

THE ROAR



NEWSLETTER

EDITION 3 - SEASON 2012

FINALS FEVER

The end of the season is definitely hotting up with many Balmain teams fighting for a place in the finals.

At the time of writing, the Under 11's Division One Boys are currently placed third, with the Division Two team at the top of their ladder. The Under 11's Division Five Boys are also on top of their ladder! The Under 11's Division Two Girls are currently placed third.

The two Balmain Under 12's Division One Girls teams have shown outstanding effort with the two teams currently coming first and second on the ladder. Under 12's Division Two Girls are also coming second, as are the Under 13's Division One Girls. The Under 12's Division One Boys and Division Three Boys are currently third.

In the Under 13's and 14's Boys, we have Balmain teams currently placed first and second – a great result!

The Under 16's Division One Girls have also performed exceptionally well, and are currently placed first just ahead of Hurlstone Park.

In the Men's All Age Division One, Balmain is currently placed fourth and looks like they will make the semi finals. The All Age Division Two team is currently placed first, while in Division Four, Five and Eight it looks like we will have Balmain teams in the top four spots heading into the semi finals.

In the All Age Women, the Division One side has

climbed into fourth place over the season and now looks set to make the semi finals! All Age Division Two Women are the top of their ladder

while the Women's Division Five are placed third.

In the Over 35's Men, Balmain have placed in the top four teams in Division One, Two, Five and Eight – a fantastic result for the season.

The Under 21's Girls Division Two team are currently sitting in third place despite being on equal points with the fourth team. A great goal difference does make a difference in these situations – well done girls!

All the teams this year, whether newly formed or existing, have all done extremely well and the Club is certainly proud of all your achievements so far. Good luck to those teams lucky enough to get into the finals during July and August and we look forward to seeing and hearing about your results!

To view the current point tables for all the Balmain teams, click here



COMPMAN

BALMAIN & DISTRICT FOOTBALL CLUB - PO BOX 1020 ROZELLE NSW 2039

www.balmaindfc.com.au

BALMAIN KANGA CUP CROWNED CHAMPIONS

Four teams from the Balmain & District Football Club represented our Club at the Kanga Cup International Youth Football Tournament in Canberra during the recent school holidays. The Kanga Cup is the largest tournament of its kind in the southern hemisphere and this year over 230 teams and 3,700 participants were involved including sides from Chile, Indonesia, Korea, New Zealand and the Philippines. Balmain DFC entered teams in the Under 10, 12, 13 and 14 age group divisions.

The tournament offers clubs from all over the world the chance to test themselves against each other and

meet new friends in the process. Balmain entered the competition for the first time last year when our Under 13's team reached the semi-finals. This year, three of our Club's four teams reached the semi-finals, with the Under 10's and Under 14's making it all the way to the grand finals.

During the week, Balmain teams played sides from the ACT, NSW, Queensland and Tasmania with our Under 12 and Under 14 sides playing representative sides from Indonesia – a first for the Club.

The Under 10's just fell short in their grand final losing a competitive match 3-1 to North Sydney Maldini, but the Under 14's went all the

way to win a thrilling grand final at McKellar Stadium, the final score 2-1 against the Imran Soccer Academy of Indonesia.

The captain of the Under 14's Balmain Gunners, Joseph Birds said, "Playing in the Kanga Cup is a fantastic experience and this year it was great to have so many Balmain teams taking part –and it was exciting to play an overseas team in the grand final."

To all the Balmain teams that participated – you have done us proud!

There are loads more images, videos, articles and results to view on the recent Kanga Cup which you can view by visiting Facebook.

SEE MORE ACTION BY VISITING OUR FACEBOOK PAGE



Find us on
Facebook!



PRESIDENT STANDS DOWN TO RUN FOR COUNCIL

Dear Members,

I have made a decision to stand down as President of the Balmain District Football Club so as I can stand in the upcoming Council Elections in the Birrabirragal/Balmain Ward.

I will be supporting Darcy Byrne and Frank Breen's team on the basis that they have shown consistent support for BDFC in our quest for more sporting fields in the Leichhardt Municipality. Darcy has agreed that his team will support the establishment of an additional field in Callan Park on the site currently occupied by the 1950's buildings adjacent to our current home ground at Callan Park.

My decision to resign was not taken lightly. This Club has been a big part of my life for the nearly 10 years that I have been on the Executive. My three children have all played for the Club. I am passionate about the need to provide fields for the future footballers that will pull on our Balmain colours.

As you will all know by now, we have been lobbying Leichhardt Council for a number of years to bring on extra fields at Glover Rd. In the last twelve months we have worked to also bring on the Balmain Rd fields for our juniors.

Our efforts have been continually frustrated by the Greens-controlled Council.

