

Croydon City Arrows Soccer Club

e-Newsletter

**Issue No. 2
8th July 2011**

www.croydoncitysc.org.au

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Message from our Sponsors

Hello to all players, coaches, family and friends of Croydon City Soccer Club.

This year marks the beginning of what we believe will be a strong partnership between your club and our practice. We, at Lifecare, are looking forward to the challenge of supporting your players and helping them to perform to the best of their ability. To foster this relationship we are offering a free injury triage service on Monday evenings from 7pm. The aim of this service is to assess and diagnose acute sports injuries, from the previous week's matches/training, and advise you on the best course of action in regards to their management.

We are also conducting free information evenings throughout the year. Our first session will be conducted by podiatrist, Erin Millard. Erin will discuss footwear and football boot prescription on the evening of Tuesday, 19th July at the clubrooms. All are welcome and encouraged to attend.

Each newsletter we will provide some tips on injury and performance management. In this month's article we will focus on some key points for injury prevention, and recovery principles.

Key points for injury Prevention:

- **Warm-up** – Prepares the body for exercise. Needs to take the body through the full range of activities required for the training session. Must raise core temperature and activate the neural system for optimal muscle output and coordination.
- **Stretching** – Generally dynamic stretching occurs as part of a warm-up. Static stretches should not be performed immediately prior to intense exercise but can be used during the week to improve flexibility.
- **Fully rehabilitate past injuries** – To prevent recurrences and improve performance. Full healing post-injury can take 12 weeks, and full rehabilitation longer in some instances.
- **Wear appropriate protective equipment**- Including quality, well-fitted football boots, shin guards, padded shorts when necessary and mouth guards. Mouths guards can be used to prevent cuts, tooth injuries, concussion, neck injuries and jaw fractures.
- **Protective strapping** – To protect and support previous injuries. As directed by your physiotherapist. To learn more about taping techniques I suggest you visit <http://www.elastoplastsport.com.au/Injury/TapingTechniques.aspx>
- **Conditioning** – players need to be fit, coordinated, agile, strong and powerful. These attributes cannot be developed sufficiently in football sessions alone.

Key recovery principles:

- **Rest** – is the most important recovery strategy! The body is amazingly adaptable if given enough time to fully recover between training bouts. High intensity training every day without adequate rest often leads to injury.
- **Fueling the body** – to avoid fatigue with a balanced diet and 8 glasses of water per day (plus an extra glass before, and every fifteen minutes during sport). Carbohydrates are a major fuel source and protein is important to build muscle.
- **Cold-water immersion** – used in many sports to assist recovery, reduce muscle soreness and lower core temperature after exercise.

Following these principles will assist you in fulfilling your potential on and off the pitch.

Go Arrows!

Anthony Powell (physiotherapist) can be consulted at Lifecare Croydon Sports Medicine



Message from our Sponsors

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Congratulations to the following players!

Alyssia (Lyss) Blewonski (U14G), Anita Odd (U14G), Bethany Mason-Jones (U14G) and Emma Heckenberg (U14G) were all selected to trial for the U14 girls state team. After an intense few weeks Lyss and Emma were selected for the team which plays in Coffs Harbour, NSW July 10-17th.

Holly White (U15G) was selected to trial for the U15 girls team. Holly was also successful and will be travelling to Coffs Harbour, NSW July 10-17th.

Good Luck Girls....Go Victoria!!!

Bunnings BBQ

A big thanks to those of you who helped out at the Bunnings BBQ fundraiser on Saturday June 11th. Around 1000 sausages were sold and the day made **a profit of over \$1700**.

Fundraising days like this help towards things like the new shirts (costing around \$5000) or goal nets for the U9 pitches we have purchased this year without the need to increase our fees significantly. Without your help we could not run these days and your effort is much appreciated.

We had around 30 different helpers during the day representing about half of our teams. Hopefully we will see representatives from the other half of our teams at the next fundraiser, the Trivia Night.

A special mention to Ernie Howarth, our club Patron, who was there nearly all day, Di Graf and Peter Dring for their efforts in organising the day.

Thanks to the Melbourne Victory players

who visited the club on May 25th and trained with some of our players.



It was a huge success and very inspiring to those players who participated!



In photo: Danny Allsopp, Nick Ansell, and Stephanie and Rebekah from the U12G team.

Club Apparel for Sale

Can be purchased from the clubrooms on weekends and Wed, Thurs and Fri nights at practice.

Club Hoodies (Black) \$30

Scarves \$15

Warm-up jackets \$30

Shorts \$15

Socks \$10

Ladders

At home every other Friday. Please come and support them!










