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# IN-TOUCH



KARINGAL UNITED SOCCER CLUB MAGAZINE

# K.U.S.C.

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## THE ON-AGAIN, OFF-AGAIN MAGAZINE !!!

At the beginning of the season it was doubtful whether we would have a

Club magazine or not, certainly it did not appear as if it would continue in its present format that has been a notable part of the Club for many years now.

However, it DID Take off and has been regularly subscribed to, printed, & distributed every 2 weeks right from the first senior game.

For this splendid effort we all have to thank TERRY DOBINSON who came to our rescue and provided us with a top rate "NEWSPAPER" which has kept us all well informed about the Club.

It is of even greater credit to him that this edition is available Terry was involved in a car accident recently and as a result spent some time in hospital, it appeared that this last edition would not be available.

However, not to be outdone, Terry, eventho" confined to bed, managed to get articles to-gether and with the assistance of the printer, has yet again provided us with up to date information.

TO YOU, TERRY, WE SAY "THANK YOU" and we all wish you a very speedy recovery.

\*\*\*\*\*

"A SPECIAL THANK YOU FROM YOUR PRINTER "

\*\*\*\*\*

THIS IS A SPECIAL THANK YOU to TERRY DOBINSON & KARINGAL UNITED SOCCER CLUB;

Last Tuesday night I phoned Terry, to find out what was happening with this weeks Club Magazine; Terry told me that he and his wife had been involved in a car accident last week and had just come out of hospital. Terry had some doubt, whether or not he would be able to complete & compile the Magazine in time for printing:

I offered to help out without hesitation, even though I had a very heavy work load, ( this week 18 hrs per day ), As this is your Clubs Last Magazine for 1986, it would have been a great disappointment to the Clubs many players, members, officials, supporters and your Clubs "YOUNG ACHIEVERS FOR 1986", if you were not able to read about your "PRAISEWORTHY ACCOLADES" and the many other items of interest.

CONT...ON SPECIAL PRINTERS PAGE.....



## NEW TALENT DISCOVERED AT K.U.S.C.

\*\*\*\*\*

A small band of club supporters, namely some four U.15 boys and the club "recruitment officer", recently witnessed what they believe to be a first at K.U.S.C. On a Tuesday evening at about 5p.m. this group saw a Junior manager, with the aid of a Junior parent, hoisting himself to the top of a 25 foot pole.

"What is going on?" the group asked.

Some thought it was an attack on the World Pole Squatting Record, others thought it may be a team practice for "It's a Knockout".

"Perhaps it's a new training exercise". Someone said- "No, it's a rehearsal for Presentation Day", came the reply.

One smart Alec thought they were just trying to attract attention.

The solution came when a peculiar contraption, with two large "torches" attached, was also hoisted to the top of the pole. These two guys, on their own, with no ladder, safety net, and very little support had assembled, wired up and mounted two new floodlights.

"Good onya Bill", "Well done Bill", "No more training in the dark", these were the shouts from the small band of on-lookers.

Just who were these two men? None other than Bill

"The Fly" Thomas, our U.15 manager and Bill "Sparks" Cooper an U.15 parent.

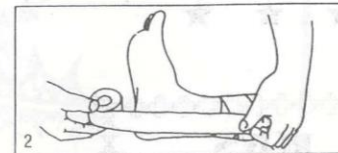
From all the club, many thanks to both of you for donating time, material and equipment.

Steve Parratt.

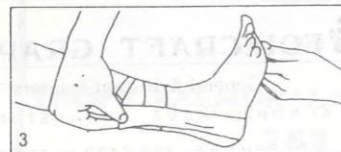
## Suggestions for Strapping of an Ankle:



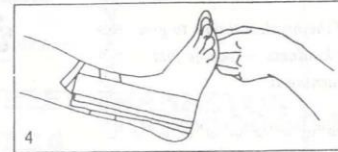
1 Two ANCHOR STRIPS are applied following the normal contour of the leg.



