



Between The Posts

Newsletter of the
East Bentleigh Soccer Club
Edition No 2/10 - March 2010

Media Centre

Support those who support the Club!



The real estate people



Get a key tag, to help fund Club programs.



5% discount off all purchases of full price items. **Use it all year round.** EBSC's MVP No 3807

Our Bank



Training Equipment Grant



Club Social

During Match Days:

The 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!!

WELCOME WEEK

The Club welcomes our teams and their families to a free BBQ after each training session. The Committee of Management are very approachable and happy to discuss any issues that you may have.

After Training - 13th, 14th & 15th April

TRIVIA NIGHT

A GUARANTEED FUN FILLED NIGHT

Proposed for 15th May

SPECIAL CLUB NIGHT

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

Keep 12th 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.

Looking for an assistant Treasurer

Got a couple hours spare and would like to help during the season. Join a small team that focus's on the Club's finances and start being proactive looking at our future needs.

Email chris.loose@bigpond.com

Important Dates

Player Registrations close 1/March
Total Girls Competition 20-21/March
Goalie Training Starts 7/April
Junior Coaching Course 10-11/April
Youth Coaching Course
28/February plus 27-28/March
C&M – FFV Guest Chris B. 12/April
Welcome Week 13-15/April
Club Trivia Night 15/May
Special Club Night 12/June

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 established 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 an experienced head is needed to take the team to the next level.

Please email if you can help

chris.loose@bigpond.com or
chris.peters@unicharm.com.au

Further Updating of Sub-Junior/SSGs

This year SSG (Small Side Games) concept extends right up to the U11 age group. The concept was very successful last year and we will be working with the coaches and managers to fine tune any bugs out.

The Club is going to retain our traditional teams/age grouping system within the competition structure created by the FFV. The FFV structure will be combining both the U11/10 and U9/8 age groups each with 2 levels. Teams will be placed into appropriate division for their capability. Our U11s will play on Sunday with U10s on Saturday.

Note the U7 and Goalkick group will be facilitated via the Bayside group.

CONTRIBUTIONS TO NEWSLETTER

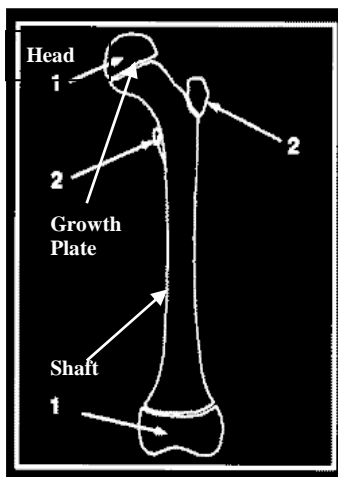
I would love this newsletter to be as informative and interesting for everyone from juniors to seniors. Funny stories, birthdays, jokes, new arrivals, anything of any interest. Email chris.loose@bigpond.com

Injuries in Children's Sports by Rob

SSPC



“exceptional
service
genuine
care”



Coaches are going back to school



This will be a great opportunity for Club members helping with or considering helping with teams. Players can also apply and will be considered on application. It will



cover a range of skills and drills needed to work with our budding “David Beckman’s”.

If you are interested in assisting with a team and would like to attend our April Junior course, please email chris.loose@bigpond.com

Participation by children in sporting activities is on the increase. Not only is there a larger number of children participating, but we are also seeing many individuals playing not just one sport, but a number of different sports at the same time. Add to this the fact that sport seems a lot more serious, even at junior level, (and as a consequence training sessions have an increased frequency and intensity) and it is no wonder that injuries in children are increasing at an alarming rate.

The growing bones of children and adolescents have a number of differences to the fully developed mature bone structure of adult. The main structural components of an immature bone are:

- Head of the bone (physis)
- Growth plate (epiphysis)
- Shaft of bone (metaphysis)

The main differences in children's bone structure are as follows:

1. The joint cartilage or cushioning is of greater depth (thicker) than that of an adult, and can be remodelled. This allows greater shock absorbing capabilities, as well as the possibility of cartilage repair after injury.
2. There is a weak point at the junction of the growth plate and the shaft of the bone. This point is predisposed to shearing trauma which can result in movement of the head of the bone, and can be likened to the appearance of ice cream falling off the edge of a cone.
3. Tendons attach muscle to bone. In children, the tendons attach via a section of cartilage (which is softer than the calcified attachment of adult tendon). This is a very vulnerable point that can result in avulsion (the tendon tearing away a piece of bone), or detachment of the tendon from the bone.
4. The shaft of the bone is more elastic in children and therefore less likely to break or snap. Children tend to suffer “greenstick” or hairline/incomplete fractures.
5. Children tend to grow in “spurts”, and during rapid growth periods, bone lengthens or grows quicker than the muscles and tendons that are attached to it. This results in the muscles and tendons being permanently on stretch, placing

bone, and resulting in less strength and co-ordination to control the bone. This contributes to the awkwardness that is commonly seen during these rapid growth periods.

So injury rates in children would appear to be related to three main factors:

- i. Many children are playing multiple sports, or the same sport with multiple teams.
- ii. Training and competition frequency and intensity has increased.
- iii. The growing bones and tissues of children are susceptible to injury.

Fortunately many conditions in adolescence are self-limiting, and full recovery does occur with the right management in most cases. However serious conditions can occur, and a missed diagnosis can have significant consequences, particularly if it has occurred during the rapid growth period. It is no longer acceptable to simply put your child's pain down as being “growing pains”. Children generally have the ability to recover quickly from their injuries, therefore if their pain has not disappeared relatively quickly then you should seek a diagnosis for the pain.

