



# Celebrating 10 years on Hutt Street

## PRESIDENTS MESSAGE

It seems unbelievable but another season is nearing completion. All indications are that from a playing performance perspective and in other areas the Club has had a solid year.

It may seem strange that I am already mentioning next season. The reality is that planning has already started and must now gain momentum if we are to be well prepared. It is our hope to field at least one team in every age group and more than one, provided we have the player numbers and enough coaches volunteer. Before too long you will be advised about trials for next year. When that happens please spread the word. **IT IS OUR INTENTION TO RETAIN ALL PLAYERS WHO WISH TO CONTINUE.**

With that in mind, to help us plan for next year it would be helpful if you could advise your team manager of your intentions for next year. This will give the committee some idea of how many teams we will be able to field and what will be required in terms of coaches, support staff and equipment.

Much information has been disseminated lately to keep you up to date with the progress of the clubroom development. Your positive response in terms of financial help or "in kind" assistance from the trades that have been mentioned would go a long way to hastening completion. If you can assist (as many already have) or know of sponsors who can assist please do not remain silent. Please let me or Gill Kette or your team manager know so I can follow up.

On another point, the Club committee is very interested in receiving feedback from you through your team managers whether it be positive or negative so that the good can be maintained and the not so good remedied.

Finally, please note that Club Committee elections will take place in November. If you have skills to offer, whether it be accounting or other business skills, social and fundraising skills or any other and you have the enthusiasm to be involved please consider nominating for the committee. Please advise our secretary Gill Kette or let your team manager know if you are interested. A number of committee members who have given many years of service who quite frankly, need a break to refresh and several key positions including club treasurer will need to be filled by new people next year. **REMEMBER YOUR EFFORT BENEFITS YOUR DAUGHTER** and other girls in an activity which is worthwhile for all sorts of reasons. New blood, new enthusiasm, new ideas will invigorate the club as the newer members of the committee have illustrated.

I wish you all well for the remainder of the season and ask you to think about how bright the future of the club can be with collective support.

**Stefan Metanomski**  
**ACWFC President**



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## PLAYERS REPORT - Hayley Truskewycz (Premier League)



As a new comer to the Adelaide City way of life I can't help but be astounded by the effort by all the players, coaches, managers and everyone that contributes to the club. Taking on the Number 1 shirt was never going to be easy but everyone has welcomed me into the team with open arms; which I can only be too thankful for.

It is well into the season now, and all our hard work in pre-season is definitely showing. We are capable of playing beautiful football while incorporating tactics that leave our opposition baffled. We are so far undefeated and are currently at the top of the table, coming away with some truly convincing wins. Most recent games have

included an 8:0 win over Fulham, 6:1 win over Adelaide Olympic and 4:0 win over Cumberland.

Following the trend from last year we have progressed into the semi-finals and will play Cumberland on the 20<sup>th</sup> of August. If we can stay focused and keep our momentum going we should be able to play some very good football.

At the beginning of the season we welcomed Greta French-Kennedy into the team with great enthusiasm, unfortunately she has sustained an injury that will see her out of the rest of the season. So we wish Greta all the best and a speedy recovery. She will be missed! Recently, however, we have also welcomed Lauren Chilvers into the squad who was only too eager to prove herself as a valuable member to the team. She has been playing some fast paced, tricky football, which only compliments the City style of play.

Each and every game we show true character, determination, perseverance and teamwork. With the last games of the season coming up these qualities will prove to be vital in maintaining our focus.

For the first and not the last time; GO CITY!

- Hayley Truskewycz - Premier League Goal Keeper

### Nick Pantsaras Sports Management

#### ATTENTION U12 to U17 PLAYERS

Enrol in Nick Pantsaras girls soccer clinics at ACWFC home grounds Hutt Street

Nick Pantsaras ACWFC Junior coaching coordinator is conducting his highly successful soccer clinics again. Nick has extensive coaching experience; ex SA super league coach, runs coaching clinics throughout schools and community, and coached SA squad for Melbourne Hellenic games.

