



Ryde Panthers  
Football Club

PO Box 275, North Ryde  
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[www.rydepanthers.com](http://www.rydepanthers.com)

# Panther News Round 1—2012

MEMBERS Edition

April/May 2012

## Coaching and Drills

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### DIARY DATES!

- Mini & Junior Team Photos—2nd June 2012
- Coaches & Managers night— 4th June 2012
- Junior Games Night — Saturday TBA 2012
- AGM: - TBA 2012



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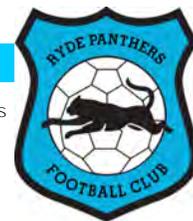


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**PLAYERS LOGIN**

**COACHES LOGIN**



# RDP—Calendar of Events



ANNUAL RDP Family Fun Night  
COMING SOON! Be ready for  
the **ANNUAL RDP**  
**Junior Games night**



## Ryde Panthers Football Club

Calendar of Events

As at **18-May-12**

| Day             | Date         | Details   | Location                          | Start Time         | Finish Time |
|-----------------|--------------|---|-----------------------------------|--------------------|-------------|
| <b>Saturday</b> | <b>TBA</b>   | <b>RDP - Annual Family Fun Night</b>                | <b>ELS Hall &amp; Indoor RCSC</b> | <b>From 4.30pm</b> |             |
| Saturday        | 2-Jun-12     | Team Photographs                                    | ELS Hall                          | from 8.00am        | TBA         |
| Monday          | 4-Jun-12     | RDP Committee Meeting                               | Denistone East Bowling Club       | 7pm                | 7.30pm      |
| Monday          | 4-Jun-12     | Coaches and Managers Meeting                        | Denistone East Bowling Club       | 7pm for 7.30pm     | 9pm         |
| Monday          | <b>TBA -</b> | AGM   | Denistone East Bowling Club       | 7.30pm             |             |
| Monday          | 2-Jul-12     | RDP Committee Meeting                               | Denistone East Bowling Club       | 7pm                | 8pm         |
| Monday          | 6-Aug-12     | RDP Committee Meeting                               | Denistone East Bowling Club       | 7pm                | 8pm         |
| Monday          | 3-Sep-12     | RDP Committee Meeting                               | Denistone East Bowling Club       | 7pm                | 8pm         |
| Sunday          | 9-Sep-12     | Mini/Junior Presentation Day                        | ELS Hall - RCSC                   | <b>TBA</b>         |             |
| Saturday        | 15-Sep-12    | RDP Season 2012 Presentation Dinner                 | Denistone East Bowling Club       | 7pm                |             |
| Monday          | 8-Oct-12     | RDP Committee Meeting - <i>last one Season 2012</i> | Denistone East Bowling Club       | 7pm                | 8pm         |

## Panthers History

This carved Panther was reunited with the Club courtesy of Al Ward who played for the Panthers in 1959/60 in 2010. His father, PJ Ward, a former club secretary. Originally jet black, it has faded over the years. The Panther in flight as seen here can be seen on our club emblem.





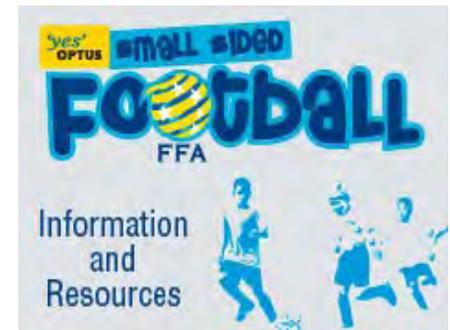
## Small Sided Football

Optus Small-Sided Football is a modified form of football, designed to meet the needs of players under the age of 12. The philosophy of Optus Small-Sided Football focuses on enjoyment and freedom of expression with limited emphasis on coaching, particularly in the formative years of a player's development.

Small-Sided Football is available for players aged from Under 6 to 10 years at most clubs in NSW with many now also offering OSSF for players aged 11 years. To find out more about Small Sided Football— Visit [www.smallsidedfootball.com.au](http://www.smallsidedfootball.com.au)

<http://www.ghfa.com.au/library/Saturday%20Helper.pdf>

RDP Contact:  
secretary@rydepanthers.com



## Study finds thirsty work for kids—Dave Higgins May 4, 2012

Nearly two-thirds of British children are not drinking enough at breakfast time to be properly hydrated, according to a study. Researchers in Sheffield say the analysis of more than 450 children aged from nine to 11 showed 60 per cent were classed as "not sufficiently hydrated" - the stage just below "clinical dehydration".