The more common conditions we see in childhood and adolescence include:

Osteochondritis Dissecans

This is a splitting or fragmenting of a piece of cartilage and attached bone from a joint and is most common at the knee, elbow, ankle, and hip. It is more common in boys (3:1) and usually presents between the ages of 10 – 20 years. The child will complain of pain, swelling, catching, and often “locking” of the joint.

The locking is caused when the fragment of bone and cartilage becomes jammed between the joint surfaces. There is nearly always associated swelling of the joint. Xrays diagnose the problem.

If an early diagnosis is made and activity is restricted, conservative treatment (physiotherapy) can settle the problem. However as most children present late, surgical intervention may be necessary. Surgery aims to either remove the fragment, or if possible, reattach it to the joint surface.

A new team for 2010

There is significant interest in Girl's 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.

Any girls interested please email serge.martini@boral.com.au

Also being investigated is an U10 SSG team. Interested, now is the time to act and register.

Women's Team

Join a great bunch in a fun and competitive environment.

Our Website

Bookmark

www.eastbentleighsc.com

and visit it regularly, for all the latest **Club News & Events**.



Injuries in Children's Sport – Cont.

Osgood Schlatters Disease (OSD)

This condition is caused by the inferior portion of the patella tendon pulling on its attachment to the tibia (shin bone), causing an inflammatory response. Unfortunately this tendon attachment point is also part of the growth plate of the bone and as such is a vulnerable area. OSD is more common in boys and tends to occur between the ages of 10 and 16. Symptoms are very specific, and include acute pain and often swelling over the upper shin. The pain is aggravated by jumping, squatting, running, stairs and especially kneeling. OSD is commonly seen in both knees.

Diagnosis is made purely by symptoms that are reported and Xrays are only necessary in more severe cases. Surgery is rarely necessary. Rest and ice are indicated. OSD tends to naturally ease within one to two years.

Patella Tendinopathy (“Jumpers Knee”)

This is similar to OSD, but affects the bottom pole of the kneecap and upper attachment of the patella tendon. Symptoms are similar to OSD, but pain is particularly aggravated by jumping. It is common in the jumping sports (basketball, high/long jump etc).

Severs Disease

Severs occurs in children generally between the ages of 10 and 12 and again is more common in boys. It is caused by the Achilles tendon pulling on its attachment to the heel bone, creating an inflammatory response. It is common for both heels to be affected and pain is specific to the back of the heel but can radiate along the side of the heel area. Treatment involves rest and ice. XRays generally are not necessary. At times we prescribe a cushioned heel pad.

An essential component of assessment and treatment of the above conditions is biomechanical analysis – we specifically assess foot posture to determine whether pronation (rolling inwards) of the foot is a factor as this is a common cause of lower limb pain.

Some important points to consider in training younger children include:

- Specialisation is discouraged before age 10 or puberty – encourage a wide variety of sports/activities.
- Ensure adequate adult supervision.
- Take injuries seriously – children tend to not complain of pain for more than a few days unless they have a definite problem.
- Strength training is safe but light weights must be encouraged along with adult supervision.
- Many sports have specific guidelines for training volumes in children to reduce the risk of overuse injuries (eg cricket, baseball, swimming, distance running).
- Nutrition is critical for active children. Strict restriction of nutritional requirements can have detrimental results (eg gymnasts).
- Children are at higher risk when exposed to heat/cold due to less ability to automatically regulate their own body temperature.

FFV – Shin Guards

Ruling, for U12 and up, please make sure your shin guards measure up.



Shin guards should cover the length of your leg, from ankle to knee minus 1 or 2 cm at each end.

Visit to the Club by Chris Brambridge

Chris is the FFV's Referee's Referee and will be presenting a rules session to the Coaches and Managers which will be open to all interested Club members.

Date:- Planned for the Monday 12/April
Location:- Bailey Reserve

Media Centre

Support those who support the Club!



Real estate people



A GOLD star thanks to:-

Sue M., Kay R., Chris P., Paul M., Peter M. Ivy C. & Chris L. for helping on the Club's first rego day.



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+).

The V Sign

The V sign is a hand gesture in which the first and second fingers are raised and parted, whilst the remaining fingers are clenched.



Here and some other English speaking countries, it is an obscene insulting gesture of defiance when performed with the palm facing inwards. During World War II, Winston Churchill popularised its use as a "Victory" sign (*V as in victory*) initially with palm inwards and later in the war palm outwards. In the United States, with the palm outwards, and more recently, occasionally inward as well, it is also used to mean "Peace", a meaning that became popular during the peace movement of the 1960s.

According to a popular legend the two-fingers salute or the V sign derives from the gestures of long bowmen fighting in the English army at the Battle of Agincourt (1415) during the Hundred Years' War. The story claims that the French claimed that they would cut off the arrow-shooting fingers of all the English and Welsh long bowmen after they had won the battle at Agincourt. But the long bowmen came out victorious and showed off their two fingers, still intact. Historian Juliet Barker quotes Jean Le Fevre (who fought on the English side at Agincourt) as saying that Henry V included a reference to the French cutting off long bowmen's fingers in his pre-battle speech.

The insulting version of the gesture (with the palm inwards), the "two-fingered salute", as it is also known, is commonly performed by flicking the V upwards from wrist or elbow. The V sign, has long been an insulting gesture in England, is largely restricted to the UK, Ireland, Australia and New Zealand. It is frequently used to signify defiance (especially to authority), contempt or derision.



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