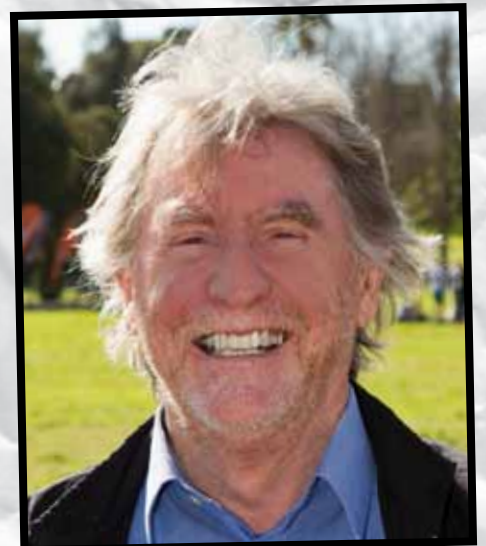
At one point not so long ago they were advocating that our Club and the Balmain Cricket Club be removed from Callan whilst they developed a master plan and have been dragged kicking and screaming into bringing new fields on-stream. They have also (I feel) been using our kids as a bargaining chip with the State Government over the adoption of the current master plan and the establishment of the Callan Park trust.

The final straw for me was the way in which the expression of interest for playing fields in 2013 was run by the Council. It seems to me that the EOI has placed undue emphasis on emerging codes at the expense of long-term established Clubs such as ours and Rugby League in the municipality. Initially our Club was summarily ejected from Birchgrove Oval to cater for 238 AFL players even though more than 600 of our members train down there every week and our senior teams play there every Saturday afternoon.

I ask all Members to carefully consider how you vote in the forthcoming Council elections and support those candidates that are prepared to stand up for the rights of our children to participate in active sporting endeavours in our municipality.

Sincerely,

Brian Frankham
President





BALMAIN DFC BALMAIN TIGERS RUGBY LEAGUE FOOTBALL CLUB AND BALMAIN SYDNEY TIGERS CRICKET CLUB IN KIDS4CALLAN PARK AND BAYS PRECINCT CAMPAIGN

PLEASE READ



Balmain DFC, Balmain Tigers Rugby League Football Club and Balmain Sydney Tigers Cricket Club today launched an initiative to establish a Sporting Alliance Task Force to campaign to address the shortage in local sporting facilities by seeking additional fields in Callan Park and new facilities in the White Bay and Rozelle Rail Yards.

The three sporting clubs will lead an initiative to set up an independent Task Force seeking to representing the interests of all sporting codes to co-ordinate a campaign to encourage the State Government and Leichhardt Council deliver new sporting facilities at the only two available locations in the Leichhardt Municipality.

The Sporting Alliance Task Force will seek to work with all stakeholders involved in the planning and delivery of sporting facilities – the State Government, Federal Government, Leichhardt Council and State Sporting Associations.

The campaign will feature the cheeky Kids4Callan Park and Bays Precinct logo, a new site www.kids4callanpark.wordpress.com (www.facebook.com/kids4callanpark) as part of a detailed strategy to raise awareness on the chronic shortage of sporting facilities.

Balmain DFC is proposing two initiatives as the key objectives for additional facilities for all codes:

CALLAN PARK

- Two new sporting fields and courts at the Veterans Field site, an adjustment to the current Leichhardt Council adopted Callan Park & Broughton Trust Master Plan. This re-introduces an option that Leichhardt Council put forward during the debate over the then Labor State Government's 2008 plan for Sydney University to expand in Callan Park.

BAYS PRECINCT

- Two sporting fields and a multi-sport indoor stadium at White Bay. Another four sporting fields plus netball and hockey field in the Rozelle Rail Yards to create a new sporting precinct that offers excellent transport access and complements various other proposals for the area.

Balmain DFC commenced sporting clubs high level involvement in the State Government's Bays Precinct Process by submitting a detailed formal submission on June 29. Community consultation for the Bays Precinct took place in May and June, and the Taskforce is currently completing a report to be lodged with the Planning and Infrastructure Minister by July 29 2012.

There is currently no local co-ordination to pursue the interests of sporting codes on a range of issues, including LMC and State Government Open Space policies, infrastructure planning (LMC State Government, Federal Government) and funding grants.

Examination of the various submissions and outcomes of Workshops during the Bays Precinct Taskforce community consultation was a reminder of the urgent need for Sporting Clubs to ensure their needs were

considered, particularly in the discussion on Open Space.

Balmain Tigers Rugby League Football Club and Wests Tigers chairman David Trodden said sporting clubs must work together to deliver the needs of children no matter what code they choose to play.

"The Leichhardt Municipality has a long and proud sporting heritage dating back for well over 120 years.

"We are keen to make sure that the heritage and history of sporting activities in the local area is maintained and continues through the generations. And sporting fields must be a priority at all levels of government."

