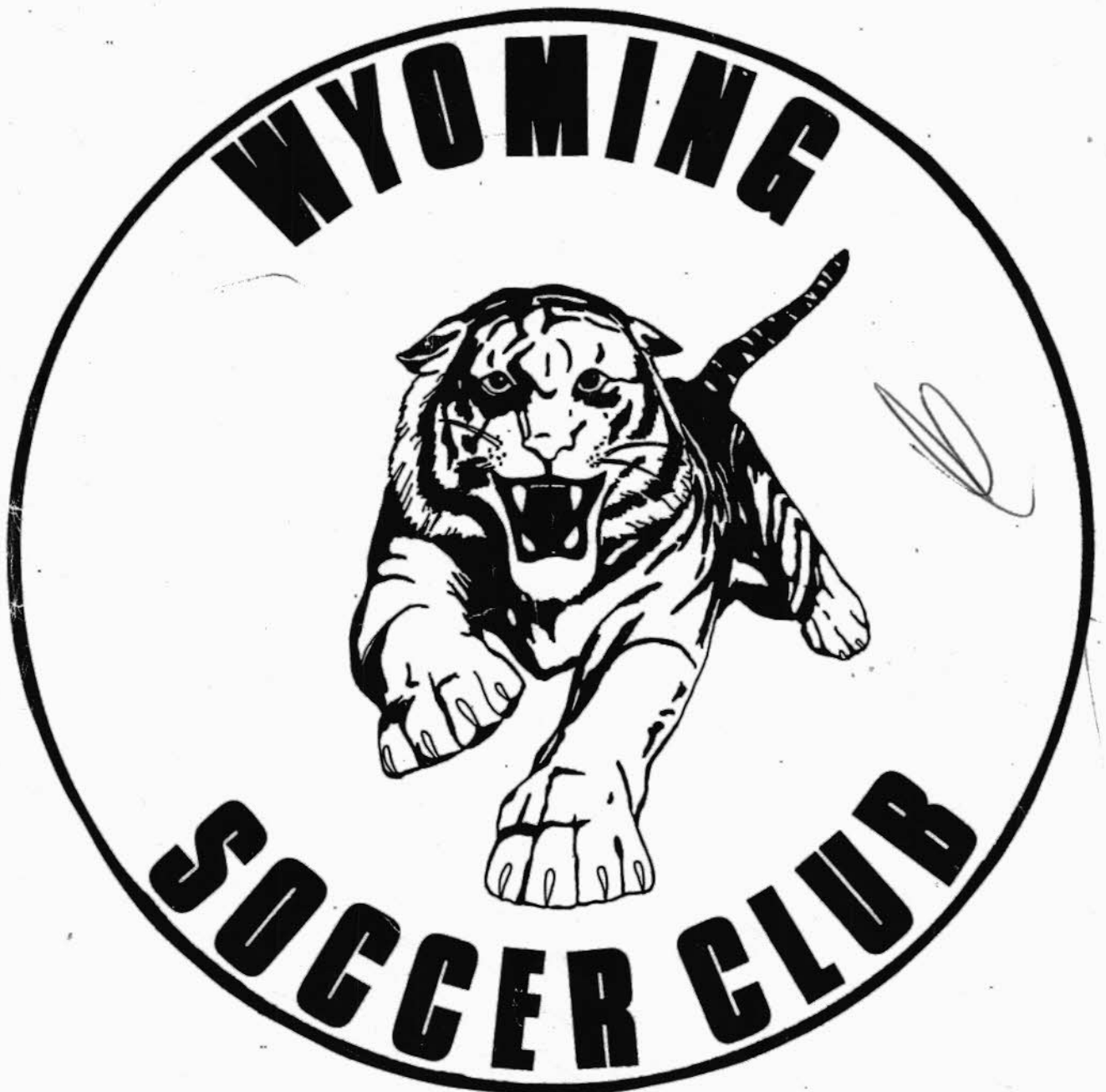


TIGER TALES

NEWS BULLETIN



~~130~~ 284
140

Wyoming. 291630
Rebecca Richardson
Sharnie ^{Naraya} Joan Parry 291324



243782

SECRETARY'S REPORT

Welcome to the 1993 season. The Committee of this season is made up of people who are not new to the Club or soccer but new to the Committee and they will need every assistance to make sure our Club continues to be the best on the Coast.

The Committee is :

President:	Bob O'Toole	28 4247
Vice President:	Steve Frame	62 1078
Secretary:	Marlene Bailey	24 3782
Assistant Sec/ Fixtures:	Gary Johnson	28 3743
Treasurer:	John DiCandilo	28 5395
Registrar:	Paula Robson	28 3003
Assistant Registrar:	Donald Sime	No Phone
Publicity Officer:	Mark Death	65 2566
Public Relations:	Phillip Robson	28 3003
Catering:	Peter Bech	28 4630
	Helen Carmody	29 1784
Social Secretary:	Robert Bray	28 1745
Committee Persons:	Ken Rowe	24 3707
	Jamie Robson	28 3530
	Clive Harrison	29 1735

If you have any questions of any of the above committee it would be appreciated if you could telephone before 9.00 p.m. at night as most of them have to get up early as they commute.

Following I will list some information that may be of help to you, especially if you are new to the club. If there is something that I have missed, no matter how small, please do not hesitate to contact me on 24 3782.

COACHING: Further on in the bulletin you will find a copy of a Newsletter received from the Central Coast Soccer Association. If you are interested in becoming or continuing as a coach it is in your own best interest to participate in the Accreditation Program. Please telephone me as soon as possible if you are interested in doing this course.

COMPULSORY MEETING: A compulsory meeting of ALL coaches and managers to be held at the Clubhouse, Alan Davidson Oval, Renwick Street, Wyoming on Monday, 22nd March, 1993. At this meeting you will be told of any rule changes etc., receive registration cards and have any questions answered that you may have.

Non-competition only at 7.00 p.m. Competition at 8.30 p.m.



WET WEATHER & GAME CHANGES: During the season, if you are in any doubt as to whether your games or venues have changed due to rain, you can telephone 24 3782 or 28 3743. If there are any changes there will be a recorded message. As these are private telephone lines it would be greatly appreciated if everyone could call after 7.00 a.m. and before 9.00 p.m.

SPONSORSHIP: We are trying very hard to arrange sponsors for all our teams and if you work for a firm that could be interested in this type of advertising please telephone our Publicity Officer, Mark Death on 65 2566.