Mens League

Football Federation Victoria - Mens State League Div 3 South-East

Rank	Team	P	W	D	L	F	A	GD	Points
1	 Kingston City	12	8	3	1	32	9	23	27
2	 Mornington	12	9	0	3	35	14	21	27
3	 Old Scotch	12	8	1	3	22	15	7	25
4	 Doveton	12	6	1	5	24	17	7	19
5	Fitzroy City	12	6	1	5	22	20	2	19
6	 Berwick City	12	5	1	6	17	20	-3	16
7	 Peninsula Strikers	12	4	4	4	22	33	-11	16
8	Nunawading City FC	12	4	3	5	14	19	-5	15
9	Waverley Wanderers	12	4	2	6	17	19	-2	14
10	 North Caulfield	12	3	4	5	20	21	-1	13
11	 Croydon City Arrows	12	3	2	7	20	25	-5	11
12	 Frankston Pines	12	0	2	10	10	43	-33	2

Last updated: Jul 5, 2011 3:45AM (local time)

Football Federation Victoria - Mens State League Div 3 South-East Res

Rank	Team	P	W	D	L	F	A	GD	Points
1	 Kingston City	12	11	0	1	37	10	27	33
2	 Old Scotch	11	7	1	3	26	16	10	22
3	Waverley Wanderers	12	6	4	2	37	29	8	22
4	Fitzroy City	11	6	2	3	19	22	-3	20
5	 Mornington	12	5	3	4	31	26	5	18
6	 Croydon City Arrows	12	5	2	5	31	27	4	17
7	 Doveton	12	5	2	5	23	19	4	17
8	 Berwick City	12	5	1	6	27	27	0	16
9	 Peninsula Strikers	12	4	3	5	23	24	-1	15
10	 North Caulfield	12	4	2	6	31	29	2	14
11	Nunawading City FC	12	2	2	8	22	38	-16	8
12	 Frankston Pines	12	0	0	12	11	51	-40	0

Last updated: Jul 5, 2011 3:45AM (local time)

Womens League

At home every other Friday. Please come along and support them!

Football Federation Victoria - Womens State League Div 3 South-East

Rank	Team	P	W	D	L	F	A	GD	Points
1	 South Melbourne Womens FC	10	9	0	1	45	8	37	27
2	 Croydon City Arrows SC	10	8	0	2	24	8	16	24
3	 Monash University SC	10	7	1	2	37	5	32	22
4	 Langwarrin SC	10	5	1	4	26	16	10	16
5	 Dandenong City SC	10	5	1	4	25	21	4	16
6	 Ashburton Womens SC	10	5	1	4	18	26	-8	16
7	 Endeavour United SC	10	3	1	6	21	30	-9	10
8	 Kingston City FC	10	2	1	7	12	45	-33	7
9	 Knox City FC	10	2	0	8	12	25	-13	6
10	 Baxter SC	10	1	0	9	8	44	-36	3

Last updated: Jul 4, 2011 3:45AM (local time)

Football Federation Victoria - Womens Metropolitan League East - North East









Rank	Team	P	W	D	L	F	A	GD	Points
1	 Boroondara Eagles FC	10	10	0	0	34	8	26	30
2	 FC Bulleen Lions	10	9	0	1	36	7	29	27
3	 Monbulk Rangers SC	10	6	2	2	15	13	2	20
4	 Eltham Redbacks FC	10	5	1	4	17	18	-1	16
5	 Monash University SC	10	5	0	5	14	13	1	15
6	 Swinburne University SC	9	3	2	4	16	19	-3	11
7	 La Trobe University SC	10	3	1	6	23	21	2	10
8	 Deakin Lions FC	10	3	0	7	19	26	-7	9
9	 Mooroolbark SC	9	1	2	6	9	32	-23	5
10	 Croydon City Arrows SC	10	0	0	10	6	32	-26	0

Last updated: Jul 5, 2011 3:46AM (local time)

Junior Results









Boys (East-North East)

Football Federation Victoria - Boys East - North East 12 Wallabies

Rank	Team	P	W	D	L	F	A	GD	Points
1	 Manningham Junior SC 2	10	9	1	0	31	6	25	28
2	 Ashburton United SC	10	7	1	2	27	7	20	22
3	 Eltham Redbacks FC	10	5	3	2	20	7	13	18
4	 Riversdale SC	10	5	3	2	19	14	5	18
5	Whitehorse United JSC	10	4	2	4	20	18	2	14
6	Waverley Wanderers SC	10	3	2	5	12	18	-6	11
7	 Eastern Lions SC	10	3	1	6	19	22	-3	10
8	 Croydon City Arrows SC	10	2	3	5	19	27	-8	9
9	 Waverley Victory FC	10	2	3	5	14	27	-13	9
10	 Manningham Junior SC 1	10	0	1	9	6	41	-35	1