Offer is available to ACWFC girls and friends as an option for between seasons

Cost \$100

#### INTENSIVE FOCUS

Developing and refining skills  
Crossing

Passing and receiving  
Defending

Shooting  
Heading

Sessions commence 26<sup>th</sup> October 2010 at 6-15pm

For further information contact Nick Pantsaras

Email [nickpantsaras@bigpond.com](mailto:nickpantsaras@bigpond.com) Phone 0417 824 930



# SUMMARY OF CLUB COMMITTEE MEETING

## Meetings held on - 21 June & 26 July 2010

**Treasurers report:** Jan Hurley advised the club committee that we currently have limited funds available as we are awaiting release grant/insurance money from the Adelaide Council for the building. The council was supposed to come out and check the building for lock up prior to releasing the funds – no one has been out for 3 weeks. Also waiting on an outstanding payment from St. Aloysius for grounds maintenance.

It is now important that additional funding raising and sponsorship activities are undertaken as well as keeping the pressure on to obtain the grant/insurance money and owed payments.

Suggested actions:

- Apply for an additional active sport grant
- Club committee to write to big businesses asking for donation/sponsors

Ask players/parents to assist with a voluntary donation and approaching potential new club sponsors

Resignation of Social Director/MPIO Representative - Suzi Vladimirov advised that due to work commitments she is resigning from the committee as at now. The committee accepted her resignation and thanked her for her work on the committee.

**President's report:** Status of clubrooms – the club has a list of what is owed to companies who have been involved in the clubrooms development up to now. They have been generous in waiting for payment and/or providing additional work/materials free. An electrician and plumber have been organised waiting for the go ahead. Once the council funds have been released a meeting will be held with the builder/architect to plan the next stages. Paving bricks to be ordered very soon. A display fridge has been purchased at auction. It was noted that the club will need to make an urgent call for volunteer second fixers - tilers, pavers, painters, carpenters & gyprock/plasterers.

**FFSA activities:** Club attendance required at Premier/Div 1 meeting on 2 August. Clubs will be asked to contribute comments to a strategic plan being developed for next year by FFSA.

FFSA to be contacted to see if they have signage for the technical areas to show that they are restricted access for players and team officials

**Planning for next year:** A number of committee positions will be vacant next year including Treasurer and Secretary so club members will need to be encouraged to nominate for positions for season 2011.

Club reviewing a proposal from a company to manage the buying and distribution of the apparel/equipment for next year (uniforms, bags, track suits etc.)

Fun day/carnival day at the home grounds for players and potential players – tentative day 22 September. Would be an opportunity to outline the trial process for next season and promote the club to potential new players. In addition maybe a carnival/display game to attract U9 and U11 players.

## CAN YOU HELP ...

We are in particular looking for assistance from anyone in the areas of tiling, paving, carpentry, plumbing whether it be expertise and/or materials.

**Please contact Stefan Metanomski if on 0413188097 if you can help in any way**

## CALENDER OF EVENTS

### LEAGUE CUP FINALS COMING UP SOON

We have two teams who have made it through to the cup finals in their division – the Premiers and Under 13s White. All the best to both teams in the semi finals coming up soon!

It would be great to have club support at the games to encourage both teams to get through to the finals – see the details below.