"There are very good options for Open Space in our local area, and the State Government which controls key Open Space we hope are receptive to working with sporting clubs in a formal way."

Rugby League in the Leichhardt Council catchment includes Leichhardt Wanderers, Balmain PCYC and Balmain & District Junior Rugby League clubs.

Balmain Sydney Tigers Cricket Club secretary manager Terrence Kelly said he was very excited about joining an independent Task Force that will represent the interests of local sporting clubs to the State Government and Leichhardt Council.

"All sporting clubs have their own needs, though on the really important strategy plans for the community, it is time for a unified front to Governments.

"Apart from sharing Waterfront Drive in Callan Park with Balmain DFC, all our clubs have a lot in common. It starts with the dozens of our children who play both cricket, rugby league, football and other sports, and collectively we have a wonderful history with the local area.

"Our sporting club members do so much community service every year as the volunteers that aim to give children some of the most enjoyable experiences of their youth, and create life-long friendships."

Balmain DFC vice president Nat Hughes said that all sporting clubs faces significant challenges to meet the growing demand of both adult and children for sporting facilities.

This has become clear in the Expressions of Interest Process for Glover Street and Balmain Road fields, which are finally being re-activated for 2013.

"It is obvious that the inner-west is experiencing massive population growth, not just in Leichhardt Municipality but in Sydney City due to the boom in medium-density housing," he said.

"Just look at the latest census numbers, look at the shortage of child care facilities and rise in enrolments at so many schools.

"It is fantastic that Leichhardt Council, after ten years of debate over Callan Park, moved to secure temporary care of both two fields at Glover Street and finally in February agreed to also re-active a field at Balmain Road.

"And the initiative to get the Leichhardt Campus field up and running after a Federal grant was a great achievement. However, as Leichhardt Council admits, demand for facilities still exceeds supply.

"Despite the best intentions of various Councillors and overwhelming view of local

residents, Open Space policies do not always reflect as the number one priority additional sporting facilities.

"There is often strong views that Open Space does not mean space for children to run around and kick, throw, bowl or pass a ball. It is time usable open space for children is seen as the top priority in a congested local environment.

"We understand that the idea of additional sporting fields in Callan Park may face some opposition as the outgoing Leichhardt Councillors only last July signed off on a Master Plan.

"However, the Veterans field was an option that unfortunately did not secure enough support, in contrast to the views of not just Balmain DFC but other sporting clubs and many residents.

"Callan Park is a large fantastic community asset. We are very confident that the idea of children going there and enjoying it, getting fit while playing sport, is the best way to get the community into the park and to widen community support for the State Government to find a suitable long term solution for the Park.

"We look forward to engaging with the community to put forward the case for what is a minor adjustment to the current plan, given the buildings at the Veterans site are earmarked for demolition in the current plan anyway.

"Additional fields to meet the LMC shortage by using the Veterans site is consistent with proposals put forward in 2008. In fact, there is a Leichhardt Council report that canvasses it, so it is certainly not a new idea.

"We are confident that Leichhardt Municipality's 10,000-plus residents will ask this question – why can't an additional small area in Callan Park be used for sporting fields when all we hear from Council is they are unable to meet the demand for fields ?

"Our case for meeting the needs of children we believe is compelling. In the past, sporting clubs perhaps were not as active as they could have been on significant infrastructure matters.

"Balmain DFC for one is determined to take this campaign to every mother's group, pre-school, school and family groups in the community. We are convinced that it is about time the words 'Yes We Will' are all you hear on meeting the needs of children.

"We will be seeking support for our plan from all Councillors contesting the upcoming local Council elections, not just in Leichhardt but other adjacent Councils.

Leichhardt Council has again admitted that 'demand exceeds supply' in the EOI process for Balmain Road and Glover Street fields, so this means other alternatives must be pursued.

"The Bays Precinct has significant broader planning considerations for the State Government. However, there is also the option of escalating approvals for a site at White Bay, or other temporary options in the whole Precinct," Mr Hughes said.



CONTINUED....



"Unless sporting clubs actively engage with the State Government directly, it is unlikely their needs will ever secure the right level of attention.

Balmain DFC has begun canvassing sporting codes to set up the Task Force governance structure and will also seek local community representation.

Following the September Leichhardt Council elections, a request will be made for suitable representation from Leichhardt Council.

An initial approach to Planning and Infrastructure Minister Brad Hazzard and Minister for Sport Graham Annesley will be made by mid-August.

The clubs will also seek a meeting with the Bays Precinct Task Force to discuss the options for sporting facilities in both the White Bay and Rozelle rail yard area.

Options for temporary arrangements rather than waiting for what will be a lengthy

Bays Precinct planning process will also be canvassed. A review of possible funding grants available to assist additional sporting facilities will be undertaken.

