

Sidelines Express

The newsletter of Collaroy Cromer Strikers Football Club

Manly Warringah Football Association 'Newsletter of the Year' 2005

www.ccstrikers.com

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Mimmo's Photo Of The Week

**Winner of this week's
Mimmo's Photo
Of The Week
Competition
is this action shot
of Jack
from the
U6 - Great Whites.**

**Photo taken
by
Amanda Eason.**



**Winner of the draw
for the past 4 weeks
of the competition is
Mary Houten
for the photo
of Rhys from
the U15/3s
that appeared in
Sidelines Express
Issue 5
on the 23rd May.**

Management of Sports Injuries

Sports injuries can entail corks muscles, torn tendons, sprained ligaments and broken or stressed bones. Most injuries in soccer involve the leg or feet. To limit the severity of a sports injury it is advised you stop your activity immediately and start an initial treatment. The most important time in the treatment of any injury is the first 24-48 hours. Swelling is a necessary step in the healing process; however too much swelling can delay healing and cause further tissue damage.

To control the amount of swelling and limit the degree of damage to the muscle or tissue, the **RICE** regime should be commenced (Rest, Ice, Compression, Elevation). This involves:
Rest involves ceasing your activity or sport. As movement will increase the blood flow, swelling and pain to the area the aim is to keep the part rested and supported. You should limit the amount of weight you put through your leg if painful to do so - crutches may be required if you are having difficulty walking.
Ice should be applied to the injured site up to 20 minutes, then reapplied every two hours up to

20 minutes for the first 24 hours while swelling and pain persists, then up to 20 minutes every four hours for the next 24 hours. Ideally, it should be applied using crushed ice wrapped in a moist cloth or towel or by the use of a cold compress.
Compression involves the application of a firm compression bandage around the injury site. A crepe roller is often used and should support the joint or affected area. It should be firm but not tight enough to cause pain.

Elevation involves lying with your leg resting comfortably on a chair or pillows so that it is above the level of your heart.

You should continue the RICE regime until you consult a sports medicine professional, preferably within two days of the initial injury.

Following an injury, you should not undertake activities which increase blood flow to the muscle. This includes hot showers, vigorous stretching, heat rubs, massage, consumption of alcohol and excessive activity. These can increase muscle bleeding, resulting in further pain and an extended recovery period.



Do You know The Game

Team Formation: 4-3-3 Part 2 (continued from previous issue)

MIDFIELDERS of the 4-3-3 consist of three players. A right midfielder, left midfielder and a centre midfielder. These three players are generally the nucleus of your team. They are always in the middle of things and more often than not create most of a teams scoring opportunities. Midfielders must be able to play great defense as well as offense. These players must be versatile and very athletic.

Outside Midfielders Responsibilities - The left and right midfielders should be the most fit players on the team. They will be asked to do an awesome amount of running during the course of a game. They must support the forward in front of them and complement the defender behind them to be successful. These two players are often the ones who cross the ball in and around the goal. They must have strong legs and be very unselfish when it comes to scoring. They should not be shooting too much from their corners of the field. If they do wander into the middle of the field then they should be ready to shoot, but in most cases they will be running up and down the sideline hitting crosses in for the forwards to convert into goals.

Centre Midfielder Responsibilities - The centre midfielder should be the most talented player on the field as well as the player with the hardest work ethic. Everything should essentially work through him/her and their presence must be known by all. He/she is responsible for switching the field of play from side to side, setting up forwards for shots, winning all 50/50 balls, playing great defense, shooting from distance and basically playing the role of "player coach" while on the field. He/she must be a very vocal leader and instructor. The centre midfielder has an advantage over every other player on the team, that being he/she is closer to every other player than anyone else. He/she can turn 360 degrees and should always have someone within 10 -15 metres away to pass to. They also have the opportunity to play the long ball into space for on-running forwards. This position is the most crucial and should be looked upon as so.

FORWARDS for a 4-3-3 formation consist of 3 players. They are very similar to the midfielders in that they play straight across the field in a right forward, centre forward, left forward fashion. There is a grave misconception about the forward position. Many believe that you are only an effective forward if you can score goals. Scoring goals is obviously an incredible attribute but a forward who sets goals up and collects assists is also very valuable. Some of the greatest forwards in the world are the ones who set big time goal scores up for all of their goals. That behind-the-scenes forward is important.