2 The first STIRRUP STRIP should start on the inside of the lower leg, on the already applied anchor strip. With a minimum of tension the tape should be laid down along the inside of the leg to cover the back half of the ankle bone.

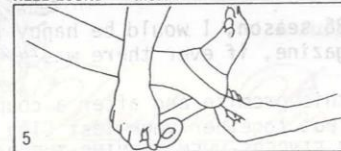


3 The tape should be continued under the heel, avoiding any wrinkles in the tape (due to the area being involved in weight bearing and the possibility of blister formation) and then applying pressure on the tape upwards on the lateral side toward the anchor strip where the desired length of tape is torn or cut off and the top edge secured.

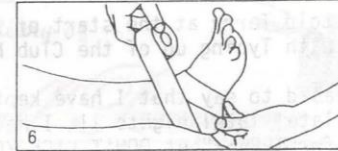


4 The number of stirrups required will depend on the severity of the injury, usually three.

### HEEL LOCKS — Medial



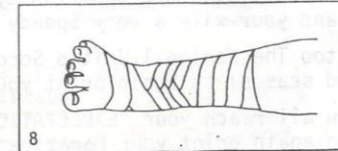
5 and 6 The tape passes under the heel, backwards across the inside of the heel and coming around the back of the heel, it passes back across the front of the foot



### Lateral



7 The tape finishes on the same side that it started. It is repeated starting on the outside for an eversion strain



8 The strapping may be completed with transverse locking strips from ankle to mid-calf or by Leukoband as illustrated



With Compliments

THE PRINTERS PAGE.



**ROY'S  
THOUGHT FOR  
THE MONTH**

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"A SPECIAL THANK YOU FROM THE PRINTER; CONT;....."

As I had told Terry at the start of 1986 season, I would be happy to help out with Typing up of the Club Magazine, if ever there was a problem.

I am pleased to say that I have kept this promise and after a couple of late! late! late! nights !!, I have put together your last Club Magazine for 1986; "but DON'T LICK YOUR FINGERS WHEN TURNING THE PAGE" the Ink could still be Wet !!!.

I would like to take this opportunity to say " THANK YOU TERRY" and wish you and your wife a very Speedy Recovery.

To thank too The Karingal United Soccer Club for giving me the opportunity (My second season) to again print your Club Magazine.

I hope you all reach your "EXPECTATION OF FUTURE SUCCESS, I look forward to again print your Magazine next season.

GOOD LUCK TO ALL!!!.....REGARDS.

YOUR PRINTER; ROY DE VRIES.

\*\*\*\*\*



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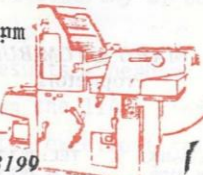
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### A FINAL MESSAGE FROM THE VICE-PRESIDENT-JUNIORS.

\*\*\*\*\*

THE end of season always brings a sigh of relief from many of us-be it players, parents, supporters or administrators! How often do we hear " Only ONE more week!"

1986, I believe, has been another successful season. I have said before that success is not just measured by the number of victories a team or club has achieved. Success in Junior Soccer, I believe, is seeing boys, of all ages, enjoying their games, working hard at training, supporting the Club, and improving their soccer techniques no matter what standard they are playing at.

Once again we are one of the top CLUBS in Victoria with almost 200 boys playing - 2nd only to Springvale City; we have fielded at least one and often 2 teams in every age group every weekend; we have seen junior boys at Senior games giving support; and if the Peninsula Shield results are anything to go by, we have seen our soccer skills improve over the year. Most importantly, with all the games I have seen this year, the boys have ENJOYED themselves.

WE have held a number of 'Junior' events at the CLUB this year -U.14 Regional Shield, U15& U.16 Peninsula Shield, U.10 Gala Day, Mooroolbark Gala Day and a Family Evening. All have been an outstanding success for the Club both financially and organizationally. Many teams and clubs have gone from Karingal both envious and most praiseworthy of our organizers, facilities and spirit of sportsmanship.

