

# THE KICK OFF

ISSUE: 01



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## Volunteers

The Club's Engine and how you can help.

Summer Games

Andrew Gelao's Coaching Tips

The Women's Football WFFC





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**Sara Lee Johnston** - page 5

**Micheal Kocoski** - page 9

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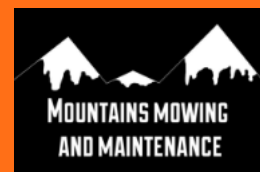
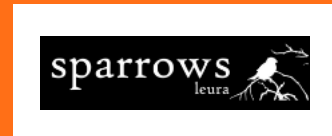
**Shemek Tschirch** - design

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Community Bank  
Katoomba & Upper Blue Mountains



**OUR AMAZING SPONSORS**





**FROM STARTING OUT** playing social football since 1975, growing to affiliation as a club with the Nepean association in 1983, the club has steadily grown to an all year round operation by hosting both a Winter and Summer competition.

Our home ground, Pitt Park, went through a major overhaul in 2007 giving us a beautiful new playing surface boasting the largest size field on the mountain and lit by 100 lux floodlights for night games.

In 2021 the building of the new clubhouse was completed!

We support and encourage all young people in the area by offering the opportunity to play the game of football from the youngest level to the highest level possible whilst maintaining our core values of Fun, Fitness, FairPlay and Friendship.



# COMMITTEE AND VOLUNTEERS

**Voluntary positions offer a wonderful opportunity to help create a wonderful environment for our children,** our football community in addition to creating many fond memories. When you volunteer you become an integral part of the club. You will make new friends and meet new families. You will have an opportunity to express yourself, your skill sets and bring all your ideas to the table. To nominate yourself or someone else, or to discuss available positions or how you can contribute, please reach out to any of our committee members.

## WAY OF THE WARRIORS

Welcome to Wentworth Falls Football Club. We are a community-based, family-oriented club with our core values being Fun, Fitness, FairPlay and Friendship.

We operate on a voluntary basis with many individuals having provided support over many years to establish and maintain the club in its present state. Importantly, these volunteers have enabled all players to enjoy football in a fun, safe and affordable manner particularly with the most recent difficult times including fires, floods, the Covid pandemic and an increased cost of living. As a result, the club remains in a solid position and can seize future opportunities.

Club operations are monitored and managed through Committee meetings monthly. All members are welcome, and I encourage you to attend. I know many of you have exciting ideas and we would love these to become a reality, so please come along, be involved, and have some fun.



This year has been incredibly exciting for our club. We've organized junior clinics, MiniTillies clinics, women's events, and come-and-try days for high school boys. We also launched the Sparrows Unity Cup and introduced the Leah Blayney Award. Moreover, we're thrilled to announce that we secured a \$5000 Growing Football grant to support an educational series for our female players. Thanks to our generous sponsors, every player will receive a free training shirt once again this year.

*As a member of our club, we value your feedback. Please reach out at any time.*

**President, Isabel Arnaiz**

president@wentworthfallsfc.com.au or

**Secretary, Sara Lee Johnston**

secretary@wentworthfallsfc.com.au

We look forward to meeting all of you over the coming months as we continue to grow our club together, making it a wonderful safe place to be and play football.

◀ **Signing of The Sponsorship Contract for The Unity Cup.**

◀ **Club's President, Isabel Arnaiz**

**The Owner of Sparrows Leura, Jess Watts,**

**Club's Vice-President Micheal Kocoski**

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# THE WOMEN'S FOOTBALL



## LET'S TALK FOOTBALL EDUCATIONAL SERIES FOR FEMALES

**Wentworth Falls Football Club (WFFC)** is launching an educational series aimed at minimizing injuries, fostering a proactive mindset, and promoting proper nutrition. The event is scheduled to run ahead of the 2025 winter season. This initiative has been made feasible through a Growing Football grant secured by the club. Stay tuned for the announcement of dates.



© Dale Ralph Photography



**The series will include** 5 educational sessions over a 5-week period. They will be run in the evening from 7-8pm at WFFC club house and grounds (Pitt Park, Wentworth Falls). The sessions will involve active learning to maximise engagement, enjoyment and the later implementation of the information provided. We have some great speakers lined up for you that you will love. Topics and dates for the educational series are shown in Table below.