Last updated: Jul 3, 2011 5:56PM (local time)

Football Federation Victoria - Boys East - North East 13 C

Rank	Team	P	W	D	L	F	A	GD	Points
1	 Oakleigh Cannons FC	10	9	1	0	44	6	38	28
2	 FC Bulleen Lions	10	9	0	1	41	6	35	27
3	Nunawading City FC	10	6	2	2	30	8	22	20
4	 Knox United SC	10	6	2	2	22	8	14	20
5	Boronia Junior SC	10	6	0	4	23	14	9	18
6	 Waverley Victory FC	10	5	0	5	15	23	-8	15
7	 Boroondara Eagles FC	10	3	0	7	13	25	-12	9
8	 Ashburton United SC	10	2	1	7	9	24	-15	7
9	 Riversdale SC	10	1	0	9	3	27	-24	3
10	 Croydon City Arrows SC	10	0	0	10	0	59	-59	0









Last updated: Jul 4, 2011 3:46AM (local time)

Football Federation Victoria - Boys East - North East 14 C

Rank	Team	P	W	D	L	F	A	GD	Points
1	 Knox City FC 1	10	9	0	1	63	6	57	27
2	 Knox United SC	10	8	1	1	25	11	14	25
3	 Ashburton United SC	10	6	1	3	33	15	18	19
4	 Glen Waverley Junior SC	10	6	0	4	31	17	14	18
5	 Manningham Junior SC	10	4	1	5	19	16	3	13
6	 FC Bulleen Lions	10	3	3	4	14	18	-4	12
7	 Eltham Redbacks FC	10	2	3	5	18	33	-15	9
8	Whitehorse United JSC	10	2	3	5	9	36	-27	9
9	 Croydon City Arrows SC	10	2	1	7	11	38	-27	7
10	Knox City FC 2	10	1	1	8	12	45	-33	4











Last updated: Jul 3, 2011 5:56PM (local time)

Football Federation Victoria - Boys East - North East 15 B

Rank	Team	P	W	D	L	F	A	GD	Points
1	Knox City FC	10	9	0	1	51	16	35	27
2	 Glen Waverley Junior SC	10	9	0	1	39	18	21	27
3	 Oakleigh Cannons FC	10	7	1	2	25	12	13	22
4	Monbulk Rangers SC	9	6	0	3	28	13	15	18
5	 Croydon City Arrows SC	10	4	3	3	31	26	5	15
6	 Boroondara Eagles FC	9	3	2	4	19	21	-2	11
7	 Ashburton United SC	10	2	1	7	23	36	-13	7
8	 Doncaster Rovers SC	10	2	1	7	9	32	-23	7
9	 Eastern Lions SC	10	2	0	8	14	41	-27	6
10	 Eltham Redbacks FC	10	1	0	9	17	41	-24	3

Last updated: Jul 5, 2011 3:46AM (local time)

Football Federation Victoria - Boys East - North East 16 A

Rank	Team	P	W	D	L	F	A	GD	Points
1	 FC Bulleen Lions	10	9	0	1	73	4	69	27
2	 Oakleigh Cannons FC	10	8	1	1	60	9	51	25
3	 Box Hill United	9	6	1	2	28	12	16	19
4	 Monash City SC	10	6	0	4	28	14	14	18
5	 Riversdale SC	10	5	2	3	16	16	0	17
6	 Croydon City Arrows SC	10	3	5	2	21	13	8	14
7	 Mooroolbark Junior SC	10	2	2	6	11	50	-39	8
8	 Boroondara Eagles FC	10	1	3	6	7	38	-31	6
9	 Glen Waverley Junior SC	9	1	1	7	12	33	-21	4
10	 Doncaster Rovers SC	10	0	1	9	7	74	-67	1

Last updated: Jul 4, 2011 3:46AM (local time)