In the playing arena we have met with mixed results - perhaps only natural in a Club our size. In League Competition the 11A's finished Runners Up with our U.14B and U.10A's who have the excellent tally of 14 wins, 2 draws, 0 Losses- 82 goals for and 15 against.

Cont.....

(2)



# Final Message from the Vice-President- Juniors . Cont. (2)

\* \*\*\*\*\*  
We have a number invited to join the Regional Squads for training and 2 of our older boys -Craig Millar and Brad Langford- invited to tour over seas. Well done to you all.

Our U.11A's and U. 14A's are currently organizing trips to N.S.W. and New Zealand respectively which is a commendable effort on the part of the boys, parents, managers and coaches concerned.

"Success", however measured, can only come in a Club of 200 boys with a lot of help from a lot of people. This year I must again praise the work done by the Managers and Coaches in carrying out the philosophy of the Club, i.e. to give boys a game, encourage them and help them to enjoy themselves.

Parents are probably the most neglected body of people, they stand out in all sorts of weather, bring the boys to training (and burn the dinner!), wash dirty shirts, transport boys to games (despite petrol problems), supply oranges, drinks etc., and most importantly, provide much needed support and encouragement to the boys, teams, coaches and management.

On behalf of the boys and the Club I thank you all.  
Success of any kind cannot be achieved without the boys. Boys, you are the most important group of people in our Club-you are the Clubs Future, be it as a player, a parent, a supporter or an official. I hope that you have all enjoyed your season whether you have won or lost, I hope that you will be back at Karingal again next year. Above all, I thank you for the way in which you have carried the proud name of Karingal wherever you have played. Young players of the past have worked hard to create respect and admiration for Karingal and I am sure that you boys will continue in the same way and give the future of this Club a real place in Victorian Junior Soccer.

CONT..... (3)

# Final Message from the Vice-President - Juniors, Cont.....(3) \*\*\*\*\*

This is my "Final" message, as after 3 years as Vice-President Juniors I am handing over the reigns to "New" blood ( Do I here 'Not before time too!"). May I close simply by thanking the many junior and senior players, coaches, managers, parents, Club officials and supporters for the help and friendship that they have given me on and off the park and on the committee.

I have been very proud to be part of such a United Club and I hope that my association with the Club will continue for many years yet.

GOOD LUCK AND BEST WISHES FOR XMAS AND THE  
YEARS TO COME.

STEVE PARRATT.

## \*\*\*\*\* \* \* \* \* \* VIC. LEAGUE DIV.4 FINAL PLACINGS \* \* \*\*\*\*\*

|                 | P  | W  | D  | L  | F  | A  | Pts |
|-----------------|----|----|----|----|----|----|-----|
| CLARINDA        | 24 | 14 | 7  | 3  | 45 | 18 | 35  |
| WEST BRUSWICK   | 24 | 15 | 3  | 6  | 56 | 32 | 33  |
| HOLLAND PARK    | 24 | 14 | 4  | 6  | 56 | 36 | 32  |
| HAWTHORN        | 24 | 14 | 2  | 8  | 51 | 27 | 30  |
| LANGWARRIN      | 24 | 10 | 9  | 5  | 34 | 25 | 29  |
| BORONIA         | 24 | 10 | 7  | 7  | 36 | 19 | 27  |
| KEYSBOROUGH     | 24 | 9  | 7  | 8  | 40 | 47 | 25  |
| KARINGAL UNITED | 24 | 5  | 12 | 7  | 37 | 37 | 22  |
| EAST BRUNSWICK  | 24 | 9  | 3  | 12 | 26 | 38 | 21  |
| H/BERG BUNDOORA | 24 | 5  | 9  | 10 | 34 | 47 | 19  |
| LALOR UNITED    | 23 | 5  | 4  | 14 | 22 | 37 | 14  |
| BRIGHTON        | 24 | 3  | 7  | 14 | 25 | 68 | 13  |
| BALLARAT        | 23 | 4  | 2  | 17 | 29 | 60 | 10  |