The Task Force will approach the State bodies of all Codes and seeking high level support for a co-ordinated approach to securing additional sporting fields in the Leichhardt and Sydney City council jurisdictions.

Mr Hughes said local sporting codes have much in common. Hundreds of children playing many codes from Under 4s through to teenagers and as adults.

"Just looking at our local clubs' membership, we have football and rugby league kids, cricket kids, AFL kids, summer baseball and winter football kids. Girls playing netball and football, cricket, and plenty of other sports.

"It is pretty simple message - it is all about the kids. And they must have places to play."

MEDIA INQUIRIES:
Balmain DFC Vice President
Nat Hughes (0414 470 899)
Balmain Sydney Tigers
Cricket Club Secretary
Manager Terrence Kelly
(0404 877 667)



CLOUD 9

Gareth Collins and Steve Faulkner both play and coach with Balmain DFC.

They also play in an original band called Cloud 9 who recently won ABC radio's 'Exhumed' – a battle-of-the-bands style competition held at Rooty Hill RSL earlier this year. As part of their winning prize package they get to support the iconic New Zealand–Australian rock band Dragon, who penned such classics as April Sun In Cuba and Are You Old Enough?

They will be playing at the Basement in Sydney on Friday August 3 and would love you to come along. There should be a good contingent of Balmain Club members there already and tickets are selling out fast – Cloud 9 want a good support crew there to cheer them on!

You will find the link to the Basement below, so you can buy your tickets online. Cloud 9 will do a 40-minute set before Dragon play as the main act.

The band looks forward to seeing you there!

BUY TICKETS HERE

<http://www.thebasement.com.au/gigs/dragon>



GROUND'S VICTORY

Leachhardt Councillors on Tuesday night July 24, 2012 made their decision on sporting field allocations from the Expression of Interest for Balmain Road and Glover Street fields, which included a proposal involving Birchgrove Oval. The Council meeting stretched till 1am discussing the ongoing grounds battle that has involved the Balmain Executive Committee, our players and supporters. The Executive Committee would like to thank the hundreds of families that took the opportunity to express their opinions to Councillors. Here are the outcomes which were fought hard to achieve:

BIRCHGROVE OVAL

- Councillors responded to the concerns of many parents who live in Balmain and Rozelle to allow the club to retain ALL current weekday training allocations. Over 50 teams currently use Birchgrove, especially our 26 junior girls' and boys' teams
- Saturday usage of Birchgrove Oval is retained. This retains current arrangements for juniors (morning) and adults (afternoon)
- The proposal to allow ALF to secure training and weekend allocations at Birchgrove was overturned and AFL will now go to Glover Street

GLOVER STREET

- Balmain will secure additional training allocations on Wednesday and Friday
- Balmain DFC will pick up Saturday (8.30 to 5pm) use of the two new Glover Street fields
- Sunday usage of Glover will go to AFL and Baseball, as a part of the Council's strategy of ensuring 'new' codes' secure some allocations in the Leichhardt Council catchment

MEETING SUMMARY

Balmain DFC has picked up additional hours for both training and weekend allocations. This is welcome. It was good to see other long-standing local clubs also finally secure some additional or new allocations after a long wait.

Balmain DFC, despite the arguments we put forward around training and weekend game time per player/local member, always

faced the problems of being the largest club. Members will know that Balmain DFC's membership has grown from around 1,550 in 2010 to 1,944 members, including over 1,450 juniors. Growth in U4s to U10s is extraordinary.

While Balmain DFC picked up extra allocations, unfortunately the club will on our projections face turning players away in 2013.

Executive Committee members Tim Babbage and Franco Polistina are analysing our 2013 needs and early indications are we will still be two fields short on weekends for 2013.

Sunday is a major concern for 2013 as Balmain DFC did not pick up Sunday morning allocations at the proposed Balmain Road field or the two new fields at Glover Street. This will have a major impact on junior girls' and boys' and the women's teams.

THE FUTURE

The Executive Committee last year voted to follow the lead of many Clubs across the Sydney Metropolitan area and take a higher profile approach to convince both the State Government and Leichhardt Council (and Councillors) of our need for extra sporting facilities.

The incoming Liberal State Government responded immediately to our request in September for temporary use of Balmain Road when Leichhardt Council in August only voted to seek to activate the Glover Street fields for 2013. A special thanks to Liberal Councillor Gordon Weiss (Balmain) who kindly agreed to assist Balmain DFC in the negotiations – Gordon is not re-contesting the September elections. Balmain DFC in February thanked Councillors for offering to instead seek temporary care and control of Balmain Road field and to re-activate it for 2013.

We thank our Members who have actively supported our strategy.

