



End of Season News

September 2016

“You make a living by what you get. You make a life by what you give.”

~Winston Churchill

Thank you to all our volunteers for contributing to a fabulous season. It wouldn't have been possible without you.

Thank you to the families and volunteers, who year after year have tirelessly engaged and encouraged those of us who are now taking our turn. Without the time and effort you have already put in we would not have the opportunity to be here in our 43rd year of operation.

Thank you to our dedicated & patient coaches, team managers, referees and assistant refs.

A special thanks to those who work behind the scenes to make football happen in Castlemaine.

Ray West for marking the lines each week & managing all things equipment.

Bill Burriss for looking after the grounds.

Mark and Siobhan Gardner for managing the kiosk & BBQ fundraising.

Ashley McCoy for supporting the coaches and generally being everywhere and anywhere he is needed, seemingly all at the same time.

Jeff Huzzey for keeping finances in order.

Andrew Butt for dotting the i's and crossing the t's.

Jake Bovill for making sure you are all registered and insured.

Aaron Shooter for keeping us in order and all things presidential.

Tony Cormack the facebook and communications king.

Kathryn Hall for helping out with lots of bits & bobs in between.

Glen Springate for keeping our smallest members and their families organised.

A note from the President

As the 2016 season draws to a close I would like to thank the entire Castlemaine Goldfields Football Club for what has been a fantastic opening to my time as President. From the Players competing across the state in various competitions and consistently representing the club in a shining light, to the parents and families who ensure the players are supported in taking the park each weekend, the coaches and managers who work tirelessly all season to ensure the teams are put in the best position to have fun and succeed both in terms of team results and, more importantly, in acquiring ever greater skills and the support network behind the scenes ensuring the canteen, grounds and facilities are the envy of clubs across Bendigo and teams visiting from Melbourne and surrounds.

The preparation for the season was challenging as we negotiated a change in competition for the Senior Men's team as well as adjustments to last year's change in competition format in Bendigo. Having resolved both, the outcomes have been positive with the Senior Men completing a competitive first outing in the FFV Metro North-West competition and the junior teams in Bendigo seeing benefits from the new grading rounds of the competition.

Across the Junior teams I have enjoyed watching all age groups apply themselves on the field and am regularly humbled by compliments from opposing coaches, officials and parents on our teams' in terms of their fair play, teamwork and skill.

“...I am regularly humbled by compliments from opposing coaches, officials and parents on our teams' in terms of their fair play, teamwork and skill.”

Our Small-sided program continues to be a great introduction to the sport and the club, supporting 100 young people as they build skills in the game. The success of the program was further evident in the resulting record level of players in the Under 10 age group made up of graduates of the program, seeing us field 3 teams for the first time.

At the other end of the junior ranks it was a joy to play alongside many promising under 16 players who had an opportunity to take the field in the Senior Men's team over the season. In all cases they showed maturity beyond their years and were an asset to the team.

Our Senior Women enjoyed a competitive season again and we have seen an emerging interest in the sport from women in the community with opportunities for social games for women commencing.

As a player, coach, parent and administrator of this club I can say on all levels I have greatly enjoyed the season and I sincerely hope everyone at the club feels likewise

We have already begun the work on making 2017 an even better year at Castlemaine Goldfields FC and I extend a warm welcome to you all to join us in making it so.

Aaron Shooter, *President CGFC*



Castlemaine Goldfields FC would like to pay their respect and acknowledge the Dja Dja Wurrung people who are the traditional custodians of the land on which we play and train, and also pay respect to Elders both past and present.



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Competitive Juniors



Presentation Day

Presentations of medals and player awards from U10's through to seniors will be broken up into age groups, allowing around 20 minutes per team.

A great opportunity to catch up and review the season.

There will be a BBQ on the day and the nets will be set up for those who would like to have a kick.

Perhaps a parents v's kids game after your teams presentation?

Make sure you bring sunscreen and hats if the weather is fine.

Event Schedule

- 10am - 11am - U10's
- 11am - 12pm - U12's
- 12pm - 1pm - U14's
- 1pm - 1.30 pm - Catch up time
- 1.30pm - 2.30pm - U16's
- 2.30pm - 3.30pm - Senior Women
- 3.30pm - 4.30pm - Senior Men
- 5pm FINISH

Please be sure to return any tubs, kits, balls or keys to the club before or on this day. We will be carrying out our equipment audit during the presentations.

Sponsorship

Like to support the CGFC? Talk to us about a 2017 Sponsorship package to suit your business.

The competitive juniors play in graded competitions U12A & B, U14A & B and U16A & B in the BASL competition. This year grading games were a highlight, where teams played two half games in a day against two teams for 3 weeks. The idea was to ensure teams were playing competitively and enjoying the game, rather than locking teams into competitions with more experienced players.

