



# Lane Cove FC News

Thank you for  
your support  
throughout  
2014!

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June 2014

Volume 5, Issue 1

## President's Report

Season 2014 is now well underway - welcome to all players and families. There is plenty to talk about in this issue so read on!

Highlights are:

- Lane Cove FC has achieved a record membership in 2014 with 740 registered players! Our best yet, and I am sure more to come in 2015,
- Our summer training squad initiative for the MiniRoos age groups (U6 to U11) was a huge success and we have further built on this with a development squad programme this season,
- We have returned to Premier League with our senior Men's All Age squad,
- Blackman Park upgrading is well underway, with Lane Cove Council hoping to have the 2 new artificial grass pitches open in around August or September,
- Our sponsors have recommitted for 2014, allowing our coaching programmes and purchase of new training equipment to continue,
- The club is organising the inaugural 'Blue and Gold Ball' on 19<sup>th</sup> July – put that in your diaries and better still RSVP with a group of friends!
- Of course the World Cup is upon us with the first Socceroos game on Sat 14<sup>th</sup> July – be at the Diddy to watch it at 8.00am on 14<sup>th</sup> June.



Club President  
Ted Merewether

### Membership

For some years we have hovered around the 680 to 700 mark, however this season we have seen a resurgence in our U6 age group (72 registered players – fantastic!) and an entire new squad of men's All Age players. We now have **740 registered players** across our various age-groups from 5 to 45+.

Welcome to our new players in the U6's (and other new players), and welcome back to our new MAA Div 5 squad, who are mostly ex-Lane Cove players returning after some time out.

I am also confident that our development squads in the U8 and U10 this year, and the summer training, is assisting in player retention, which has been a goal of the committee for some time.

### Development Squads and Summer Training

We have introduced a new development squad programme for our MiniRoos age-groups (U6 to U11) this season, and it promises to improve our player skills whilst assisting our retention of players – a long-time goal of the committee. In addition during both pre-Christmas and pre-season we introduced summer training sessions which exceeded all our expectations. A *huge* thanks to a small group of parents who put the programmes together - see separate report in this issue

## Premier League

Lane Cove was offered a spot in the Northern Suburbs Football Association (NSFA) Premier League this season, and our senior Men's All Age squad accepted the challenge with cautious enthusiasm. Premier League is our Association's highest level of Men's competition and it's a pretty tough place to be. Our squad has been training hard and has been holding its own in the first few games of the season. We wish them luck in upcoming games – hopefully we will earn the opportunity to bring Premier League to our new home ground at Blackman Park in 2015.

In the meantime, pop down to Pottery Green at 3.00pm on Saturdays – depending on the week, either our Prems or our MAA Div 3 squad will have a home game there, and they would love the support of *all* club members!

## Committee Matters

I would like to welcome to a number of new committee members elected at our AGM late last year:

- Christine Wallace, who is stepping into the Secretary's role, and will also be assisting in some of our girl's teams coordination,
- Chantelle Mastrantonas who has assumed the role of Women's All Age Coordinator,
- Ben Easaw, who is an age-group coordinator on the MiniRoos committee.

The new members join a busy committee and this season there has already been some great work done by our social, sponsorship and equipment sub-committees.

May I repeat the 'thankyou' given at the AGM to outgoing committee members Sophie Dowling who leaves to take up a role on the Northern Suburbs Association Women's Committee – well done Sophie!

## Blackman Park Redevelopment

Blackman Park is a major construction zone, with the two new artificial turf pitches well underway. Whilst there were some early wet-weather delays, construction is on track to be completed around the end of the season – we are really looking forward to opportunities to use the pitches for summer training and next season.

The project will also add community walking and exercise facilities and upgraded lighting which will maximise use of the park.

Later in the year construction of a new scout hall at the eastern end of Blackman will commence, and we will have fabulous change-rooms, store rooms and referees room available to us. Additionally the scouts will have a nice new hall and kitchen which we hope to access for BBQs and the like during the season.