Day	Date	Time	Comp	Home Team	Away Team	Venue
Friday	20/8/10	8:00 PM	Prem/Res/Div 1	Cumberland United	<b>Adelaide City Premiers</b>	Frank Mitchell Park, Woodville
Wednesday	25/8/10	6:30 PM	U13	<b>Adelaide City White</b>	Pink Panthers	University Ovals, War Memorial Drive, North Adelaide

### TRIALS FOR NEXT SEASON ARRANGED

The details and dates for team trials for next season have been organised. The dates are during October. Please see more information about the trials published on the club website [www.acwfc.com.au](http://www.acwfc.com.au)



#### Cafe Mykonos

Shop 9  
157 O'Connell Street  
North Adelaide SA 5006

Ph - 8367 0633

**Cuisine:** Greek

**License:** Licensed & BYO (Wine Only)

## ADELAIDE CITY WFC PRESENTATION NIGHT 2010



**WHEN:** Saturday 25<sup>TH</sup> September  
Arrival 6:30pm for 7pm start

**WHERE:** Veneto Club Function Centre  
6 Toogood Avenue, Beverley

**PLEASE MARK THIS IN YOUR DIARIES NOW**

It is expected that all players attended as there are trophy presentations for each team and we would encourage family members and friends to attend as well.

**Further details to be released via team managers**

## UNDER 17 LEAGUE UPDATE

This is my first year coaching football after playing for a number of years. I have been so impressed with our team's ability to match it with girls who are sometimes much older and bigger than they are and sometimes match day results haven't reflected the fantastic football we have displayed.

The key highlight for me this season was our 2 - 1 win away against Fulham, we really battled hard and the win was thoroughly well deserved. Another pleasing thing for me this season was that several of our players, such as Laura Millar, Georgia Campagnale, Sarah Habel, Stephanie Baradakis, Lucy Burnett, Miriah Vladimirov, Adriana Lobo and Kim Bateman have been recognised and have played in the Reserves team at different stages. This is excellent for the depth of the club and gives the girls the required experience for the next level of football.

I know that we will continue to improve and develop as a team and thanks to the girls who have given their all week in, week out!

**- Heidi May, Under 17 Coach**

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## UNDER 9 LEAGUE UPDATE

This year ACWFC have fielded its first ever Under 9 team. We started off the pre-season with 8 players but gradually players joined the team. We ended up with so many that we tried to field another team, however it was too late, so we organised a training squad. This suited parents and players. The girls range in age from 6 to 9 years old.

We now have 17 players – 11 playing and 6 training. When girls from the playing squad are sick or cannot make the games the position is offered to a girl from the training squad. With all the sicknesses around this winter this has meant we field a full team each game.

The trainings are all about having fun, developing ball and team skills. The guide for their development is in accordance with Edoardo Rosso (ACWFC Head Coach) for all juniors at ACWFC and overseen by Nick Pantsaras (the club's Junior Coaching coordinator).

At present there are only 4 U9 girls' teams in the competition. We have had great fun playing and have learnt a lot about the pressure of the game. We have had wins and losses but this level of competition is about having as much contact with the ball as possible.

We have already had our first appearance at Hindmarsh Stadium as mascots to the Adelaide United Vs Perth Glory trial game Friday 30<sup>th</sup> July. We escorted the players onto the pitch and then took

centre stage and played small sided games at half time. The crowd were very enthusiastic, cheering and clapping our skilful game. After our game an FFSA official complimented our girls and coaches on how well they played; they were surprised to hear the girls were only Under 9's!

The team is supported by a fantastic group of parents, always ready to help out and keen to provide us with our own mascot, Mishca.

Our team manager, Marie Rungie, is always organised. I am helped by Paul Hegarty in coaching the girls, together we enjoy the happy, enthusiastic girls who want to have fun and kick a ball.

**- Sofia Kette, Under 9 Coach**



## UNDER 11 LEAGUE UPDATE

With 4 weeks to go before the start of the season for the Under 11's, things were looking quite grim – we had a coach, only 6 players, no assistant coach and no team manager.

But with a lot of hard work by Franca Di Bartolo, Gill Kette and I, we managed to get a team of 12, an assistant coach and a team manager ready for our first game of the year against the Fulham United 2 side – a hard fought game which we won 3-1.

My aim before that game was to ensure the parents that they saw an improvement in the skills shown by their daughters by the time the last game of the season was going to be played in the middle of September.