U12s

A good number of players moving up from last years under 10 group into the Competitive Juniors, alongside a number of new players. This 11-a-side version of the game includes the offside rule, bigger goals and results are kept in league tables. Players adapted really well, learning the finer aspects of the game. Our 12A group were challenged to learn to play the game from every position and the key focus was on sportsmanship and camaraderie.

U14s

Player numbers have continued to grow as the soccer bug bites deep in Castlemaine. With some older players moving up and out of under 12 we fielded 3 teams in 2016. Mark, his assistant Lindsay, and first time coaches Kathryn and Matt put their SAP skills to the test after their course at the start of the year and saw great improvement in player confidence and enjoyment. Our 14A squad were challenged in a strong competition taking the character building in their stride as they learned bigger picture game strategy ready for the move to U16's.

U16

Participation was excellent in the U16 age group, with two full teams of 16, which is always hard for players who want to playing every minute of every game. We challenged this group with a formal player grading process early in the season and during the grading games. This was a really hard ask as on their day players were very evenly matched.

"I felt that while this formally competitive process did help players improve aspects of their game there still needed to be provision for feedback on the skills that were evaluated." - Ash

There were a number of players challenged to play senior football on a Sunday. We have a large number of players exiting U16 this year and will be looking for opportunities for an U18's next year.

Overall the competitive juniors have seen a good increase in numbers and an greater emphasis on training. It's often said 'you play the way you train', realistically the game is where you measure the result of what goes in during the week. The more time and effort that players put in, the more enjoyment they gain from solving problems and dealing with the challenges are presented during game play. Grab your ball and get out for a kick, there are plenty of places to play.



The collective U14 B's celebrating their end of season with pizza.



2016 Annual General Meeting

You are invited to show your support for the club and to meet the 2017 committee members.

**Tuesday 11 October, 2016
7pm at CGFC Club Rooms, Chewton**

For inquiries about available committee positions and position descriptions please contact Andrew at secretary@castlemainegoldfieldsfc.net.au

Non-competitive Juniors

"Small Sided Football is fun. It's good for all younger kids to start playing, and I hope all the kids doing it next year enjoy it as much as I have."

Noë Cormack 9

Small Sided

Castlemaine Goldfields 'Small Sided' program had another successful year in 2016. With around 100 participants between 5 and 9 years old being introduced to the "World Game", learning new skills and having lots of fun.

This year also saw an increase in parent participation in the coaching of these groups which bodes well for the clubs potential future coaches. In addition to this some of the clubs junior players were also trying their hand in the coaching department, hoping to develop their skills and knowledge for the future.

With this very popular program again at capacity the club will be looking to see how it can perhaps extend the program in 2017. - Glen

BOOT SWAP PROGRAM

You may have grown out of your boots this season, but there is always someone with smaller (and larger) feet than you.

Please donate your old boots and shin guards to our boot swap program. Clean them and leave them on the rack in the breeze-way at the club rooms for their next lucky owner to find.



Under 10

The U10's age group of 2016 has been a great success for Castlemaine Goldfields FC. With an unusually large influx of players graduating from the Small Sided Program, a core of existing U10's and also some new face the club fielded an unprecedented three teams this year.

Early year coaching recruitment meant the age group was able to have two coaches per team with most of them graduating from the Small Sided. With the focus this year on skill development over results all three teams greatly improved throughout the season and produced some excellent performances in the second half of the season.

With half of the age group now stepping up into U12's next year and a new influx of player recruits and coaching staff from the Small Sided Program the future looks bright for CGFC.



What did you like most about your first season playing in the U10's?

It was good because I got to play my first season against other teams.

What did you enjoy about training?

You didn't just play games you got to practice your skills and improve.

Other than football was there anything else you enjoyed?

I became good friends with some other players from other schools that I had never met before.

What football team do you support?

The best team in the world..... West Ham United!

Who is your favourite player?

Dimitri Payet, No 27 for West Ham..... he's mustard!

Did you have a favourite position this year?

Right wing although I quite liked centre midfield too.

- Wilson, age 10



Coaching



"Soccer takes a lot of team effort and even though it can be hard, it's fun.

This season has been really fun. My team has come a long way and it has been an awesome experience. I've enjoyed making new friends and playing with an awesome bunch of people.

I made friends with Abi who joined the team this season and is always fun to hang out with. It was really good to have more than one girl on the team. I have had a really fabulous time with her." - Izzy.



"I have really enjoyed playing for Castlemaine U14 b. It has been especially great playing with another girl on the team. It is great having Izzy there because we always have a good laugh and support each other.

