



## Wahroonga FC Newsletter – April 2016

### Welcome to the 2016 season

We have arrived at the start of the 2016 football season, the 60<sup>th</sup> season that Wahroonga FC has fielded teams in the NSFA competition. The first weekend of NSFA matches is upon us – Saturday 2 April and Sunday 3 April will see Wahroonga Tigers' teams take the field for the first time (with one exception) in 2016 in official matches.

### Proctor Cup

The exception is our Girls' U12 Diamond League team – which involves a joint venture with West Pymble. The Wahroonga/West Pymble girls entered the Proctor Cup, which was held in Bathurst last weekend. The girls played four matches in their pool, winning 3 and drawing 1 and then beat Sutherland 1-0 in the semi-final. The girls played a hard-fought grand final with a number of walking wounded and ended up on the wrong side of a 0-3 scoreline, but they did both clubs proud. Their coach, Steve Wilson, reports that all the girls (and their parents) had a ball on their weekend in Bathurst and are looking forward to start of the NSFA season. Congratulations to Steve and all the girls and their parents and good luck for the season. Thanks also to West Pymble FC, who we have partnered with to enable joint teams to be entered in Diamond League for G11, G12 and G14. See match report below –

### Wahroonga / West Pymble G12 Diamond League - Proctor Cup

The newly formed Wahroonga / West Pymble G12 Diamond League team ventured to Bathurst for the Proctor Cup as a warm-up for the 2016 season. With many of the girls only playing together for 5 weeks we thought it would be a great bonding experience for the girls and to start the season. When we saw the draw, we wondered what we had done - as all the other teams were representative teams. At least the girls were guaranteed 4 pools games as a warm-up. The girls bonded as a team immediately, playing like they had played together for years. With fantastic passing and support play, the girls were amazing to watch. After Day 1, the girls had 2 wins against Western NSW Mariners and Sydney Olympic.



The team bonding continued Saturday night with a fun team dinner for the girls and parents. On Day 2 we started against the top team in the competition, North Shore Mariners Yellow. To everyone's surprise, we led 2-0 late in the first half, before a late goal by the Mariners just before half time. The girls fought valiantly before a late equaliser produced the final score of 2-2.

We needed to win our final pool game against Griffith FA to make the semis. With a couple of minutes to go in the game the score was still 0-0. And then just before full time the girls scored a brilliant team goal to win the game 1-0 and finish top of their pool, much to the shock of our coach and parents.

Unfortunately 2 injuries had left us with only one sub and our team was starting to resemble the walking wounded. We regrouped for the semi-final, which was against Sutherland Shire, one of the strongest leagues in NSW. The girls defended brilliantly and were unlucky not to score in the first half. And finally, late in the second half, another brilliant team goal to win 1-0. What excitement! Unfortunately another injury and we were down to 9 players.

And now for the grand final against the North Shore Mariners Yellow.

Our girls played beautifully but the lack of match fitness and injuries really started to show. The girls were unlucky to have a goal disallowed at 2-0 which really changed the momentum of the game. The final score was 3-0 but this really didn't reflect the closeness of the game.

Congratulation to all the girls! What a fantastic effort for your first competition together. Looking forward to a great season ahead! Special thanks also to Georgia who helped out at short notice and played beautifully throughout.

Thanks to all the parents who made the journey with the girls. I hope you had as much fun as I did and are as proud of the girls as I am.



### WFC Committee

It's been a long pre-season of grading, team allocation and trial matches. A big thank you to the WFC Committee and other club members who helped get us through the hot and humid days spent at Karuah and KHS. Our 2016 Committee is:

Mark Bendall	President
Chris Wilkinson	Vice-President
Anita Stickland	Secretary
Alan Wylie	Treasurer
Terry Jones	Marketing Manager
Nick Mountford	Coaching Director & over 35s Football Co-ordinator
James Dunning	Girls Football Co-ordinator
Tony Batten	Men's Football Co-ordinator
Richard Grace	Over 45s Football Co-ordinator

We depend on volunteers to run the club and a big thank you to all of you who have taken on the roles of coach or manager for teams this year. Thanks also go to T3, who assisted us at our U6-U10 team allocation day at Karuah, ran our popular pre-season skills clinic at Samuel King and are providing paid coaches for a number of our junior teams.

## Sponsors

Our major sponsor is La Zana Ristorante of Wahroonga.



Peter and Katie Lazanas and their team will again be running the canteen, which is known as the "Tigers' Den", down at Karuah on Saturday mornings. They bring with them their passion & pride for food & service. Apart from the hot breakfast BBQ there is also fresh barista-made coffee, so now you can get your Saturday morning coffee (or two) at the Tigers' Den from 8am, have a sausage or bacon and egg sandwich and feed your hungry little Tigers a homemade cupcake or cookie after a big game.



Peter and Katie welcome your feedback & suggestions throughout the season about what to serve at the Tigers' Den.



The Tigers' Den will be open to around noon on most Saturdays, so even if your team isn't playing at Karuah why not stop in before or after your game for that coffee and sausage and to support Wahroonga FC and our major sponsor. Of course you can also visit them at 46 Hampden Ave, Wahroonga or go to their website [www.lazana.com.au](http://www.lazana.com.au).

