



Lane Cove FC News

July 2015

Volume 6, Issue 1

Thank you for
your support
throughout
2015!

President's Report

Welcome to season 2015 – our first one with the all weather surfaces down at Blackman Park.

The committee has seen some changes with Ted Merewether stepping down after 4 years at the helm. The club has grown at a rapid pace under Ted, so we thank him for his service and all he has achieved in his four years as president and a number more on the committee prior.

This season has been marred by wet weather to start the season, which has been unfortunate. With the club now sporting around 850 members, it means more players, parents and supporters have been impacted. The club has seen some developments this year including the joint venture with St Michaels on the Diamond League and the continued growth across all areas of the club. The development squads have allowed members of the club to accelerate their skills and level of play, and given the success of the pilot program last season, we have seen a large increase in the number of squads this year.

We have also been privileged to have our core sponsors commit for another three years – Hyecorp our principal sponsor and the associate sponsors Crust, The Foot Group, Lane Cove Physio and TAS have been joined this year by MLC Lane Cove and Apple Dental. The club appreciates all support by local business as it helps keep the registration as accessible as possible for all members of the community.

Last year saw the inaugural Blue & Gold held at City Tatts. Over 100 members of the Football Club were in attendance for a fun filled evening. The event is on again this year, though a bit closer to home at the Kirribilli Club. The venue has magnificent views over Sydney harbour, and the ticket price of \$99 includes a two course sit down dinner, four hour drinks package and a guaranteed great time. I look forward to seeing you all there.

I hope you all enjoy playing, coaching, managing or watching Lane Cove Football Club for the rest of the season.

Regards,
David

David Lally
LCFC President

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Principal Sponsor



HYECORP Property Group's support continues throughout 2015 as Principal Sponsor. Their logo is proudly displayed on all our playing shirts.

Hyecorp has extensive local experience in property development, construction and funds management. Specialising in medium density residential development on Sydney's lower North Shore, Hyecorp not only offers impressive properties, but also allows investors to participate in its development and investment projects via its funds management operations. Check out their website via our own homepage.

Associate Sponsors



Lane Cove Physiotherapy continues their support in 2015 as an Associate Sponsor. Lane Cove Physio were previously supporters of our adult teams, and they returned stronger than ever as supporters of our Junior and adult age groups.

Lane Cove Physio and Hydrotherapy Centre is a state-of-the-art physiotherapy centre catering to all musculoskeletal needs. Conveniently located down Longueville Rd with easy parking, Lane Cove Physio and Hydrotherapy Centre offers the most up-to-date and technologically advanced physiotherapy available. Ask for the Lane Cove FC discount!



Crust Gourmet Pizza, Lane Cove remains as a supporter of our Small Sided Football age groups, and of those of us who enjoy yummy pizzas! Crust have kindly provided a number of "player of the round" awards which have been well received by the junior teams and their parents in particular as the award entitles you to a free pizza!

Crust offers restaurant quality gourmet pizzas, for you to pick up, or delivered piping hot to your door. And they offer a discount to Lane Cove FC players who wear their LCFC shirts into the store!



The Association Specialists (TAS) supports the club's secretariat and administration. Their involvement since 2010 has made a world of difference to the professional way our club is administered, and our presentation to our community.

TAS's business is providing event management, administration and 'back-of-house' support to professional, industry, and now sporting associations.

The Foot Group Lane Cove (previously Lane Cove Foot Clinic) continues as an Associate Sponsor in 2015, and their involvement is very welcome.



The Foot Group specialise in diagnosing and treating an extensive range of foot, lower limb and postural problems. They provide comprehensive, up-to-date advice on foot pain, heel pain, knee pain, tendinopathy, plantar fasciitis and other lower limb problems. The Foot Group also specialise in children's foot problems, gait analysis and orthotics to remedy pain at school, home, work and on the sports field.

Development Squad Sponsors



Lane Cove FC are delighted to introduce **Apple Dental** as a new sponsor in 2015 supporting our Lane Cove Saints Development Squads.

The Apple Dental team offer a comprehensive choice of modern dentistry procedures from their practice located at 1 Finlayson St, Lane Cove.



Lane Cove FC are delighted to announce **MLC Advice Lane Cove** as a new sponsor in 2015. For a free and no-obligation first appointment about superannuation, insurance, investments, retirement or planning for your children's education, please drop in and see Rodel Claudio, the Principal and Financial Planner. Rodel is also player for the Over 35's team.

