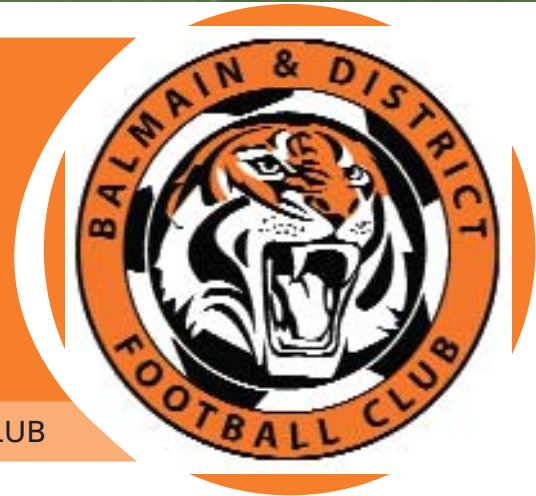


THE Roar



THE OFFICIAL NEWSLETTER OF THE BALMAIN DISTRICT FOOTBALL CLUB

Balmain & District Football Club P.O. Box 1020 Rozelle NSW 2039

www.balmainfootball.com.au

Please send all photos and content to Mike Hamilton or Richard Klipin

EDITION 5 - WINTER 2009

Balmain Girls Run WILD!!

The female sides of the club won an incredible 6 out of 7 Grand finals contested last Sunday.

In all Balmain DFC won 8 grand finals this season perhaps a record for the club (at least in recent years) - and a good recruiting tool for next season.

The 12/1B Girls Premiers - the Lions came from last after the first round of 11 games to win 4 and draw 1 of the last six games to clinch the Gold Grand final. They achieved this result despite acquiring 6 new players this season.



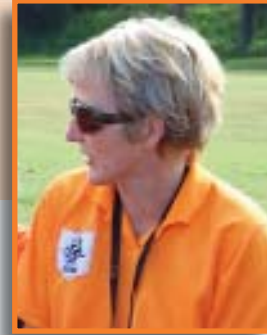
INSIDE THIS EDITION

- > Presidents Review
- > Season 2009 Review
- > Wet Weather Football
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- > U16/1 Girls Champs



Presidents Report SEASON 2009

What a year, 10 premiers drawn for all age groups, women's, men's, boys and girls, congratulations all.



But it doesn't end there. We also have two men's and one women's team entering the World Masters in October and an O45 Men's team in the Champion of Championships competition. We wish you every success.

It has been rewarding holding the role of President and having the opportunity to meet so many members. I thank all our volunteers, coaches, managers and officials, and recognise the tremendous contribution made by families in transporting and supporting the players.

We began the new Small Sided Games format which is being held as a great success by the players and their supporters. The format aims to ensure each player can enjoy the game, have plenty of time on the ball and begin to learn the basic skills. I believe each of these aims has been met and I look forward to the supporter's feedback to enable the club to build on the success of the inaugural year.

Our Junior Training Squad has again flourished thanks to the tireless efforts of the organisers. On behalf of the club, and no doubt the participants, I thank you for your dedication and commitment to the squad and extend a thank you to those members that have been able to assist with the coaching.

I would close with my personal thanks to each player that upheld our Code of Conduct. Your example encourages others to participate and establishes our club, Balmain, as the premier club in the Association. I trust you have developed your skills this season and enjoyed participating in the competition. Keep up your skills over summer I look forward to seeing you on the pitch next year.

**Jill, President
Balmain & District Football Club**

FINALS FOOTBALL UPDATE

Congratulations to the 11-2 Rebels and Girls 10-2 Jaguars our first premiership winners for the season

SATURDAY

- 10-2 Balmain vs Burwood Result: Lost **4-2** on Penalties
- 10-3 Balmain vs Strathfield Result: Lost **4-3** on Penalties
- 10-6 Balmain vs Strathfield Result: Lost **2-0**
- 11-3 Balmain B vs HPW Result: Lost **3-1**
- AA3 Balmain A vs Canterbury Result: Won **1-0**
- AA6 Balmain B vs Burwood Result: Lost **3-1**
- O35-2 Balmain vs Belmore Result: Lost **2-1**