Outside Forwards Responsibilities - These two forwards should always be looking to score. Their first thought should be shoot, but their second thought should always be, is there a better way. These forwards are often the ones setting plays up. Often times the angles on goal that these players run into don't equate into quality shots. Because of this they simply pass the ball towards the middle and allow the centre forward to finish the job. These players should be good dribblers, and have at least one solid move that they can use to beat defenders. Speed is a nice attribute to a outside forward, but good skills can replace speed sometimes.

Centre Forward Responsibilities - This player should be the team's best shooter. The centre forward will be, or at least in theory, should be shooting the ball more times than anyone else on the team. This player should be fast and crafty with the ball. His/her small ball skills should be excellent. They should be able to dribble and control the ball very close to their bodies and work well in tight places. More often than not, when coaching a team you will notice a player who just seems to have a knack for the goal. That is the player you want to play at centre forward. He/she should be the most selfish player on the field. This doesn't mean that they never pass the ball, but it does mean, when they have a mediocre shot, they take it. All other players should (most of the time) pass off mediocre shots but the centre forward should always take the chance and use his/her abilities to the fullest.

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Hoodies and Gear Bags For Sale At Canteen

Hoodies are for sale at the St Matts canteen. Sizes available for fitting and prices are:

ADULT SIZES Ladies 8 – Mens XXXL for \$50

CHILDRENS SIZES 4 - 12 for \$40

Complete the order form at the canteen or email the order form (downloadable from CC Strikers site) to: sponsorship@ccstrikers.com Or drop in with your payment to: 114 Fuller Street Collaroy Plateau.

Gear bags are also on sale from the St Matts canteen for \$35. Place your order at the canteen or email John the gear steward at: johndedman21@hotmail.com

Boots For Bre' Appeal

The kids of Brewarrina need sports equipment and Warringah Council is asking people to donate new and pre-loved items as part of the Sister City Youth Exchange program.

Any boots, balls and other equipment in good order (for all codes of sport) can be dropped off at any of at Warringah Council library branches by Friday 3rd July.

Discounts at Rebel Sport

All involved with Strikers are now part of the Strikers/Rebel Sport 'Member Value Program'. This gives a 5% discount on all purchases Rebel Sport, Warringah Mall. In addition, 5% of the sale then goes to Strikers as a credit, which the Club can use to buy Rebel Sport equipment.

All in the Strikers family should have received an MVP card at registration - just quote Collaroy Cromer Strikers member number.

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	See-Change Constructions Pty Ltd	Richard Arena 9971 4471
Ladies Over 35's Division 1 and 2	Collaroy Kitchen Centre	Helle Olsen 9972 9300

Mimmo's Photo Of The Week - How To Enter

1. Photos must be of a weekend Collaroy Cromer Strikers game from U6s to Seniors.
2. Only club members (excluding committee members) are eligible to enter.
3. Entries should ideally be submitted with a minimum resolution of 800 x 600 pixels.
4. Please include the name of the photographer, match details and if possible a caption with the name of the player.
5. Please complete the Authority to Photograph Form (either for the individual/s or team depicted) available for download from the Strikers website.
6. Submit entries via email before 5.00pm Monday to: news@ccstrikers.com

The winner's photo for each round will be featured in the subsequent week's newsletter as well as going in the monthly draw to win a \$25 meal voucher at Mimmo's Pizza.

At the end of the season the "Photo of the Year" winner will be judged by either a club committee member or guest adjudicator with the overall winner announced in the newsletter.



Canteen Roster for 13th June

8-9.30am **9.30-11.00am** **11.00-12.30pm**
Volunteers Required

Nets Roster - Erection for 13th June

St Matts 4	St Matts 5	St Matts 6
U7 Zebras	U7 Jaguars	U7 Buffalos

Nets Roster - Take Down for 13th June

St Matts 4	St Matts 5	St Matts 6
U8 Kennedys	U8 Grellas	U8 Thompsons