



MID-SEASON NEWS

JULY 2017

Who's who in 2017

Committee

Aaron Shooter - President
Tony Cormack - Secretary & Communications
Lisa Thomas - Treasurer
Glen Springgate - Business Manager
Jake Bovill - Registrations
Ashley McCoy - Vice President
Ween Reid
John Harvey
Mark Gardner
Bill Burris
Contact details available at castlemainegoldfieldsfc.net.au

Ashley McCoy

Coaching Coordinator
coaching@castlemainegoldfieldsfc.net.au

Kathryn Hall

Junior Coordinator/Managers
Junior Girls Coordinator
juniorcoordinator@castlemainegoldfieldsfc.net.au

Tony Cormack

Small Sided Coordinator
secretary@castlemainegoldfieldsfc.net.au

Glen Springgate

U10 Coordinator
glenspringgate@gmail.com

John Harvey

U11/12 Coordinator
jharvey@aapt.net.au

The trees around our beautiful grounds showed their support for Castlemaine Green and Gold, with a sensational autumnal display of appropriate coloured leaves.

Although the change from old kits to new didn't go as smoothly as we would have liked, it has been exciting to watch some teams take to the fields sporting the clubs new uniform, with many of the kids wearing their gear to training too. It will be wonderful when it is fully rolled out and we have a unified look from the U10's through to the Seniors. We're nearly there. Thank you for being patient throughout this process.

Teams across the club have settled into the winter rhythm, contending with some very frosty mornings and some wet and cold training sessions. There have been lots of smiles throughout the non-competitive juniors, our youngest players growing a love of the game that will hopefully see them through into adulthood. The many changes this year - an all girls team, U12 9-a-side format and U18's, have all gone smoothly and I think everyone is looking forward to playing out the final games, and getting excited as the finals draw closer by the week. Good Luck Castlemaine.

Please read on for more details and for reports on our Men and Women's teams, and to learn about our exciting new Skills Acquisition Program (SAP).

And of course thank you to everyone that makes our club run. To our highly valued Coaches and Team Managers, and to those who cut oranges and run the lines, we could not provide this valuable experience for our community without you.

Kathryn Hall - Junior Coordinator

Out with the old and in with the new.

Castlemaine U14 Green (left) and U14 Gold (right) sported the old and new strips as they played against each other, in Chewton, earlier in the season.



"The smallest act of kindness is worth more than the grandest intention."

~Oscar Wilde

Thank you to all our volunteers.
You help us build a great experience for your child and their team.

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.



Non-competitive Juniors

U9 SAP SKILL ACQUISITION PROGRAM



"designed to perfect and accelerate the skill development of both Boys and Girls at the critical motor learning age."



Term 3 - New players welcome.

Mon 6.30 - 7.15

Wed 4.30 - 5.15

8 week cycles



Facilitated by our club's C-licence coaches.

Two Gala Game days in Melb.

For more info contact
Ashley McCoy
coaching@castlemainegoldfieldsfc.net.au



Thank you for your continuous support.

About SAP

At the beginning of 2017 Football Federation Victoria changed the delivery of their **Skill Acquisition Player development program**. Previously it was delivered by National Premier League clubs who paid a licence fee and players were charged to attend.

This year the SAP program is free for clubs to deliver, under a coaching standards and training commitment model.

As our club has appropriately qualified coaches, we were accepted to deliver the program.

In Football Federation Australia National Curriculum the Skill Acquisition Phase covers players aged 9 to 12.

"The characteristics of children this age:

- They are highly motivated and enthusiastic.
- They are competitive, like challenges and want to show they're the best.
- They are well balanced and coordinated.
- They are very adaptive to learning motor skills.
- Although still self-centred, they start to learn how to work together.
- They are sensitive to criticism and failure (praise is important).
- They are physically and mentally ready for a more structured approach to training."

While we do offer programs for players this age that also cover the delivery of National Curriculum, acceptance into the FFA SAP Program provides a specialized curriculum designed and developed by the FFA team responsible for previous Skillrooms, State representative squad selection and training; and provides access to a Network of player development focussed coaches across the state.

The program stipulates a minimum of two sessions per week for U9, and three sessions for U10/11&12. It is set up to run in 3 'cycles' of 6-8 weeks that are optimised for player development across the four core skills.

We look forward to continuing to integrate this material into our club curriculum and to develop players, coaches and parents.