Meanwhile we successfully lobbied Council to re-use some Blackman Park lights to enhance the pretty ordinary lighting at Pottery Green. This has resulted in a great improvements for our Premier league squad at training.



### Sponsors

Welcome back and thanks to Hyecorp Property Group, Lane Cove Physiotherapy, The Foot Group Lane Cove who have re-committed their sponsorships for 2014, and we are currently talking to new owners of Crust Pizza Lane Cove about continuing their sponsorship. The wonderful support from The Association Specialists continues in the form of subsidised administration services. Meanwhile our other valued supporters Kingsgrove Sports, Sybiz and Longueville Sporting Club (the 'Diddy') continue.

In return, we hope you will support our sponsors when you have the opportunity. Check out some physiotherapy tips from Lane Cove Physiotherapy in this issue.

Look out for further announcements this season, as our sponsorship sub-committee headed by Andrew Britt swings into action!

We have different levels of sponsorship in the club, so if anyone wants to discuss opportunities to assist as a sponsor (or knows a business that might), please contact us.

### Community Engagement

The club is always seeking ways to engage with the community, and some notable activities this season will be support of the Diddy's World Cup festival, where we plan a big turnout with other football clubs and the community – particularly for the first Socceroos game on 14<sup>th</sup> June.

Also look out for us at the Cameraygal Festival later in the year, where we will be partnering with our friends at Hyecorp to present a display in the newly refurbished Lane Cove Mall.

### Club Branded Clothing

Look out for a new range of club-branded clothing, including a wind jacket in addition to our popular hoodies and polo shirts. We encourage you to get a group order together with your team, and contact Kingsgrove Sports to place orders. Note that Kingsgrove carry small levels of stock, so don't delay as they may have to get more made.

See you around the grounds,

**Ted Merewether**

LCFC President

## LCFC Blue & Gold Ball 2014



Date: 19 July 2014  
Venue: City Tattersalls Club  
Cost: \$99 pp  
Dress: Black Tie

To book got to [www.lcfc.com.au](http://www.lcfc.com.au) or email: [admin@lcfc.com.au](mailto:admin@lcfc.com.au)

## Principal Sponsor



**HYECORP Property Group's** support continues throughout 2013 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 2013 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 2013, 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.

## 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?



Sybiz returns as supporter of our end of year coaches and managers function – a new tradition we hope to build to acknowledge all the work these folks put in during the season.

Our sponsors play a big part in LCFC as we are a Community Football Club and rely on funds we generate ourselves.

Did you know there are great discounts/member rates available from the following sponsors; Lane Cove Physio, Crust, Kingsgrove Sport, and Longueville Sporting Club (the Diddy, including the Longitude Bistro). You can support our sponsors and partners, whilst you are getting a physio treatment, pizza, refreshing drink or meal.

If you, or your business, would like to develop a deeper relationship with LCFC (and over 750 players) then please contact Andrew Britt directly. We are always looking for more sponsors, and actually talking to some local businesses about joining us in 2015 - watch this space!

**Andrew Britt**  
Sponsorship Coordinator



## MiniRoos Report

I'm delighted to see the growth, support and the ongoing development for LCFC MiniRoos (U6-U11s) in 2014. Last year was a major milestone in the club's history as we embarked on an ongoing journey of investing more and more at the grassroots level. We now have 321 kids registered this year, and over 75 kids in the under 8's alone including two newly created development squads.

I would like to welcome all the new kids and parents to the club and extend my thanks again to all the volunteer Coaches & Managers who signed up for a rewarding 2014 season. As we shortly roll into our second stage of regrading by NSFA I have been excited to hear so many fun and rewarding stories from the kids, parents on the sidelines and those competitive coaches – very pleasing to see World Game being championed by so many.

