



## UPDATE – MAY 2010 EDITION...

**1) REMINDER COACHES & MANAGERS** - EVERY SATURDAY morning, either a Coach/ Manager or appointed player is required to go to ELS Hall Canteen and check the team pigeon hole.

From Neil Hopkins: Can I have the following information for GHFA. I need address, phone number, email if you are an official coach or manager. Can you please send to me this information by Friday 21.5.10. [ndhop@yahoo.com](mailto:ndhop@yahoo.com) . Thanks.

**2) REBEL SPORT – MVP Members:** This Thursday 20th May 9am-9pm we will be offering you guys to receive **20% off all full priced purchases** on presentation of your MVP Card or your clubs MVP number at Macquarie Centre. Please forward this onto your members so they can take full advantage of this sale day.

Kind Regards - Sarah Mcfarlane - MVP Co-ordinator - Rebel Sport Macquarie Centre - Email: [SarahLMcfarlane@rebelsport.com.au](mailto:SarahLMcfarlane@rebelsport.com.au) - Telephone: (02) 9889 7944 - Fax: (02) 9878 5755

**3) TEAM PHOTOS – Saturday 5<sup>th</sup> June** - Team Photos are now confirmed for Saturday 5<sup>th</sup> June. Please see team timetable attached.

**Coaches and Managers will find the Photo Order pack in their team pigeon hole this weekend.** These need to be completed with money & orders collected to the Photographer on the day.

Players to wear FULL Panther uniform. Coaches and Managers – don't forget your Kingfisher Blue Polo/Jacket. Both items are available for sale at the Canteen.

Please be at **ELS for photographs 15minutes prior to your allocated time** as the schedule is extremely tight and revolves in most cases around games kickoff times being played on the day.

**NOTE::** If any senior team/s wish to have their team photos done, then please contact: Kim Clifton 0430 555 891 – [kim.clifton@macrobev.com](mailto:kim.clifton@macrobev.com) as there is availability on Saturday after 12.30pm.

**4) TOP RYDE CITY DOCKETS** –From Buck Findlay: The association **monthly prize of a \$100 voucher for Top Ryde is a Team prize** and the association prize of a \$500 voucher for Top Ryde is a CLUB prize. Dockets can be left at the canteen in your team's relevant swing file.

### **5) Message from CITY OF RYDE: Sports letter**

Please go to the following link and check out the first edition of the City of Ryde Sports Newsletter - [www.ryde.nsw.gov.au/sportsnews](http://www.ryde.nsw.gov.au/sportsnews). Please distribute this for your members interest.

A big thank you to all those organisations who have submitted articles and helped to provide such a variety of content for this first issue.

Regards - **Peter Montague - Recreation Coordinator** - Tel: 9952 8239 - Fax: 9952 8240

### **6) WOMEN'S TEAMS:**

Womensport NSW is undertaking a membership drive in order to improve its communication to females in sport. We would be very appreciative if you would pass on the message below to all your members and contacts inviting them to join up via the Womensport NSW website [www.womensportnsw.com.au](http://www.womensportnsw.com.au)

*This is a great opportunity as membership is FREE for individuals!*

Regards, - Michelle Hanley - Risk Manager & State MPO - FOOTBALL NSW LIMITED - PO Box 6146, Baulkham Hills BC NSW 2153 - P +612 8814 4402 | M 0408 307 012 | F +612 8814 4485 -

[michelle@footballnsw.com.au](mailto:michelle@footballnsw.com.au) | [www.footballnsw.com.au](http://www.footballnsw.com.au)



Womensport NSW

## May 2010 =Womensport NSW : Membership

Do you want to know more about women's sports in New South Wales? Then take the opportunity to join Womensport NSW (the peak leadership body for women's sports) by logging on to [www.womensportnsw.com.au](http://www.womensportnsw.com.au) (under Membership, "How do I join") and stay in touch with news updates on elite female athletes around the State; leadership and media workshops; research on girls and women in sport and invitations to events for schoolgirls and women. Womensport NSW often features details on grants available to athletes and highlights opportunities for girls and women to achieve great things in their sport. Soon you will also be able to have *your* say or ask questions via our Facebook page. Womensport NSW wants to reach as many girls and women around New South Wales in order to keep them informed on all aspects of sport and staying healthy throughout their lives. So, join now (it is free for individuals) and become better informed about your women in sport. (All new members will receive a 5% discount card from Rebel Sport.)

Enquiries – [office@womensportnsw.com.au](mailto:office@womensportnsw.com.au) or (02) 8116 9734

## 7) Message from THE AUSTRALIAN SPORTS COMMISSION:

- In conjunction with the 2010 National Volunteers Week (10-16 May) the Australian Sports Commission (ASC) is encouraging clubs to recognise the efforts of coaches and officials by nominating for a free Thanks recognition reward.  
Clubs across Australia who best describe why and how they recognise their coaches and officials could receive the Thanks recognition reward.  
The reward is a USB flash drive (pre-loaded with fact sheets, tools and tips, helpful hints and web links) and an engraved whistle with lanyard presented in a display box.  
Clubs can apply for the reward by completing the application form (see related links) on the ASC website. Clubs must be affiliated/registered with an ASC approved national sporting organisation and can nominate for a maximum of two rewards.  
Applications will be assessed on a first in, first served basis, unless the reward allocation is exhausted and will close on Friday 14 June 2010.  
Sporting clubs that recognise and support their volunteers stand the best chance of remaining successful and viable by retaining its volunteers and attracting others. Volunteer coaches and officials contribute their valuable time, effort and expertise in assisting participants to develop their skills and enjoy their sport.
- To enter, visit the ASC's Thanks Reward application website - [http://www.ausport.gov.au/participating/coachofficial/thanks/National/2010\\_thanks\\_reward\\_application/form](http://www.ausport.gov.au/participating/coachofficial/thanks/National/2010_thanks_reward_application/form)
- **Chris Tarlinton** - Club Development Network - **Australian Sports Commission** - Tel: 02 6214 1490 - [club.development@ausport.gov.au](mailto:club.development@ausport.gov.au) - [ausport.gov.au/supporting/clubs](http://ausport.gov.au/supporting/clubs)

## 8) Communities NSW - Sport and Recreation -



Sport training sessions

*This article appears in the May 2010 edition of [Sportshorts](#).*

Sport training sessions have been put under the spotlight as part of a [new study](#).

