

Sunshine Coast FC Newsletter



Latest news updates

Welcome back to all the players All the boys' teams played after the break, we hope Western Pride at Ipswich. everyone had a great Easter and On Sunday, April 14 players had plenty of chocolate. from NPL junior teams will have Round three was successful for the first talent identification day all our teams, with eight wins for the year. The ID day will and one draw across all the have the opportunity to impress grades. QLD state selectors in hope of It is great to see our junior being invited to train with SAP teams really taking to the program, Skilleroos and the competition and improving State Teams. every game. The Under 14 Girls Please see page three of this played Moreton Bay, while the newsletter for a break-down of Under 18 Girls played The Gap/ where each age groups' game Brisbane City at Meridan fields. is.



Chris Jancevski in the Under 18 Boys game against Wide Bay Revolution, Round One.

Football fact:

Carlos Caszely of Chile was the first player red carded in a World Cup tournament on June 14, 1974.

Player Spotlight

Max Footitt plays centre back for the Fire Under 13 Boys' team. He has been playing football for six years, and has enjoyed being part of the Fire team.

Max's favourite football related moment so far has been representing QLD for futsal in Sydney. Max is looking forward to playing the rest of the season in a league with such quality opposition.

Max is an Arsenal fan, and his favourite player is Jack Wilshere. His ultimate aim in football is to become a professional player.



NPL ladder positions

After three rounds of competition, here are the Sunshine Coast Fire's positions in each age group:

First Team: third on the ladder with six points, 12 goals for and two against.

Under 18 Boys: first on the ladder with nine points, 12 goals for and six against.

Under 18 Girls: third on the ladder with six points, nine goals for and five against.

Under 16 Boys: fourth on the ladder with three points, 14 goals for and seven against.

Under 15 Boys: first on the

ladder with nine points, 12 goals for and four against.

Under 14 Boys: second on the ladder with nine points, 24 goals for and three against.

Under 14 Girls: first on the ladder with seven points, 24 goals for and three against.

Under 13 Boys: third on the ladder with seven points, 14 goals for and three against.

Under 12 Boys: first on the ladder with nine points, 22 goals for and three against.

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Academy news update

The Academy has been gaining momentum with catch-up training sessions underway during the Easter Holidays.

Coach Rui Spinola said it had been great to be training regularly and for the players to be learning new skills. The Academy has also formed a new partnership with Matthew Flinders Football Club who will be

hosting training on Tuesdays and Thursdays each week.

Term two is shaping up to be exciting—players can look forward to their first friendly matches against local clubs and some Brisbane NPL academies.

Congratulations to Jae Warren who has moved into the Under 14 Boys NPL team after training with the Academy.

Football Fact:

India withdrew from the 1950 World Cup because they were not allowed to compete without shoes.

Parents are reminded of the FFA Spectator Code of Behaviour, which must be adhered to at all NPL games.



Academy players Sommer Jordan and Zak Dunbar.

Mia Radda in the Under 18 Girls' match against The Gap/Brisbane City.



Upcoming clinics

There are still positions available for the second week of the Easter Holiday Camp. The Easter School Holiday Camp is based on the FFA curriculum and delivered by accredited coaches. The four-day-long camp will be held at Peregrin Springs during the second week of the Easter school holidays. Click the link below for the registration form:

[SCFC Easter School Holiday Camp.](#)

The Community Skill Clinic Program also focuses on the skill acquisition phase of player development.

Clinics run for nine sessions each Mondays OR Friday starting April 15 OR 19. Click the link below for the registration form: [SCFC Community Central Program term 2 2013 A4.](#)

Footballer's quiz

Who was the first goal keeper to be awarded most valuable player in a World Cup?

In which year did the Matildas first compete in the FIFA Women's World Cup?

Who was the first player to score a goal in the A-League?

European countries have reached the final in every World Cup except two—in which years were these World Cups held?

What is the name of the woman who plays for both the Australian women's cricket team and the Matildas?

Last newsletter's answers:

Which team has scored the most goals in FIFA World Cup history?

B) Brazil

What year was the world Cup first broadcast on TV?

C) 1958

How many goals did FIFA record-holder Pele score in his career?

A) 1281

Before 2010, how many World Cups had Australia qualified for? **B) 2**

How many matches in a row had Brisbane Roar gone undefeated for the Australian Sporting Record ? **A)36**

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Talent identification matches:

Under 12 Boys:

Sunshine Coast Fire v Palm Beach Sharks at Briggs Rd Sporting Complex.

Under 13 Boys:

Sunshine Coast Fire v Palm Beach Sharks at Mallowa 2.

Under 14 Girls:

Sunshine Coast Fire v Palm Beach Sharks at Sunshine Coast Meridan 2.

Under 14 Boys:

Sunshine Coast Fire v Palm Beach Sharks at Wolter Park.

Under 15 Boys:

Sunshine Coast Fire v Palm Beach Sharks at One Mile 1.

Under 16 Boys:

Sunshine Coast Fire v Palm Beach Sharks at Captain Cook 1.

Under 18 Girls:

Sunshine Coast Fire v Wide Bay Revolution at Sunshine Coast Meridan 3.

Paul Arnison's pre-match preparation

NPL Under 18 Boys' Coach Paul Arnison has played at a professional level for many years at clubs including English Premier League club Newcastle United, Hartlepool United, Carlisle United, Bradford City and Darlington FCC.

As a professional, his pre-match meals were always important.

Here he shares what worked for him in terms of pre-match food and drinks:

"In my time as a professional footballer I always tried to eat as healthily as I could.

I made sure I had plenty of carbohydrates such as pasta, rice and potatoes; and protein such as boiled chicken, steak and bolognese; and a variety of vegetables and fruit. Coaches encouraged us to eat smaller portions five or six times per day.

If I had a game at 3pm on a Saturday, the night before I would have spaghetti bolognese at about 7pm. I would have a breakfast of poached eggs on toast. At about 11am or so before I left to get ready for the game I'd have a bowl of cereal and I would take with me bananas, water and lucozade (like Gatorade) to keep my energy levels up and stay hydrated. I always aimed to eat and drink right up until the game so I had energy stored to use during the match.

If I had an early kick-off I would eat cereal or maybe scrambled eggs on toast and a banana about three hours before a match. It was important for me to remember to stay hydrated with plenty of water and rehydration drinks."

Please note while this approach worked for Paul he is not a nutritionist and this should not be taken as nutritional advice.



Player Spotlight

Ten-year-old Rory Stenhouse plays in the Sunshine Coast FC Academy, and has been kicking a football ever since he learned to walk.

Rory's Dad, Bill, played in the UK and Adelaide and has always encouraged Rory's love of football.

Rory's favourite footballer is Brazilian Neymar da Silva Santos, and the young footballer would love to eventually be able to play as well as him. His favourite position is left-wing.

This year, Rory would like to learn more tricks and to improve everything he does on the pitch.

His favourite footballing moment so far has been attending a Brisbane Roar Academy at Ballymore a few weeks ago.