



Media Centre

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Training Equipment Grant

Newsletter Content

To broaden the newsletter's appeal and interest, each team has been allocated an edition of the newsletter to publish an article of interest

Engaging in my community

I strongly believe that there is nothing more rewarding than helping others. It was the energy, passion and relentless ambition of Committee members in the EBSC that got me interested and involved. My involvement in the Club gives me a sense of worth plus it helps others. It is an opportunity to meet new people, make new friends and open new doors.

I don't have a huge role, however, for my team and the club, every bit counts. If I couldn't do it then the club would have to find someone else and that is not always as easy as it should be.

I know we are all very busy with work, kids, maybe study and other dependents and you might think that since you can only do a little, that you can not offer at all or that you are too tired. Think twice and give a thought to those you see at the club, helping out, it all adds up i.e. parents arriving early enough to help setup the goal posts, to put up the nets and then hanging back after a game to help take down the posts.

Recently, I had the opportunity to observe one of the older girls coaching the younger girls at a tournament – she was impressive. It was admirable that this young woman volunteered her time across a whole weekend to help this new team. She had no gain in doing this other than the thankful shy smiles and proud looks amongst the young girls. You could see, hear and sense the team work she delivered, her words of encouragement, positive at all times and selfless. You could feel the young ones self esteem growing as she built the blocks of support through her actions, communication and support. If my volunteering has the same impact on one of my kids or one of the other parents than that is payment in

full. Actions speak louder than words.

Sure, we can all sit back and exchange ideas of what is not being done, how it can be done differently, better, faster. The difficulty is that most of the time it is the same people who carry the load. If you want something done differently, participate and offer to help.

Engaging in your community is important. Hopefully my engagement with the club will encourage my children to volunteer and give a hand. The helpers you see in the canteen or cooking the sausages are players of the Club – they are involved because their parents are involved. They do not do this begrudgingly either; it's always with courtesy and a smile.

My message is simple :

Volunteer your support, engage with others, become involved. It is worth it and rewarding!!

Kelly U10 Team Manager

Lights out and nobody's home!

Soccer is a winter sport and training as well as matches takes place in almost any weather conditions. However, there will be times during the season, when the weather will be unsuitable for training. On these nights, the field training lights will be off to signal that there is no training. Please don't leave your child at the Clubrooms as we aren't able to adequately supervise them.

We are a big part of Glen Eira's Sporting Landscape.

A recent Glen Eira News (Council paper) article talked about the drought, it's impact on sporting Clubs and their members with the highlight being the easing of water restrictions.

It stated there are 330 teams and 6,000 members in Glen Eira's sporting Clubs. Based on this information, we at East Bentleigh Soccer represent a big chunk with 8.5% of all teams and 7% of all members in Glen Eira.

CONTRIBUTIONS TO NEWSLETTER

I would love this newsletter to be as informative and interesting for everyone from juniors to seniors. Funny stories, birthdays, jokes, new arrivals, anything of any interest. Email chris.loose@bigpond.com

Tips for Parents
Ground Marshals and Linepersons are an important activity that any parent can do to support the team.

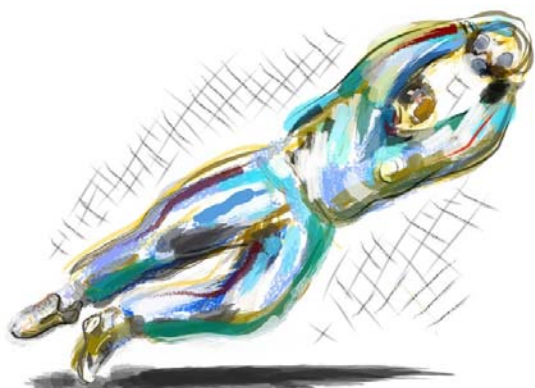
The Club has complete information sheets/job descriptions and training material to help. If you require more information or just to a question, ask any committee to help.

These are available from the information rack at the Canteen.

Our Website

Bookmark www.eastbentleighsc.com and visit it regularly, for all the latest **Club News & Events**.

If this is the first newsletter you are receiving for season 2010, check out the website for earlier editions.



Committee Members Wanted

Like any club we are only as good and can only do as much as the manpower allows. The Committee would welcome your input and assist in making the Club a better and more enjoyable time for players and supports alike. Contact any member for more information.

Goalie Coaching

The Club has a specialist coaching for the toughest position on the field, the Goalie. Declan takes a squad every Wednesday from 6:00 pm.

Goalie's Golden Rules.

1. Go for everything!

You may not be able to stop every shot that comes your way, but if you make the attempt, you will find that you are stopping shots you never before thought possible. You will also have the personal satisfaction that at least you made the attempt and your team mates will be more forgiving even if you miss.