NON COMPETITION GAMES: These games will commence on Saturday, 3rd April, 1993. There will be no games on Easter weekend.

COMPETITION GAMES: Games will commence on 3rd April, 1993 with no games held on Easter weekend.

Weather permitting the semi finals will be held on 11th September, and the Finals on 18th September, and Grand Finals on 25th September, 1993.

TRAINING: It is the responsibility of parents to arrange to get their children to training on time and be there to pick them up on time. Training is at Alan Davidson Oval, Renwick Street, Wyoming on an afternoon or evening that suits the Coach.

SOCIAL EVENTS: There will be several events arranged during the season to help raise money for the children towards end of season banners and trophies etc. and it would be appreciated if you could support these events. It is a terrific way to get to know everyone and also help the children. If you have any ideas or would like to help in any way please do not hesitate to telephone our Social Secretary, Bob Bray on 28 1745.

If you have any questions at all please telephone me on 24 3782.

Marlene Bailey
Secretary

1st SUNDAY
1M MARCH

- 3 -
1993 GRADING TIMES - VENUE PLUIM PARK, LISAROW

Teams Under 9 - Under 16

Sunday, 21st February, 1993 Field No. 2		Sunday, 28th February, 1993 Field No. 3
Under 9	10.00 a.m. - 11.00 a.m.	1.00 p.m. - 2.00 p.m.
Under 10	11.00 a.m. - 12 noon	2.00 p.m. - 3.00 p.m.
Under 11	12 noon - 1.00 p.m.	3.00 p.m. - 4.00 p.m.
Under 12	1.30 p.m. - 2.30 p.m.	4.00 p.m. - 5.00 p.m.
Under 13	2.30 p.m. - 3.30 p.m.	5.00 p.m. - 6.00 p.m.
Under 14	3.30 p.m. - 4.15 p.m.	6.00 p.m. - 6.45 p.m.
Under 16	4.15 p.m. - 5.00 p.m.	6.45 p.m. - 7.30 p.m.

Under 6, Under 7 & Under 8

No grading on soccer ability for these age groups, however selections of teams to be on Field No. 3 at Pluim Park on Sunday, 21st February, 1993 at the following times. If you have a need to put your child with some other child for transport reasons etc. could you please telephone Marlene on 24 3782 by 17th February, 1993.



Under 6	10.00 a.m. - 11.30 a.m.
Under 7	11.30 a.m. - 1.00 p.m.
Under 8	1.30 p.m. - 2.30 p.m.

COACHES NOMINATED FOR 1993

- | | |
|--|------------------------------|
| U10A - Rick Farr | U/10.2 - Don Sime |
| U/10.3 - Fred Glynn | U/11A - Reagan Coates |
| U/11.2 - Cliff and Adam Deane | U/12A - Malcolm Moffat |
| U/14A - Steve Frame | U/16A - Reagan Coates |
| First Grade - Bill Vrolyks | Res. Grade - John McLafferty |
| Third Grade - Clive Harrison | U/17 - J. Mobberley/C. Field |
| 1st Division/3rd Grade or Second Division - Don Sime | |
| Ladies: Les Place and Warren Malcolm | |

COACHES

We are a wholly voluntary organisation. All our Coaches and Managers come from within our own ranks - and, as the saying goes, THAT MEANS YOU.

Most of our Coaches and Managers of junior teams come from interested parents who are willing to put in a little time to help the children. As with most of life, the more you put in, the more you get back.

Some coaches started off as somewhat hesitant parents of an Under 6 or 7 player, and have coached for many years. As you can see on the next page, some of our teams already have coaches. For some other teams, there are regular coaches who come forward after their boy is selected into a team. For other teams, particularly in the younger age groups, we will be asking for volunteers. If we get a suitable coach from within the parents of the team, fine; if not, then we will endeavour to find you a coach.

Some of our coaches will come from the ranks of our older junior players. These boys have played soccer for maybe eight years, have acquired a number of soccer skills, and are willing to put something back into both the sport and the Club.

What is particularly important is that, if your team has a young coach, that he is helped by a good manager (applies to all teams). Our younger coaches give up time to coach a team, more time to train with their own team, and also cope with high school homework etc. So although they are more than welcome to attend our meetings on the 4th Monday of every month, we expect that an adult manager would be more suitable to perform this function, and to help with the non-coaching chores that come up from time to time.

Coaches and Managers are our most important asset. We try to give as much help as possible at all times.

Being a Coach or Manager can be a lot of fun, so after your team is selected and we ask for helpers don't hold back.

If you are interested in becoming a Coach or Manager it would be appreciated if you could telephone Steve Frame on 62 1078.

MEMO TO ALL COACHES & MANAGERS

When you are issued with your team's equipment, you will be asked to sign it out, and will be given a receipt which you will keep for your own reference.

If any of the equipment is lost or has to be replaced, please contact either Jamie Robson (Seniors) 28 3520 or Ken Rowe (Non

Competition and Junior Competition) 24 3707 or any committee person as soon as possible so that the Club can alter its records.

Please return ALL equipment as quickly as possible (you will be notified of the dates and times) at the end of the season to the above people.

Your co-operation in following these procedures would be greatly appreciated, as it will give the Club an accurate account when it is time to do stocktake.

Ken Rowe,
Gear Steward.

GROUND LOCATIONS



BERKELEY VALE	Kurraba Street, Berkeley Vale.
BUDGEWOI	Scenic Highway, Budgewoi (near Caravan Park)
EAST GOSFORD	Hylton Moore Park, East Gosford.
GOSFORD CITY	Gavenlock Oval, Adam Street, Gosford.
KARIONG	Mt. Penang Complex (See below)
KANWAL ROVERS	Turn into Pearce Road off Pacific Highway, Kanwal.
KILLARNEY DIST.	Entrance Road (near High School) Bateau Bay.
KINCUMBER	Frost Reserve, Kincumber.
OURIMBAH UNITED	Chittaway Road, Ourimbah.
SOUTHERN ETTALONG	James Brown Oval, Woy Woy (1st Right past Olympic Pool)
P.M.K. UNITED	Bloodtree Road, Mangrove Mountain.
SWANSEA	Channell Street, Swansea.
TERRIGAL	Duffys Road, off Terrigal Drive, Terrigal.
THE ENTRANCE	
TOUKLEY GOROKAN	Crossingham Street, Toukley
UMINA UNITED	Umina Oval, off Melbourne Street, Umina.
WOY WOY	Blackwall Road, turn left before Woy Woy Leagues Club
WYOMING	Alan Davidson Oval, Renwick Street, Wyoming.
WYONG	Baker Park, Wyong.
LADIES	

NOTE: The following rules apply to visitors to Mt. Penang complex.