- Ashley McCoy



Happy U9's enjoying the first SAP gala day in Melbourne.

Generous sponsorship from local business helps us to continue providing a quality grassroots football experience for your kids. Contact Glen Springate if you would like to know more about our Sponsor Packages.

H.C. Curwen-Walker
Barrister and Solicitor

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246 Barker Street, Castlemaine 3450
Email- castlemaine@curwen-walker.com.au
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Non-competitive Juniors

Small Sided - Friday Arvo's

"It has been great to walk around the groups and witness all the smiles and laughs along with lots of positive feedback."

Small Sided 2017 started before the kids turned up this season with a group of our coaching attending the MiniRoos Coaching course at Spring Gully. The morning saw eight of the coaching group meet with fellow coaches from the region. For our new and returning coaches this was an excellent experience to get us ready for the new season. Thanks to Louise McColl and Marcus Dawson for facilitating the session.

We've now enjoyed a great opening eight weeks to the CGFC Small Sided Program. As always it's nice to see kids coming back from previous years, as well as the new faces enjoying 'soccer' at the club for the first time.

100 kids have been split across eight groups this year facilitated by a team of 18 coaches and assistants. We have worked hard to engage a record number of parent coaches with all groups having at least a coach and parent/teenager assistant. Once again we have an all girls group, at the eldest age group, continuing the great work we started last season in working to retain more girls at the club.

As coordinator this season it has been great to walk around the groups and witness all the smiles and laughs along with lots of positive feedback to the program from parents.

We'll be back for the final six weeks from the first week of the new term. Thanks again to all the kids, parents, coaches & assistants and to our long term program sponsor Waller Realty.

Tony Cormack

Small Sided Coordinator

secretary@castlemainegoldfieldsfc.net.au



Kids having fun playing football with their friends. That's what it's all about!



Some keen new coaches learning some skills at one of the many FFV small-sided coaching courses.



Your one stop organic shop!

Mon-Fri 9am & Sat - 1.30pm

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29a Templeton Street



**Proud Sponsors of the
CGFC Small Sided Program**

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m | 0418 385 707

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THE SEASON SO FAR



DONATIONS WANTED

CGFC KIT EXCHANGE PROGRAM
SECOND HAND BOOTS, SHINGUARDS,
KEEPERS GLOVES AND MORE...

Email Ed Evennett ed2389@googlemail.com to organise a swap or donation.

Please ensure all donations are clean and in suitable condition to be exchanged. Boots can also be placed on the boot rack in the breeze-way at the club rooms.

This is a not for profit program, all money raised will go towards buying vital equipment for the club.

Watch our Facebook for what's available, or contact Ed.

*And don't worry if you don't have any to swap.
For as little as \$5 you can walk away with your next seasons boots.*



Competitive Juniors

Mid-season is a great time for the junior competitors. Players and coaches settle into their teams, and new friendships are cemented, as they support each other through the wins and losses.

It's also a great time of to come and watch other Castlemaine games. This provides a good opportunity for players to watch teams from levels above them, to form an idea of where they are going, and to meet others from the club.

Alongside many new players, we also have a few new faces in the coaching team. They are all doing fabulously and are well supported. Please remember to thank them. Whilst extremely rewarding, it is sometimes a tricky and thankless task and a well placed, kind word of support can go a long way.

With only a few games to go, watch this space to see who makes it into the finals.

Fun Holiday Clinic



This winter holidays Melbourne City coach Jorge Gero paid Castlemaine a visit. The clinic was popular, with both sessions filling very quickly. Jorge was impressed with our enthusiasm.

Hopefully we will have the opportunity to host more clinics like this in the future.

U11 Girls showing their skills

Our new all girls U11 team have well and truly settled into the season with a some wins, lots of goals and loads of fun.

The BASL all girl competition is running well and we would love to have more girls involved next season. Please spread the word.

If you have a daughter, or know someone who might be interested, please contact Kathryn on 0410 719 451 or kathrynjanehall@gmail.com



FFV Coaching & Referee courses

There are courses available for Coaches of all levels and for anyone interested in becoming a Referee. The courses are listed on myfootballclub.com.au

If you are interested have a chat with our Coaching Coordinator Ashley McCoy who can help point you in the direction of something to suit. The MiniRoos Certificate is a great place to start.