Session Title	Time	Speaker
Injury prevention.	7pm	<b>Samantha King</b>
Understanding Sports Nutrition and Strategies for Athletes.	7pm	<b>Taylor Ryan</b> Sports Dietician
Recognising when you're either an under-fuelled athlete or a fuelled athlete.	7pm	<b>Taylor Ryan</b> Sports Dietician
What is the right mindset to succeed in football and what defines success?	7pm	<b>Leah Blayney</b> U20 National Team Coach
Female player and coaches of female players skill development session.	7pm	<b>Leah Blayney</b> U20 National Team Coach

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# UNITY CUP



**On May 18th**, Wentworth Falls Football Club (WFFC) hosted the Sparrows Unity Cup, featuring thrilling matches between Hazelbrook Football Club and WFFC's female players. The event was a resounding success, offering a variety of activities for all attendees. Children enjoyed Shelley's face painting, bubble soccer, and an inflatable dart board provided by Football NSW, while spectators and parents watched from the sidelines with hot beverages and delicious tacos.

The tournament showcased the top senior and junior female players from each club, resulting in exciting games that saw WFFC secure victories in both categories. This event provided a fantastic platform for both clubs to highlight local talent, drawing a large crowd despite the cold winter weather. Looking ahead, WFFC plans to schedule next year's event for October to avoid the colder weather.

**In honour of Leah Blayney's** significant contributions to the club, WFFC introduced the Leah Blayney Award, personally presented by Leah to Aleesha Naumann for her outstanding performance. The event attracted various dignitaries, including Linda Cerone from Nepean Football Association, Romola Hollywood, Darren Rodrigo, Trish Doyle, and Susan Templeman, who assisted in distributing other awards and medals.

The all-abilities team, The Blue Kangaroos, from Hazelbrook Football Club also participated in a game against our U9 mixed team, with both sides delivering commendable performances. We look forward to their participation again next year, as it can be challenging for all-abilities teams to find suitable competitions. The Sparrows Unity Cup provided a crucial opportunity for these players to engage in a competition.

**The Sparrows Unity Cup** holds immense significance for WFFC, symbolizing years of dedication from committee members to enhance female participation and retention in the sport. From 17% female players in 2019 to 28% today, this growth reflects the concerted efforts of volunteers who have fostered a safe and inclusive environment for female footballers. WFFC aims to leverage this event to further inspire excitement and engagement, contributing to the recruitment and retention of female players. Increasing the number of female teams in the Blue Mountains will reduce travel distances, benefiting local players. Moreover, the Unity Cup strengthened ties with Hazelbrook Football Club, fostering collaboration towards shared objectives during the event.

**WFFC President**  
**Isabel Arnaiz**

**Female Representative**  
**Charley Williams**



# WENTWORTH FALLS SUMMER FOOTBALL 24/25



**WENTWORTH FALLS WILL BE RUNNING ITS ANNUAL SUMMER 7ASIDE COMPETITION AT PITT PARK.**

The summer football season will span from October 4, 2024, to the end of February 2025, including a Christmas break from December 20, 2024, to January 17, 2025.

Junior sessions for ages 5-15 will take place on Friday nights from 4-6pm. Adult sessions, open to females aged 15+ and males aged 16+, will run on Friday nights from 6-10pm.

#### **Costs:**

- \$70 per player for ages 5-9.
- \$95 per player for ages 10-15.
- \$120 per player for 15-year-old girls in the junior category.
- \$145 per player for females aged 15+ and males aged 16+ participating in the senior category.

Registration is open to both individuals and teams this season, and will be managed through Dribl.

[dribl.com](https://dribl.com)

For more information on Summer Football please contact

Michael Garwood

**0451127318**

**wentworthfalls7aside@gmail.com**

*We look forward to seeing you all this summer.*

For other club enquiries, please contact the Club Secretary  
[secretary@wentworthfallsfc.com.au](mailto:secretary@wentworthfallsfc.com.au)

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## DECISION MAKING

Match day is a special place for players as they should be allowed to make decisions in the game without constant coaching - hence why WFFC, all the way up to the FFA support the Shoosh for Kids Protocol ([www.sport.nsw.gov.au/shoosh-for-kids](http://www.sport.nsw.gov.au/shoosh-for-kids)). At WFFC we aim to coach in a way that teaches players which skill to use when they see certain cues on the field. The process is outlined in the FFA national coaching curriculum as PERCEPTION - DECISION - EXECUTION. The player sees something happen, decides what they need to do, and then executes that skill. That is why we ask that coaches, managers and parents all allow players during their game to practice this whole process without being constantly told what to do, as we feel decision making is an important skill for people of all ages to learn, and can have a broader, positive impact on their lives.