1. Fields are not available prior to 8.30 a.m.
2. All players, parents and visitors to be out of complex no later than 1.30 p.m.
3. All players, parents and visitors to remain in the playing fields area and are not to wander around the complex.
4. All cars are to be parked within the designated areas within the environs of the playing fields.

SOCIAL SECRETARY'S REPORT

STARLIGHT FOUNDATION DANCE

WHEN - Saturday, 27th March, 1993
WHERE - Gosford R.S.L. Club
TIME - 7.30 p.m.
TICKETS - \$ 18.50 (Tax Deductible) includes Supper and
Dessert, Tea & Coffee
Disco, with give away prizes
Lucky door prize

The Starlight is a Charity for the terminally ill children to grant a wish.

TICKETS AVAILABLE - from Bobby Bray 28 1745

COME ON WYOMING SHOW YOUR SUPPORT

Mark Death will be selling raffle tickets for an Australian Cricket Bat signed by the Australian Cricket Team.
Telephone No. for Mark - 65 2566

Proceeds will go to the Starlight Foundation.

We have a tentative booking for Saturday, 24th April, 1993 for a Club Disco. We will let club and players know when tickets go on sale.

CATERING REPORT

Firstly, I would like to take this opportunity to welcome all new members and returning members to the Club for the 1993 season.

Like all other businesses the Club faces increasing costs each year. The Canteen is the Clubs major source of income and requires the assistance of all associated with the Club to operate successfully.

As in the previous years we will be calling upon you to give up a few hours of your time to help in our canteen.

I look forward to the challenge of operating the canteen for the first time during 1993, with the assistance of Helen Carmody and the Committee.

Peter Bech,
Catering Officer

STAR

PROGRAMME

Eligibility	20 LOCAL CLUB PLAYERS ONLY AGE GROUPS 10 - 14 (BOYS/GIRLS)
When/Where	MONDAY NIGHTS 6PM - 7.30PM 20 WEEKS AT PLUIM PARK
Coach	AN EXPERIENCED AND QUALIFIED COACH APPROVED BY THE C.C.S.A.
Object	TO INTRODUCE LOCAL CLUB PLAYERS TO DEVELOP BETTER TECHNIQUES OF THE GAME
Trials	MONDAY 5 APRIL 1993, 6PM PLUIM PARK TO SELECT THE 20 PLAYERS
Cost	\$100 FOR SEASON OR \$20 PER MONTH TO BE PAID IN ADVANCE

FOR FURTHER ENQUIRIES CONTACT KEVIN BEST 284806

FIRST AID & INJURY INFORMATION

SPORTS INJURY CLAIMS

If a player is injured during a game or at training he/she must do the following:-

1. Report it to the manager of the team (even if the injury does not appear at the time of the game, but later when you get home and cool down). It does not matter how small the injury may seem it is better to report it and send in a claim as if the claim is not registered in Sydney within one month there is no come-back to claim at a later date.

2. Contact Secretary, Marlene Bailey to obtain a claim form - telephone 24 3782.

(a) One form is to be completed by the player

(b) One form is to be completed by the Doctor or Hospital etc.

(c) These forms MUST be returned to the Secretary DEFINITELY within two weeks of the injury for the forms to be returned to the Insurance Company.

(d) REMEMBER - it does not matter how small the claim, fill in the relevant form and return to the Secretary.

(e) Under no circumstances are the Claim Forms to be sent direct to the Insurance Company, they must come back to the Secretary for signature. These forms have to be processed through our own Club and then through the Association so it is imperative that they be forwarded early and through the correct channels before the time limit.

Certain questions must be answered on the claim form, so it would be a good idea to take notice of the following:-

1. Type of injury
2. Date of injury
3. Time and place of injury

NOTE: SERIOUS INJURIES MUST BE SEEN BY A DOCTOR.

BLEEDING RULE

Any player bleeding from an injury or otherwise are to be removed immediately from the field of play and may not resume playing until the bleeding has been completely stemmed and properly covered.

This is a F.I.F.A. ruling and must be strictly adhered to by Clubs, their players, coaches and managers, and referees (both official and unofficial).

DRINK BOTTLES

It is a must that all players have their own drink bottles for both training and playing days.

BUCKET AND SPONGES

Buckets and sponges on the field can create serious health problems between players. Spray bottles are recommended in place of Bottles and Sponges.

R.I.C.E. MANAGEMENT

R Rest the casualty and the injured part

I Ice packs wrapped in a damp cloth may be applied to the injury - 20 minutes on and re-applied every two hours for the first 24 hours then every four hours for a further 24 hours.

C Compression - Compression bandage - i.e. elastic bandages should be applied to extend well beyond the injury

E Elevate the injured part.

Rice is used for bruises, sprains, corked thigh, shoulder and muscle injuries.

WINDED PLAYER

Cause A blow to the upper abdomen

Management Lay the player down in a comfortable position that assist breathing

DO NOT Do not pump the legs or massage the abdominal wall as this may cause further damage if the injuries are serious.

REMEMBER ANY INJURY THAT IS SWOLLEN OR DEFORMED OR THERE IS EXTREME PAIN MUST BE ATTENDED TO BY A DOCTOR

Following is a copy of the Audited Report for the 1992 season for your perusal. We are enclosing same as this document was not available for the Annual General Meeting in October, 1992.

If you have any questions about this report please do not hesitate to ask any of the committee.

WYOMING SOCCER CLUB INC.

 PROFIT AND LOSS STATEMENT

 FOR THE YEAR ENDED 30 SEPTEMBER 1992

INCOME

	\$	\$
Kiosk Trading :		
Sales	15,877.87	
less Purchases	12,802.13	3,075.74

Clothing Trading :		
Sales	1,671.00	
less Opening Stock	1,059.50	
Purchases	2,740.00	
add Closing Stock	1,862.00	(266.50)

Fund Raising		2,163.50
Interest Received		102.63
Miscellaneous Revenue		152.30
Prize Money		2,000.00
Registration Fees		22,072.00
Social Events		457.15
Team Photographs		81.60
Team Sponsorship		1,800.00
"Tiger Tales" Advertising		150.00
Under 7 Gala Day		717.80

		32,506.22

EXPENSES

Administration Costs	615.02	
Advertising and Promotions	288.12	
Answering Machine	99.00	
Bank and Government Charges	180.96	
Coaching Fees	2,500.00	
Competition Expenses	14,239.50	
Equipment and Uniform Expenses	4,222.18	
Ground Fees	3,240.00	
Honoraria	1,596.45	
Insurance	271.95	
Maintenance and Repairs	693.08	
Microwave Oven	279.00	
Miscellaneous Expenses	970.50	
Presentation and Trophies	4,819.75	
Printing and Stationery	919.64	34,935.15

GROSS PROFIT/(LOSS)		(2,428.93)
		=====

WYOMING SOCCER CLUB INC.