Without the time and commitment from so many people we would not have achieved what we have. Launching our Development Squads for U8-U11 this year resulted in the signing of 3 squads across the U8s & U10s. Already both our U8 development squads have been moved up to the top division and between them have recorded 8 wins so far. On the eve of the World Cup we now have our own "mini-pro" kids being trained twice a week with a professional coach and really looking the part in their new flash kit. In a recent derby we saw the mighty Lane Cove Rush battle LC Barcelona (both U8s) and if I'm not mistaken I noticed Ange Postecoglou taking notes, so watch this space!!

We continue with our seasonal term 'skills development evenings' open to all age groups/abilities in the MiniRoos after a successful pre season launch late last year. We are delighted that our passion to aid the kids' desire and ability has become a reality. A special thanks to Matt Bennie, Hamish Fitzsimons, Andrew Britt and to a handful of others within our sub-committee that have been instrumental in our inaugural year for the MiniRoos.

Please do share any stories or exciting action photos with the club. Best of luck with a successful season this year and we look forward to a bigger and more exciting Gala and Club day in the coming months (early shout out to eager volunteers).

**Gavin Houchell** - MiniRoos (formally SSF) Co-ordinator LCFC





*U8 Development – Barcelona*

*U8 Development – Lane Cove Rush*



*U10 Development – Lane Cove Hawkes*

*Kaylor & Jack presenting team*



The season has kicked off with a record 5 squads represented in Men's All Age, with two squads being promoted in the off season, and a new squad (comprised of returning members lost over the years). The Premier League squad started the season well with a draw and a memorable win over the competition front runners Dalleys. It is a tight Premier League this year, and a few wins can see them push higher up the ladder. The reserves are finding it just as difficult, but a few wins as well will see them storm up the ladder.

The MAA3 squad, premiers last year in MAA4 have found the going tough in the new division. No doubt the challenge of training only once a week with Blackman out of action has taken its toll. They have had a few results in recent weeks to start their run up the ladder. The reserves have found it just as tough, though they have been scoring plenty of goals.

The MAA4 squad has had a mixed season, with the firsts getting a few results in a row, but struggling in recent weeks. Their reserves have been putting away a few teams and with a game in hand can look to jump to second. The MAA5 is the new squad with returning players, and are doing us proud. The Firsts sit top of the table, though a tight tussle for second keeps the heat on. The MAA5 Reserves aren't travelling as well, but holding mid table and relishing being back on the park after a few years out of the club.

The MAA6 squad sees both teams holding there or thereabouts with a few draws and close losses seeing them sitting just out of reach of the top. The firsts took the first points off then leaders St Ives before facing the unbeaten Gordon. Whilst losing out to Gordon, they still have a game in hand to build some momentum. The reserves have had a similar run of results, though there have been a few games lost to rain, so a few teams have a game in hand. A few good results here and both teams can push towards the summit.

**David Lally**  
MAA Committee

## MAA 5 Report

The Tigers<sup>1</sup> have had a wonderful season thus far.

Characterized by unparalleled enthusiasm, gratuitous high-fives and the odd red card, the team's meteoric rise to the top of the table has been, quite simply, splendid. When historians tell the tale of the Tigers in years to come, they will note that despite shuffling through three clubs in three seasons,<sup>2</sup> their 2014 return to spiritual-and-geographical-home Lane Cove was a new dawn for the franchise. It should be noted that in the parable of the prodigal son, the father presented his returning offspring with a banquet. Though equivalent gestures from the club have not been forthcoming, we remain confident that our end-of-season blowout will be funded by LCFC.<sup>3</sup>

Early losses prompted calls from detractors that the Tigers had bitten off more than they could chew with their promotion from 5R. However, such detractors were soon reminded that tigers have enormous mouths, and can handle any real or metaphorical chewables, as the lads racked up 37 goals in ten matches with a goal difference of +15.

Another welcome addition to the 2014 season has been the weekly debrief at the Longy Bowlo. Despite price increases at 'The Diddy' outpacing inflation for over a decade, the Tigers have thoroughly enjoyed overpriced schooners and a bit of banter on Saturday evenings, and only hope that more teams join the frivolities as the season progresses.