## SPACE

**FOOTBALL IS A GAME ABOUT SPACE. MOST OF THE GAME PLAYERS PLAY WITHOUT THE BALL, AND HAVING AN ABILITY TO IDENTIFY SPACE ON THE FIELD IS A REAL ASSET.**

We want to move into space where possible, play the ball to players in space, and sometimes even make a run to draw a defender with you to open up space for another player on your team. Teams that shut down space for the opposition and open up space when they are in attack are usually the ones that come out on top.



## POSSESSION

In the modern game possession is key - which in football means being in control of the ball. It is important that players can identify when their team has possession of the ball, and when they have lost it, as their required actions are different for each situation. It also gives players a constant task when they don't have the ball, as they should always be watching to see who is in control of the ball, and whether they need to transition to either an offensive or defensive state.

*Best Regards,*

Andrew Gelao,

**Club Coaching Co-ordinator**





# COMMUNICATION AND NEWS

## WHAT ARE THE BENEFITS OF BECOMING A VOLUNTEER?



Watch this video.

### At Wentworth Falls Football Club,

Facebook and WhatsApp are key for communication. Facebook helps the club share updates, events and activities with members. It is also used to thank our club sponsors, advertise club merchandise on sale at the canteen and promote positive spectator behaviour through the FA Code of Conduct and the NSW Government's Shoosh for Kids program. WhatsApp Community is used for quick, real-time communication among teams. We also share a weekly mini newsletter with important information about fixtures, ground closures, DRIBL Match sheets, ground official duties and set up and pack rosters. These tools help keep the club organised and the community engaged.

The proportion of fees that the club gets then gets used to pay for essential expenses such as:

- Referee fees every week
- Insurances
- Payroll
- Equipment, balls, gloves, bibs etc
- Line marking
- Jersey replacements and New 2025 jerseys
- bags for Coach Manager
- Other operational needs

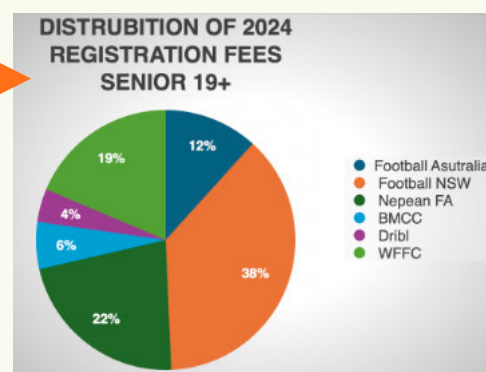
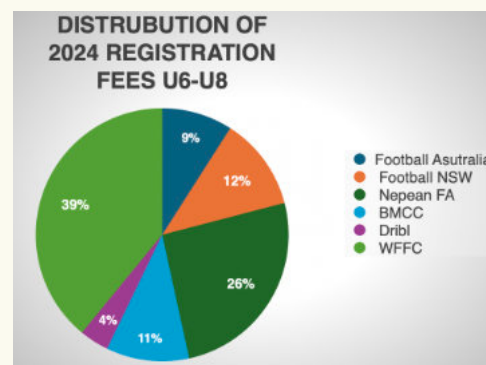
We are planning the return of our Summer 5 aside Gala Day for 1 December 2024. Last years event was a fun day out with the kids loving the chance to see lots of the ball in some small sided football. It is also our first step in forming teams for 2025 season, so please mark the date in your calendar - we would love to see you there. Open to all players looking to play in u8-u16 in the 2025 season, you will be able to submit your own teams to the tournament, and there will be some other awesome football activities to entertain.

## FUN FACT

Do you know where your registration fees go?

Did you know that WFFC only receives a small portion of player registration fees?

Did you know that there are many fingers in the registration fee pie?



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# WENTWORTH FALLS FOOTBALL CLUB



## COMMUNITY AND FRIENDSHIP