To say that we have already achieved this in a total understatement!

The Under 11's have played 12 games this season – winning 11 and losing just 1 game in Round 3 against Fulham United 1's 2-1. Fortunately, we managed to exact a little revenge to grab a last-kick, come from behind win against them away from home with 2 goals in the last 4 minutes on Sunday.

The girls have been simply sensational.....they talk a lot at training.....it just means that the volume of the whistle gets louder. But this translates to effective listening and putting in to practice what we drum in to them at training.

The team has been 'rock solid' in defence – only conceding 9 goals all season. In attack, they have been equally solid – putting the ball in the back of the net on 43 occasions.

Together with the Under 9's, the Under 11's were mascots at the recent Adelaide United v Perth Glory friendly game at Hindmarsh Stadium. The girls enjoyed the experience – hopefully it will be entrenched in their memories forever.

And when I say we, I can't forget to mention the super efforts of my assistant coach, Joe Maio. He never lets me down when I can't take training for whatever reason. Joe, I would like to sincerely thank you for your efforts with the girls so far this season. You are also the reason behind the success of this team.

Also, I can't forget to mention the efforts of Lucy Tubb, our team manager. Everything is so organised in her capable hands – one less thing for the coach and assistant coach to worry about on game day.

Finally, I would like to express my gratitude to parents of the Under 11 girls – they support their daughters, they support me and they support the team as a whole. They are sensational. Thanks guys!

There is absolutely no doubt that there has been a massive improvement in the skills and tactical understanding shown by all the girls. And with 6 games left in the season, we are all looking forward to their efforts being translated in to on-field success.

To Alexandra, Alexia P, Alexia S, Lexi (please...no more 'Alex' names next season!!), Millie, Zoe, Eva, Olivia, Demi, Isabella, Marie and Francesca (as well as Danica, Ali and Isabella who have filled in for us on a few occasions this season) - congratulations go out to you all for your efforts so far this season. We are all extremely proud of what you have achieved so far this season.



- Lewis Pountis, Under 11 Coach

TRIPODI GROUP



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## TEAM MANAGER CO-ORDINATOR UPDATE

Hi everyone and welcome to the third newsletter of the season for ACWFC.

I would like to thank all the team managers for all the hard work that they have put in so far this year and for being so organized almost making my role redundant!

Also thanks to all of those parents who have volunteered for the role of "Ground Steward". It can be daunting taking on this role especially when your team is playing in that "really important" match and we sometimes get a bit over enthusiastic! Please remind your parents to stand on the opposite side of the pitch to the players, coach and team officials.

Our TMs are doing well this season and I don't want to single anyone out but I would like to thank Monica Cianca for offering to take over the role of U15 TM for Sally Kelly as she has had to step down. Hope you are on the mend now Sally. Thank you Sally for a great job and good luck Monica.

Also just a reminder about some activities coming up that will involve TMs in the near future – assisting with the sponsorship/donations for the new clubrooms, checking with parents in relation to their plans for next year and reminding them of key events coming up including trials for next year in October and arrangements for the end of year presentation night on Saturday 25 September which all players are expected to attend – hopefully with family attendance as well.



I will be contacting you soon with more specific details on these activities.