Supporting Partners



Kingsgrove Sports has again supported LCFC this year as our equipment supplier, supplying our strip and branded clothing, with discounts to LCFC members.



Longueville Sporting Club, and their Diddy's bar has remained our watering hole. Join us after the adult games on Saturday afternoons, or why not book a barefoot bowls afternoon?

MiniRoos Report

Welcome to all the new players and families in 2015, a special "thank you" to those returning to LCFC MiniRoos (U6-U11) for another fun season.

Well done to all the volunteers, Coaches & Managers – we wouldn't have such an amazing club without your support and dedication. I'm delighted to announce that 2015 intake is the largest in history with close to 400 MiniRoos across 35 teams.

Many of you would know that over the past 18 months we have invested heavily in enhancing our proposition available to kids of all skill levels - with our Pathways 1, 2 and 3. Those early seeds and our ongoing partnership with SoccerKickStart is proving to be a real "winner" – increased player numbers, greater retention levels, skills levels (and our results) improving!! Plus additional support to our volunteer Coaches.

We are very excited this season to unite with St Michaels FC to form a combined Development Squad programme, The Saints, for the U8+ and we registered in the Girls Diamond League for the first time. This gives us scale to compete with some of the bigger regional clubs that were historically attracting our players away from playing football locally.

We were overwhelmed to have created 9 Development Squads (U8-12) and the 110+ talented players look like mini A league players thanks to our valued sponsors of the Development Squads – **Apple Dental** and **MLC Lane Cove**. *I guess that winning striker smile and sound financial stewardship when the kids make it in to the EPL one day will be all down to our local sponsors!*

A reminder that we also provide 'Skills Development Sessions' (in 10 week blocks) both during and out of season for kids of all abilities for those kids who wish to play and learn more. LCFC is passionately committed to the development and enjoyment of all players; we also wish to encourage our Coaches to undertake formal training via the NSFA.

Despite the later start to the season (due to Easter) and some shocking weather patterns knocking out a few games and training sessions – our MiniRoos teams have been exceeding expectations "keep up the great work kids". A very special mention to some of kids from the U9 Guardians and U7 Vangosharks who raised \$1,580 for 'Reach Out Nepal' along with some assistance from Sweet Temptation Patisserie for supplying all the packaging and tables for the cake stall at Blackman.

Please make sure you have Gala Day (29th Aug) and Club Day at Pottery (5th Sep) locked in your diaries – both are rewarding and fun days.

Enjoy the season, and get involved.

Gavin Houchell

MiniRoos (formally SSF) Co-ordinator LCFC



Continuing the trend of recent years the MAA division increased in numbers yet again to include five squads across four divisions; that's 150 men now playing in Lane Cove colours which is a fantastic result for the club's depth. The big factor at play in 2015 as is the case for a number of other squads at the club is the inaugural season of play on the new artificial pitches at Blackman Park. The ability to train up until 10pm on weeknights has allowed us to fit more squads on to our premier ground which is a big boost to the quality of football which is able to be played given the absence of any bobbles or holes.

The one thing I would like to highlight for all people training on the artificial pitch (particularly adult men who are heavier) is to be wearing the correct footwear if doing extensive training on this new surface. Although the artificial turf is great for the quality of football being played, I have observed an increase in minor injuries such as rolled ankles and turf toe both in training and on game day. Artificial studs are a fair bit shorter than normal studs but are populated more widely across the sole of the boot. This allows for good grip on the surface but allows flexibility when turning or sliding, which is important on the artificial surface as there is obviously no give unlike on a grass pitch.

Our Premier League started the year off strongly, picking up three wins from their first four games. Since then they have had mixed results but sit in mid table in 7th just after the half-way mark of the season. Their reserve team are starting to feel the weight of a few injuries and absences as the squad's depth is challenged and currently sit in 8th.

Our MAA3 team started off slow (as per usual) but have since found some good form and sit just below mid table in 7th, about five points adrift of the three teams directly ahead of them clustered around mid table. The reserves have had good results all around and sit in 4th but have only been able to string consecutive wins together twice in the season.

The MAA4 squad is performing very strongly and currently sits in 2nd on their table. Momentum seems to be a big factor in the four's, having strung together six wins in a row early in the season, which was followed by three consecutive loses and then three wins again. They will look to keep up this winning mentality in to their last rounds of the season as they seek to usurp UTS at the top of the table; only two points adrift! The reserves have been up and down but sit comfortably in 5th among another five teams clustered around similar points.