# KARINGAL UNITED SOCCER CLUB 1986 RESULTS

(AS AT 4<sup>th</sup> OCTOBER 1986)

|              | play-<br>ed | Won | Lost | Drawn | GOALS |         |     | POINTS | POSIT | HAT<br>Tricks |
|--------------|-------------|-----|------|-------|-------|---------|-----|--------|-------|---------------|
|              |             |     |      |       | For   | Against | own |        |       |               |
| U.7A         | 16          | 7   | 6    | 3     | 38    | 24      |     |        |       | 7             |
| U.7B         | 16          | 6   | 4    | 6     | 33    | 29      |     |        |       | 3             |
| U.8A         | 16          | 9   | 6    | 1     | 50    | 17      |     |        |       | 5             |
| U.8B         | 14          | 4   | 9    | 1     | 18    | 30      |     |        |       |               |
| U.9          | 15          | 6   | 7    | 2     | 26    | 24      |     |        |       | 3             |
| U.10A        | 16          | 14  | 0    | 2     | 82    | 15      |     |        |       | 5             |
| U.10B        | 13          | 2   | 11   | 0     | 12    | 36      |     |        |       |               |
| U.11A        | 18          | 13  | 2    | 3     | 44    | 12      | 1   | 29     | 2     | 1             |
| U.11B        | 14          | 4   | 10   | 0     | 27    | 53      |     | 8      | 6     | 1             |
| U.12         | 16          | 7   | 3    | 6     | 34    | 25      |     | 20     | 4     | 1             |
| U.13A        | 18          | 6   | 10   | 2     | 33    | 43      |     | 14     | 7     | 1             |
| U.13B        | 16          | 2   | 13   | 1     | 18    | 51      | 1   | 5      | 8     | 1             |
| U.14A        | 18          | 3   | 13   | 2     | 15    | 43      |     | 8      | 9     |               |
| U.14B        | 14          | 7   | 3    | 4     | 26    | 18      |     | 18     | 3     | 1             |
| U.15         | 18          | 8   | 8    | 2     | 43    | 37      |     | 18     | 6     | 6             |
| U.16         | 12          | 7   | 4    | 1     | 31    | 17      |     | 15     | 3     | 2             |
| <b>TOTAL</b> | 250         | 105 | 109  | 36    | 500   | 474     | (2) |        |       | 37            |

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## A WORD FROM YOUR EDITOR

\*\*\*\*\*

I would like to thank all the people who have helped me fill the blank spaces in this year's Mag.

I would be the first to admit that it has left a lot to be desired, but in the absence of anyone else to do the task, I took it on.

Club magazines are a very important part of any sporting set-up, they are the link between players and supporters. To produce the Mag. takes a lot of time and effort not always appreciated by those read it. Hopefully, next year, the Mag. will continue and whoever takes on the job, will get my full support.

\*\*\*\*\*

By the time you get this Magazine all the Major Club awards will have been presented at the BROWNLOW NIGHT and the End Of Season Dance at Wingham Lodge. Unfortunately, not everyone can be nominated for these awards, for obvious reasons, so to all the people who have done their bit this year in whatever shape or form "THANKS"... from K.U.S.C.

\*\*\*\*\*

" THE BAR "

\*\*\*\*\*

A magnificent effort from John & Sylvia, always there, providing " TOP CLASS " service. Thanks to you both and all your helpers, from all of us.