Izzy has a great personality and is a fantastic soccer player, even though Izzy and I don't go to the same school, we have become good friends and this wouldn't have happened if we weren't on the same soccer team." - Abi

Coaching Coordinator Report

The role of the coaching coordinator at the club was new this season so many people were unsure about how it was going to work. The position description comes from FFV sets the objective as "To ensure that there is a suitably qualified coach for each team at the club".

After doing FFA community courses over the last couple of years in January I went to Melbourne and completed the FFA 'C Licence Youth' coaching course - this is the entry level of Advanced coaching in the Australia and is recognised by the Asian Football Federation and FIFA.

The main take away from the 'C License' aside from session development and National Curriculum training was "You will get what you accept" we were challenged to "raise the standard" of football and coaching at our clubs.

As a club we set out to make sure each team had two coaches who had been trained in the delivery of the FFA National Curriculum at every training session. Along with the development of a 'Club Coaching Team', who work together to develop and grow football participation in the club.

This Collegiate coaching model saw ongoing collaboration between coaches across age groups and the expansion of quality training for players.

While our club already had a number of coaches who had participated in the FFA Community Skill Acquisition course - more coaches participated in this course locally and implemented National Curriculum at training. Those who could not attend have been guided through the material by those who had. This informal mentoring has developed a culture of "Player Development"- where all players can be rewarded for effort and participation.

Our club along with four other clubs in our region were added to the FFA/FFV "Club Coach Coordinator" pilot program this year. This program is designed to "provide relevant and valued coach support in the club environment, and to monitor and mentor new and inexperienced coaches to conduct appropriate quality football activities that will enhance the players and coaches experience." There is a regional group of clubs in this program who meet and share resources.

We will continue in this program next year, the focus will be on developing the quality of training - I have specific SAP curriculum ready for all coaches. Coaches have already been identified for next year and will be supported, mentored and developed along with players.

Community coaching courses will run at Epsom in Term 4 2016. Term 1 2017 pre-season will begin with Saturday Social games and SAP development.

- **Ashley McCoy**, CGFC Coaching Coordinator 2016



Let to right: Ashley McCoy - Coaching coordinator & junior coach, Jim Kourkoulakos - Seniors men's player/coach, Aaron Shooter - Club president, senior player, junior coach.



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Senior Women & Social

She plays football: pass it on



Castlemaine Goldfields FC has a strong history of supporting women and girls in soccer. Many young women who competed in Castlemaine in the past have continued playing, some at State, National and International levels.

Earlier in the year we received a grant to make a series of 2 minute films, to celebrate and share the achievements of three of these young women, and to capture the stories of the girls and women who play in Castlemaine now.

We will host a girls football day in early October where we will film the remainder of the footage needed, so watch out for the date and come along.



Kathryn Hall, Tilly Ford, Patti and Damon Girbon after our first filming session.

To get involved with the project, or if you are interested in coaching or playing, contact Kathryn Hall 0410 719 451.

I'd love to hear your football/futsal stories, from backyard kicks to high level competition.

facebook.com/CastlemaineGoldfieldsFC/
castlemainegoldfieldsfc.net.au

The **She plays football: pass it on** project is made possible through Mt Alexander Shire Community Grants, Gender Equality Projects Victoria and Castlemaine Goldfields FC.

Senior women - End of season report

Season 2016 started with a few less players and discussions about the competition that would suit us best. State 4 saw us playing a few familiar teams and enjoying some good wins, and being challenged by some new teams, which was an ideal way to develop the younger players who joined the senior team for the first time.

Our emphasis on playing fun, quality football and recognizing each player's strengths, kept us enjoying games regardless of scores, while balancing work, school and family commitments, all a bit of a juggling trick.

Highlights for the year would include the first match which saw us move the ball, move players around the field and combine beautifully to score a ten goal win, the hard fought win in Melton where we started the match with seven players, knowing that hopefully two more would arrive and one would be leaving early and the performance mid season against the previously unbeaten Spring Hills, dominating the match for the majority, scoring the first goal against them, only to concede two simple goals, pushing hard to equalise and hitting the posts several times to eventually concede again, losing 3-1.

I think it's fair to say that the second half of the season, the team underperformed slightly, with the wet, cold weather impacting numbers at training, while varied kick off times at away games further impacted player availability. To the teams credit every player put in 100% regardless of having 9 or 15 playing, with the efforts in our last game against the top team to hold them to a single goal in the second half of a match where we started a player short, lost our keeper to injury in the first half and conceded 6 goals to a well drilled and very organized team, testament to the teams spirit.

The final game of the season ended with the opposition pulling out and the club's wider community being invited to a very successful ladies social game, which may stimulate a social league for ladies of all ages and abilities to come and enjoy the beautiful game during the summer months. Check the website for details.