MAA5 have two squads this year, who currently sit in 3rd and 7th. Bragging rights went to Sam Wilkie and Co in the B squad who took out the in-club derby 3-1 on their first meeting. Club President Dave Lally will surely be seeking more out of his A squad when they meet again on the 1st of August at Blackman Park. The reserve teams seem equally matched, both teams sit in 8th/9th on 10 points; coincidentally the derby between these two was also evenly matched in a 2-2 draw.

Here's hoping the guys can all have a strong finish to the season.

Nick Legrand

MAA Coordinator

LCFC Facebook

A reminder that the LCFC Facebook page is active and a good source of information on all things happening around the club and more broadly in football.

If you haven't already





Date: 8 August 2015

Venue: Kirribilli Club

Cost: \$99 pp

Dress: Black Tie

To book got to <https://tas.currinda.com/register/event/127> or email: admin@lcfc.com.au

Men's 35's Report

Prior to our first game, both the first's and reserves ended up with fairly good numbers (in terms of new player applications) and in fact there was even a potential of being oversubscribed, for the first time in a number of years! However, as the season started, there were some immediate injuries and the squad numbers settled nicely.

This will also be a great year to remember, as 2015 was our first ever season on the new Blackman Astro Turf. It took some getting used although some of the players had been lucky enough to get some game experience with the Northern Suburbs 5 a side competition at the end of 2014/beginning of 2015.

Our training over the 2015 season was also relatively well attended, no doubt the Astro Turf helping in this regard too. One other sidebar to the new turf is that catch up games are now being sometimes played on the Tuesday night - an excellent alternative to a double header on the weekend.

What about the actual time on the pitch? Well it's best not to remember the first few games of the season but as everyone's match skills "warmed up" the First and Reserves kicked into medium gear and from an almost bottom or near bottom of the table situation, both teams have lunged within the top 4 or 5 (at time of writing) so excellent stuff from all! With only a few games left, we're looking and feeling confident and we're certain of kicking into top gear across both squads for these last few games, so it will be interesting to see where we end up, on the log.

As always, thanks to Darren Thompson, for managing the squad selections (and captaining the firsts squad) and to Lenny Nobili and Phil Hyde for their commitment with the reserves.

And finally, to the players. 2015 was an excellent squad in terms of commitment and camaraderie so thank you! To many more team strategy (ahem) sessions at the Longy and The Diddy!

Onwards and Upwards!