\*\*\*\*\*



# UNDER 7 REPORT... DETAILS 1980 SEASON

\*\*\*\*\*

26 April Cranbourne (A)....  
 "A" Team score 1-1 (Andrew Tweddle)  
 "B" Team score 0-3

3 May Skye (H).....  
 "A" Team score 3-1 (Andrew Tweddle 2)  
 (Greg Weir 1)  
 "B" Team score 5-1 (Sean Casham 2)  
 (Peter Wilkinson 2)  
 (Peter Scutt 1)

10 May Dingley (A)....  
 "A" Team score 0-0  
 "B" Team score 0-4.

24 May Langwarrin (H)....  
 "A" Team score 5-0 (Andrew Tweddle 3)  
 (Leigh Albert 1)  
 (Andrew Schneider 1)

31 May Berwick (A).....  
 "A" Team score 6-1 (Leigh Albert 3)  
 (Andrew Tweddle 3)  
 "B" Team score 1-1 (Peter Rowe 1)

7 June Peninsula (H).....  
 "A" Team score 6-1 (Leigh Albert 3)  
 (Andrew Tweddle 3)  
 "B" Team score 2-1 (Nicholas Bourne 1)  
 (Heath Forbes 1)

14 June Peninsula C-D (A)...  
 "A" Team score 4-0 (Andrew Schneider 3)  
 (Andrew Tweddle 1)  
 "B" Team score 2-2 (Nicholas Bourne 1)  
 (Sean Casham 1)

21 June Seaford (A)....  
 "A" Team score 0-1  
 "B" Team score 3-3 (Sean Casham 2)  
 (Peter Wilkinson 1)

19 July Skye (A).....  
 "A" Team score 3-4 (Andrew Tweddle 2)  
 (Greg Weir 1)  
 "B" Team score 8-1 (Sean Casham 4)  
 (Nicholas Bourne 3)  
 (Peter Rowe 1)

Cont.....

# UNDER 7 REPORT Cont.....

2 Aug Langwarrin (A)....  
 "A" Team score 1-3 (Leigh Albert 1)  
 "B" Team score 2-2 (Sean Casham 1)  
 (Peter Rowe 1)

9 Aug Berwick (A)....  
 "A" Team score 2-2 (Andrew Tweddle 1)  
 (Andrew Schneider 1)  
 "B" Team score 2-1 (Nicholas Bourne 1)  
 (Peter Rowe 1)

16 Aug Peninsula (A)....  
 "A" Team score 2-3 (Andrew Tweddle 2)  
 "B" Team score 1-1 (Peter Wilkinson 1)

23 Aug Peninsula C-D (H)....  
 "A" Team score 3-0 (Andrew Tweddle 3)  
 "B" Team score 0-3

" SUPERSTAR AWARDS "..... Andrew Tweddle v Cranbourne  
 Andrew Schneider v Skye  
 Leigh Albert v Dingley  
 Brad Johnstone v Langwarrin  
 Peter Rowe v Berwick  
 Heath Forbes v Peninsula  
 Sean Casham v Peninsula C & D.  
 Peter Wilkinson v Seaford  
 Greg Weir v Skye  
 Nicholas Bourne v Lanwarrin  
 Peter Scutt v Berwick  
 Greg Weir v Peninsula  
 Leigh Albert v Peninsula C & D

" HAT - TRICKS "..... Andrew Tweddle v Langwarrin  
 Leigh Albert v Berwick  
 Andrew Tweddle v Berwick  
 Leigh Albert v Peninsula  
 Andrew Tweddle v Peninsula  
 Andrew Schneider v Peninsula  
 Sean Casham v Skye  
 Nicholas Bourne v Skye  
 Andrew Tweddle v Peninsula C & D

WELL DONE BOYS A GREAT PERFORMANCE.

\*\*\*\*\*

# SPONSORSHIP THANKS....

\*\*\*\*\*

K.U.S.C. would like to say a " BIG THANK YOU " to all the Sponsors of the 1986 season. Without your help and support we would never have been able to have achieved what we have this season. Money from advertising, cash donations, membership fees, support over the bar, at the Kiosk, raffle donations, it all adds up and has helped the club continue to be the success it always is, year after year. Success at K.U.S.C. is not always measured in trophies or league championships, but in the opportunity and pleasure we give to our many players and supporters to take part in the game we all love, Soccer. We have not reached great heights as far as the Senior Side is concerned, but we have held our position in the league and can look forward to a successfull season next year. So, to all of you, parents, players, supporters and sponsors, " THANK YOU ".