2. After a save – get up quickly!

If you have gone to the ground to make a save get back on your feet as fast as possible. Look for a fast break distribution or to direct your team mates into position to receive a build-up distribution. This aspect is particularly important if you are injured. You cannot show weakness, you may tend to your injury after you have started the counterattack. This will particularly intimidate your opponents and raise the confidence in your team mates.

3. Do not be half-hearted -

100% effort!

Every time you make a play it must be with all of your ability. If you go half way you will miss saves and injure yourself.

4. Communicate loudly!

You must constantly give instructions when on defence. When your team is on the attack, come to the top of your penalty area or beyond and talk to your team mates and offer support to the defenders. Be mentally involved in the entire match, no matter where the ball is.

And the following applies to all players

No excuses! No whining!

- Just get on with the match.

If a goal is scored against you, a corner kick is given up or the shot is a near miss, DO NOT yell at your team mates even if it's their fault. DO NOT hang your head; kick the ground or the post if it was your fault. During the match is no time to point fingers or make excuses. The play is over, its ancient history, get on with playing the remainder of the match. Focus on what lies ahead!

The Final Word:-

Although, these words were written for goalies, but in many ways apply to field players as well. It is often said if you are not making mistakes – you just aren't trying, you're not experimenting with new plays or not pushing yourself. The key is when a mistake is made, what do you – try to fix it or blame one else? The choice is yours!

The Goalie is the hardest position, you are hero or zero, but remember the ball got past 10 field players.

Seniors Fixture

Reserves kick off at 1:00 and Seniors at 3:00. There is a regular report in the Glen Eira Leader newspaper.

Round 7 - home

22 May Eltham Redbacks, Bailey Reserve

Round 8 - away

29 May Keysborough, Coomoora Reserve

Round 9 - home

5 Jun Brighton, Bailey Reserve

Round 10 - away

19 Jun Noble Park, Norman Luth Reserve

Round 11 - home

26 Jun White Star Dandenong, Bailey Res.

Round 12 - home

3 Jul Seaford Utd, Bailey Reserve

Round 13 Call To Arms Round, away

10 Jul Old Trinity Grammarians, Trinity

Round 14 - home

17 Jul Rowville Eagles, Bailey Reserve

Round 15 - away

24 Jul Essendon Royals, Ormond Park

Round 16 - away

31 Jul Glen Waverley, Larpent Reserve

Round 17 - home

7 Aug Manningham, Bailey Reserve

Round 18 - away

14 Aug Eltham Redbacks, Eltham North Res.

Round 19 - home

21 Aug Keysborough, Bailey Reserve

Round 20 - away

28 Aug Brighton, Dendy Park

Round 21 - home

4 Sep Noble Park, Bailey Reserve

Round 22 - away

11 Sep White Star Dandenong,

Greaves Res.

Grill'd – the best Burgers in Town

The Grill'd brochures are now being distributed to the Managers of the U7 through to U15 age groups.



Grill'd healthy burgers debunks the idea of burgers being low in nutritional value and high in fat, with their range of delicious flame grilled burgers 'made with love' from the highest quality, freshest ingredients.

The contemporary Grill'd menu boasts 20 different 100% beef, chicken, lamb and vegetarian burgers as well as a new pack designed specifically for kids under 7 called the 'Mini Me'.

The Mini Me includes a mini burger, mini chips, juice, crayons and an activity placemat, all packed into a fun carry box, and represents fantastic value for families at \$7.90.

Grill'd take a holistic approach to nutrition and even offers a gluten-free bun option so allergy sufferers can also enjoy



Special Guests for Match Day.

On Sunday 18th April, our under 16A team visited North Caulfield for the season opener. It was a warm, sunny day with plenty of visitors enjoying the revamped, picturesque surrounds. Our eagle-eyed coach, Peter Mandelt, was quick to detect among the crowd two well known faces from Melbourne Victory. They were of course Costa Rican internationals Carlos Hernandez and Marvin Angulo. An excited Peter was not one to let opportunities go begging and tried to persuade the pair to address his team and provide a few practical tips. Alas, Peter's attempt at the Latin American language was doing him no favours.

On his second, desperate, attempt he cleverly engaged the services of one of our Latin American speaking parents. Instant success and in no time the two champions were addressing our eager players and taking them through some warm up drills. I'll never forget a beaming Peter, proudly on the phone to anyone who cared to listen.



Unfortunately, our unforgiving opponents sensed our desire to learn and handed our team an unwanted football lesson on the park.

Much worse than the brutal loss was the serious injury and hospitalization of one of our players. We all wish him a quick and full recovery and hope to see him playing again soon.

Gabriel (U16 parent)



U11 - Insportz Indoor Champions

A group of 6 players from EBSC Under 11 Sharks 2009, decided to play Indoor Soccer for the first time. We played at Sandringham Insportz every Monday. The first game I broke my arm and was out for 8 weeks.