SUNDAY

- G10-1 Balmain B **4-0** vs Balmain A Beaman Half 1 at 9.15am
- G12-1 Balmain B **2-1** vs Saints B Henley 4 at 10.30am
- G14-1 Balmain **4-0** vs Canterbury Beaman 1 at 10.45am
- G16-1 Balmain **2-0** vs HPW A Henley 3 at 2.30pm
- W-1 Balmain **1-0** vs Saints Beaman 2 at 2.30pm
- W-2 Balmain B **3-1** vs Marrickville Beaman 2 at 12.30pm
- W-3 Balmain **0-2** vs Lakemba Beaman 1 at 12.30pm



SEASON 2009

Season 2009 is now drawing to a close and it has been a successful one for the Balmain & District Football Club. As at the time of writing, Balmain had the following

- > **One winning Grand Final team**
- > **Four minor premiers**
- > **Thirty one teams finishing in the top four**
- > **Four teams reaching the Grand Final**
- > **Twenty two teams still playing finals football**

To the teams playing in the final series, the best of luck to you all. Remember the words of the late great Bill Shankly who said "Football is a simple game based on giving and taking of passes, of controlling the ball and making yourself available to receive a pass. It is terribly simple."

To the players, parents, coaches and managers of teams who season has now concluded, try and get along and support the Balmain teams that have reached or are playing finals football.

And remember that the summer months are not a time for the parents to relax and have some "me time". Sign the kids up for futsal or get them into a 6-aside comp and come back primed for the 2010 season.

Football isn't a matter of life and death - its much more important than that!" (Bill Shankly September 2 1913 – September 29 1981)

Hope to see you all back in 2010!!

PRESENTATION DAY INFORMATION

SSG Under 6 and Under 7 Presentation Day

Will be held on Saturday 5 September at Easton Park. Teams will play their last game for the season and also receive a memento from the Club. A BBQ will run throughout the morning.

Junior Training Squad

Will conclude on Sunday 6 September. A BBQ will be held after the last session and all players will receive a small memento from the Club.

Junior Presentation Under 8 to Under 18

Will be held at Callan Park on Sunday 13 September commencing at 9.30am. A BBQ will be held after the presentation ceremony and announcement of Club perpetual awards.

Senior Presentation Night

Will be held on Saturday 19 September. Further details to come.





Balmain U12s

WIN INDOOR WORLD CUP IN A DRAMATIC PENALTY SHOOTOUT!

A team of six boys drawn from the ranks of U12s + U11s Balmain Soccer Club sides won the Marrickville Council sponsored All Nations Indoor Soccer World Cup 2009 Under 12s Trophy in June. The annual tournament is held as part of the Council's Refugee Week Festival and is open to all comers.

On a weekend when most outdoor games scheduled to be held across the inner west were cancelled the boys took full advantage of a chance to get in some game time under the roof of the Debbie and Abbey Borgia Community Recreation Centre.

The Tigeroos wore Balmain colours and drove all before them as they won their three group games by large margins 7-0, 8-0 and 9-1 before facing another Balmain team, the Hammers, in the final. The Hammers put in a far better performance than in their earlier 8-0 defeat to the Tigeroos and held out for a 0-0 draw in regular time - helped by a goalkeeper who looked questionably mature for the age group and who had been drafted in from a mysterious source for the final.

The Tigeroos tried every angle but couldn't break through the tenacious Hammers defence in the final which finished 0-0 after regular time. It then progressed to a penalty shoot-out in which Tigeroos goalkeeper Tobi Inhelder was the hero as he saved three Hammers kicks in succession leaving his team to run out deserved victors 2-0.

Tigeroos player Joseph Birds was awarded the Referees Choice Player of the Final Trophy and the whole team celebrated a great victory.



*Standing - Hamish Phillips, Tobi Inhelder, Joseph Birds, Milo Watkinson, Nick Kennedy
Sitting - Antony Barca*



*Front - Milo Watkinson, Nick Kennedy, Joseph Birds
Rear - Antony Barca, Hamish Phillips, Tobi Inhelder*



Women's / 1 Bandits



Cougars



U/12 Lions



U/10 Bombshells



Balmain U17s

By Maria Byrne

The U17 had a shaky start and thanks to the club for patience as we put the team together. Thanks to Julian Bracewell who stepped in as our coach ably assisted by Michael Bracewell and managers Bob Kelly and Maria Byrne.