\*\*\*\*\*

**A. G. M**

The K.U.S.C. Annual General Meeting will be held in the Clubrooms on Thursday 30th October. This is your chance to air your views and say what you think. The new Executive Committee will be voted in for next season, so if you want to have a go put your name forward.

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KARINGAL 3199  
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## JUNIOR ROUND UP

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Whilst recent weeks have seen the end of Club competitive games a number of other events have taken place.

On September 7th the U.10's went to Seaford for a Gala Day and returned triumphant by beating Springvale City in the final and thus adding another trophy to our cabinet - Congratulations boys on a fine result.

Springvale City were not to be outdone however for they came to Karingal all set on revenge when they took part in our own U.10 Gala Day along with 8 other clubs.

Revenge was sweet for them too when they convincingly beat our U.10 in the final of what was a great day of Soccer and entertainment.

It was a true Sporting occasion with teams from as far afield as Sunshine and La Trobe Valley taking part and it would appear all thoroughly enjoyed the day.

Great credit must be given for this successful day to Alan Johnstone and Sue Parratt for their overall organization, John Tweddle for his organization of the Refs, which including Ray Kren, the 2 Penguins, Sue & Sonia, John Row for organizing pitches, Jerry Booth and the Tadies for the kiosk and Mike Oakley for Getting the teams here.

Mention should also be made of the U.14A boys who contributed to the day by providing games and guessing competitions to aid their trip to New Zealand.

These boys organized everything themselves and deserve the success that they achieved.

Recent weekends have also seen the Peninsula Shield Competition played by all teams from U.11 to U.16. Karingal were host to the U.15's & U.16's and although on the ground we were not successful,

CONT.....



### JUNIOR ROUND UP CONT..

The day was a great financial success for the Club and once again credit must go to Alan Johnstone & Sue Parratt for their organization and Jerry Booth and the ladies for the kiosk facilities - we seem to be one of the few Clubs who can cater for such a day without running out of food!!!!

Our U.14's were not successful, although the 14A's were unlucky not to reach the finals when they conceded a goal in the last 9 seconds of their last game!

The U.13A's did well to reach the semi finals on a count -back, although they faced stiff opposition when they played Super-League team Mornington. However, they played their best Soccer in the Shield when they went down 2-0 a great performance- well done.

The U.13B's, whilst not achieving great heights, provided the shock of the tournament at any age when they held Super - League team Skye to a 0-0 draw and thus robbing Skye of a finals birth. Enough to say that every boy worked very hard and for his team- a truly UNITED effort - WELL DONE !!

The U11A's and U.12's were our most successful teams with both of them coming home with the winners pennant and Shield for their respective age groups. Well Done again to both teams, its a few years since we have had one let alone Two Shield winners. Mention must be made of the U.12's who played six games in all, winning 6, scoring 27 (although some say more !) and only conceding 2- A great effort especially since last year the same team got knocked out in the first round!!

The Peninsula Shield also provides the opportunity for boys to be seen by Regional Coaches and this year we have a number of boys who have been invited to join the initial training squads. At this time the 1987 U.12 players are not known but other squads include the following Karingal players: U.13. Mark Parratt, Con Xauthopoulos, Kevin Jones, Gary Meachem.

U.14. Leigh Sheam.

U.15 Michael Parratt, Geoff Boag, Nick Clonaris, John Burgess.

CONT...

### UNDER 14B.

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Congratulations to the boys for a fine season, finishing third in their league and enjoying themselves at the same time. A marked improvement over last season, in which they finished bottom of the table.

Lots of credit must go to coach, Jim Hull, for his efforts and patience in training and encouraging the boys throughout the season.

The boys skills have improved and their approach, discipline and manner, on and off the field, has been exemplary and I feel sure they will reach greater heights next year.

