



Between The Posts

Newsletter of the
East Bentleigh Soccer Club
Edition No 1/10 - January 2010



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Important Dates

1 st Rego Day Saturday	6/Feb/10
2 nd Rego Day Sunday	14/Feb/10
Both from 10:00 am to 11:30 am	
Player Rego close	1/Mar/10
Total Girls Competition	20-21/Mar
Junior Coaching Course	10-11/April
Welcome Week	13-15/April
Club Trivia Night	15/May/10
Special Club Night	12/June/10

Registration Days 2010

Bailey Reserve
East Boundary Road East Bentleigh

Saturday 6th February 2010
from 10 a.m. to 11.30 a.m
Sunday 14th February 2010
From 10 a.m. to 11.30 a.m

Registration for ALL players will close on 15th March 2010

Team allocations will be made on a first in, first served basis.
Get in early, don't miss out.

Some Golden Rules for Training and Competition in Summer

- Achieve a high level of physical fitness before exercising strenuously in competition, or in warm weather.
- Exercise at moderate intensity in hot or humid conditions.
- Do not undertake hard exercise, or exercise in hot or humid weather if you feel unwell or are recovering from recent illness.
- Drink water before and during exercise.
- Stop exercise if you feel unwell when exercising hard, or if exercising in hot or humid weather.
- Stop other sports participants if they appear unwell, confused or show loss of skill and coordination.

By the time you feel thirsty, you are already dehydrated.

Big changes to the Junior Leagues

We are still being trying to digest and interpret all the changes made by the FFV and how they will impact in the Club, but the following is our understanding at the time of going to press.

With the large growth in soccer over recent years, the FFV has restructured the metro area from 4 into 8 zones. This parallels the zoning that leads to the elite zoned Summer League competition. EBSC is in South-East zone made up of Club's from within Kingston, Glen Eira and Brighton City Council areas. A key benefit will be less travelling, but there may be some initial grading issues which we are working with Coaches and Managers to minimise. Note with less depth in the girls leagues, they aren't broken into 8 zones and have ages groups U12s, U14s, U16s & U18s.

U16 Sharks need your help.

Keen to be a part of the Club's Junior group? Want to coach a great group of teenagers?

This group has been together for the past 2 years and is a well establish group. It has strong and encouraging parental support every week.

The team requires a coach with the experience and knowledge to impart tactics and set plays to this group. The current coach feels that to take the team to the next level, an experienced head is needed.

Please email if you can help
Chris.Loose@bigpond.com or
Chris.Peters@Unicharm.Com.Au

A new team for 2010

There is significant interest in Girls soccer and the Club wants to improve our gender balance. For Girls in 2010, the 2009 U12 will be split, creating an U12 and U14 team in 2010. Please have girls who turn 10 to 14 in 2010, come down and register. Also being investigated is an U10 SSG team. Interested, now is the time to act and register.

Club Social

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Day light robbery = Blatant

This isn't used to describe actual robberies - whatever time of day they might take place. It is a figurative phrase that associates an instance of unfair trading with actual robbery. Not just any old robbery, but one so unashamed and obvious that it is committed in broad daylight.

It goes back to the 1690s. Like many English monarchs, William III was short of money, which he attempted to rectify by the introduction of the much-despised Window Tax. As the name suggests, this was a tax levied on the windows or window-like openings of a property. The details were much amended over time, but the tax was levied originally on all dwellings except cottages. The upper classes, having the largest houses, paid the most. Some wealthy individuals used their ability to pay as a mark of status and demonstrated their wealth by ostentatiously building homes with many windows.



Taxes are rarely popular, but the Window Tax, which was considered to tax the very stuff of life, i.e. light and air, was singled out for particular loathing. People went to great pains to avoid paying it and many windows were bricked up for that reason. Many examples of buildings with brick window panels, sometimes with painted-on trompe l'oeil windows, still survive.

The sight of such windows is so much part of the English architectural folk memory that the example pictured, of a recently built property in Poundbury, Dorset, appears to have been built with fake bricked-up windows, even through the tax itself is long since abolished. So, that's the case for the prosecution: the English were robbed of their daylight by the Window Tax. That's daylight robbery in anyone's book, so do we need to look any further for the origin of the phrase? Well, yes we do.