It was a good year for a long standing team with many players having played together for 12 years and others joining when teams were combined at the U11 stage. Several new players also joined this year. We had a tough competitive group in division 1 playing against some of the best teams in the state. However the players were all spirited and competitive throughout the season often at their best against the top teams.

This year as in previous years our keeper Ronan Kelly did a great job with some fabulous saves. In the back we had our tenacious defenders Eric Lungren and Kieran Matic who also played well in other positions as needed. Kieran was our very effective throw-in expert. Tom Ginnane and Brady Watkinson also played effectively in the back. In the mid field were the doggedly determined Paul Hancock, Ollie Bracewell and Blake Watkinson. They also filled other positions as needed. One of our new players Eoin Hendry – was superb in midfield exhibiting great technique. Up front were our strikers Nick Dimetriou, Nic Tresise and Aodhan King who all exhibited great speed and ball

skills. Finally we were fortunate to have several all rounders Declan Wakefield, Nic Wheatley Demi Batistatos and Sebastian Korde who were well able to play at various positions.

**It was a good year enjoyed by all.
Big thanks to all the parents for your support.**



Balmain Strikers

Ian Gilmour (Manager)

UNDER 16/1 GIRLS CHAMPIONS

Balmain Strikers completed their season with a brilliant 2:0 victory in the Grand Final against Hurlstone Park A after finishing Round 15 in 3rd position with 8 wins, 3 losses and 4 draws (29 Goals For and 15 Against). Strikers had a tremendous final series defeating Leichhardt Tigers in the knock out first semi-final and then old nemesis Hurlstone Park B in a thrilling preliminary final that went to penalty shootouts, making amends for a shootout loss in the U13/1 Grand Final in 2007. The girls demonstrated tough defence, strong attack and superior teamwork throughout the finals.

For much of the season though, Strikers showed great potential but often didn't achieve the best results. They were a little too polite to teams below them on the table. Sometimes they just weren't available (you name it – girls this age are very busy). They slowed down with rain rain and more rain, and also some had real shortfalls in fitness and teamwork. The team was, however, very determined to do their best in the finals and enthusiastically embraced the twice weekly training sessions from Coach Glenn Burge and Super-coach Richard Burgess (a former Sydney Uni Premier League Coach who we signed up mid season). The teamwork, confidence, passing, backing up and fitness were worked on very hard

And the improvement was tremendous – Strikers realised their potential as the form team of the competition.

The Strikers also went into the Football NSW U16 Girls State Cup, but found Nepean district team Colo too strong, bowing out to the 2009 winner of the competition for the third year in a row after being runner up as U12s in 2006."

2009 was a rebuilding year for this team. The core team of Rosie Burge, Geneva Gilmour, Anna Hubble, Ruby Kerr, Helen Durrant-Whyte, Holly Fitzgerald, Harriet Scandol and Holly Davine come up from the U14s and were joined by Rachel Ogle, Claudia Hamilton, the three Maddies – McComb, Greville, Maclean – Emma Payne and Cartier Cross.

All the parents should be very proud of the 2009 Strikers team. They were very composed on GF day, and didn't let Hurlstone Park into the game. After all the hours of training, it was great to see the girls enjoy it so much. Glenn

& Richard think they have been a great group to coach this year - they all got on very very well, and we hope it was a good experience for them beyond the great skills they all showed.

We'd also like to thank the parents for their excellent sideline sportsmanship year after year – this is a team whose players, parents and coaches are very popular with referees.

And finally a huge thankyou to Glenn – he has put in a phenomenal effort all season organising training, additional coaching, extra events for the team and the Club (Friday night skills training etc) and keeping the girls on their toes!!

"Stop talking girls! Listen! Focus girls --- Focus!!"



Rosie – Great utility player. Did whatever was asked in defence, attack or midfield. Some great goals.

Geneva – Captain. Left winger and centre field player – created numerous opportunities for the forwards

Anna – Left back. Terrified her opponents with relentless defence and close marking

Ruby – Right back. Closed down attackers and turned defence into attack with tremendous kicking back up-front

Helen – Defence. Very consistent and tenacious in blunting attacks. Great teamwork

Holly F – Midfield and defence. Best goal of the season from way outside the box!! A great GF day.

Harriet – Utility player. Improved so much and very committed. Great team work.