On any given afternoon or evening, at parks and facilities across Australia, there are tens of thousands of junior sports teams training.

Led by volunteer coaches, training sessions are an important part of a child's sporting life. It's a time children exercise, learn, experience and enjoy sport. It helps set the foundation for lifelong involvement in sport.

But despite its significance, training is an area we actually know little about. What really takes place during that typical one hour session - is it effective in meeting physical activity, skill and sport-specific goals? Do children enjoy it? Do the coaches enjoy it?

“Community junior coaches are critical in providing opportunities for players to develop motor skills, physical health and psychosocial skills,” says Simon Woinarski from Sport and Recreation.

“But there is very little actual research documenting what happens at junior sport training. The Community Junior Sport Coaching study set out to explore what players and coaches are doing during their training, as well as reflect on the sessions,” says Mr Woinarski.

Read the report - [Community Junior Sport Coaching Final Report](#) (PDF) - [Subscribe to e-updates](#)

This article appears in the May 2010 edition of [Sportshorts](#). [Subscribe to our e-updates](#) to be notified of future editions - they're free!

A joint effort between Sport and Recreation, the University of Sydney, Australian Sports Commission, Australian Rugby and NSW Rugby League, the study involved over 400 players and 37 coaches. It examined training sessions of 17 rugby union and 21 rugby league teams, where the players were children under 10 years of age. Sessions were observed and analysed using a number of formal research tools.

“Overall, the study provided positive findings and showed our community-based junior coaching is in good shape,” says Mr Woinarski.

“Results included nearly all coaches having qualifications, players enjoying training and excellent interaction between coaches and players.

“Moderate to vigorous physical activity levels (MVPA) were also good. During an average session, the players were in MVPA 82% of the time (45 minutes) which equals 75% of the minimum daily recommended amount of exercise.

“But the study also revealed areas coaches and the sport clubs/organisations can improve on. For example, coaching communication and instruction methods were often highlighted.

“Communication skills are very important for junior coaches, but not everyone is a naturally good communicator with children.

“Commonly coaches in the study gave lengthy instructions prior to the commencement of activity during their session, reducing total player activity, which suggests they may have trouble giving concise messages.

“Ensuring communication skills modules are a significant part of coach education is an area clubs and sporting groups can look at,” says Mr Woinarski.

Greater support for coaches and more sharing of ideas among coaches was also flagged.

“The [report](#) encourages clubs and sporting organisations to consider mentoring schemes, coaching blogs and resources as ways of addressing this.

“Creating coaching communities is also a good idea, whereby coaches meet at convenient times to support each other and work through common issues,” says Mr Woinarski.

While the study focussed on Rugby League and Rugby Union, the findings are relevant for the wider sporting community, particularly for team sports.

“There is no doubt that our community-based coaches do a great job. This study provides helpful suggestions for all coaches and sports, and we encourage people to take some time to review it,” says Mr Woinarski.

## **Findings - Key areas for improvement**

### **Coaches**

- **Increase deliberate play or games at training – for young children it is recommended this make up 80% of their sporting participation each week**
- **Utilize more small group work (pairs, small sided games etc.), as opposed to whole group work. This maximizes skill repetition and allows coaches to cater better when there are smaller than expected numbers at training**
- **Reduce time spent organising players**
- **Reduce time spent on instructions given prior to activity commencing**
- **Aim for clear and concise instructions**
- **Try not to over-coach by continually correcting players.**

Clubs and sporting bodies

- Review coach education
  - Incorporate more information on discipline issues, group management and age appropriate communication skills
- Improve the coach-parent relationship
  - Provide greater support to junior coaches on dealing with parents
  - Provide parents with regular information on club philosophies and goals (eg. respect, winning isn't everything, equal participation)
- Encourage mentoring and sharing
  - Allow coaches to observe other junior sessions
  - Establish a pool of mentors, face-to-face and e-mentoring
  - Create coaching communities, where coaches meet to discuss issues and learn from each other
  - Develop a coaching blog
- Encourage more training session planning
  - Provide online resources for coaches
- Help coaches deal with small group situations
  - Coaches need suggestions and support when player numbers are low at training sessions.

**More information – Downloads - [Community Junior Sport Coaching Final Report](#) (PDF)**

### **9) Notes for diary – Revised Calendar of Events attached FYI**

- Cut off for registrations 2010 – Monday 31<sup>st</sup> May 2010
- Team Photos – 5<sup>th</sup> June ONLY – See attached timetable.
- Coaches and Manager Meeting – Denistone East Bowling Club – 8pm – 7<sup>th</sup> June 2010
- Family Fun Night – **Saturday 19<sup>th</sup> June 5.30-8.30pm**
- AGM – Denistone East Bowling Club – 8pm - 2<sup>nd</sup> August 2010
- Presentation Dinner – Saturday 4<sup>th</sup> September – time TBA

Kick On!

Regards,

**RYDE PANTHERS FOOTBALL CLUB COMMITTEE**