Football Federation Victoria - Boys East - North East 16 B

Rank	Team	P	W	D	L	F	A	GD	Points
1	 Manningham Junior SC	10	5	4	1	27	14	13	19
2	 Eltham Redbacks FC	10	5	3	2	28	20	8	18
3	Whitehorse United JSC	10	5	2	3	34	22	12	17
4	Monbulk Rangers SC	10	5	1	4	31	31	0	16
5	 Ringwood City SC	9	4	2	3	22	13	9	14
6	Brandon Park SC	10	3	0	7	24	44	-20	9
7	 Knox United SC	9	2	2	5	19	24	-5	8
8	 Croydon City Arrows SC	10	2	2	6	29	46	-17	8

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Girls (Central – North East – East)

Football Federation Victoria - Girls 12 Purple Kangaroos

Rank	Team	P	W	D	L	F	A	GD	Points	%
1	 Brighton SC	9	6	3	0	16	4	12	21	0
2	 Croydon City Arrows SC	10	6	1	3	17	14	3	19	0
3	Sandringham SC	10	5	1	4	18	14	4	16	0
4	 Box Hill United	9	3	3	3	19	19	0	12	0
5	 Ashburton Womens SC	10	2	4	4	19	18	1	10	0
6	 Peninsula Strikers Junior SC	10	0	2	8	7	27	-20	2	0






Last updated: Jul 4, 2011 3:46AM (local time)

Football Federation Victoria - Girls Central - North East - East 13-14 C

Rank	Team	P	W	D	L	F	A	GD	Points
1	 Croydon City Arrows SC	8	7	0	1	34	5	29	21
2	 Glen Waverley Junior SC	9	6	1	2	13	9	4	19
3	Kensington Junior SC	9	5	1	3	23	10	13	16
4	 Yarra Jets Junior FC	9	5	1	3	18	15	3	16
5	 DOC United FC	9	4	2	3	17	11	6	14
6	Yarraville Glory FC	9	3	4	2	24	27	-3	13
7	Monbulk Rangers SC	9	3	0	6	10	23	-13	9
8	Alphington FC	9	1	1	7	5	21	-16	4
9	 Ringwood City SC	9	1	0	8	9	32	-23	3





Last updated: Jul 4, 2011 3:46AM (local time)

Football Federation Victoria - Girls Central - North East - East 15-16 A

Rank	Team	P	W	D	L	F	A	GD	Points
1	 South Melbourne Womens FC	10	8	2	0	38	11	27	26
2	Whitehorse United JSC	10	6	2	2	25	16	9	20
3	 Box Hill United	10	5	2	3	25	18	7	17
4	 FC Bulleen Lions	10	5	2	3	16	12	4	17
5	Knox City FC	10	4	1	5	16	23	-7	13
6	 Ashburton Womens SC	10	2	3	5	15	24	-9	9
7	 Croydon City Arrows SC	10	1	3	6	11	19	-8	6
8	 Boroondara Eagles FC	10	1	1	8	13	36	-23	4

Last updated: Jul 5, 2011 3:46AM (local time)

Football Federation Victoria - Girls Central - North East - East 15-16 C

Rank	Team	P	W	D	L	F	A	GD	Points
1	 Doncaster Rovers SC	8	6	1	1	20	10	10	19
2	 Oakleigh Cannons FC	8	3	2	3	8	10	-2	11
3	Monbulk Rangers SC	8	3	1	4	10	9	1	10
4	 Croydon City Arrows SC	8	3	1	4	14	16	-2	10
5	 FC Bulleen Lions	8	2	1	5	11	18	-7	7

Last updated: Jul 4, 2011 3:46AM (local time)

Upcoming Events

Trivia Night

Croydon City Arrows Soccer Club
Trivia Night

Date: 6th of August 2011
Venue: Club rooms
Entry fee: \$10.00 per head - Tables of 10
BYO: Nibblies
Drinks: At Bar prices
Time: 7.30pm

Trivia/Games/Prizes/Raffles

For tickets, contact Di (0414 726 699) or Craig (0438 889 992)

The illustration features a light blue and white sunburst background. In the foreground, there are three tall, slender beer glasses filled with a golden liquid, and a large white bucket filled with beer. Two beer bottles are visible behind the glasses. A small green bottle with a red label is placed on the table in front of the glasses. At the bottom center, there is a circular logo for Croydon City Arrows Soccer Club, featuring a soccer ball and the text 'CROYDON CITY ARROWS SOCCER CLUB' and 'EST. 1957'.

Don't forget to buy tickets for the Trivia Night on 6th August. Purchase 10 tickets for a table for your team and see which team knows the most trivia! This is a big fundraiser for the club so please come along and support us.

Chocolate Drive

The chocolate drive for SSF teams is in full swing! Please remember that all monies are due back by **Sunday 17th July**.

Thanks to our 2011 Sponsors



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