



April 10, 2013

Wenty Goal Post

Season information is on
www.wentyfootball.org
including draws

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www.wentyfootball.org

Winners are Grinners...

Wenty Uniting Football Club have picked up its first bit of silverware for the season. Taking out the Under 6 (Blue) & Under 7 Knock-out Gala Day.



Well done to both teams as it was a long day in the rain. Lets hope that this form continues into the season.

Wenty Uniting FC results 6/4/13 & 7/4/13

Under 6 (Gold) Gala Day
Under 6 (Blue) Winners of Gala Day
Under 7 Winners of Gala Day
Under 8 Gala Day
Under 9 (Gold) Gala Day
Under 9 (Blue) N/A
Under 10 Gala Day
Under 11 Gala Day
RCN (Legits) Reserves 1 vs 2 Kings Old Boys

RCN (Legits) 1sts 2 v 2 Kings Old Boys
RCN A Reserves 1 vs 0 Parra Salvos
RCN A 1sts 1 vs 0 Parra Salvos
P/L Reserves 2 vs 1 St Matthews
P/L 1sts 1 vs 1 St Matthews
Under 13 1 vs 5 Greystanes FC
Under 14 4 vs 3 winston hills bears
Under 16 0 vs 3 North Rocks
Under 17 5 vs 0 Ermington United

Draw for Saturday 13th & Sunday 14th

Address' of grounds - list later in Newsletter...

Under 6 (Gold) vs OLQP kickoff 9am at Freame Park
Under 6 (Blue) vs Hills Spirit (Red) Kickoff 10am at Kellyville Park,
Under 7 vs Hills Spirit (White) Kickoff 10am at Freame Park Mini
Under 8 vs OLQP kickoff 9am at Daniel St Park
Under 9 (Gold) vs OLQP kickoff 10am at Daniel St Park
Under 9 (Blue) vs Hills Spirit (white) kickoff 8am at Kellyville Park
Under 10 vs Guildford McCredie kickoff 10am at Freame Park
Under 11 vs Guildford McCredie kickoff 11am at Freame Park
Under 13 vs Castle Hill United kickoff 8:30am at Jones Park No.1

Under 14 vs Regents Park kickoff 11am at Princes Park No.1
Under 16 vs Auburn FC kickoff 11:30am at Webbs Avenue No.1
Under 17 vs Rydalmere FC kickoff 10:20am at Jones Park No.1
RCN Legits Reserves vs Hills Spirit kickoff 1:15pm at Kellyville Park No.1
RCN Legits 1sts vs Penrith Churches kickoff 3:15pm at Kellyville Park No.1
RCN A Reserves vs Kings Old Boys kickoff 1:15pm at Homelands Reserve
RCN A 1sts vs Kings Old Boys kickoff 3:15pm at Homelands Reserve

Premier League Reserves vs WASPS kickoff 1:15pm at Freame Park
Premier League 1sts vs WASPS kickoff 3:15pm at Freame Park
All Age Ladies vs Winston Hills (White) kickoff 1pm
SUNDAY 14th at Ted Horwood Reserve No.1

*All players need to be at ground 30mins before kickoff with full playing kit including boots, shinpads.
Please check
www.nswcfa.com.au or
www.granvillesoccer.com.au
for any late changes to draws.*

Team Photos

Will be taken during June so keep a look out for the dates.



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wentworthville

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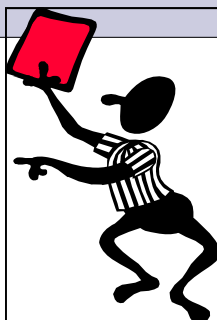
"Proudly supporting our local community"

Referees course

All senior men's players are doing a referees course on Tuesday 23rd April 2013.

If you would also like to become a referee (junior players 14 and above or parents of junior players) you are most welcome to join.

Course will be held at Wentworthville Uniting Church 115 Station St, Wentworthville starting at 6:30pm finishing around 10pm including an exam.



Full Season Draws ...

Full season draws will be available as soon as they are finalised on either www.wentyfootball.org or www.nswcfa.com.au for Under 6,7,8,9,10,11 and All Age Men. Under 13,14,16,17 & All Age Ladies on www.granvillesoccer.com.au
Please make sure you check these websites for all the latest info.



www.facebook.com/WUSFC

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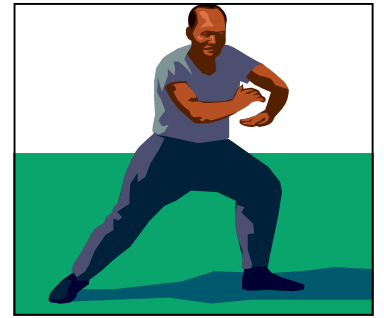
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On or near Soccer Fields...