A team from the University of Sheffield Medical School looked at what the children were eating and drinking before leaving for school. They also measured urine osmolality; the concentration of the children's urine, which is a key indicator of hydration levels.

Professor Gerard Friedlander, of the Descartes University Medical School in Paris, who oversaw the research, said: "We are concerned by the findings of the study, which suggest that children are not consuming enough fluid at the beginning of the day to be able to maintain adequate hydration through the morning.

"Children are more vulnerable to dehydration than adults due to their high surface-to-body weight ratio. "They also don't always pay attention to the feeling of thirst, so may not naturally ask for a drink. "Today we want to raise awareness of the importance of hydration in children and strongly encourage parents and carers to make sure their child drinks enough at breakfast time so that they maintain good hydration, in case they don't drink again until lunchtime."

Professor Friedlander has overseen similar studies in France and Italy. He said the British findings closely reflected recent research carried out in France and the United States which showed about 63 per cent of children arrived at school insufficiently hydrated. The British study showed a higher figure for boys at 68.4 per cent compared with girls at 53.5 per cent. It was commissioned by Nestle Waters and involved 452 children from 12 schools in the Sheffield area.

The European Food Safety Authority advises that boys aged between nine and 13 years old should take 2.1 litres of fluid a day and girls should get 1.9 litres. It recommends children at this age drink at least eight 150-millilitre glasses of water a day, slightly smaller than the glass size recommended for adults.

Child psychologist Pat Spungin said: "Although it can sometimes be tricky to get children to drink water, the key is to encourage drinking little and often." They should have a glass of water before school. Dr Spungin said: "Plain water should be the first choice for all day-long hydration."

Professor Friedlander said children who are not sufficiently hydrated at breakfast time are at risk of becoming dehydrated, possibly by lunchtime. He said some studies done into the effects of lack of hydration in children show it can affect mental performance, such as concentration, short-term memory and attention. More research was needed in this area. The professor said it was known that even mild to moderate dehydration can cause tiredness, headache, a dry mouth, decreased urine output and even stop tears when crying.

Professor Friedlander said it was also important children develop good hydration practices at an early age to avoid potential health issues in adulthood, such as kidney problems. PA

Read more: <http://www.canberratimes.com.au/lifestyle/diet-and-fitness/study-finds-thirsty-work-for-kids->



## Kick for Kolling Fundraiser

The Kolling Foundation is launching a fundraising initiative in partnership with soccer clubs around NSW. **It's a fun way to get your local soccer club involved in a great cause. Clubs are encouraged to pick a day** in May or June to hold a penalty shoot out. Participants can be grouped into various categories, such as age or gender, with each participant shooting 10 penalties. Top shooters then go into dead heat penalty rounds.

The winners from each category will get a certificate and prize presented by Kick for Kolling ambassador and former Australian national league soccer player **Andy 'Harp's' Harper**.

Each participant can create their own online fundraising page to collect donations and messages of encouragement from family and friends. This makes fundraising easy and fun.

All funds raised will go directly to support vital medical research at the Kolling.

If you'd like your soccer club to get involved please phone 02 9926 4904 or [register here](#)

### **A note from Ussha Pillai—RDP AA4—:**

My work (Kolling Institute) is organising a fundraiser for medical research by getting local soccer clubs involved in penalty shoot outs. Each club has a penalty shoot out day and players get people to sponsor them to take part. The Kolling has several research interests one of which is cancer, where I am based. The funds raised will go towards supporting medical research. I would love Ryde Panthers to be involved.

<http://kolling.com.au/index.php/kick-for-kolling-fundraiser/>

Thanks  
Ussha



### **Panthers Spotlight!**

Each newsletter edition, we will be having a Panther Team and player focus!

### **Who will be first up?**

Watch this space!

Click on [www.rydepanthers.com](http://www.rydepanthers.com)

Newsletter tab to see previous Spotlight editions

## Panther News



| Round Played | Wins | Draws | Losses | Goals For | Goals Against |
|--------------|------|-------|--------|-----------|---------------|
| 5            | 19   | 6     | 3      | 10        | 30            |
|              |      |       |        |           | 42            |

Go the  
Kingfisher

Blue!



## GHFA— Back to basics for grassroots coaches at Gladesville-Hornsby Football

'Grassroots Football Month' is upon us and the benefits are already showing with more than 100 entry-level coaches embracing Football

### Federation Australia's initiative.

The Gladesville-Hornsby Football Association (GHFA) held the first of 36 coaching education courses on offer throughout NSW during March.

GHFA's first session on Tuesday night had a remarkable turnout with 90 participants gaining some valuable advice from recognised coaches.