On the field the Club offers:

The opportunity for you to enjoy the sport of soccer and along the way develop your skills

Have fun whilst staying fit in a team environment

Be part of a soccer club that demands good sportsmanship and fair play.

Off the field:

An opportunity for our members to attend social events that cater for our adults, and also events for the kids...

A great canteen which can also be the hub for great communication between our mums and dads *sit down and relax with a great coffee or fabulous hamburger..!!*

A Committee of Management are very approachable and happy to discuss any issues that you may have.

Sounds to good.....Not at all!!!!

The Club welcomes our teams and their families to a free BBQ after each training session during our

WELCOME Week 13th, 14th & 15th April

A GUARANTEED FUN FILLED NIGHT AT OUR TRIVIA NIGHT which is proposed for 15th of May

A NIGHT SUITABLE FOR OUR ADULTS, BUT ALSO SOMETHING SPECIAL FOR THE KIDS ..

keep 12th of June FREE.

More information will soon follow.

These are just some of the Social events we have planned for the 2010 season. Make sure you try and attend at least one of these so you can meet some of our other fabulous members.

If anyone has a business, or works for someone that may like to donate a small gift, hamper, voucher or cash donation, the club would be happy to work out some advertising through our Newsletter or our website, to show our thanks.

If anyone would like to assist on the Social Committee, or assist with set up or running of a Social Event, please give Kay, our Social Co-ordinator, a call 0408 554 678

- she would love to hear from you!!!

Welcome to EBSC....!!!

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

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Advertise

If you would like to advertise your business please send me a business card or description and contact details and I'll put you in the Newsletter.

A \$25.00 fee will be required for the Season. 6+ Newsletters in total!!! Send to Chris.Loose@bigpond.com

2010 EBSC Policies

There is an extensive listing of policies and are available on our website:

- Alcohol and Transport Management
- Conflict Resolution and Cards
- Player Registration and Team Grading
- Pro-rata Player Fees and Refunds
- Privacy and Protection of Electronic Data
- Safety and Medical
- SMA, Beat The Heat
- SMA, Infectious Diseases
- Team Composition and Match Times
- Working with Children
- Codes of Behaviour & Agreement with Breach Reporting

Riches IGA Community Benefit

Cards are now available to be picked up from the Canteen.

Support the Club and a local independent super market located just behind the corner of East Boundary and Centre Roads.



Raffle Prize Donations:

Planning is underway for Trivia Night, a couple of Fun Days and Social Nights. Prizes for giveaways and Raffles are required.....

To help with some creativity in the prize you come up with a few suggestions:- Raffle prizes can range from soccer gear, any other soccer paraphernalia, to a basket of goodies or even a gift voucher. Wine, chocolates, and other yummy goodies. Prizes can be for kids or adults or both. All donations can be given to team Manager or Committee Member. All donations will be acknowledged.

Kids grow & mature at different paces

What makes some successful and others not? In the book the Outliers, the Story of Success by Malcolm Gladwell lays out some interesting comments across all areas – sport included.

I think it was swim coach Laurie Lawrence, who once said “some of our best Olympians are walking the streets”.

Recent US research on what's required to produce elite sport's persons were often basic – desire, support and opportunities, both given and taken. And don't forget some natural talent. There is more to it, including the 10,000 hours of practice required or a 40 hour week for 250 weeks (5 years). And other stuff that makes sense.

What was interesting was in reviewing the age profiles of members of the junior elite teams. They often share a common element – all ages were close (often within 3 months) to the maximum for eligibility for an age group team. The argument goes, the opportunities go to the old members of a junior group who tend to have matured earlier eg the ones who have already surpassed their peers physically – leading to better performances. Being more physically development, automatically produces better performance and these players often out shine their peers, which allows them to be given more opportunities for training/matches But these opportunities still need to be taken.

This in hindsight seems obvious, and looking around the Club at our Junior teams, it is very clear that kids development varies widely, often spread over 4 or more years. Whether its sport (physical) or an education (mental), development is often not linear with varying starting points. The key is to make the most of all opportunities and keep them coming no matter the development stage.

Our Website

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

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 Sergi 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