Not to be understated the reserves have also made a successful transition from 18s into all age football, week-on-week battling it out against diehard division five opposition with an attitude set by player-coach B. Ryan's motivational halftime chats. The amalgamation of these two great individual football teams has taken division 5 by storm, a special mention to Randev 'The Dev Man' Sappany who has been the anchor for the Tiger Squad between the sticks since outset.

Eleanor Roosevelt once said that 'the future belongs to those who believe in the beauty of their dreams', and so it is with optimism that the Tigers look forward to their upcoming games, grounded in the squad's unwavering faith in the beauty of our dream: eternal glory.

<sup>1</sup> Official name of the Lane Cove MAA5 team.

<sup>2</sup> Lane Cove - 2011; Riverview Old Boys - 2012; UTS - 2013.

<sup>3</sup> Note: the Tigers do not take any responsibility for the events that transpire at said blowout.



Lane Cove Physiotherapy Centre is excited to once again continue its long association and sponsorship of the Lane Cove Football Club and its players. We are looking forward to another successful season for the club on and off the field. I look forward to hearing great results for the club this season and hope there are no serious injuries.

To help prevent injuries it is important that players perform a good dynamic warm-up before the game and warm-down properly after the game. In the chance that you do get injured, it is important that you adhere to the basic sporting first aid principles of RICE – Rest, Ice, Compression and Elevation and seek medical assistance if necessary.

It is also important that you get your injury looked at and correctly diagnosed. This season, Lane Cove Physio is conducting a free injury clinic on Monday nights at our centre between 5-6pm. You will have an experienced Sports Physiotherapist assess your injury, tell you what to do to get it better and when you can go back to playing safely. It is bulk billed to those with private health cover. Please see the advertised flyer for more information.

### **Jack Perisa**

Titled APA Sports & Musculoskeletal Physiotherapist

B Ap Sc (Physio)

Masters (Sports & Musculoskeletal)

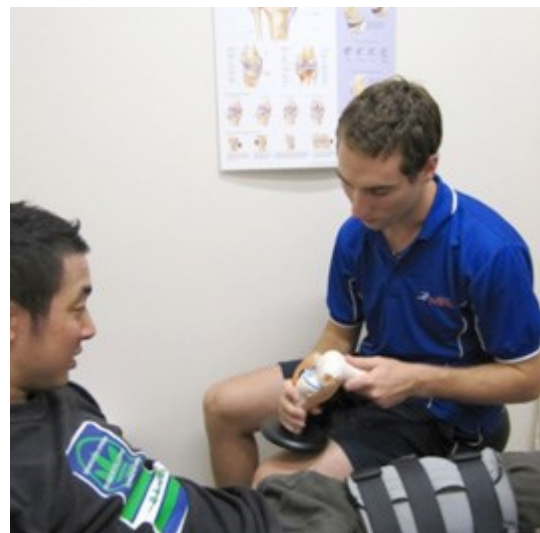
Practice Principal

Lane Cove Physio

237 Longueville Rd, Lane Cove

w: 9428 5772

[www.lanecovephysio.com.au](http://www.lanecovephysio.com.au)





The 2014 season has certainly pushed the first and reserves into top gear with this year's promotion into Division 1. It's been a while since the two teams have played at this level arena and the enthusiasm & dedication by all the players has been outstanding.

The truth is that the opening games have proved fairly difficult and the standard of play has been faster and more slightly more brutal than in previous seasons. What's clear is that (in most games) the difference has been the ability of the opposing teams to make the most of their goal scoring opportunities whilst Lane Cove has probably not made the most of theirs.

Both 1sts and Reserves are languishing at the bottom of the table at the moment, but it's been a historical fact that the 035'S gain traction in the second half of the season, so we expect better outcomes going forward. In fact the last two games for the firsts have been well fought and the end result of two draws (against teams we would have lost to in the early part of the season) bodes well for the next few rounds ...