In the past, sporting clubs in the Leichhardt area have quietly put their case. However, it has become more obvious that this approach can mean that very vocal and active residents have more influence on Council's policies on open space and the need for sporting fields.

Leichhardt Council by its own admission

is still several sporting fields and facilities short, and admits demand exceeds supply. In response, Balmain DFC, Balmain Sydney Tigers Cricket Club and Balmain Tigers Rugby League Club - representing over 3,300 members on Tuesday announced a Sporting Alliance Task Force will be set up.

Our three 'Tigers' are seeking support from other local clubs to urge the State Government and Leichhardt Council to work urgently and constructively to provide new facilities for our children and parents. There are plenty of shortages – it isn't just fields for football, league, union or AFL, it is also about netball, hockey and other sports.

The only two possibilities for fields are two additional fields in Callan Park (proposed in 2008), and the opportunities at White Bay and the Rozelle rail yards. The 'Kids4Callanpark & Bays Precinct' campaign will need your support (see this story elsewhere in this newsletter).

Across the Sydney Metropolitan area, many other sporting clubs and their members are taking the opportunity to request candidates 'sign up' for specific and actionable plans are additional sporting facilities. Balmain DFC Members can be assured our Executive Committee – with your support – will actively pursue all options for extra sporting fields, especially to meet the demand from young children.

The local Council elections for Leichhardt Council are on September 8.

Read about Tuesday night's Council victory in the media -

[CLICK ON THE LINK BELOW](#)



VICTORY



TRIVIA NIGHTS!

TRIVIA NIGHTS!



With a successful Club drive our first Trivia Night for the year was a sell-out, packing out the back section of The Monkey Bar – our Club sponsor – on Friday July 26.

The finger food provided by The Monkey Bar was delicious, our host (from our local sponsor The Village Sport!) was on top of his game and all in all a great, fun night out was had by all.

The winning table walked away with \$1,000 worth of vouchers from businesses within our local community, while other prizes were given out to winners of fun Q&A games in between trivia rounds, as well as raffle prizes given away throughout the night. Importantly, nearly \$650 in additional funds was raised for charity Unicef due to on-the-night raffle ticket sales.



SOCIAL PAGES

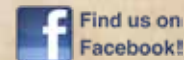


**A HUGE THANKS TO EMMELINE SMITH AND THE
WOMEN'S COMMITTEE FOR PUTTING THIS GREAT
EVENT TOGETHER
WE HOPE TO DO IT AGAIN NEXT YEAR!**

**THANKS TO THE FOLLOWING BUSINESSES FOR
THEIR GENEROUS DONATIONS:**

**HEALTHSPACE
TREATS FROM HOME
THE VILLAGE SPORT
BALMAIN BLU
TJ'S MEATS
THE MONKEY BAR
EMILE'S FRUIT & VEG
INTERNATIONAL SCHOOL OF MUSIC**

**ALSO, BE SURE TO LOOK OUT FOR DETAILS OF
OUR END-OF-YEAR CLUB EVENT COMING UP SOON.
SEE MORE PHOTOS ON OUR FACEBOOK PAGE**



SUMMER INDOOR FOOTBALL FOR KIDS

This summer, Balmain Football Club is running its own local indoor football competition and skills training for Under 6 – 7's and Under 8 – 9's on Saturday afternoons from October 2012 to February 2013.

The competition will comprise of 5 on 5 Futsal indoor games between teams of up to 8 players in total with unlimited interchanges. The Club will supply a referee. Each team will play each other several times during the season and the competition will culminate in a finals session with medals for the winners and runners up. The sessions will be held in the

main hall, Sydney Secondary College, Balmain Campus, at Terry Street, Rozelle.

The Club is keen to encourage our winter teams to develop their skills throughout the summer to prepare themselves for the following winter season. The emphasis at the sessions will be on skills development and having fun, but we are sure teams will also look forward to applying their skills in a competitive game during the session.

Teams should be no more than 8 players. Whilst any players are welcome to take part, priority will be given to players who are already registered with the Club. Teams may be boys,

girls or mixed. Consideration will be given to a girls' only competition if sufficient interest is registered.

To register your interest in entering a team please e-mail: indoor@balmainfootball.com.au with your team's details.



CONGRATULATIONS



State Cup Final Goes into EXTRA TIME!

An early rise and a great morning for football saw the Under 12's Girls Balmain Rockets play against a strong side from Dubbo Districts in the State Cup final at Valentine Park this month.

A hard and sometimes bruising first half saw no score from either team, as both teams tried to find each other's strengths and weaknesses.

The second half saw a couple of close calls for both teams, but the score remained 0-0 all at full time, with neither team prepared to give up!

A tense period of extra time finally saw Dubbo score the golden goal to win the match.