Senior Women & Social

Castlemaine women's team

At the midway point of season 2017 our ladies team has had mixed results, with a mixture of new, returning, junior and social team members. With 19 players on the roster and several training only members, we have been competitive in each round, with improved results as the team continues to learn the game.

With seven new players in the squad and many with work and family commitments, the large squad is often diminished, with players having to adapt to new positions and levels of opposition teams. As a coach I am frequently impressed with how the players support each other in both training and match play, with plenty of encouragement and positive words to encourage our younger or less experienced players.

Training is often full of laughter and there is always a hand offered when a player falls, every now and then a drill goes just

as planned, but often it is adjusted to make it more challenging or simpler as required. Foot skills and fitness level have both increased, while confidence on the ball and decision making continues to be a focus for us, along with how to get that round ball into the square net. It is a simple game, made challenging by coaches who call out strange words like switch, time, get goal-side or Look up, along with those pesky laws about throw-ins and offside. Having hopefully sorted all these, we simply need to remember the difference between Left and Right and we will have our positions sorted.

For the record, we have scored as many goals as we have conceded and I believe we will improve on this in the second half of the year. Younger legs have scored the majority of goals but often as a result of the intelligent work of our senior players, so all members have contributed to the

season thus far. As one of our social players summed up after a midwinter session recently...

"...it's just really good fun so I keep coming back"

We still welcome new players to join us for trainings if you have been watching and learning the game, please come along and join in or have a chat to one of the players or myself.



Ray West,
Women's team
coach

Ray
0421 147 258



Social women are having a short break!

Social Sunday Women's kick is having a short break, but we aim to resume in Term 4.

If you would like to be added to the social soccer email list, please send your details to juniorcoordinator@castlemainegoldfieldsfc.net.au

Stories from around the club...

Terry Attwood

When did you first become involved in the club?

I cannot remember exactly...but I think 1999/2000

What brought you to the club?

I was new to the town. I set up social soccer at the Sunken oval, because I felt I needed to exercise and realised I could still play football (last played in melb in late 80's, came to Australia in 1983). At the time I didn't know that the soccer club existed. Someone suggested we go down to watch, so myself and 4 others went to see what the standard was like. We decided to train with them on the Thursday and the following Sunday we were all in the starting 11.

How have you been involved?

I played for a few years (2000-2012) not consecutively. I have coached Div. 2 men

for a couple of years, & the Div. 1 men's team for a couple of years (between 2002 -2009. I coached the women's team for 3 years (2009-12ish). There had not been a women's team for 4 years, so I wanted to prove that there was enough interested to form a team, and there was. I helped out with the U14s for a season with Ian Flavell; coached and played in the over 35s for a couple of seasons (approx. 2011ish) coached the men's 1s and 2s in 2013 & 14. All up I probably coached for about nine years.



What has your involvement meant to you?

The connections and friends I have made have gone way beyond football, and being new to the town it was even more important. I have loved the connection with all involved, and have particularly enjoyed watching the young players

...to read the full interview visit castlemainegoldfieldsfc.net.au

grow into adults, from them watching us as senior players, to us watching them as senior players.

Have you seen the club change and do you have any thoughts on that?

The club has certainly grown in numbers due mainly to a large surge in tree changers. Through my time on the committee I thought the club became smarter (particularly under the guidance of Robin Lewis) financially we went from having \$1,700 in the bank to being more comfortable, we got many more grants, new clubrooms etc.

The intention at the club has always been the same - to have fun etc. There has always been a good culture at the club, there is always your usual % of difficult parent group. Our coaches are getting more experienced (one time all we had were parents coaching who had no experience of football, now there is a good mix).



Senior Men & Social

The **CGFC senior squad** had commenced their second season in the Metropolitan North-West Division 7 Competition. They were hoping improve on 6th place. However come pre-season they were without 14 players from last seasons squad!

Only 7 full-season players remained. They were joined by 4 ex-players that had returned to senior football after spells away, 4 youth players and 3 new players. This mash-up of players completed our squad of 18, ranging from 16 to 52 years of age.

Johnny Gunter was named captain and Aaron Shooter vice as Jimmy Kourkoulakos returned as player coach.

Pre-season training commenced at the beginning of February for 7 weeks which consisted of 2 sessions a week - focusing on skill acquisition and game training cycles. The playing group hoped that all that work would reap rewards in no time. However reality hit the squad for six! Four of the arranged pre-season friendly matches resulted in heavy losses as the

squad struggled to gel together. So come round 1 of the season the squad were a little nervous.