Many thanks to the parents for their support throughout the season. Looking forward to seeing you all back in 1987

Best wishes,  
Bill Thomas.

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### JUNIOR ROUND UP CONT....

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For many years we provide more than our share of outstanding goalkeepers and yet again we have two more in Gary (U.13), and Michael (U.15).

I hope these 2 can maintain the high standard set by previous Karingal goalkeepers, for I know there are the Karingal goalies ready to step into their shoes also !!

Congratulations to all these boys - work hard for yourselves and Karingal.

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U 14A. VS. SPRINGVALE CITY LOST 0-4.

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Playing with a very much rearranged team we did our usual trick of giving the opposition a 1-0 start in the first minute.

Two further goals and we went to half time 0-3, after a very lacklustre performance on our part.

The second half saw a dramatic lift in effort and it resulted in only one more goal. Thanks to Leigh Shearn, Steve Anderson and David Chidlow for filling in for us.

Because of the N.Z. trip this team will be kept together over the Summer and we look forward to a successful 1987.

Regards,  
Norm Boag.

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U 14A. LOST TO DOVETON 1-4. 31/8/86.

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Once again the Boys played really well against a much bigger team. After leading for threequarters of the match 1-0, from a good team goal by Jeff Boag they suffered with 3 goals in 5 minutes by Doveton. Michael Parratt Played well in goal and without his efforts it could have been many more.

Regards,  
Norm Boag.

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# KARINGAL RED DEVILS



CLUB OFFICIALS 1985

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47 Norman Ave Frankston 3199.

## COMMENT FROM THE BUILDING COMMITTEE

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After repeated complaints from members about the external state of the Clubhouse and the shabby nature of the paintwork, the Building Committee recently called for volunteers to man a paint brush or roller and give a hand to rectify the situation.

The result was that 5 people turned up and after 4 hrs had painted half the CLUB HOUSE. Many thanks go to this small band which was made up of 2 adults and 3 U.15 boys.

Is it any wonder, however, that their comments during the morning were all the same "WHERE ARE ALL THE OTHER MEMBERS IN THE CLUB?."

The sympathies of the Building Committee are with them. All too often this year we have heard complaints and criticisms about the state of this or that, yet it has been left to the same band of half a dozen volunteers to try and do something to improve the situation. We always get the same type of answers when asking for help- "I haven't got time", "SOMEONE" else can, or will, do it! Unfortunately this "SOMEONE" rarely turns up and if he does he is fed up with being the only one.

Surely in a club of 200 + members we could expect a little more help, and if you are one of those who have complained or criticised why haven't you put in your share of help. If all those who had complained had put in an hour's work the Clubhouse would now be immaculate!. In other words if you are not going to help then dont.....well complain!! REMEMBER! HOWEVER, THAT IT IS YOUR CLUBHOUSE WHEN IT FALLS APART.

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## " A SHORT STORY FROM YOUR PRINTER"

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This is a story about four people named EVERYBODY, SOMEBODY, ANYBODY AND NOBODY. There was an important job to be done and EVERYBODY was sure that SOMEBODY would do it.

ANYBODY could have done it, but NOBODY did it. SOMEBODY got angry about that, because it was EVERYBODY'S job. EVERYBODY thought ANYBODY could do it, but NOBODY realised that EVERYBODY wouldn't do it.

It ended up that EVERYBODY blamed SOMEBODY when NOBODY did what ANYBODY could have done.

Regards

Roy De VRIES.

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The Christmas tree is shining,  
The candles glow with light,  
But it's the friends who share it  
That make the season bright.

"MERRY CHRISTMAS.  
HAPPY NEW YEAR!"

TO ALL AT K.U.S.C  
from  
ROY DE VRIES, PRINTER.

## SPORTS INJURIES PREVENTION

Perhaps it's the effect of the 'Life. Be In It' campaign, perhaps we're simply all more aware of the importance of healthy lifestyles. The fact is that fewer Australians are secondhand sportsmen — watching sport only on television. We are becoming more actively involved.