Although a disappointment for the Balmain girls, it was a well-fought match and in the end a fair result for the competitive Dubbo side country side. Congratulations to coach John Phillips for all the hard work he has put in for both this and previous seasons.

Congratulations to all the girls and of course all the parents for their support.

A particular mention goes to the goalkeeper Claudia Pellegini, who helped get the team to the finals with her outstanding work in two penalty shootout matches.

Congratulations to all the Balmain teams who participated in the State Cup this year – let's hope our teams can do even better next year!



Women soccer players, we want you!

The women's teams are already setting their sights on a successful 2013 and we'd love for you to join us!

Football is a game that combines fitness, friendship, mental skills, strategy and fun and is a great way to meet new people. Some women who play in our competition have been playing together for many seasons now, despite starting out not knowing one another. Each season, brand new players register with our Club, often knowing no one or never having played before, and yet come out at the end

of the season with a sense of accomplishment, increased confidence in all areas of life, new skills, greater physical fitness and many brand new sporting friendships that will last for years to come.

Balmain & District Football Club will be launching an Over 35's team in 2013 and we'll be also be recruiting for new players in the All Age Women's competition. We'll have six

teams in all Divisions so no matter what your skill level or age is (complete beginner, returning to the sport after a few years off or a football superstar) then this is the sport for you it is never the wrong time

Photo courtesy of Mr Olssen



or wrong age to start playing or playing again! We focus on skills development, fitness as well as the social aspects of Club football. Our Women's Committee is committed to ensuring soccer is accessible and enjoyed by all our women of all ages and skill levels, and we're lucky enough to have passionate and experienced coaches who will help you get the best out of your football

experience, no matter what Division you may fit into.

During July and August during our Finals Season, feel free to come and watch some of the women's teams in the finals or drop by a training session to talk to our coaches about joining our Club in 2013.

Although it may seem a way off, we finalise the 2013 season registrations during the end of summer (January and February 2013) and usually have some friendly pre-season training sessions during this time before the season begins in April 2013, so if you

want to find out more about soccer or see some of the last few weeks of this season's games in action, we'd love to hear from you now!

To register your interest in playing women's football in 2013 or to ask any questions, please email our Women's Coordinator Amanda Muscat on
womens@balmainfootball.com.au

COFFEE CURE

Are you rushing about frantic on the weekends trying to get your kids to our games? Do you allocate extra time to pull into a local café on the way to pick up a coffee before heading to the matches at Callan Park? Maybe you don't even have time to do that! If any of this sounds familiar, we have a solution.

Take advantage of the Balmain Club's new coffee machine in the Callan Park canteen, which produces café quality coffee using the finest coffee beans to make your usual cappuccinos, flat whites, hot chocolates and more for only \$3.00!

Not only will you be getting a delicious cup of coffee without the added stress of trying to find a parking spot at a local café, but you will also be supporting our Club, which is always in need of support from our parents, friends and players.

Our canteen also now serves some of the best croissants in Sydney, baked at the local French bakery Leblanz Boulangerie, as well as delicious muffins. Our bacon and egg rolls are made from organic bacon and free-range eggs and we also have organic sausages and steaks.

Whether it's a coffee before or during the match or lunch for yourselves or

your kids, our Callan Park canteen is a sumptuous, affordable and easy option for you and your family!



courtesy of freedigitalphotos.net



AND THE WINNERS ARE...

The following people were selected to win a \$50 TJ's Quality Meats Voucher based on 'Player of the Match' nominations for the past four weeks submitted by coaches, managers and helpers.

For details on how to nominate, see information to right.

This months winners are:

Paul Morris (Over 35's Men)
Kobpak Lamjeakmongkol (Under 16 Boys)
Kai Tracey (Under 11 Boys)
Craig Simon (Over 35's Division 8 Men)



WINNERS

To claim your \$50 voucher, simply print out this newsletter showing your name, and take this along with your ID (or your parents, for our youngsters) to TJ's Quality Meats, 319 Darling St Balmain 2041. Ph: (02) 9810 2911.

While you're there claiming your prize we'd love you to take a photo to send to us later!

HOW TO NOMINATE

Coaches, managers and helpers please nominate your 'Players of the Match' by sending their name and team (and photo if you have one) at the end of each weekend's matches to Laura Beams at facebook@balmaindfc.com.au. Winners will then be selected from those nominations and announced in every ROAR newsletter.

We look forward to announcing another four winners next time!

GROUNDSDUTY ROSTER

As part of our obligations as a Club under the Canterbury District Football Association, all teams are expected to carry out grounds duties every season. Failure to do so results in heavy Club fines administered by the Association, so the Club must strictly ensure that ALL our teams carry out their duties on scheduled days. Thank you to the teams who have already undertaken grounds duties this year.