AUDITOR'S CERTIFICATE

I have examined the books and accounts of the Wyoming Soccer Club Inc. for the season ended 30th September, 1992, and state that in my opinion the accompanying Financial Statements are in accordance with the Club's activities for that season.

Dated at Sydney this 11th day of December, 1992.

R.J. Edwards
R.J. EDWARDS C.P.A.
Hon. Auditor

FAIR PLAY CODES FOR CHILDREN IN SPORT

PLAYER

1. Play for your own enjoyment, not just to please parents, teachers or coaches.
2. Control your temper, fighting and 'mouthing off' spoil the game for everybody.
3. Co-operate with your team-mates and opponents for without them you don't have a team.
4. Play by the rules.
5. Work equally hard for yourself and your team. Your team's performance will benefit and so will your own.
6. Winning is only part of it. Having fun, improving skills, making friends and doing your best, are also important.
7. Cheer all good plays, both your teams and the opponents.
8. Remember that coaches and officials are there to help you. Co-operate with them.

PARENTS

1. Remember children play for their enjoyment, not yours.
2. Encourage your child to play by the rules of the game and by the fair play codes.
3. Show your appreciation of volunteer coaches and managers.
4. Never ridicule or yell at your child for making mistake or losing a competition.
5. Turn defeat into victory by emphasising the value of honest effort, skill, improvement and fair play.
6. As spectators, applaud all good plays both your teams and the opponents.
7. Actions speak louder than words. Make sure your behaviour sets a good example for fair play.
8. Support all efforts to remove violence from childrens sport.

1. Do not force an unwilling child to participate in sports.
2. Remember, children are involved in organised sports for their enjoyment, not yours.
3. Encourage your child to always play by the rules.
4. Teach your child that honest effort is as important as victory so that the result of the game is accepted without due disappointment.
5. Turn defeat into victory by helping your child work towards skill, improvement and good sportsmanship.
6. Never ridicule or yell at your child for making a mistake or losing a competition.
7. Remember that children learn best by example. Applaud good play by your team and by members of the opposing team.
8. Do not publicly question the officials judgement and never his honesty.
9. Support all effort to remove verbal and physical abuse from childrens sporting activities.
10. Recognise the value and importance of volunteer officials and coaches. They give their time and resources to provide recreational activities for your child.
11. Appreciate the worth and value to the game of the referees and linesmen/women, by co-operating where possible.
12. Referees with linesmen are not infallible, especially in making off-side decision, offer your services. He will adapt his refereeing to your experience. Finally, realise that there is nothing wrong with competition as long as adults are making every effort to maximise the positive aspects of childrens sports.

PLAYERS EQUIPMENT

SHOES: Ideally a player should have three types of shoes - the short rubber moulded soles for harder grounds, the long screw-in type studs for softer or wet grounds; training shoes for either training, warming up or wearing to and from training and matches.

Studs are used to give the players the correct footing. As our grounds are generally hard most of the year, a pair of the rubber-moulded sole type is first preference, especially with young players who grow quickly out of shoes and who only have one pair of shoes at a time.

Proper attention to shoes is essential for a player wishing to perform near his peak.

Like most things, shoes will last longer and serve you better if they are cared for. Ordinary shoe polish is satisfactory although there are leather reconditioners on the market which are ideal for prolonging the life of your shoes. With wet shoes many make the mistake of putting them out in the sun the following day. This tends to make the leather harder and the shoes more uncomfortable to wear the next time. Always wash excess mud and debris off shoes immediately and leave to dry as normally as possible without putting them in the direct rays of the sun.

New shoes should be worn-in gradually before wearing them in an actual match. Many make the mistake of playing in them immediately. This can result in badly blistered feet and perhaps missing out on playing in the following match. It takes several wearings to mould shoes to your feet and this is best done over short trial periods. Dampening before use is also useful in breaking-in new shoes.

For youngsters who, because of rapid physical growth during a season, have to buy shoes slightly bigger in sizes, padding is also helpful. They can either pad toes with cotton wool or wear two pairs of socks which will give better fit until they grow into the shoes.

LACES: These seem of minor importance but often cause the most trouble. Many a match has been lost because one of the players is out of action retying laces or repairing broken ones. Tie laces on the outside of the shoe - the area least used for kicking. Always carry a spare set of laces for emergency. Better still, check laces before going to training or matches. After laces are tied they can be covered by wrapping P.V.C. tape around the shoe to ensure the laces do not come untied.

SOCKS: These should be light, comfortable and always kept up. Sloppy appearance leads to sloppy play broader elastic garters are preferable for keeping socks up to other forms of thinner tie ups. Thinner ones tend to hinder circulation and many cause circulatory 'problems with players' legs later in their careers.

SHIN PADS: Shin pads are **COMPULSORY**. Referees will remove any players not wearing shin pads from the field of play and will not be allowed to return until such time as they are wearing same. If any player receives fine for not wearing shin pads they will have to pay the cost of same themselves, the club will not be paying for fines of this nature.

SHORTS: Should be comfortable and light with plenty of room for the who range of movements.

TRACKSUITS: Especially in the winter months, training and warmups for matches should be carried out in tracksuits. The idea is to keep the muscles warm and ready for action and to this end tracksuits serve a good purpose. When showers are unavailable after matches, too, tracksuits help in cooling of the body down and preventing 'flu and other viral infections.

GOALKEEPERS: Although basically similar to the needs of other players, there are some equipment "aids" which are different from his team mates.

Gloves: For wet weather or moist grounds to improve handling. It is much harder to handle a wet and greasy ball then a dry one and gloves are a great help in this respect. Many matches are lost because the "keeper" lets the wet ball slip through his hands - something that could be avoided if he is wearing gloves.

Cap: Nearly always essential to keep the sun and glare out of the eyes a cap is essential in this respect because a goalkeeper more than any other player is exposed to so many match-deciding high balls.

All the recommendations listed above are to assist you in purchasing equipment for your boy or girl, however, it is only essential to buy shoes, socks and shorts, all other items mentioned are recommended but NOT compulsory.