In other news, the lack of home ground has proved to be a little disconcerting, but the upside of the new upcoming Blackman Park grounds in 2015 will make it all worthwhile. It's been wonderful seeing the greenery of Sydney northern suburbs on both our home and away games!

Training in the 2014 season has also picked up with a number of the players driving training initiatives to improve skills and fitness, so well done to the boys!

Thanks especially to Darren Thompson, for going above and beyond the call of duty this season, for both 1sts and Reserves.

Onwards and upwards!

**Peter Whalley**  
035 Coordinator

## 2014 Club Equipment Update

Over \$9,000 has been invested in our club equipment this year!!

With 750 players, across 50 LCFC teams, it can be hard to see where the money goes!

Next time you use a LCFC training or game ball, whistle, pump, portable goal, GK jersey, team equipment bag, sunscreen or even an ice pack you may be using one purchased this year. I am working on refreshing our entire equipment range so you will see some of our monies from registration fees, sponsorships and sausage sizzles being put to good use.

**Andrew Britt**  
Equipment Officer

## LCFC Facebook

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

If you haven't already



## Men's 45's Report

The o/45's are currently enjoying the challenge of Division 1 for the fourth season in row and are finding it the toughest season yet.

The firsts are near the bottom, but still in the top eight and have played some great football against the top teams, often leading in the first half but unable to survive the second half onslaught. We look forward to moving up the table in the next few weeks with some overdue wins.

The reserves are having a better year with potential to challenge for a top four spot – although a few players have taken a leave of absence to go to Brazil!!

Overall, we are staying fit, playing good football in the right spirit and enjoying ourselves – although the squad could do with a few more players.

Options include a letter drop to a few retirement villages to recruit some players, with the added benefit of lowering the average age....!!!

Have a good world cup!!

**John Holland**  
O45 Coordinator



Age/Team	Division	Position	Played	Won	Drawn	Lost	GF	GA
<b>Girls 12</b>	2		8	2	2	4	8	14
<b>Under 12 A</b>	2	3/8	7	4	2	1	26	11
<b>Under 12 B</b>	6	7/8	8	1	0	7	7	24
<b>Under 13</b>	2	7/8	9	1	1	7	16	43
<b>Under 14</b>	2/3	3/12	10	7	1	2	33	11
<b>Under 15</b>	3	1/6	10	8	1	1	61	12
<b>Girls 16</b>	1	5/6	8	2	1	5	8	32
<b>Under 16</b>	1/2	9/12	10	3	0	7	17	24
<b>Girls 18</b>	1		7	2	0	5	14	33
<b>Under 18</b>	2		9	2	1	6	15	30
<b>Mens All Age</b>	Prem	9/10	10	2	3	5	16	32
	Prem Res	9/10	10	1	3	6	12	22
	3	9/10	10	2	0	8	13	23
	3R	10/10	10	1	3	6	16	27
	4	7/10	10	3	1	6	12	22
	4R	4/10	10	7	0	3	26	19
	5	1/10	11	7	1	3	38	24
	5R	4/10	11	6	1	4	18	23
	6	4/10	9	5	1	3	23	18
	6R	4/10	9	4	2	3	16	14
<b>Womens All Age</b>	3	2/7	11	6	0	5	14	20
	4	7/7	8	0	0	8	3	34
<b>Mens Over 35</b>	1	10/10	10	0	4	6	8	29
	1R	10/10	10	1	1	8	10	47
<b>Mens Over 45</b>	1	7/8	10	1	2	7	10	26
	1R	3/8	10	4	2	4	18	15
<b>Total</b>			<b>245</b>	<b>82</b>	<b>33</b>	<b>130</b>	<b>458</b>	<b>629</b>

The official LCFC clothing range has been revamped for 2014!!

A greater range, some even better prices and improved options for personalisation are now available from our partner; Kingsgrove Sports Artarmon.

\*\*Just in time for winter we have a new Rain Jacket (with inner lining). We have also added Nike training shirts so the playing shirts can be preserved for games (playing shirts are returned at the end of each season for reuse the following season). The club polo shirts and ever popular Hoodie are still available.