A GUIDE FOR WARM UP STRETCHES BEFORE TRAINING & ON GAME DAY



Ankles and Knees: hands on knees; knees bent; rotate knees in a circle in one direction 5 times; repeat in the opposite direction.

Hips: stand straight; hands on hips; rotate hips in exaggerated fashion in a circle in one direction 5 times; repeat in the opposite direction.

Torso: stand straight; lock hands in front of body; bring hands forward so they touch the chest; use arms to twist body in one direction; repeat in the opposite direction.

Lunge: stand straight up and extend (lunge) the right foot as far as possible. The toes of both feet need to be pointed forward. Bend the right knee slightly while keeping the trunk upright. The left heel must stay on the ground. Repeat with left foot extended.

Toe Touch: Stand straight up with feet shoulder width apart. Bend forward and touch toes.

Stand straight up with feet double shoulder width apart. Bend forward and touch the ground between the legs.

Stand straight up with feet double shoulder width apart and the toes of both feet pointed forward. Bend to the right and try to touch the right foot with both hands. Straighten up. Repeat for left side.

Groin Stretch: Stand straight up with feet double shoulder width apart and the toes of both feet pointed forward. Keeping the right leg straight, bend the left knee and try to sit on the left heel. Repeat for left side.

Remember....

Warm up with some gentle jogging (with or without the ball) before doing any stretches

Keep the stretches brief - about 3 to 8 seconds each.

Stretch to the point of feeling a stretch, never to the point of pain.

Make it steady. Never bounce when you stretch.

Be gradual. Increase the stretch with each repetition.

Use proper form at all times to get the maximum benefits from the stretch.

Teach the names of the muscles to your child.

Remember the cool down. Stretches should be done after playing as well as before. Stretching is most efficient when the muscles are warm after playing.

SPECTATOR BEHAVIOUR

Our commitment

Our club is committed to providing a safe environment for participation. Aggressive, threatening or other inappropriate behaviour by members, their families, their friends, and other sporting personnel while attending a game or event will not be tolerated.

These behaviours are outlined in our Code of Behaviour and specifically include:

- using bad language
- harassing or ridiculing players, coaches, officials or other spectators
- making racist, religious, sexist or other inappropriate comments to players, coaches, officials or other spectators
- any threatening behaviour or physical altercation between spectators and players, coaches, officials or other spectators
- putting undue pressure on children, berating them or putting down their performance
- drinking alcohol at a game or training or being drunk at a club event.



What we will do

- Provide members, their parents and other sporting personnel with our Code of Behaviour and make clear what is expected and the consequences of non-compliance.
- Where possible, bind non-members by prominently displaying conditions of entry to grounds and facilities and by requiring parents to abide by club rules (e.g. by making parents associate members, signing our Code of Behaviour).
- Reinforce messages of fair and respectful behaviour by displaying signs and posters around our facilities and providing information on our website, in our newsletter and through other club communication.
- Encourage our coaches and officials to complete training to develop their skills and confidence.
- Ban bringing alcohol to training, a game or no-alcohol club event.
- Consult with our local police and seek their support and advice on how to handle issues involving inappropriate behaviour by spectators prior to, at or after a game.
- Encourage the reporting of incidents and investigate inappropriate behaviours as outlined in this policy and take disciplinary or whatever other actions as are deemed necessary (e.g. appoint a ground official to monitor behaviour).
- Encourage our players, coaches, officials and spectators to call the police if they are concerned about escalating behaviour and their safety or the safety of others.

What we ask you to do

- Help create a positive atmosphere for players, officials and other spectators by showing respect for players, officials and other spectators.
- Abide by our club's Code of Behaviour and refrain from using bad language, harassing or ridiculing others or behaving in a threatening or violent manner.
- If you are aware of inappropriate spectator behaviour and you feel confident to do so, speak with the person and ask them to stop. If there is a ground official or committee member present, ask for their assistance.
- Report any inappropriate spectator behaviour to the club president or someone in a position of authority.
- Call the police or a club official if you are concerned for your safety or the safety of others.