COACHES INSTRUCTIONS

The Club has available for coaches, several coaching instruction manuals for their perusal.

As with most jobs one takes on, one needs guidance and it will be a great benefit to you if you take time to use them.

If you are interested in advancing your qualifications and experience in the art of coaching, the enclosed Accredited Coaching Articles explains all you need to know. Please telephone me if you are interested in attending this course.

GENERAL ADVICE TO COACHES

While the position of coach and manager are voluntary within our Club, it follows that having accepted the position, and the welfare of each individual boy or girl must be paramount.

1. If we are to teach by example, we must set a good example.
2. If we expect the boys to be punctual and well behaved, we must be punctual and well behaved.
3. Look like a coach and as if you are taking it seriously. Dress appropriately.
4. Have patience, understanding and tact - but never be weak or indecisive.
5. Be confident, enthusiastic and organised. it will rub off on the boys.
6. Praise good work and encourage real effort; try to be positive cheerfully.
7. Prepare your coaching session beforehand and know exactly what you intend to attempt in the time available. Ensure the equipment you need is available.
8. Evaluate last weeks game and think of next weeks game.
9. Vary the training program to maintain players' interest; boredom is deadly.
10. Introduce new techniques and tactical elements only progressively.
11. Keep as many players as possible occupied as constantly as possible. Avoid long spells of inactivity which breaks concentration.
12. Involve parents. Break your team up into groups at training with set exercises under the eye of a responsible parent while you concentrate your attention where it is required most.

13. Make sure the floodlights, or sun is behind your boys so that they are not blinded when doing set exercises.
14. All exercises should be demonstrated
 - (a) without the ball
 - (b) with ball in slow motion
 - (c) with ball at speed
 - (d) Under pressure or near match conditions.
15. Show one exercise at a time. A solid demonstration is far more effective than almost any amount of description. The demonstration should give a clear picture of the exercise.
16. If the players don't respond to a particular point, it should not be repeated over and over again, but should be shown and explained in another way.
17. Use boys of higher ability in demonstrating.
18. Must accept that in any group of junior players there will be varying levels of advancement and a natural ability and we must be prepared to encourage and spend more time with the least able.
19. See that mistakes are eliminated and the skills properly mastered.
20. Don't talk unnecessarily. Allow your players to learn things by doing rather than listening.
21. Speak slowly and clearly. Use the correct terms so that everybody can understand what you mean.
22. See that the players are comfortable and relaxed and able to see and hear you without difficulty.
23. Coaches and managers should NOT show dissension in front of their boys.
24. Maintain discipline at all times and do not permit slackness.
25. There is absolutely no excuse for the use of bad language, or for vehement criticism or abuse.
26. It might be bad for the canteen, but boys should not eat PIES ETC. before taking the field.
27. Do not coach from the sidelines. Apart from being illegal, constant instructions during a game may confuse your players. In any case most of the advice is lost in the general noise. Avoid strong criticism of individuals at half-time or even at full-time. Save your criticism for training sessions.
28. We must accept a responsibility to ensure we don't pressure our juniors such that we deprive them of all

enjoyment through participation in the sport, and we find them leaving the code before they start.

29. Do not extend the boys beyond their physical limits.

30. Insist on full authority as team coach. Do not listen to friendly "advice" from parents or committeemen of your Club. Without being rude, point out to them that you are in sole charge of the team, that you have been employed as the coach and that you would appreciate being left alone to do the job.

31. Knowledge should be increased by reading and attending coaching classes.

THE ACTIVE MEMBER

Are you an active member, the kind that would be missed or are you just content that your name is on the list?

Do you attend the local meetings and mingle with the flock or do you stay at home and criticise and knock?

Do you bring in new members and help the old ones stick or do you leave the work to a few and talk about the clique?

Do you take an active part to help the work along, think this over member, do you know right from wrong, are you an active member, or do you just belong.

REGISTRATION CARDS: REMAIN THE PROPERTY OF THE CENTRAL COAST SOCCER ASSOCIATION AND MUST BE RETURNED TO YOUR CLUB REGISTRAR ON COMPLETION OF YOUR LAST MATCH.

REGISTRATION CARDS MUST BE PRODUCED AT AT THE OFFICIAL TABLE AT ALL GROUNDS FOR ALL COMPETITION GAMES.

COACHES, DON'T FORGET - WHEN CHOOSING YOUR MANAGER, THIS PERSON MUST NOT BE A MEMBER OF YOUR FAMILY, AS WE MUST HAVE SOMEONE TO CONTACT IF YOU ARE NOT HOME AND THERE IS MORE CHANCE OF GETTING ONE OR THE OTHER IN AN EMERGENCY. (i.e. LAST MINUTE CHANGE OF DRAW etc.)

NCLEMENT WEATHER: In case of wet weather for training you can telephone 24 3782 and there will be a message on the answering machine after 3.30 p.m.

In the case of wet weather for competition games you can telephone 24 3782 or 28 3743. It would be greatly appreciated if you could the wet weather numbers after 7.00 a.m. and before 9.00 p.m. for the competition games.

MEMO TO ALL SENIOR PLAYERS

Welcome to the 1993 season. The Committee hope you all have a very enjoyable and successful season.

Coaches for the 1993 season:-

First Grade - Bill Vrolyks 41 0126
Reserve Grade - John McLafferty 29 1678
Third Grade - Clive Harrison 29 1735
1st Divison/3rd Grade or Second Division -
Don Sime

Training Program as follows:-

Thursday	-	4th February	-	Umina Beach	-	6.30 p.m.
Tuesday	-	9th February	-	Umina Beach	-	6.30 p.m.
Thursday	-	11th February	-	Gosford High	-	6.30 p.m.
Tuesday	-	16th February	-	Gosford High	-	6.30 p.m.
Thursday	-	18th February	-	Gosford High	-	6.30 p.m.
Tuesday	-	23rd February	-	Gosford High	-	6.30 p.m.
Thursday	-	25th February	-	Gosford High	-	6.30 p.m.
Sunday	-	28th February	-	Gosford High	-	Trial Game
Tuesday	-	2nd March	-	Gosford High	-	6.30 p.m.
Thursday	-	4th March	-	Gosford High	-	6.30 p.m.
Sunday	-	7th March	-	Gosford High	-	Trial Game
Tuesday	-	9th March	-	Alan Davidson	-	7.00 p.m.
Thursday	-	11th March	-	Alan Davidson	-	7.00 p.m.
Sunday	-	14th March	-	Gosford High	-	Trial Game
Tuesday	-	16th March	-	Alan Davidson	-	7.00 p.m.
Thursday	-	18th March	-	Alan Davidson	-	7.00 p.m.
Sunday	-	21st March	-	Gosford High	-	Trial Game
Tuesday	-	23rd March	-	Alan Davidson	-	7.00 p.m.
Thursday	-	25th March	-	Alan Davidson	-	7.00 p.m.
Sunday	-	28th March	-	Gosford High	-	Trial Game
Tuesday	-	30th March	-	Alan Davidson	-	7.00 p.m.
Thursday	-	1st April	-	Alan Davidson	-	7.00 p.m.

