

# Sunshine Coast FC Newsletter



**Football Fact:** In an attempt to boost gates, Bristol City staged a chimps' tea-party before the 1976 game with West Ham.



Under 12 Boys player Harrison Hooper.

## Latest news updates

We are now half way through the NPL season for the 18s and First Team, and each team has played one round against each of the other clubs in the League. The rest of the season presents a new challenge as teams focus on improvement as a group as they take on each team a second time.

Last weekend saw our U12, U13, U14, U15 and U16 boys teams complete another Identification round, and we also had the Under 14 Girls play their second game at Stockland Stadium. The girls put on a fantastic display of football, defeating Wide Bay Revolution 9-0 and showing why they are at the top of the table. It was a great day all round for the Fire, with the Under 18s defeated SWQ Thunder and the First Team returning to winning form against FNQFC Heat. This weekend the U12, U13, U14, and U15 boys teams will play Brisbane South Development at Meridan Fields, while the U14 Girls will play Wide Bay Revolution at One Mile Oval.

Good luck to all our Fire teams playing this weekend! Go the Fire!

## NPL ladder positions

After NPL Round 11, here are the Fire teams' ladder positions:

**First Team:** Fifth on the ladder with 26 goals for, 15 against and 19 points.

**Under 18 Boys:** Fourth on the ladder with 28 goals for, 22 against and 19 points.

**Under 18 Girls:** Second on the ladder with 30 goals for, 12 against and 21 points.

**Under 16 Boys:** ninth on the ladder with 18 goals for, 19 against and three points.

**Under 15 Boys:** First on the ladder with 33 goals for, 10 against and 25 points.

**Under 14 Boys:** Fourth on the ladder with 32 goals for, eight against and 18 points.

**Under 14 Girls:** First on the ladder with 66 goals for, six against and 23 points.

**Under 13 Boys:** sixth on the ladder with 27 goals for, 20 against and 11 points.

**Under 12 Boys:** Fourth on the ladder with 34 goals for, 10 against and 15 points.

## Player Spotlight

Sean Bentley is Captain of the Under 12 Boys team. His preferred positions are holding midfielder and centre back, and his favourite club is Everton FC.

Sean's best football moment so far has been his appointment to Captain the Under 12s., and he is proud of how hard his team has worked so far this season. Sean names Fire Coach

Ben Cahn and Michael Williams as his biggest football influences as they have taught him many football fundamentals. His ambitions in football this year are to play to the best of his ability ever game and to enjoy playing at the Fire.

Sean's ultimate aim is to play professionally.



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## Academy news update

The new Academy training schedule was sent out to parents and players last week. As detailed in the schedule, training for all age groups will now be held on a Monday and Wednesday at Maroochydore Rugby Club on Fifth Avenue. These training days allow our Academy coaches to work around their NPL commitments, and also work well with other clubs' training schedules. Unfortunately due to the wet weather there have been a few training sessions which have had to be called off. Our Academy coaches are working to schedule catch-up sessions during the coming school holidays. Parents and players will be advised of the dates and times for the sessions in the coming weeks. The Academy rain jackets have arrived and will be handed out as soon as possible in training.



Under 16 Boys player Max Adey at Stockland Stadium.

### 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](mailto:reception@sunshinecoastfc.com.au). Parents are also welcome to send in any pictures they take at games to the above email address.



Maisie Berry in the Under 14 Girls Round Eight match.

## Footballer's quiz

- 1) Name six teams in British football starting and finishing with the same letter? top goal scorer? **Frank Lampard**
- 2) Which club has A-League player Marco Rojas signed with for next year? **VfB Stuttgart**
- 3) Which shirt numbers have been 'retired' for the following players? West Ham's Bobby Moore, Man City's Marc-Vivien Foe and Chelsea's Gianfranco Zola. 3) Which A-League Club does former Fire goal keeper Jerrad Tyson play for? **Western Sydney Wanderers**
- 4) Who's the only player to have scored in a Champions League Final, UEFA Cup Final, FA Cup Final and League Cup Final? 4) Who is the most decorated footballer in the history of the EPL? **Ryan Giggs**
- 5) With 109 goals, Ali Daei is the leading all-time goal scorer in international football, but for which country did he play? 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) Who is Chelsea's all time **a) Everton, b) Manchester City, c) Tottenham Hotspur, d) Blackburn Rovers**

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

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>



Under 16s player Matt Forde.



## Football nutrition



### Tips for vegetarian athletes:

- Be sure to eat a variety of foods including protein-rich and carbohydrate-rich foods at each meal. Vegetarian sources of protein and minerals typically found in meat include lentils, dried beans and peas, tofu, textured vegetable (or soy) protein, and ready-made nut, soy or wheat-derived meat analogues.
- You may need help to experiment with vegetarian meat alternatives. Specialist vegetarian cookbooks can provide recipe ideas and special tips for cooking with legumes, soy and other vegetarian meat analogues.
- To avoid unwanted weight-loss, athletes should consume compact, energy-dense vegetarian foods – for example commercially available meat analogues, textured vegetable protein, tempeh, tofu, nuts, and peanut or nut butter. For lacto-ovo-vegetarians, low-fat milk, reduced-fat cheese and other low-fat dairy products are also low in bulk and energy dense. Soy alternatives to these dairy products are available for vegan athletes.
- If you use soy milk instead of cow's milk, be sure to choose a calcium fortified option. Read the nutrition analysis panel and

choose a soy milk that contains at least 100mg of calcium per 100ml of fluid. If you don't drink cow's milk or a calcium fortified soy milk, other suitable non-dairy calcium-rich alternatives include tofu, soy yoghurts and soy custards. Breakfast cereals and low oxalate green vegetables such as broccoli, and bok choy also provide calcium, but it is important to have an everyday eating plan that provides at least 3 serves of calcium-rich foods

- There are two forms of iron in the diet – haem iron which is found in animal derived foods such as red meat, chicken, liver and eggs, and non-haem iron found in breakfast cereals, bread, legumes, textured vegetable protein, nuts and green leafy vegetables. Haem iron is well absorbed by the body (15-35%) whereas non-haem iron is more poorly absorbed (2-8%). As many athletes have increased requirements for iron and non-haem iron sources are more poorly absorbed by the body compared with haem iron sources, it is important for vegetarian athletes to be aware of iron rich foods and factors that inhibit or enhance iron absorption.

**\*Information from the AIS**