Holly D – Right Wing and Centre. Worked very hard whenever needed and created opportunities

Rachel – Best goalkeeper in the competition. Numerous cut knees from desperate dives to save our bacon!

Claudia – Right wing. One of the season's great improvers – built on good individual skill with improved up front passing

Maddie McComb – Forward. Always committed; many goals; dogged in ploughing through tough defences.

Maddie Greville – Forward. Returned from Ravens; many goals; strong and intimidating in the goal box. Two GF goals!

Maddie Maclean – Sweeper. Relentless defender and organiser. Instructions galore kept the defence tight!

Emma – Defence. Strong, committed, always reliable. Was cheering the girls on a week after appendectomy!

Cartier – Forward and Centre. Always worked very hard, scared the opposition defenders and created opportunities

BALMAIN STRIKERS



5 Minutes with....

MARK HUGGINS AND THE JAGUARS

1. How long have been you involved with the Club?

The team started 3 years ago in the U8's

2. How has the team gone this year?

Won U10/2 minor premiership and Grand Final on a penalty shoot out

3. Whats the best thing about the team?

The Jaguars have good stamina and don't give up

4. Keys to success?

Rotating players in all positions during the season, supporting each other and having fun

5. Great team contributors?

All players scored points in the Most Improved voted by all parents. Mim Pritchard scored over 40 goals (that helped!), and our goalies and defence stood tall and stopped heaps of shots and raids. Only 7 goals scored against the Jaguars all season

6. Highlight of the year?

Winning the Grand Final and being Minor Premiers, but doing so with 5 new players to the game

7. Team philosophy?

Look, pass and go

8. Best subject at school?

Economics, maths and sport. Not necessarily in that order

9. Your favorite food?

Hard to go past a good roast

10. Favorite movie?

Midnight Express or anything with Cameron Diaz in it. She has.... a lovely..... smile



Launch of the National Football Curriculum

By Dario Bicego

On June 19 Football Federation Australia (FFA) officially launched the FFA National Curriculum. We'll let you know more as it is being rolled-out - and help with its implementation, but we thought it good to let you know a bit about it in advance.

In the words of the FFA's CEO, Ben Buckley, " This Curriculum is of critical importance if we are to achieve our objectives and realise a major improvement in the quality and performance of Australia's best players, coaches and teams, as well as fostering a lifelong support of the game amongst its participants."

The plan is to roll out the curriculum, which has been divided into two streams – the Talented Player and Coach Development Plan, and the Community Player and Coach Development Program from later this year. What is really heartening is that what is being stressed are the kinds of things Paul Cuscuna and I, as coaching coordinators for the club, have been trying to put into practice this year: an emphasis on skills development in the younger age groups; the importance of game-related exercises; that football training is conditioning/conditioning is football training (ie no specific fitness training without the ball), and the importance and emphasis of development rather than simply results.

In this edition of The Roar, I want to highlight the section of the document that analyses the strength and weakness of Australian football. You can find the complete document at www.footballaustralia.com.au under the Game Development section.

Under the "Strengths" we have the following

- Australian football players are physically strong and competitive.
- Australian players have a well developed winner's mentality.
- Australian players are in general mature at a young age and have a strong determination to succeed.
- The Australian football preference is for an attacking, 'open' game which is the characteristic style of the A-League and W-League.

Under "Weaknesses" ...

- Overall technical GAME skills, in particular:
- individual attacking qualities (creativity)
- first touch under pressure
- short passing game
- handling speed in tight areas.

Ball possession/positioning play, in particular:

- playing out from the back
- controlling / changing the speed of the game
- successful attacking combinations.

Tactical maturity, in particular:

- tactical awareness; 'reading' the game
- leadership; decision-making on the pitch
- game 'cleverness'; being 'street smart'.

and under "Cause and Effect"

Both strengths and weaknesses are caused by the strong emphasis in Australia on results and winning at too young an age.

If we want to take our football to the world's top level, youth development will need to focus more on:

- development instead of results
- the skilful instead of the powerful
- mistakes being learning moments instead of mistakes being punished
- encouraging individual play instead of forbidding individual play
- encouraging taking initiatives / risks instead of forbidding taking initiatives / risks
- playing out purposefully instead of the long ball

In other words it is the choice between: short-term losing, long-term winning or short-term winning, long-term losing.