Many asked about having a 'team name' or a 'player name/number' added to the club clothing. Kingsgrove can now do this for you, in quality heat-set print, and at a really competitive price. See below for photos of the range, with a few examples of the personalised embroidery/print. All LCFC club clothing is on show at Kingsgrove Artarmon, so that you can try them on for the best fit.

The order form on the last page has been designed with 'team orders' in mind, so wherever possible please aim to place orders as a team/group, and **send direct to Kingsgrove for fulfillment.**

Kingsgrove are also looking at Scarves, Beanies, Hats, and even LCFC cufflinks for us, so watch this space!



LCFC Hoodie



LCFC Rain Jacket



LCFC Polo



LCFC Nike Training  
Shirt



**President** - Ted Merewether - [president@lcfc.com.au](mailto:president@lcfc.com.au)

**Vice-President** - David Lally - [dglally@gmail.com](mailto:dglally@gmail.com)

**Treasurer** - Clarice Field - [claire.j.field@gmail.com](mailto:claire.j.field@gmail.com)

**Secretary** - Christine Wallace - [francis@theassociationspecialists.com.au](mailto:francis@theassociationspecialists.com.au)

**MiniRoos (U6 - U11) Coordinator** - Gavin Houchell - [gavin@acquiretalent.com.au](mailto:gavin@acquiretalent.com.au)

**Junior (U12 - U18) Coordinator** - Stephen Prescott - [sprescott5@bigpond.com](mailto:sprescott5@bigpond.com)

**Men's All Age Coordinator** - Nick Legrand - [nlegrand@hotmail.com](mailto:nlegrand@hotmail.com)

**Men's 35 Coordinator** - Peter Whalley - [peterbwhalley@gmail.com](mailto:peterbwhalley@gmail.com)

**Men's 45 Coordinator** - John Holland - [JHolland@groupgsa.com](mailto:JHolland@groupgsa.com)

**Women's All Age Coordinator** - Chantelle Mastrantonas - [chantelle.mastrantonas@ugllimited.com](mailto:chantelle.mastrantonas@ugllimited.com)

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**Committee Member** - Ben Easaw - [beasaw@tpg.com.au](mailto:beasaw@tpg.com.au)

## Useful Websites

**Northern Suburbs Football Association (NSFA formerly KDSA)** - [www.nsfa.asn.au](http://www.nsfa.asn.au)

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

**Football Federation Australia (FFA)** - [www.footballaustralia.com.au](http://www.footballaustralia.com.au)

**Football NSW** - [www.footballnsw.com.au](http://www.footballnsw.com.au)

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



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[www.lcfc.com.au](http://www.lcfc.com.au)

# LANE COVE FC OFFICIAL MERCHANDISE FORM

NAME

\_\_\_\_\_

PH NUMBER

\_\_\_\_\_

EMAIL

\_\_\_\_\_

LANE COVE FC HOODIE

\$26

Size

4	6	8	10	12	14
Qty					

Size

XS/16	S	M	L	XL	XXL	3XL
Qty						

LANE COVE FC POLO

\$30

Size

4	6	8	10	12	14	16
Qty						

Size

S	M	L	XL	XXL	3XL	5XL
Qty						

LANE COVE FC RAIN JACKET

\$38

Size

6	8	10	12	14
Qty				

Size

S	M	L	XL	XXL	3XL
Qty					

LANE COVE TRAINING SHIRT

\$26

Size

6	8	10	12	14
Qty				

Size

S	M	L	XL	XXL	3XL
Qty					

Names on apparel (excludes playing shirts): \$5 [                      ]

Names + numbers (excludes playing shirts): \$12 [                      ]

Please ensure that your contact details are correct and the form is given to Kingsgrove North Shore. Please ensure that all sizes and quantities are correct as sizes may not be changed after submitting the form. Orders will be placed on the first and third Friday of each month. To ensure less waiting time, hand in forms before. Lead time is 2-3 weeks.