I was not happy!

I went down to watch every game and I was very pleased with the effort of the other 5 players. We had no subs, so when players got hurt, they just kept going, no matter what! We found out that we could use another player whilst I was out, but only found this out week 7, and decided to use Jared to help. For the season Jared played 4 games, a couple of times players were away or on camp so he filled in.

He actually filled in for me at the Grand Final because I was attending Year 7 camp.

Can you believe it!!

Anyway we had lots of fun playing Indoor Soccer, and we were rapt that we won the grand Final.

Final Scores were 8 goals to 6.

Players..Luke, Bronte, Adam, Bryce, Max, Angus and Jared.

The Under 12 Sharks are looking forward to starting the Winter Season of soccer. Go Sharks!!!!!!!

...Luke Rimbaldo, now U12 Sharks

World Cup Tipping Competition

Starting with the round robin series, being in South Africa on the 12th of June this will be an exciting world wide event. There are 48 matches.

Prizes for 1st, 2nd and 3rd Plus last place. Ask for a form from the Canteen, or your coach and manager. Entries must be submitted by 4/June with fees to eligible.

Paul U11 Team Manager

Strikers Badges

These badges have been recently handout. Please saw them on to the Club jacket or hoddie to recognise years of service.



Media Centre

Support those who support the Club!

hoddges.
100% IS WHERE WE START

Real estate people



A GOLD star thanks to:-

Committee members – Ivy, Jeremy, Chris P. and Simone who each spent upwards of 2 hours per team registering all player on the new FFV system.



Serge for the hours sorting out the tops and arrange the distribution of the new Club hoddies and jackets

Thanks to the small team who helped unpack the Clubrooms and marked the lines. You don't need to be on the Committee to help out!

Club Kit for 2010 - SportReplay is our exclusive supplier of Club/FFV approved shorts, socks & other Club merchandise. Located:- 161a East Boundary Rd East

Bentleigh
(Cnr of East Boundary & Centre Rds)
Phone - 9579 5419, Hours -
Mon - Thurs 9:30 - 6:00
Friday 9:30 - 6:30
Saturday 9:30 - 1:30
Closed Sunday and public holidays.
Available from March

<- Club Scarf

The New Scarf for 2010

Club Merchandise

Socks FFV	\$15
Shorts FFV (for U11+)	\$25
Sports Bags	\$25
Jackets * Size 14 and smaller	\$30
or S (Small) & larger	\$35
Beanie	\$15
Scarf	\$20
Peak Caps (limited stock)	\$10
Stubby holders	\$7
Shin Guards	Available

Note * Jackets are provided to each **new Junior** member (U11+).

PIONEER, explorer, adventurer and more.

That's what 14-year-old Bentleigh Scout Kyle Crawford became, in achieving the highest scouting honour, The Scout Medallion.

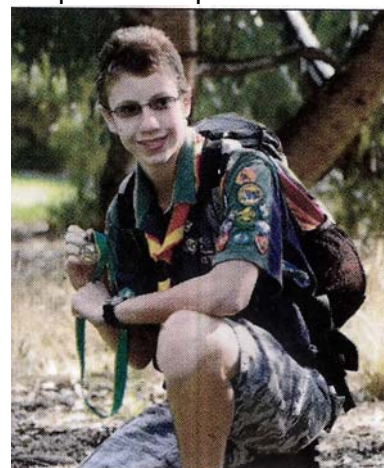
Kyle said achieving the feat, took hours of dedication and hard work.

"I had to do the pioneer, explorer and adventurer badges and then, I had to do a few extra things to get the medallion," Kyle said. "I had to do a leadership course, three different hikes, tie, knots, teach a lot of the younger scouts how to do things and lead three events. Kyle said he was inspired by his older sister, who achieved the same honour in 2008.

Bentleigh Scout Leader Alan Harding said it was a remarkable to get the medallion at such a young age.

"He's proactive and up for a challenge, and he thinks about others, not just himself," Mr Harding said

"Not many people do achieve it" There have only been 3 previous in our group and we have one of the oldest Scout groups in the area. Kyle recommended other young people join a scout group "I think it teaches you lots of responsibility, leadership and independence." He said



Kyle plays with the U16's, while sister, Jordan, plays with the U18 Girls.

A very reliable source tells me this Medallion is arguably more demanding and harder to achieve than the better known Queen Scout award which is an award for the older Venturer's.

They are your kids, get involved, join the Committee or help out anyway, speak to any of us			
President Jeremy B. 0418 431 935	VP – Vacant	Property Serge M.	
Secretary Chris L. 0421 029 650	Treasurer Chris P. 0417 511 733	Social Kay R. 0408 554 678	
Registrar Ivy C. 0414 613 435	Canteen Manager – Dani 0414 618 657	Girls Co-Ord	