The FFA is not pulling any punches here! The message is there are no short cuts to long-term success (and long term enjoyment we'd say). They also stress that initially the emphasis should be on fun, building a love of the game and the acquisition of individual technique.

Some things to think about during your next training sessions and games ...and on that note the Curriculum emphasises that "the vast majority of development occurs in training/practice – not in competition." Have fun, take some risks and don't be scared!





The Adventures of the Red Lion Rovers

Balmain Under 8's Division 2 - Annual Report 2009

Presenting the Red Lion Rovers. Gathered from Junior Training Squad, three seasons in the making they are:



Angus – a fierce, tenacious midfielder with a strong sense of fairplay.



Ben – fast, strong and a deadly shot.



Bert – a giant throw, fearless and reliable in defence.



Chris- a great eye for the game, dependable in goal and visionary in defence.



Clancy – never loses the ball, never gives in.



Massimo - a leader in midfield, consistent and reliable.



Monty – a humungous kick and valiant in goal.



Otis - nimble and always ready to pounce and score.



Tim - mazy dribbles, great passes and plenty of goals.



Will – a midfield general, impeccable timing.

Together they travel the inner west (with their mums, dads and grandparents) in search of adventure and footballing foes to vanquish. (Ten vanquished, two truces and two defeats, 40 goals scored and 24 conceded.)



Balmain Tornadoes

The year 2009 celebrates the power of two strong beasts: the Premiership winning Balmain Tornadoes, and the Ox. (Comments in bold from Wikipedia entry on 'Oxen')

“Working oxen must learn to respond appropriately to the teamster's (ox driver's) signals.”

That would be our coach Ken (or KenKen as he is affectionately known [no association with the newspaper puzzle]). Initially he was heard uttering some bizarre utterances: “soccer is like a game of chess” and “do you like dancing?” Although we didn't take so much to dancing, he made the trek from Cremorne (by public transport) every Thursday to teach these oxen how to work hard in the mud (and his yokes weren't too bad either).

“These signals are given by verbal command:”

Your everyday “encouragement” from Ken during the game ...body language: hands in face/on hips/ thrown in the air ...and the use of a goad, whip or a long pole: no comment on this one, though legal action is being pursued.

“In preindustrial times, many teamsters were known for their loud voices and forthright language.”

An accurate description of Ken, whose honesty and sound knowledge of the game and our abilities has led to a vast improvement this year, not to mention our outstanding success, particularly with the step up a grade.

“Verbal commands for draft animals vary widely throughout the world... the most common verbal commands are:”

- Get up: normally heard when the opposition spends far too long on the ground after a strong tackle from the defence.
- Whoa: After an epic shot/ header (which we've had a couple of) from the forwards.
- Back up: used when the midfield need to get their bums into gear and help with the defence.
- Haw: reserved solely for the opposition.

“In the New England tradition, oxen must be painstakingly trained from a young age. In other ox training traditions, adult cattle with little or no prior human conditioning are often yoked and trained as oxen. This is done for economy...”

Although economical, our older oxen have proven they can get the job done often a lot better than our younger, more painstakingly trained. We've played against some teams of young fillies (and a few teams of old nags) and have shown that a mix is the best way to do things.

“Oxen can pull harder and longer than horses, which makes them better with heavy loads.”
Heavy loads and hard games. Although some games

have suffered in the dying minutes (perhaps due to a few positional problems) most have been played through to the end with poise, vigour and no lack of effort. Big props go to Libby here, whose height and spidey abilities saw her gradually move to goalkeeping duties without complaint.

“Although slower than horses, they are less prone to injury because they are more sure-footed and do not try to jerk the load.”

No amount of balls to the face (kudos goes here to Emma and Sonya), swine flu or injured ankles/feet/knees/groins could stop us from showing up each week and sticking it to the opposition.

“Japanese ox” is an Australian term used for grain fed steers in the weight range of 500 to 650 kg that are destined for the Japanese meat trade.”

An added incentive to help stick to the Atkin's during the off-season.

Biggest thanks and appreciation goes to the strong efforts of our fulltime coach Ken, our fulltime manager (and champion baker) Julie, and our two guest star coaches Mark and Paul. And whatever's left over goes to the commitment of the team, showing up to training and games on time and raring to go (there's no font for sarcasm).