For the teams still left to undertake their duties, please know that even if your team does not get into the Finals during July and August and you are scheduled to undertake duties during this time, you still must ensure that you do so, even though your individual soccer season may officially be over.

It is up to the Club to carry out grounds duties until the very end of the soccer season including during Finals' time. Someone from your team – a player, volunteer, coach or manager – should ensure that everyone in your team is aware of your team's rostered day on.

Please check the official Grounds Duty roster here:

👉 **GROUNDSDUTY
ROSTER**



photo courtesy of freedigitalphotos.net

GOT A STORY?

Then we want to hear from you! We want to hear about anything that you, our players, have been up to or about things happening in our community you think we should publicise in the next edition of ROAR! These may include, but are not limited to:

- 👉 Events happening the local community you may be involved with or think we should publicise
- 👉 Achievements or activities you or your children are currently involved with at school
- 👉 Trips, excursions or holidays you may have been on that you think others may like to hear about
- 👉 Famous sportspeople you may have met and had a photo with
- 👉 Awards or courses you may have recently completed

Please send all stories or queries to Laura Beams at facebook@balmaindfc.com.au

MATCH REPORTS ON FACEBOOK

Would you like to submit a match report for immediate publication on our Balmain & District Football Club Facebook page?

Coaches, managers, players or parents, just email your match reports to facebook@balmaindfc.com.au. If you have a photo you took from the sideline of the game in action, feel free to include it also!

Make sure you 'Like' our Facebook page so you can see your match report when it gets posted!



**Find us on
Facebook!**

PLAYER PROFILE



CAITLIN-ROSE BRINCAT

Caitlin plays for the Under 11 Girls Colts.

She is new to the team and only began playing this season. She has played 12 games so far and has been given Player of the Match twice – once a few weeks ago and again on Sunday 15th July.

In this team, the players are chosen every week by parents of the Under 11's team members.

Caitlin plays in defence and is pictured here with her Player of the Match trophy awarded by her team. Well done Caitlin!



Women's Committee Meeting

The next Committee meeting will be held on August 7 at our sponsor's venue, The Monkey Bar in Balmain. All are welcome to attend to raise any issues you may have regarding Women's football in our Club or to simply participate. Email Women's Coordinator Amanda Muscat on womens@balmainfootball.com.au



Club Jackets

Balmain DFC awards service jackets to players, coaches and managers who have played, coached or managed for periods of five, ten, fifteen or twenty years.

The jackets are normally available for collection at the presentation functions at the end of the relevant season.

Qualifying members of the Club are invited to submit requests for service jackets for the 2012 season to Alan Kennedy at agkennedy@fastmail.fm

THANK YOU



THANKS TO THE TEAM COACHES, MANAGERS AND HELPERS WHO PROVIDED PHOTOS AND CONTENT FOR THE TEAM PROFILES!

SUBMIT YOUR TEAM
WE REQUIRE MORE TEAM & PLAYER PROFILES FOR THE NEXT EDITION OF *ROAR*!

PLEASE SEND A TEAM PHOTO AND A **SMALL** WRITE UP ABOUT YOUR TEAM, INCLUDING THE TEAM'S NAME, AGE GROUP, AND DIVISION (IF APPLICABLE) TO LAURA BEAMS AT **FACEBOOK@BALMAINDFC.COM.AU** BY SUNDAY, 12TH AUGUST 2012.

CONTACT US



FOR INFORMATION AND INQUIRIES
PLEASE CONTACT
LAURA BEAMS
(ROAR EDITOR)
FACEBOOK@BALMAINDFC.COM.AU
OR VISIT **WWW.BALMAINDFC.COM.AU**

NEXT DEADLINE FOR CONTENT
SUNDAY 12TH AUGUST

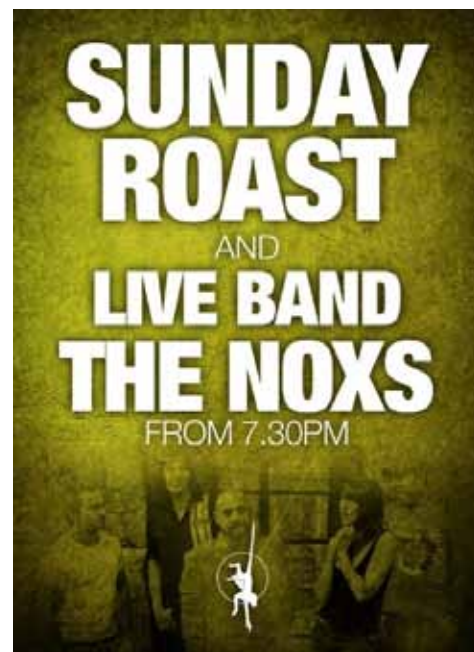
“LIKE” YOUR CLUB ON FACEBOOK
WHERE YOU CAN FIND UP TO DATE INFORMATION
ABOUT THE CLUB
INCLUDING SPECIAL OFFERS FROM OUR SPONSORS
PHOTOS, UPCOMING EVENTS AND ALL SORTS
OF INTERESTING FACTS

SPECIAL THANKS TO ALL THE VOLUNTEERS
WHO MADE THIS NEWSLETTER POSSIBLE

SPONSOR



THE MONKEY BAR



MEMBERS SPECIALS

The Monkey Bar in Balmain is one of our key sponsors, and as such, a range of great discounts are now available to our Club Members.