It resulted in a heavy loss to Yarra Jets 4-0. Well beaten by a much better outfit across the park. CFGC improved in rounds 2 & 3 - however they came away with narrow losses 2-1 to Uni Hill & 3-1 to Western Eagles, missing penalties in both that could have earned the team potential points. CGFC sat equal last, but as the saying goes "the only way is up!".

The squad continued to work hard at training, and come round 4 CGFC's duck was broken with a 4-2 win against Mitchell Rangers - coming back from 2 goals down! This first victory instilled a bit of belief in the squad, and was backed up by a 3-1 away victory against undefeated Moonee Valley! It was CGFC's best team performance so far this season. Confidence continued to grow and resulted in a run of 4 victories in total - coming from behind in both games to beat Westvale 2-1 and then to win away 3-1 at Watsonia! The squad were over the moon. Full of confidence and ready

to take on the world... only to be brought back to earth by undefeated league leaders Marcellin 4-2. They bounced back in round 9 with a convincing win over Point Cook 5-2! So at the mid-point of this 18 game season, the senior squad have notched up 5 wins and 4 losses and sit in 5th spot.

Lets hope the senior men can continue to improve during the second half of their season and continue to climb the ladder.

- Jimmy Kourkoulakos



Castlemaine Senior Men away against Moonie Valley Knights.



GSK/4 Sunday 9th July 2017

A whole year since the inaugural Goldfields Soccer Kick, 6 teams converged on Chewton's Soldiers Memorial Field to once again compete for the GSK Perpetual Cup.

Since the first event the competition has expanded from the four founding teams - Castlemaine Nuggets United, Castlemaine gOld Spice, Castlemaine Allsorts and Bendigo Old Gold - to six with the addition of K-GOB (Kyneton-Gisborne Old Boys) and Melbourne (Melbourne Uni / VicBar).

After a week of wet weather, the sun was burning through as players started to converge on the ground from 9:45 to set up pitches, warm up, and reacquaint themselves with friends old and new forged over the first 3 competitions.



For a bit of added theatre the group draw was held live, with captains and players eager to learn who they would be up against.

By the first whistle the ground was buzzing with activity with regional orienteers also using the facilities at the ground on the morning.

After another long day, the trophy was handed out, final hand shakes and congratulations shared between friends old and new, and as the sun set and the nets came down, all were thinking ahead in anticipation of GSK/5.

Thanks to all the team organisers, our referees, CGFC club volunteers and the friends and family showing their support on the sidelines. GSK, will run twice again



in 2017, in September and December - final dates to be advised.

Anyone wanting to know more about the event or how to participate, please contact tournament organiser Tony Cormack - tony@ffbuero.com

GSK4 images: Chris Wilson



Key Dates



Castlemaine Goldfields Football Club 2017 / 2018 Key Program Dates

	School	Castlemaine Goldfields Football Club			
Oct	Term 4 (11 weeks) 9th Oct - 23rd Dec	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Term 4 Indoor Social (8 weeks) TBC </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Term 4 Indoor Girls (8 weeks) TBC </div>		
Nov					
Dec					
Jan 2018	End of Year Break				
Feb	2018 Term 1 (8 weeks) 29th Jan - 29th Mar	2018 - Term 1 Saturdays Come & Play Sat 3rd Feb - Sat 24th Mar 9 - 10 am: U10 10 - 11am: U12/14 11 - 12am: Open	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Age group midweek pre-season training </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Player registration period </div>	
Mar					
Apr	Term Break				
May	Term 2 (11 weeks) 16th Apr - 29th Jun	<div style="border: 1px solid black; padding: 5px; text-align: center;"> BASL Grading </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Team midweek training </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Team allocations </div>	
Jun		<div style="border: 1px solid black; padding: 5px; text-align: center;"> 2018 BASL Season </div>			

Key contacts

New Players - Glen Springate 0404 848 656

Returning Players - Ashley McCoy 0439 700 331

facebook.com/CastlemaineGoldfieldsFC

castlemainegoldfieldsfc.net.au

INDOOR SOCIAL - TERM FOUR

An eight week indoor social football season will run again this year, during term four.

Dates and times to be confirmed.

INDOOR GIRLS - TERM FOUR

Please contact Kathryn if you are interested in indoor (futsal) for girls and/or women.

kathrynjanehall@gmail.com
0410 719 451

Dates and times to be confirmed.