A huge congratulations goes to the whole team for winning the Grand Final this year, making it three consecutive years in as many divisions. A massive effort against the minor premiers Marrickville with everybody stepping up that extra notch to secure a convincing win 3-1.

Source: <http://en.wikipedia.org/wiki/Ox>





5 Minutes with....

TEEGAN NORDSTROM

1. **How long have been you involved with the Club?** 4 years
2. **What is your role(s) in the Club?** Soccer player
3. **Whats your team?** Balmain Comets
4. **What position do you play?** Midfield
5. **Career highlights... best goal you've scored?** The one I scored this year
6. **Favorite Player?** David Beckham
7. **Favorite team?** Balmain Comets
8. **Best subject at school?** Sport
9. **Your favorite food?** Pizza
10. **Favorite movie?** Monsters Vs Aliens



15 ways to wear your BDFC Bucket hat

as modelled by  **BALMAIN**
Cazelles
GIRLS U13 SOCCER





5 Minutes with....

THE BARRETT CLAN

CLANCY BARRETT

1. **How long have been you involved with the Club?** Almost 5 seasons now
2. **What is your role(s) in the Club?** Player (and occasional substitute for other teams)
3. **Whats your team?** U8/2 – The Red Lion Rovers
4. **What position do you play?** Goalie, Defense, Midfield and sometimes Striker
5. **Career highlights... best goal you've scored?** Earlier in the season we played Five Dock at Cohen Park. I got the ball on the edge of the goal circle and chipped it over the defence, past the goalie and into the net
6. **Favorite Player?** Wayne Rooney
7. **Favorite team?** Manchester United
8. **Best subject at school?** Creative Arts
9. **Your favorite food?** Pasta
10. **Favorite movie?** Ice Age 3



EAMON BARRETT

1. **How long have been you involved with the Club?** 7 years
2. **What is your role(s) in the Club?** Player
3. **Whats your team?** U11/1 – Balmain Magic
4. **What position do you play?** Goalkeeper and Wing Back
5. **Career highlights... best goal you've scored?** My favourite goal was three years ago, with the U8/2, when I scored from a corner – I managed to curl the ball past the goalie and into net on the full
6. **Favorite Player?** Messi
7. **Favorite team?** Barcelona
8. **Best subject at school?** Maths
9. **Your favorite food?** Pasta
10. **Favorite movie?** Jaws



GARRY BARRETT

1. **How long have been you involved with the Club?** 7 years
2. **What is your role(s) in the Club?** Coach and parent / player support
3. **Whats your team?** U8/2 - Red Lion Rovers
4. **What position do you play?** Tenuous – I've been told I have the full support of the parents
5. **Career highlights... best goal you've scored?** My personal highlights reel is extremely short
6. **Favorite Player?** Grassy Reynolds – an elite footballer and cricket player. He went on to become a very successful coach in both sports
7. **Favorite team?** Lithgow Shamrocks – Grassy's team
8. **Best subject at school?** Maths
9. **Your favorite food?** Fresh seafood
10. **Favorite movie?** The Cars That Ate Paris



Meet the Sponsor

KENNY MURPHY - FOOTBALL EMPORIUM



1. **How long have you been involved with the Club?**
6 month's
2. **Why did you get involved?**
As a newcomer to Sydney, to become part of my local community, and of course to spread the word about my new business venture.
3. **What role does the Club play in the Community?**
Forges family and new friends as well as giving kids the experience of "club participation"
4. **What is your business involved in?**
Football equipment, strips and memorabilia.
5. **Who's your favorite team globally?**
West Ham United
6. **Do you play?**
Not anymore.....too old!!
7. **What's your favorite food?**
Anything fish or seafood.
8. **Favorite movie?**
Escape to Victory

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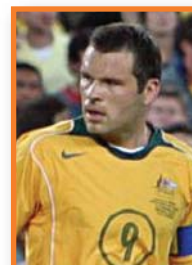
with Robbie O

QUOTES



"Sometimes in football you have to score goals."

THIERRY HENRY



"I wouldn't be bothered if we lost every match this year as long as we win the league!"

MARK VIDUKA



"I've got a contract with United until 2010, but my future belongs to God."

CRISTIANO RONALDO



"Well, I can play in the centre, on the right and occasionally on the left side."

DAVID BECKHAM

The Club would like to thank the following sponsors for their on going support.

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