getting involved with this partnership. It is a great fundraising opportunity to contribute to the future success of your club. For more information, contact:

Luke Potter

Illawarra Credit Union Partnerships Manager

Ph: 0417 825 554 | 02 4252 1328

Em: [lpotter@cu.com.au](mailto:lpotter@cu.com.au)

**Feel free to contact Luke for any marketing material that can be used by your clubs on your websites and Face book pages.**

## **7. Club Advertisements on FSC Website**

Football South Coast provides the opportunity for football clubs to advertise the following; vacant coaching positions and other required positions within a club on our website. This is located under the main heading Club/Teams (Club Advertisements).

Please forward all advertisements to Nichole Mears [admin@footballsouthcoast.com](mailto:admin@footballsouthcoast.com) including full details of the advertisement you wish to display.

Can you please stipulate if you wish the advertisement to be placed on our Website and/or Facebook page.