However, increased community participation in physical activity has led to increased sporting injuries. And these injuries can be serious — to the point where people are absent from work as a direct result.

"Sports Injuries Prevention Programs" have been operating in the United States for many years, and these programs have proved very effective in reducing injuries, their severity and the rate of re-occurrence.

The first Australian "Sports Injury Prevention Program" (SIPP) was developed by Cumberland College of Health Sciences (NSW) and further modified by Footscray Institute of Technology (Vic.).

The Institute says that most sports injuries are soft tissue injuries, strains, sprains and bruises. These can be prevented by:

- ★ scientific conditioning and training;
- ★ correct pre-game preparation;
- ★ correct use of equipment and preventative taping.

These are easily treated through:

- ★ early detection;
- ★ proper first aid and early management;
- ★ appropriate medical support and referral.

## UNDER 10B \*\* REPORT\*\* V SANDRINGHAM

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ONCE again up against a very strong Sandringham team our boys were down two - nil at half time apart from good play by

Joe Krapcerjak, Chris Simmons, Terry Barlow,

Phillip Allwood and Ryan Carter

At half time a few quiet words from the Coach about there play and things changed in the second half, first a powerful shot from outside the box by Chris Simmons saw the keeper left laying on the ground and the ball in the net.

Then 5 minute later Right Wing, Phillip Allwood, with a great solo effort beat two defenders and the keeper for our second.

One Minute from time Sandringham scored.

Final Score- Lost 3-2.

Goal Scores Chris Simmons

Phillip Allwood.

Also on behalf of the team we would like to thank our team manager Mr. Laurie Monks for his great effort and support.

Regards Tony Allwood Coach.

SUPER STAR \*\*\*\*\*

★ Phillip Allwood ★  
★ Chris Simmons ★  
★ Ryan Carter ★  
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## UNDER 11a. PENINSULA CUP FINAL

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KARINGAL 2. PENINSULA 0.

Both teams played good fast soccer in the first half with Karingal scoring their goals. The first by Steven Armstrong was an excellent solo effort taking the ball straight through from half way out, the second goal scored by Bluie Watherspoon in a similar manner. During the second half play was much slower with Peninsula having less of the game. A great win by a great sporting team. Well played boys. I would personally like to thank Gary Hortan for all his time this year and for being the "best ever" coach, the boys for their great team effort and the parents who have given their support all through the season. WE are the CHAMPIONS!!!



# UNDER 12 REPORT

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It has taken me about the season, as new Coach, to get to know the boys.

Nevertheless, we have overcome a few initial problems and developed into a reasonable side.

We may not have won the league this year, but look out next season!

I don't wish to single out players for special mention because I believe it is the team that matters, rather than the individuals.

So I have named all the players in the squad.

Keeper David Oram has had a fine season making many fine saves.

Sweeper Stephen Anderson, in my opinion, is the best in the league.

Full backs Gary Casham and Neil Tresize, both developing a good understanding.

Centre backs Grossen and Dean Reid, big improvers this season, well done.

Mid-fielders Daniel Docherty who is a tireless worker and top contributor, Mathew Murcott has plenty of potential but needs to work on his fitness.

Wingers John Ruecroft, an excellent player, always causing problems for opposing backs, has scored some great goals too.

Chris Tzambazais has worked hard only lacking in a bit of physical strength, this will come Chris.

Strikers Lee Rochfort, has shown some good skills but needs to work on fitness.

David Price has scored some good goals and finished up our top scorer, not forgetting the goals he set up for others, a great effort David.

Last but not least, Adam Cranch, who usually gets half a game, always gives his best effort without complaining, well done Adam!

Special thanks to players from other squads who helped out when we were short.

My personal thanks to manager Danny Docherty is always there, caring for the paper-work, also to Mick Oram and Bob Cranch for their assistance at training.

Brian Tymott (Coach)

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