We are also being sponsored by **Unearthed Vitality**, a husband and wife team (Dan & Erin Wait) of personal trainers whose mission is to put the spring back in people's step through education, integrity, accountability and action. Dan and Erin deliver effective, and lasting weight loss and fitness solutions to the community. *"There's no time like the present, a happier, healthier & more vibrant life awaits you! Call us today on 0404 349 904 to find out how we can help you."*

WFC members receive a 10% discount on purchases of sporting goods from **TriForce Sports** at Gordon. Just mention that you are a WFC members when you are making your purchase.

**Turramurra and Lindfield Community Bank branches of Bendigo Bank** offer up to \$600 off the up-front fees for WFC members who take out a housing or investment loan for external refinance and/or purchase. WFC gets a \$500 donation from the Bank when a member takes out one of those loans. For more information contact Turramurra and Lindfield Community Bank branches of Bendigo Bank and mention Wahroonga FC.

Wahroonga FC will also be selling **Entertainment Books**, both hard copy and online versions, in 2016. More information will follow soon.

We are always interested in new sponsors so if you run a business and want to help the club out whilst getting your business promoted to over 1,000 players and parents, please contact us.

I am looking forward to a fun season of football ahead and I hope you all are too.

**Mark Bendall**  
**President**

### **From the Secretary**

I am looking forward to the start of the 2016 season and seeing everyone having fun on Saturday morning at Karuah, whether they are running around kicking a football on the pitch or enjoying a coffee and a snack at the Tigers' Den.

If anyone needs any new gear, shorts and socks can be purchased from Karuah on a Saturday morning from 8 a.m. to 12 noon. We also sell fleecies, caps and other Wahroonga FC merchandise (cash or cheque only).

If you have not paid your fees, or arranged a payment plan with myself, you need to do so before the first game of the season. It is Wahroonga Football Club's policy that players who have outstanding fees at the start of the season will not be able to play in a team until their fees are paid, and the coaches and managers of all teams with players who have not paid will be advised of this later this week.

Team photos are scheduled for 21<sup>st</sup> May and 4<sup>th</sup> June and your team manager will let you know the day and time you are required at Karuah for the photos. Please note that the time slot for your team may be before or after your team's game on the applicable day.

A special reminder to team managers - please remember if your team is drawn to play Northbridge, and you are playing at home, you should contact me to arrange to pick up the change strip (black shirts) to avoid a clash of jerseys.

Please communicate any queries or questions, in the first instance, to your team manager, whether it is about training, ground closures, the draw or a missing result. If your team manager is unable to answer your question, they will follow up with the Age Manager and/or myself. Please do not contact NSFA directly.

Please note and adhere to the following rules when training and playing matches at Ku-ring-gai High School –

- Dogs, alcohol and smoking are not permitted within the school grounds.
- Do not park in the front staff car park, as this is locked at night and it costs \$75 to open the gates.
- Please do not park in front of the ambulance entry gate.
- Please do not walk around other areas of the school.
- Please put all litter in the bins.

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We will publish on our website and in newsletters any match reports and photos that team managers send in, so please let us know how your teams have been going and we will share your news with the Wahroonga FC community on the website and in future newsletters.

Wahroonga FC also now have a Facebook page, which has a link on our website home page. Have a look to see what is happening in the Wahroonga FC community and teams can upload photos etc.

In 2016 Wahroonga FC is fielding the following teams:

- 3 Under 6 teams
- 4 Under 7 teams
- 6 Under 8 teams
- 4 Under 9 teams
- 5 Under 10 teams
- 3 Under 11 teams
- 1 Girls' U11 Diamond League team in conjunction with West Pymble FC
- 2 Under 12 teams
- 1 Girls' U12 Diamond League team in conjunction with West Pymble FC
- 1 Girls' U12 team
- 2 U13 teams
- 2 Girls' U14 teams in conjunction with West Pymble FC
- 1 Girls' U14 team
- 2 U15 teams
- 1 Girls' U16 team
  
- 2 Men's All Age squads (firsts and reserves)
- 2 Women's All Age teams
- 1 Men's Over 35s squad (firsts and reserves)
- 1 Men's Over 35s squad (firsts and reserves)

A total of 31 junior mixed teams, 2 girls' teams and 4 girls' teams jointly run with West Pymble FC and 4 senior squads and 2 teams – for a total of almost 600 registered players.

A special mention to the following WFC players who have been selected in representative teams in 2016.

Caroline Fulton, who played with our U12A team last year, was selected in the Northern Tigers Girls' U13 team for 2016.

Jono Cole, Ethan Lush, Graham Page and Aiden Lorking, who all play in our U13A team, were selected in the NSFA U13 Regional Conference team for 2016.

Sarah Farrow, Ciara Gibson, Sophie Malek, Lucca Taylor, Ella Wilson and Laura Wilson, who all play in the G12 Diamond League team run with West Pymble, were all selected in the NSFA Skills Acquisition Program (SAP) G12 team for 2016.

Congratulations to all of these players.

Happy footballing to all of you. 😊

**Anita Stickland**  
**Secretary**