Every Tuesday and Thursday at Alan Davidson at 7.00 p.m. thereafter.

FIRST COMPETITION GAME: Sunday, 4th April, 1993

CENTRAL COAST SOCCER ASSOCIATION LIMITED NEWS LETTER - TO CLUB COACHES

ARE YOU AN ACCREDITED QUALIFIED COACH ?

IF YOU HAVEN'T ATTENDED AN ACCREDITED COACHING COURSE (eg Level 1 or 2) AND ARE NOT REGISTERED WITH THE AUSTRALIAN COACHING COUNCIL (ACC), YOU ARE NOT QUALIFIED AND COULD LEAVE YOURSELF LEGALLY RESPONSIBLE FOR ANY INJURY OR MISHAP INCURRED WHILST COACHING

IMPORTANT

AS FROM 1 JANUARY 1993 ALL COACHES HAVE 4 YEARS TO GAIN SUFFICIENT POINTS TO GAIN ACCREDITATION

25 POINTS FOR LEVEL 1

60 POINTS FOR LEVEL 2

100 POINTS FOR LEVEL 3

POINTS ARE GAINED BY PARTICIPATING IN THE GAME AS A COACH AND KEEPING UPTO DATE WITH DEVELOPMENTS BY ATTENDING SEMINARS OR REFRESHER COURSES

A SUMMARY OF THE POINTS SYSTEM

COACHING

-	AMATEUR TEAM (Junior/Senior)	5 points per year
-	SYDNEY YOUTH TEAM	7 points per year
-	SENIOR (SEMI PROFESSIONAL)	15 points per year

COURSES

-	LEVEL 1 SOCCER COURSE	25 points
-	LEVEL 2 SOCCER COURSE	60 points
-	LEVEL 3 SOCCER COURSE	100 points
-	FITNESS FOR SOCCER COURSE	6-12 points
-	OTHER APPROVED SEMINARS	3 points
-	REASSESSMENT SESSION	15-30 points

THE OBJECTS OF THE SCHEME ARE

- ALL COACHES ARE ACCREDITED
- ALL COACHES ARE REGISTERED
- ONLY REGISTERED COACHES WILL BE EMPLOYED

WHAT HAVE I GOT TO DO ?

To coach a local junior or senior team, you will be required to attain, at least, a Level 1 Coaching Certificate and register with the ACC (25 points)

You must then total another 25 points in the next 4 years to maintain your accreditation at Level 1 (i.e. coach a team for the 4 years (20 points) and attend a fitness course (6 points) within those 4 years). If you do not attain your points over the 4 years you simply have to start again by attending an update or a complete course.

HOW TO REGISTER WITH THE ACC

After obtaining a written coaching certificate forward a copy plus \$10 cheque made payable to the ACC to the NSW SF, 482 Meurants Lane, Parklea, 2155.

You will receive a log book in the post.

NEXT AVAILABLE COURSES

LEVEL 1 COURSES WILL BE CONDUCTED EARLY NEXT YEAR AND CAN BE ARRANGED BY YOUR OWN CLUB WITH ONE MONTH'S NOTICE

LEVEL 2 COURSE WILL BE CONDUCTED DURING NOVEMBER

CENTRAL COAST SOCCER ASSOCIATION LIMITED

LEVEL 1 COACHING COURSE

IMPORTANT :

COACHES MUST ATTEND A LEVEL 1 COURSE BEFORE PROCEEDING TO A
LEVEL 2 COURSE

IN THE NEAR FUTURE IT WILL BE NECESSARY FOR ANYONE WANTING TO
COACH A TEAM TO HAVE ATTENDED A LEVEL 1 COURSE.

14 HOURS OF TUITION

SCHEDULE

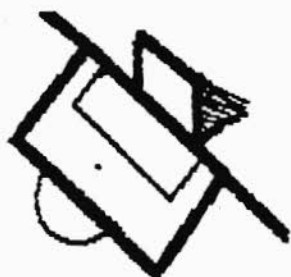
SESSION 1	ORGANISATION AND ROLE OF COACH	1.30 HOURS
	ROO BALL EXAMINATION	1 HOUR
SESSION 2	STRIKING	1.30 HOURS
SESSION 3	PASSING	1.30 HOURS
SESSION 4	DRIBBLING AND RUNNING	1 HOUR
SESSION 5	RECEIVING	1 HOUR
SESSION 6	GOALKEEPING	1 HOUR
SESSION 7	SPORTS INJURIES	1.30 HOURS
	INJURIES EXAMINATION	1 HOUR
SESSION 8	COACHING ASSESSMENT	3 HOURS
	INCLUDING DEMONSTRATION	
	(10 MINUTES PER COACH)	

COST \$8 (INCLUDES NOTES AND INJURY BOOKLET)

COACHES SHOULD BE PREPARED TO PARTICIPATE
IN THE SESSIONS and MUST ATTEND ALL SESSIONS

16 - 20 PERSONS ARE REQUIRED FOR EACH COURSE. A COURSE CAN BE
ORGANISED AT A CLUB LOCATION IF YOU HAVE THE NUMBERS. MAYBE YOU
CAN AMALGAMATE WITH A NEIGHBOURING CLUB, OTHERWISE COURSES
WILL BE HELD AT PLUIM PARK

BOOKING MUST BE KNOWN WITH ONE MONTHS WARNING



MINI & NON COMP 1993

GUIDELINES FOR COACHES, PARENTS & SUPPORTERS

The aims of mini soccer are to provide:-

- 1) Maximum participation
- 2) Maximum enjoyment
- 3) No pressure on players to perform
- 4) Results do not matter

Coaches are asked to observe the following suggestions:-

U6 & U7

- 1) Players should be encouraged to participate as much as possible.
- 2) Do not put players into specific positions - allow them to chase the ball and have as many kicks as possible.
- 3) The two coaches in each game should take a sideline each and help and encourage players of both sides.
- 4) If refereeing you should help the children as much as possible making sure they kick the ball in the right direction and encouraging them to enjoy the game. If it is necessary to stop play ensure the reason is fully explained to the offending player in a polite and not abrasive manner.
- 5) Whilst there are no corner kicks coaches should still encourage their players to clear the ball not just kick it out to get a goal kick. Such a practice could be constituted as ungentlemanly conduct and be subject to disciplinary action.