A big thanks to the playing group, supporters, referees, my wonderful team manager and especially my family for another great year. - Ray

Women's Social Football

After much conversation over the last few years about Women's Social Football, it has finally begun. The last women's game for the season was a forfeit to Castlemaine, leaving our women's team without a final game to play. A call was put out for any women and girls to come along and have a social game. It was great success, with a total of 24 women and girls participating, finishing with a BBQ lunch.

Women's Social games will continue, every second Sunday at 11.00am at Chewton. The next game will be Sunday 2nd October at 11 am. Two x 20 minute halves. No experience necessary, but shin guards are a must.

Contact Kathryn Hall kathrynjanehall@gmail.com to be added to the email list, or watch [facebook.com/CastlemaineGoldfieldsFC/](https://www.facebook.com/CastlemaineGoldfieldsFC/) for details.



Senior Men & Social

Inaugural CGFC Social Soccer Kick 2017



Sunday 24th
July 2016
Chewton

In July the club hosted it's first Mens Social Soccer Tournament. Committee member, senior player and Small Sided Coach Tony Cormack has been a part of an informal group of Dads who have been playing social soccer for the last couple of years. With the ever growing number of over 35s playing socially it seemed logical for the club to offer an opportunity for players from the region to come together and build stronger connections.

The day was run as a 4 sided invitational between CGFC's own Masters team the *gOld Spice*, the local social Dads team *Nuggets United*, *Bendigo Old Gold*, a combined team of ex-seniors, plus friends from Macedon, Kyneton and Melbourne.

For many of the over 35's, CGFCs Senior football offering isn't quite right, with the balance of long season commitment and family a tricky one. For others the physicality of playing Senior football every week is no longer an option, so this format provided a great opportunity for everyone to get out there and carry on like they were 15 again.

With over 55 players on the day, friends, family and supporters watched the teams battle it out over 4 rounds of 30 minute games with the eventual winners the visiting *Bendigo Old Gold* pipping the *Castlemaine All-sorts* in the dying seconds of the major final to win 2-1. In the spirit of the day it seemed fitting that the oldest team managed to overcome the youngest in the final.

"Drinks, BBQ and tales of near misses and moments of glory were shared, to round off what was a thoroughly enjoyable, morning for all."

Senior Men - End of season report

The 2015/16 season was the first CGFC men ventured into the FFV Metropolitan League, competing against teams from the north-west of Melbourne. Our pre-season was one of our best so far - planned & led by Ashley McCoy who had recently completed his C-licence coaching certificate. His sessions were short, sharp and engaging and attracted over 30 players, complemented by 8 indoor sessions run by Peter Richardson. Despite the initial interest, numbers fell away as the season neared and we submitted just the one senior team to complete in Division 7 North West Metro League.

An initial squad of 17 players were selected which consisted of returned players from last season including Julien Whitcroft McGlade, Taro Muller, Joe Gingell, Aaron Shooter, Jono Burriss, Tony Cormack, Lewis Fortuna, Sunday Lam, Dominic Crinson, Thomas McCarthy and Tristan Van Pagee Anderson. Ex-players who had returned to the club after long absences included David Richardson, Rainer Canobie-Harris & Alex Larm, and we nabbed two new signings Michael Alexis & Angus Doyle. I (Jim Kourkoulakos) stepped into the position of player coach. Throughout the season we called on a handful of under 16 players which included Kaspar McCoy, Rama Ragg-Hansen, Eli Flavell & James Chaffey, and half way into the season we signed Nathaniel Muller and Gabriel Gianni-Meave to bolster our numbers. All in all 23 players contributed to our 2015/16 season.

Regarding the culture in our playing group, I think we've been very positive and supportive of each other and have had heaps of fun too. I've enjoyed training & playing with the squad, and that also extended to hanging out socially as well.

The signs for next season are very encouraging, with talk from some squad members that they hope to commit to working on their game during the off season, and to get involved right from the onset of pre-season. We have a heap of talent coming up from our juniors, and there's talk that some ex-players may return to the club now that we're playing closer to Melbourne. I plan on continuing on from the game training certificate that I completed this season, and work toward a C-licence coaching certificate to ensure we all continue to improve. A big thanks to the whole squad for supporting me while I fumbled through this season, to the individuals who ran the line and refereed for us, and a special thanks to Ashley who mentored me throughout the season.

Have a great break all, and bring on season 2016/17!

- *Jim Kourkoulakos*, Seniors Mens player/coach

For the full Senior Mens report visit castlemainegoldfieldsfc.net.au

Thanks to all the players and families who came out and to everyone at Castlemaine Goldfields FC who helped in hosting the event. A special thanks also to CGFC Womens and Gisborne Seniors for working with us after they had to move their fixture back to Chewton at the last minute due to pitch conditions at Gisborne.

Plans are afoot for an October follow up and to run the competition quarterly in 2017.

Watch castlemainegoldfieldsfc.net.au for further details.

