

Sunshine Coast FC Newsletter



Latest news updates

Sunshine Coast FC had a big day at Stockland Stadium last Sunday, as spectators had the chance to see our Under 18 Girls and Under 16 Boys in action, as well as the First Team and Under 18 Boys.

This weekend, the First Team will play Brisbane Strikers on Saturday and the boys' teams will take on the Strikers on Sunday. The Under 14 girls will play Moreton Bay Jets while the Under 18 girls play The Gap/Brisbane City. The following weekend (May 26) the Under 12, Under 13, Under 14, Under 15, Under 16 boys have another ID Round against SWQ Thunder.

Sunshine Coast FC would also like to congratulate the players who were selected for SAP training. It is a great reflection of our NPL teams to have a number of players identified.

Finally, good luck to all our teams this weekend and go the Fire!



Holly Vidulich playing for the Under 14 Girls.

Are you a keen photographer?

Sunshine Coast FC are looking for someone who can take photos at the junior games while our photographers cover the First Team games. If you are interested send an email outlining your experience to reception@sunshinecoastfc.com.au. Parents are also welcome to send in any pictures they take at games to the above email address.

Football Fact:

West Ham defender Alvin Martin scored a hat-trick against three different goalkeepers in the 8-1 win over Newcastle in 1986. The injured Martin Thomas was replaced in the Newcastle goal first by Chris Hedworth, then by Peter Beardsley.

Player Spotlight

Fifteen-year-old Wade Nelson plays for the Fire Under 16s team.

The Buderim-born right-winger has played for Sunshine Coast Churches, Maroochydore and the Sunshine Coast JPL side. Wade's best football moment so far has been scoring the penalty goal to win the State

Titles. His worst moment has been breaking his arm.

Wade lists his biggest football influence as Cristiano Ronaldo, and his ultimate aim is to play professionally.

This year, Wade wants to qualify for the State Squad, score more goals and get the Under 16s to the top of the table.



NPL ladder positions

After Round Nine of the NPL, here are the Fire teams' positions:

The First Team is fifth on the ladder with 22 goals for, 12 against and 16 points.

The Under 18 Boys are fifth on the ladder with 21 goals for, 15 against and 13 points.

The Under 18 Girls are third on the ladder with 19 goals for, 11 against and 15 points.

The Under 16 Boys are eighth on the ladder with 17 goals for, 15 against and three points.

The Under 15 Boys are first

The Under 15 Boys are first on the ladder with 24 goals for, nine against and 19 points.

The Under 14 Girls are first on the ladder with 45 goals for, six against and 17 points.

The Under 14 Boys are first on the ladder with 31 goals for, three against and 18 points.

The Under 13 Boys are fifth on the ladder with 23 goals for, 14 against and 10 points.

Under 12 Boys are third on the ladder with 33 goals for, eight against and 15 points.

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Academy news update

As Academy parents and players are aware, Rui Spinola has resigned from the position of Academy Director. The resignation was at short notice, and Sunshine Coast FC has reacted quickly to ensure the continuity of the program. We are pleased to announce the appointment of Ben Cahn as Academy Director, and along with NPL coaches Kevin A'herne-Evans and Paul Arnison, he has been delivering sessions this week.

Ben Cahn holds an FFA B Licence and is well respected for his coaching abilities. He is also the coach of the U14 boys NPL squad.

Please note that all Academy friendlies have been postponed for this week (ending May 19).

We are working with clubs within our region to reschedule the friendlies in the near future.

Next week there will be a restructure to the Academy training nights and times to make the sessions more user friendly and to avoid conflict with local club training nights. More information on these dates and times will be released in the coming days.

We are very confident that the coaches involved in delivering the Academy Program will ensure that Sunshine Coast FC offers the best pathway for the development and identification of talented footballers on the Sunshine Coast.



Glen Morris in the Under 16s game against Brisbane City last Sunday.

Footballer's quiz

- 1) Who is Chelsea's all time top goal scorer?
which start with the same letter they end with.
Liverpool, Aston Villa, Charlton Athletic, Northampton Town.
 - 2) Which club has A-League player Marco Rojas signed with for next year?
2) Who is the Fire's all-time top goal scorer? **Shaun Blackman**
 - 3) Name seven players who have four FA Cup winner's medals each.
Mark Hughes. 1985, 1990 & 1994 with Man Utd, 1997 with Chelsea. Roy Keane. 1994, 1996, 1999, 2004 with Man Utd. David Seaman. 1993, 1998, 2002, 2003 with Arsenal Ryan Giggs. 1994, 1996, 1999, 2004 with Man Utd. Ashley Cole. 2002, 2003, 2005 with Arsenal. 2007 with Chelsea Patrick Viera. 1998, 2002, 2003, 2005 with Arsenal Ray Parlour. 1993, 1998, 2002, 2003 with Arsenal.
 - 4) How many games did the Fire go unbeaten in the 2008 QSL? **15 matches.**
 - 5) How many games did former striker Shaun Blackman play with the Fire during his five years at the Club? **103 games.**
- 3) Which A-League Club does former Fire goal keeper Jerrard Tyson play for?
- 4) Who is the most decorated footballer in the history of the EPL?
- 5) 5. Which Premier League clubs have these Latin inscriptions on their badges?
- a) Nil satis nisi optimum
 - b) Superbia in proelia
 - c) Audere est facere
 - d) Arte et labore

Last fortnight's answers:

1) Name four teams out of the 92 in England (Premiership, Championship and Divisions 1-2),



Samara Christmas in the Under 18 Girls' match against SWQ Thunder in Round Six.

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Under 16s player Luke Devitt in the Round Nine match against Brisbane City.

Video highlights from the Fire's recent games at Stockland Stadium can be viewed on YouTube by clicking the link below:

<http://www.youtube.com/user/SunshineCoastFC?feature=watch>

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



Football nutrition



What should I eat and when?

Food eaten before exercise should provide carbohydrate. It should also be low in fat and moderate in fibre to make digestion easier and reduce the risk of gastrointestinal discomfort. For most exercise sessions, the emphasis on carbohydrate and fluid for the pre-event meal. However, it is also useful to continue to consider other nutritional goals when choosing a pre-exercise meal. This may mean including foods that include protein, vitamins and minerals.

The following foods are suitable to eat **3-4 hours** before exercise:

- crumpets with jam or honey + flavoured milk
- baked potato + cottage cheese filling + glass of milk
- baked beans on toast
- breakfast cereal with milk
- bread roll with cheese/meat filling + banana
- fruit salad with fruit-flavoured yoghurt
- pasta or rice with a sauce based on low-fat ingredients

(e.g. tomato, vegetables, lean meat)

The following snacks are suitable to eat **1-2 hours** before exercise:

- liquid meal supplement
- milk shake or fruit smoothie
- sports bars (check labels for carbohydrate and protein content)
- breakfast cereal with milk
- cereal bars
- fruit-flavoured yoghurt
- fruit

The following foods are suitable to eat if there is **less than 1 hour** before exercise*:

- sports drink
- carbohydrate gel
- cordial
- sports bars
- jelly lollies

Information from the
AIS