U6, U7 & U8

Whilst the offside rule does not apply it is not in the interest of the game to purposely position a player, or encourage a player to be, in an offside position. Any coach who persists in so doing will be guilty of ungentlemanly conduct and liable to disciplinary action.

U6, U7, U8 & U9

- 1) Mini and Non Comp Soccer is meant to be a nursery for our young players. Therefore any undue pressure can have an adverse effect on the players. Accordingly coaches are to make the players supporters aware that their conduct on the sideline can have considerable effect on the players. Whilst it would be adverse to completely curb their enthusiasm any over eager supporter should be brought into line.
- 2) In the majority of instances these games are refereed either by parents, coaches or relatively inexperienced young referees. Accordingly any criticism of their performance cannot be tolerated.
- 3) In regard to the foregoing points C.C.S.A Regulations B22 and D22 provide severe penalties against offenders and their Clubs.

Laws of the game are attached for the various age groups. It is suggested that each Mini and Non Comp coach is given a copy of this sheet together with the laws for his age group. It is also suggested that a copy of this sheet be distributed to all parents and supporters either directly or by reproduction in your Club newsletter.

IN 1993 LET THE
KIDS ENJOY
THEIR SOCCER



C.C.S.A. LTD. RULES FOR MINI SOCCER U/6 AND U/7

- 1) BALL SIZE: SIZE 3 BALL
- 2) GAME DURATION: 15 MINUTES EACH WAY
- 3) NO COACHES ON THE FIELD OF PLAY
- 4) NUMBER OF PLAYERS: 6, ONE OF WHOM SHALL BE THE GOALKEEPER
- 5) SUBSTITUTES:
 - THERE IS NO LIMIT TO THE NUMBER OF SUBS.
 - PLAYERS MAY BE SUBSTITUTED AT ANY TIME BY A PLAYER WHO HAS ALREADY PLAYED IN THE GAME.
 - PLAY NEED NOT BE STOPPED TO MAKE A SUBSTITUTION AND THE REFEREE NEED NOT BE ADVISED. HOWEVER A PLAYER MUST LEAVE THE FIELD PRIOR TO HIS SUBSTITUTE COMING ON.ALL PLAYERS MUST PLAY AT LEAST HALF A GAME.
- 6) NO COACHING WILL BE ALLOWED FROM THE SIDELINE, EXCEPT BY THE COACH AND THEN ONLY IF INFORMATION AND ENCOURAGEMENT IS GIVEN IN A QUIET AND NON HYSTERICAL MANNER.
- 7) OFF SIDE:
 - THERE IS NO OFFSIDE, HOWEVER PLAYERS MUST BE IN THEIR OWN HALF AT KICK OFF.
 - COACHES ARE NOT TO ENCOURAGE PLAYERS TO BE OR POSITION PLAYERS IN AN OFF SIDE POSITION.
- 8) FREE KICKS:

ALL FREE KICKS WILL BE INDIRECT. A GOAL CANNOT BE SCORED FROM A FREE KICK UNLESS THE BALL IS PLAYED OR TOUCHED BY ANOTHER PLAYER OTHER THAN THE KICKER BEFORE IT PASSES THROUGH THE GOAL.

 - ALL OPPOSING PLAYERS MUST BE AT LEAST 6M FROM THE BALL.
 - ANY FREE KICKS FOR EITHER SIDE GIVEN WITHIN THE PENALTY AREA SHALL BE TAKEN FROM A POINT ON THE EDGE OF THE PENALTY AREA CLOSEST TO WHERE THE INFRINGEMENT TOOK PLACE.
- 9) PENALTY KICKS:

THERE WILL BE NO PENALTY KICKS. ANY FREE KICKS RESULTING FROM INFRINGEMENTS WITHIN THE PENALTY AREA WILL BE TAKEN FROM THE NEAREST POINT ON THE ENDGE OF THE PENALTY AREA. SUCH FREE KICK WILL BE INDIRECT FREE KICK AS DESCRIBED ABOVE.
- 10) GOAL KICKS: MAY BE TAKEN FROM ANYWHERE WITHIN THE PENALTY AREA OR FROM THE LINE MARKING THE PENALTY AREA.
- 11) THROW INS: WILL BE TAKEN. HOWEVER A FOUL THROW IN WILL NOT MEAN AN AUTOMATIC TURNOVER. THE SAME THROWER IS TO BE SHOWN THE CORRECT WAY AND ALLOWED TO TAKE THE THROW AGAIN. OPPOSIT-ION PLAYERS ARE NOT TO IMPEDE THE THROW.
- 12) GOALKEEPERS: GOALKEEPERS RECEIVING THE BALL IN THE NORMAL COURSE OF PLAY ARE NOT BOUND BY THE FOUR STEP RULE AND MAY CARRY THE BALL TO THE EDGE OF THE PENALTY AREA BEFORE RELEASING IT.
- 13) CORNER KICKS: THERE WILL BE NO CORNER KICKS. WHEN THE BALL PASSES OVER THE BACKLINE PLAY WILL RECOMMENCE WITH A GOAL KICK NO MATTER WHICH SIDE PUT IT OUT.