The association hosted a second course on Wednesday night and GHFA Community Development Officer Tim Thorne says the entry level qualification is the first step to improving junior football. "We use the grassroots resource and we make sure that they can take everything we are showing to them in the physical demonstration and then they can go and replicate that in their session," Mr Thorne said. "Now we are starting to get the mentality that when you come to these sessions, you are not only here to help your kid have fun but to help develop them. "Even if you have never touched a football, you can still be a very good coach and this is the first step."

Mums and Dads who were previously thrown into a coaching role without any experience were shown the basic ropes during the three-hour session – aimed at helping coaches of players up to the age of 7.

From a GHFA perspective, the two most important things to teach grassroots coaches are to encourage participation and ensure children have fun playing football. "The number one thing is – does the player come back next year?" Mr Thorne added.

"This (course) is massive to developing clubs because we have been giving them services for years but this is taking it to another level.

"We talk about interchange so there are no tactical changes, it's all about participation changes so everyone has a go and no one is left out."

Player/referee Caitlyn Hort gained her grassroots coaching license last year and is now presenting the course. The 16-year-old says her background in all forms of the game has made coaching more rewarding. "When it comes to technical things and people ask you things a coach can't really understand, it helps," Ms Hort said. "The main thing is to make sure the kids are able to be comfortable on the ball. "Having a good coach is going to create good players because grassroots is where you learn all of your technical skills."

For more information on how to become involved at Coaching courses across various associations in NSW during Grassroots month, [click here](#).

-By Mitchell Grima- 08.03.12



## Community Corner

### July Holiday Clinics

Are you looking for a way to keep the kids entertained these school holidays as well as giving them a chance to make new friends, learn new skills and keep fit? Sydney FC have the answer! The Club are offering coaching clinics in July so your kids can be taught football the sky blue way from Sydney FC's professional coaching staff. [Read more...](#)

#### High Performance, Talent ID & Goalkeeping Clinics (11-15 yo)

Sydney FC's new Head Coach [Ian Crook](#) will be in charge of coaching the club's Talent ID clinics as he searches for future Sky Blues stars. [Watch the video...](#)

#### Grassroots Clinics (5-10 yo)

Sydney FC marquee [Nick Carle](#) has highly recommended the Club's clinics after son Jordi and pals Tom and Jayden loved the April and January camps. [Watch the video...](#)

### Player Appearances

Are you having withdrawals now the A-League season is over? Get a glimpse of your Sydney FC heroes at one of our events and player appearances. Just head to our [events calendar](#) to see what's happening this month.

### Membership Matters

#### 2012/13 Memberships

It won't be long now until the Club receives the fixture list for the upcoming season and we will be able to launch the 2012/13 products! So make sure we have your current address saved at <http://my.sydneyfc.com> so you're first to receive any news. For a sneak peek at what we're working on, [click here](#).



**Ryde Aquatic Centre – Victoria Rd, Gladesville.** Soccer Holiday plus additional option of watersports in the afternoon.

**Monday 9<sup>th</sup> – Friday 13<sup>th</sup> July** Times: Soccer morning- 9.30am-1pm, Soccer and Water Sports Afternoon (9am-3pm), Water Sports Afternoon 1pm – 3pm

*Free before and after care from 8am – 1.30pm* for morning activities OR *8am-3.30pm* for full day's activities OR 12.30pm – 3.30pm for afternoon activities. Options for Soccer and Sport: **Who:** Beginner and Intermediate players. **Ages:** 4 to 12 years old

Please Bring: 2 drink bottles – one frozen and one cold. Snacks and Lunch if appropriate. (No peanut products please) Shin Pads compulsory – we sell them if you do not have any on the day. If you are doing water sports a towel, swimmers and goggles if needed.

[http://shop.sportskickstart.com.au/?wpsc\\_product\\_category=holiday-clinics](http://shop.sportskickstart.com.au/?wpsc_product_category=holiday-clinics)

## KOALAS SCHOOL HOLIDAY COACHING CLINIC

**4TH-6TH JULY**

**9am-1pm**

**ELS Hall Field 2, Kent Rd, North Ryde**

**\$140 for new players, \$120 for returning players up to U12's.**

**Cost includes ball and beanie/cap.**

**Enrolment form is in the library of this site under forms.**

[http://www.sportingpulse.com/assoc\\_page.cgi?client=0-6046-0-0-0&SID=138577&&news\\_task=DETAIL&articleID=12281469](http://www.sportingpulse.com/assoc_page.cgi?client=0-6046-0-0-0&SID=138577&&news_task=DETAIL&articleID=12281469)