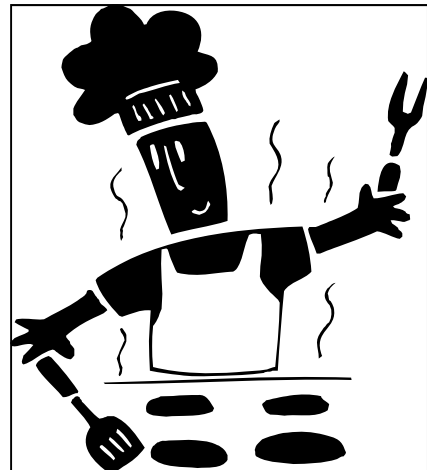
Non-Compliance

Parents or others found to have behaved inappropriately, and who are associate members or have agreed to abide by our club's Code of Behaviour and this policy, may face disciplinary action as outlined in our Member Protection Policy.

Canteen Help



The canteen is an important part of a small club like ours it helps us keep fees low and purchase things needed during the season...



- NEEDED** (weekly):
1. One (1) Person to manage or co-ordinate the Canteen and ensure that teams have people to man the canteen and BBQ.
 2. 2 to 3 people to purchase/order the various groceries (1 for the butcher; 1 or 2 for wholesaler)

CAN YOU HELP FOR 2 HOURS - ONCE A WEEK ?

Each team that plays at Freame Park will be put on canteen duty during the season.



Managers Wanted ...

Some junior teams are still looking for Managers to work with the coaches of the team. If you can help out in that way please speak to your child's coach.



Remember...

***MANY
HANDS
MAKE LIGHT
WORK...***

Everyone that takes on a role in the club is a volunteer. So please just don't sit back and watch - get involved. Even doing little things helps every one.

The All Age Ladies Team...

Need another 2- 3 players to ensure that we have a couple of subs each week...

If you have any age, level of fitness or ability... come have fun, work on your fitness and if you are lucky lose some weight...

LIST OF GROUNDS			
Ground	Suburb	Address	
Bathurst Street Reserve	Greystanes	Bathurst Street	
Broughton Anglican College 1	Menangle Park	81-83 Menangle Road	
Binalong Park	Toongabbie	Binalong Road	
Daniel St Park	Greystanes	Daniel Street	
Commercial Road Reserve	Kellyville	Commercial Road	
Curtis Oval	Dundas	Yates Avenue	
Everley 2	South Granville	Everley Street	Off Ferndell Street
Everley 3	South Granville	Everley Street	Off Ferndell Street
Excelsior 1 (Eric Mobbs Reserve No.1)	Castle Hill	Excelsior Avenue	Off Ferguson Avenue
Excelsior 4 (Eric Mobbs Reserve No.4)	Castle Hill	Excelsior Avenue	Off Ferguson Avenue
Fred Caterson Reserve	Castle Hill	Caterson Road	
Freame Park	Mays Hill	Rees Street	
Fullwood Reserve	Claymore	Fullwood Place	
George Kendall Reserve	Ermington	Trumble Avenue	
Girraween Park	Toongabbie	Toongabbie Road	
Guildford West Sportsground	West Guildford	Foray Street	
Greenup Park	Castle Hill	Cecil Avenue	
Homelands	Carlingford	Homelands Avenue	
Homelands Mini	Carlingford	Homelands Avenue	
Jones 1	Merrylands	Banks Street	
Kellyville 1 (Kellyville Memorial Park)	Kellyville	Memorial Drive	
Jones 2	Merrylands	Banks Street	
Masonic Schools	Winston Hills	Seven Hills Road	
Mc Coy Park	Toongabbie	Mc Coy Street	
North Rocks Park	Carlingford	North Rocks Road	
Normanhurst Boys High	Normanhurst	Pennant Hills Road	
Phillips 1	Lidcombe	Martin Street	
Phillips 2	Lidcombe	Martin Street	
Princes Park	Auburn	Princes Road	
Progress Park	Auburn	Wellington Road	
Powells Creek Res 1	Concord West	Victoria Avenue	
Powells Creek Res 2	Concord West	Victoria Avenue	
Rydalmere Park	Rydalmere	South Street	
Ted Horwood Reserve	Baulkham Hills	Reown Road	
Ted Burge Sportsground	South Wentworthville	Hollywood Street	
The Kings School	North Parramatta	Pennant Hills Road	
Walshaw 1	Bass Hill	Hector Street	
Walshaw 2	Bass Hill	Hector Street	
Webbs Avenue	Auburn	Webbs Avenue	

Build to Perfection

0423 124 080



www.buildtoperfection.com.au



WANTED

Photos from your game or team and clean soccer jokes for the Wenty Goalpost.



OTVC

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