C.C.S.A. LTD. RULES FOR NON-COMP U/8

- 1) BALL SIZE: SIZE 3 BALL
- 2) GAME DURATION: 20 MINUTES EACH WAY
- 3) NO COACHES ON THE FIELD OF PLAY
- 4) NUMBER OF PLAYERS: 9, ONE OF WHOM SHALL BE THE GOALKEEPER
- 5) SUBSTITUTES:
 - THERE IS NO LIMIT TO THE NUMBER OF SUBS.
 - PLAYERS MAY BE SUBSTITUTED AT ANY TIME BY A PLAYER WHO HAS ALREADY PLAYED IN THE GAME.
 - PLAY NEED NOT BE STOPPED TO MAKE A SUBSTITUTION AND THE REFEREE NEED NOT BE ADVISED. HOWEVER A PLAYER MUST LEAVE THE FIELD PRIOR TO HIS SUBSTITUTE COMING ON.ALL PLAYERS MUST PLAY AT LEAST HALF A GAME.
- 6) NO COACHING WILL BE ALLOWED FROM THE SIDELINE, EXCEPT BY THE COACH AND THEN ONLY IF INFORMATION AND ENCOURAGEMENT IS GIVEN IN A QUIET AND NON HYSTERICAL MANNER.
- 7) OFF SIDE:
 - THERE IS NO OFFSIDE, HOWEVER PLAYERS MUST BE IN THEIR OWN HALF AT KICK OFF.
 - COACHES ARE NOT TO ENCOURAGE PLAYERS TO BE OR POSITION PLAYERS IN AN OFF SIDE POSITION.
- 8) FREE KICKS:

ALL FREE KICKS WILL BE INDIRECT. A GOAL CANNOT BE SCORED FROM A FREE KICK UNLESS THE BALL IS PLAYED OR TOUCHED BY ANOTHER PLAYER OTHER THAN THE KICKER BEFORE IT PASSES THROUGH THE GOAL.

 - ALL OPPOSING PLAYERS MUST BE AT LEAST 6M FROM THE BALL.
 - ANY FREE KICKS FOR EITHER SIDE GIVEN WITHIN THE PENALTY AREA SHALL BE TAKEN FROM A POINT ON THE EDGE OF THE PENALTY AREA CLOSEST TO WHERE THE INFRINGEMENT TOOK PLACE.
- 9) PENALTY KICKS:

THERE WILL BE NO PENALTY KICKS. ANY FREE KICKS RESULTING FROM INFRINGEMENTS WITHIN THE PENALTY AREA WILL BE TAKEN FROM THE NEAREST POINT ON THE ENDGE OF THE PENALTY AREA. SUCH FREE KICK WILL BE INDIRECT FREE KICK AS DESCRIBED ABOVE.
- 10) GOAL KICKS: MAY BE TAKEN FROM ANYWHERE WITHIN THE PENALTY AREA OR FROM THE LINE MARKING THE PENALTY AREA.
- 11) THROW INS: WILL BE TAKEN. HOWEVER A FOUL THROW IN WILL NOT MEAN AN AUTOMATIC TURNOVER. THE SAME THROWER IS TO BE SHOWN THE CORRECT WAY AND ALLOWED TO TAKE THE THROW AGAIN. OPPOSIT-ION PLAYERS ARE NOT TO IMPEDE THE THROW.
- 12) GOALKEEPERS: GOALKEEPERS RECEIVING THE BALL IN THE NORMAL COURSE OF PLAY ARE NOT BOUND BY THE FOUR STEP RULE AND MAY CARRY THE BALL TO THE EDGE OF THE PENALTY AREA BEFORE RELEASING IT.
- 13) CORNER KICKS: WILL BE TAKEN FROM THE CORNER.

C.C.S.A. LTD. RULES FOR NON-COMP U/9

- 1) BALL SIZE: SIZE 3 BALL
- 2) GAME DURATION: 20 MINUTES EACH WAY
- 3) NO COACHES ON THE FIELD OF PLAY
- 4) NUMBER OF PLAYERS: 9, ONE OF WHOM SHALL BE THE GOALKEEPER
- 5) SUBSTITUTES:
 - THERE IS NO LIMIT TO THE NUMBER OF SUBS.
 - PLAYERS MAY BE SUBSTITUTED AT ANY TIME BY A PLAYER WHO HAS ALREADY PLAYED IN THE GAME.
 - PLAY NEED NOT BE STOPPED TO MAKE A SUBSTITUTION AND THE REFEREE NEED NOT BE ADVISED. HOWEVER A PLAYER MUST LEAVE THE FIELD PRIOR TO HIS SUBSTITUTE COMING ON.ALL PLAYERS MUST PLAY AT LEAST HALF A GAME.
- 6) NO COACHING WILL BE ALLOWED FROM THE SIDELINE, EXCEPT BY THE COACH AND THEN ONLY IF INFORMATION AND ENCOURAGEMENT IS GIVEN IN A QUIET AND NON HYSTERICAL MANNER.
- 7) OFF SIDE:

THE OFFSIDE RULE DOES APPLY. IT IS THE RESPONSIBILITY OF COACHES TO MAKE THEMSELVES COGNIZANT WITH THE OFFSIDE RULE. THEIR CLUB SECRETARY OR SENIOR CLUB COACH SHOULD BE ABLE TO ASSIST IN THIS REGARD.
- 8) FREE KICKS:

ALL FREE KICKS WILL BE INDIRECT. A GOAL CANNOT BE SCORED FROM A FREE KICK UNLESS THE BALL IS PLAYED OR TOUCHED BY ANOTHER PLAYER OTHER THAN THE KICKER BEFORE IT PASSES THROUGH THE GOAL.

 - ALL OPPOSING PLAYERS MUST BE AT LEAST 6M FROM THE BALL.
 - ANY FREE KICKS FOR EITHER SIDE GIVEN WITHIN THE PENALTY AREA SHALL BE TAKEN FROM A POINT ON THE EDGE OF THE PENALTY AREA CLOSEST TO WHERE THE INFRINGEMENT TOOK PLACE.
- 9) PENALTY KICKS:

THERE WILL BE NO PENALTY KICKS. ANY FREE KICKS RESULTING FROM INFRINGEMENTS WITHIN THE PENALTY AREA WILL BE TAKEN FROM THE NEAREST POINT ON THE ENDGE OF THE PENALTY AREA. SUCH FREE KICK WILL BE INDIRECT FREE KICK AS DESCRIBED ABOVE.
- 10) GOAL KICKS: MAY BE TAKEN FROM ANYWHERE WITHIN THE PENALTY AREA OR FROM THE LINE MARKING THE PENALTY AREA.
- 11) THROW INS: WILL BE TAKEN. HOWEVER A FOUL THROW IN WILL NOT MEAN AN AUTOMATIC TURNOVER. THE SAME THROWER IS TO BE SHOWN THE CORRECT WAY AND ALLOWED TO TAKE THE THROW AGAIN. OPPOSITION PLAYERS ARE NOT TO IMPEDE THE THROW.
- 12) GOALKEEPERS: GOALKEEPERS RECEIVING THE BALL IN THE NORMAL COURSE OF PLAY ARE NOT BOUND BY THE FOUR STEP RULE AND MAY CARRY THE BALL TO THE EDGE OF THE PENALTY AREA BEFORE RELEASING IT.
- 13) CORNER KICKS: WILL BE TAKEN FROM THE CORNER.