**- Natalie Soulsby, Team Manager Coordinator**

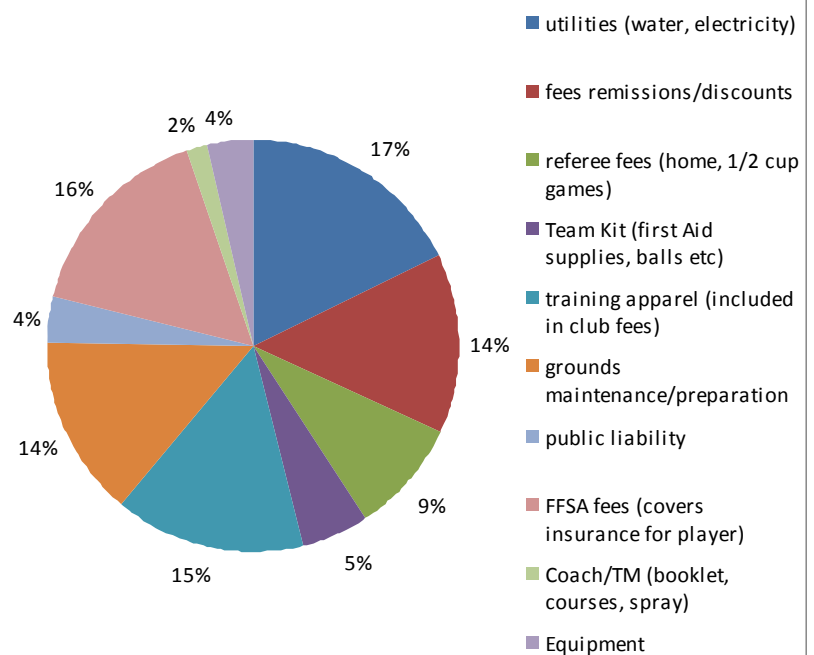
## DISTRIBUTION OF CLUB FEES AND INCOME SOURCES FOR THE SEASON

In the first newsletter this season we outlined the role of the club, funding arrangements and sponsorship details. We believe that all club members should be aware of the financial processes includes expenses involved in running the club.

Below is more information showing you the distribution of funding (and the club fees you have paid) and costs for 2010 to date (as at August 2010). If you have any questions please feel free to ask one of the club committee members. See the website for contact details.



### ACWFC distribution of 2010 club fees



## HEAD COACH MESSAGE

We are finally in the second part of the season now! It has been a frustrating year so far, not from the football point of view, but from the point of many organisational hiccups of the FFSA that have affected the ability of clubs and volunteers in our sport to perform smoothly and deliver their best services to their members.

The FFSA has implemented several strategies that have resulted in an unprecedented number of postponed games, both in the Premier and Reserve leagues and in all other senior and junior leagues. This of course put a lot of pressure on the club, for the availability of facilities and players for catch-up games, and the way this affects all the players for training.



If this was not enough, in the Premier Team we have lost 5 players due to long-lasting injuries or life commitments from the beginning of the year, and a couple of players were lost from the same reasons from the Reserves too. This has forced us to promote several young players in the 'Prams' and to look for their replacement with the Reserve team among our up and coming Under 17s. Obviously, having so many players forced to move up during the season has posed significant difficulties for both the reserves and the U17s, but unfortunately this was the only way to approach such an emergency.

On the bright side, the girls that were promoted are doing exceptionally well, and those who are playing at the Premier level are gaining everybody's confidence and respect in the state's top competition. The "Prams" have played and are playing the best football that many have ever seen playing by women's teams in SA, and are maintaining a very high intensity and increasingly strong tactical abilities. They have developed a true brand of football and are able to produce highly entertaining games against top competition. They currently sit on the top of the table and are in the cup semi finals. They know that the season is still very long, and they are approaching the final part of it with an impressive attitude that should make the whole club proud.

I want also mention that these girls have participated in our internal junior development program, making themselves available to work with Nick Pantsaras, Junior Coaching Coordinator with junior training activities. This is an important program at the club, and we all hope that it can help to bring everybody closer under the great banner of football and ACWFC. It has been very pleasing to see that at a couple of recent games, a number of junior coaches and players have turned up to support the Prem. I would like to re-state that there is an open invitation to all junior teams to come and join the Prams either at training or for the league games. I hope to see more and more interest from young players to interact with their "Prams" in the future.

We should all be proud of being part of this club, where so many volunteers and players strive to deliver quality football! As always - GO CITY!

**- Edoardo Rosso, Head Coach**