Regards,
Peter

Peter Whalley
035 Coordinator

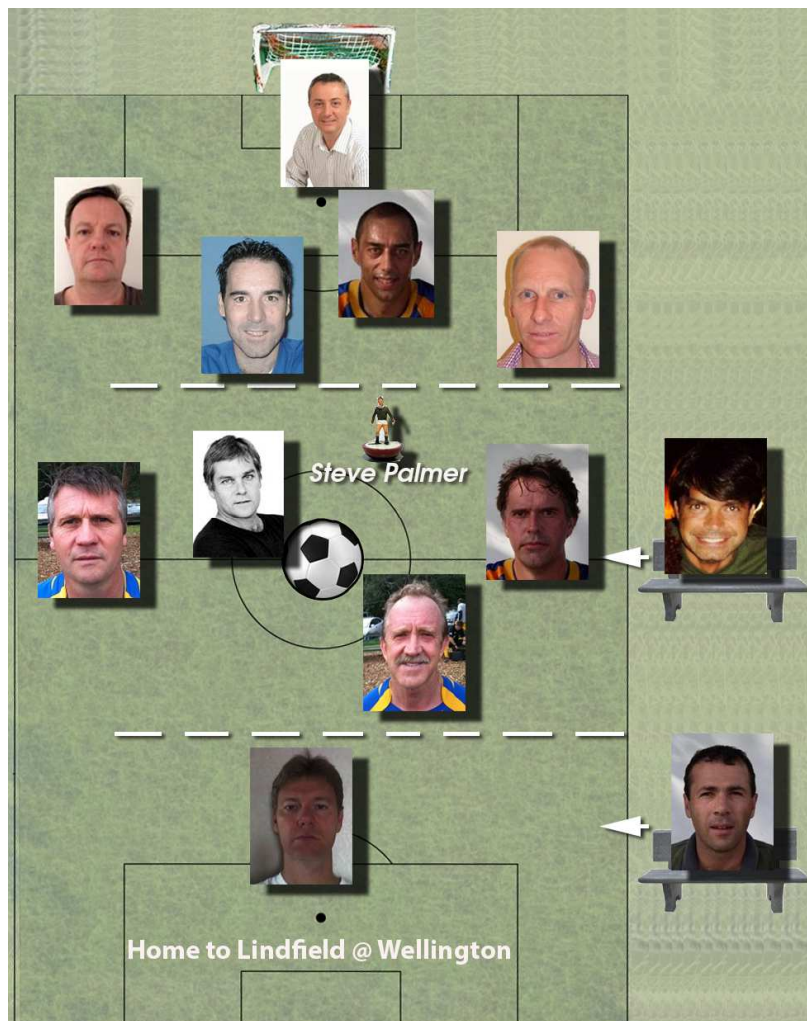
Men's 45's Report

Also some words on the 45's...

45's squad had some welcome new additions this year, helping the 1sts team close in on 3rd spot with a few games remaining. A big difference to finishing close to the bottom last year.

Well done!

Nick Stathakis
O45 Coordinator



New LCFC Website

The new website has been relaunched!

Visit LCFC.com.au to check it out!

Team admin has been incorporated into the new site and managers and coaches can access their team sheets via the new link members.lcfc.com.au/TeamManager.

Age/Team	Division	Position	Played	Won	Drawn	Lost	GF	GA
Girls 12	Diamond L	3/6	10	4	1	5	10	15
Under 12 A	1	8/8	7	0	0	7	6	37
Under 12 B	3	3/5	6	3	0	3	7	12
Under 12 C	7	3/6	7	2	2	1	19	13
Under 13 A	1	8/10	9	1	0	8	12	41
Under 13 B	5	1/6	7	7	0	0	32	4
Girls 14	2	4/8	9	5	0	4	18	18
Under 14 A	2	3/10	8	3	2	3	17	14
Under 15 A	2	3/6	9	4	1	4	27	33
Under 16 A	2	4/6	9	5	1	3	35	18
Girls 18	1	6/16	3	1	1	1	6	6
Under 18 A	3	4/6	8	2	1	5	35	32
Under 18 B	2	4/7	8	6	1	1	19	5
Mens All Age	Prem	7/10	14	5	0	9	21	33
	Prem Res	8/10	14	2	4	8	12	28
	3	7/10	12	4	2	6	22	23
	3R	4/10	12	6	1	4	29	16
	4	2/10	13	9	0	4	48	16
	4R	5/10	13	4	3	6	20	28
	5 (A)	7/10	12	3	4	5	20	32
	5 (B)	3/10	11	7	3	1	28	14
	5R (A)	8/10	13	2	4	7	19	37
	5R (B)	9/10	12	3	1	8	16	37
Womens All Age	2	2/8	12	7	1	3	25	15
	4	5/8	12	5	1	6	14	29
Mens Over 35	2	5/10	13	7	0	6	33	27
	2R	6/10	13	5	0	8	17	38
Mens Over 45	1	4/8	12	7	0	5	30	27
	1R	8/8	12	1	2	9	10	36
Total			300	120	36	140	607	684

President - David Lally - dlally@lcfc.com.au

Vice-President - Cameron Woodbury - cjwoodbury@hotmail.com

Treasurer - Ben Easaw - beasaw@tpg.com.au

Secretary - Christine Wallace - Christine.Wallace@health.nsw.gov.au

MiniRoos (U6 - U11) Coordinator - Gavin Houchell - gavin@acquiretalent.com.au

Junior (U12 - U18) Coordinator - Vacant

Men's All Age Coordinator - Nick Legrand - nglegrand@hotmail.com

Men's 35 Coordinator - Nick Stathakis - nickstathakis@yahoo.com.au

Men's 45 Coordinator - Nick Stathakis - nickstathakis@yahoo.com.au

Women's All Age Coordinator - Claire Field - claire.j.field@gmail.com

Recorder - Cameron Woodbury - cjwoodbury@hotmail.com

Public Officer - Francis Child - Francis@theassociationspecialists.com.au

Committee Member - Mick Hone - mpkhone@gmail.com

Committee Member - Hamish Fitzsimons—Hamish.Fitzsimons@bernstein.com

Committee Member - Bert van Gemert—bert_ehv@hotmail.com

Useful Websites

Northern Suburbs Football Association (NSFA formerly KDSA) - www.nsfa.asn.au

My Football Club (Registration Site) - <http://www.myfootballclub.com.au>

Football Federation Australia (FFA) - www.footballaustralia.com.au

Football NSW - www.footballnsw.com.au

FFA MiniRoos Football Website - <http://www.miniroos.com.au/>



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