Make sure you bring your teams there after your matches, training, or for a team 'wet weather' brainstorming or bonding session if training is called off on a Wednesday or a Thursday!

You will need your Monkey Bar card which was distributed to Team Managers at the start of the season in order to claim your discounts. Please contact your Manager if you have not yet been given this.

DRINKS

\$4.00 for Coopers Green

\$4.50 for Golden Ale & Sundowner

\$4.00 for the House Red or White

These drink offers are available every day any time. On weekends the beer goes up to about \$7 after 7pm as does the wine, however Balmain Club Members stay on the same prices for the abovementioned drinks.



FOOD

The Monkey Bar are offering \$12.00 Steaks or Schnitzel on training nights Wednesday and Thursday, to our Members.

Cheap kids meals are also available for \$7.00 Monday to Thursday.



CHIROSPORTS HAS REBRANDED TO...HEALTH SPACE!

Same great team, at the same handy location but with a cool new name and an expanded array of services!
Come on in for your complimentary Chiropractic, Acupuncture and/or Kinesiology session (worth \$95) or grab an initial massage at 25% off!

Chiro or Physio – What Do You Need?

It's an age old question; should I see a chiropractor or a physiotherapist for this particular injury?

It seems to be one of those things that everyone, one way or the other, will have an opinion on, usually based on previous success or sometimes lack of success with a particular technique or person.

What is going to work best for a particular injury or problem is dependent upon the type of injury and the causative factors of that injury. The aim of treatment and a rehabilitation program should be to ensure optimal healing in the fastest possible time but also correct any underlying causes and imbalances that may have contributed to the injury in the first place. Failure to address and fix the causative factors often results in future re-injury, often multiple times.

When performed properly, a good rehabilitation program should result in not just faster healing but also you being stronger, more stable and less likely to re-injure in future.

In a nutshell, physiotherapy usually focuses in on a specific injury or pain and involves treatment of muscle injuries and imbalances using modalities such as ultrasound, TENS machines, strengthening and stretching exercises, muscle release techniques and massage.

Chiropractic on the other hand, usually looks at the body as a whole no matter what the complaint, injury or pain that a client presents with. The focus is on finding the underlying cause of the problem and factors that may be overloading it or slowing or stopping the body from healing itself as it's designed to do.

Chiropractors are well known as the 'back and neck doctors', but the real reason chiropractors look to the spine is to see how well the nerves are exiting between the spinal joints and communicating with not just the muscles but the skin and the organs that control everything we do!



Once a cause is identified and X Rays are taken if required, treatment will include techniques to 'adjust' or correct these misalignments causing the nerve impingement. This may be done manually where you hear a gas sound 'pop' out of the joint or more gentler techniques such as an activator or special tables that drop up and down to increase functional movement in the spine.

Why visit Health Space Rozelle (previously known as Chiroports Rozelle) as your injury and rehabilitation specialists?

Aside from the fact that Health Space has been an ongoing supporter of Balmain & District Football Club, they also have the most up-to-date equipment including onsite XRAY and gait scanning facilities combined with exceptional techniques that combine

the best of:

- Traditional chiropractic – including gentle non-manipulation techniques
- Physiotherapy techniques – such as TENS, ultrasound for muscle tears and sprains, stretching and a wide range of muscle release techniques
- Many others such as orthotics, dry needling and kinesiology

Thus ensuring you can get everything attended to in the one location!

Health Space also have a dedicated team of healthcare professionals including massage

therapists, acupuncturists, kinesiologists, a naturopath and a life coach to ensure all your health needs can be met with expert care and the utmost convenience.

Did you know...

1. Recent studies in sports injury have found such a combined approach is twice as successful as using just physio or chiro by themselves
2. Many people who visit Health Space do not get manipulation (cracking)
3. All Health Space practitioners have undertaken postgraduate study in non-manipulative correction techniques
4. All chiropractors are either five or six years trained at University including a Master's Degree

Please call Health Space on 9810 8769 to book your FREE health or injury assessment and treatment.

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Chiropractic • Massage Therapy • Acupuncture & TCM • Kinesiology • Nutrition • Naturopathy

www.healthspaceclinics.com.au