

> From The Dug Out



www.coastalspirit.co.nz

April 2009

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Coastal Spirit gratefully acknowledges the assistance of the following organizations. Without their support, the Club would find it difficult to offer the resources and facilities required for both player and coach development.

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The Board and Staff at Coastal Spirit F.C would like to welcome back all club members new and old.

World Record Longest Futsal Game Attempt

This event, sanctioned by the Guinness Book of Records, will take place on the 9th and 10th of May. With the support of all club members we aim to break the record (currently 30 hours) while raising money for our club development fund. This event represents a wonderful opportunity for everyone participating to be part of the **world record setting Coastal Spirit Football Club**, so I hope you take the opportunity to join in what will be the biggest club function we have run so far in our short history. I hope to see all of you at Bexley at some stage over the weekend of the 9th/10th. Your coaches will be in touch with more information in the next few days. Thank you in advance for your support.

Wayne McTague
Executive Chairman.

2009 Season Under Way

With the seniors underway and juniors kicking off this weekend, I wish everyone the very best for their respective seasons. With strong coach and player development programmes in place, the club is well set up to perform very well locally in all competition grades. It has been a messy start to the year, with Easter, school holidays and ANZAC Day resulting in a series of Sunday games needing to be played to ensure all grades get a decent amount of football. I suggest all players, parents and coaches regularly check the Mainland website (www.mainlandfootball.co.nz) to ensure you are aware of venue and dates of you games this season.

2009 Club Numbers & Teams

Even with the economic situation, coupled with price increases set down by NZ Football resulting in increased subs, the club is pleased to say we have actually grown in size (most clubs in Christchurch have lost numbers). We have over 130 new players to the club, many coming from other clubs around town – which is very pleasing. We have experienced big growth in the In-House Competition (U8s), as well as in the number of girls playing for the club. CSFC is fast becoming the club to belong to if you're an up and coming female player, with a defined pathway through from U14 to seniors.

2009 National Age Group Tournament

Last week was the annual National Age Group Federation tournament held up in Napier. As a club, we sent away 30 players (out of a total 96 – most of any club) as well as 4 of the 12 coaches. All of our players played significant parts in their respective teams which helped propel the Mainland Federation (Canterbury, West Coast, Marlborough and Nelson) to third place overall. Men's Head Coach Alan Walker (assisted by senior player Jose Matiz) led a 14th grade boys team stacked with no less than 9 CSFC boys to creditable 5th place overall in their first national tournament. The real success however came in the girls divisions. The 14th grade girls (Lily Alfield, Haley McKnight and Laura Merrin) won all 6 of their games without conceding a goal to be crowned national champs. A day later saw the 15th grade girls (Chloe Jones, Isla Smith, Kathryn Van Empel, Sarah Terris, Sorren Henderson, Jemma Dockerty, Melanie Cameron, Ashleigh Ward, Mollie Cairns) coached by Gareth Turnbull (Football Development Manager and Women's Head Coach) claim their national championship with a 2-1 win over US1 in the only age group final. A massive congratulations just go to all our athletes for their commitment and involvement over the past 3 months culminating in the Napier Event. Watch this space, as New Zealand age group squads are to be picked from the tournament, and we should expect to a fair number of CSFC athletes in the NZ setup – now that really is something to shout about.

Important Dates to Remember

- April 25th – Senior Bus Trip (over-18 only)
- April 26th – Junior Football Season starts
- May 9th - 10th – Indoor Football World Record
- May 16th - Junior Disco
- June 5th - Junior Idol
- June 6th – Senior Idol
- July 3rd – Mid Year Forum
- July 6th - 9th CSFC Holiday Programme
- July 12th – 17th Kanga Cup Trip
- July 25th – Quiz Night

A friendly reminder to all Club Members in regard to the use of the driveway at Bexley, parents are asked if they could drop their children off at either the top or the bottom car parks. With more and more teams training at Bexley, player safety is of the utmost importance and cars stopped on the driveway are not only a safety hazard but also a breach of City Council bylaws - this also applies on match days. If the bottom car park is full, please use the top car park. All club members are asked to keep their speed down on the driveway.

PLAYER SAFETY IS A CLUB PRIORITY

ATTENTION! Coastal Spirit FC Members

Please let us know if you have changed your address or any contact details since the beginning of the 2008 season. It is important that we have your details up to date.

If they have changed or if you are unsure, then please send an email to michelle@linfield.co.nz with the subject 'change of address'. or contact Michelle on 389 3007.

Sporting Futures

The 17 scholar athletes (aged 15-18) have just completed their first term. The initial part of the term saw the athletes working with Jason Gregory in a Strength and Conditioning phase. Jason is the trainer for the Canterbury Tactix and South Island-based Silver Ferns. Throughout this 6 week block of work, regular testing for speed, agility, quickness, power, strength and flexibility were taken out, and results have shown that all our athletes have made significant gains in all areas. The next phase of the 30 week programme has seen the athletes move onto the training pitch working on defensive principles out of possession. These sessions have been delivered by Korouch Monsef (ex Canterbury United Coach and Director of Football at Mainland football). Upon returning to the training pitch (27th April) the athletes will move into a transition phase of possession which will lead into possession principles. Sporting Futures is also designed to develop and educate athletes off the pitch. We have a sports nutritionist (Amy Burns), Mental Skills Coach (John Quinn) and Athlete Educational Advisors (Phillipa Finch and Maree Bowden – Silver Ferns) all regularly meeting with or putting on sessions for the athletes. Sporting Futures would also like to announce that both rugby and hockey are due to start next term, with softball planned to start later in the year. More information can be found on their website - <http://www.sportingfutures.co.nz/>

Kanga Cup / C.O.A

I am pleased to announce that we are sending a U15 girls group as well as the Senior Centre of Achievement (C.O.A) group to the Kanga Cup (Canberra) in the July Holidays. The Kanga Cup is the largest football tournament in the Southern Hemisphere with over 100 teams from various countries competing. This is the first of what we intend to be an annual event for the club, and will be an excellent opportunity for our better youth players to compete on a world stage. A fundraising group has been set up, with proceeds from the upcoming junior disco (15th May) and junior coastal idol (5th June) amongst other things, going towards the cost of the trip. Term 3 of the C.O.A will get underway shortly, with the older group preparing for the Kanga Cup, whilst the junior group (10-13) working with reserve team coach Adam Keiser. We will organize some games for this group later in the term. The C.O.A is an excellent opportunity for the more motivated CSFC athletes to receive extra training with some experienced coaches. I will be scouting throughout the winter season for new athletes to be invited into year 2 of the programme starting in October.

Coach Development

This year all our junior coaches have committed to a Coaching Development Criteria (can be viewed on the CSFC website). Criteria have been set to challenge all of our coaches and to ensure that your children are getting the best coaching available for the grade they are playing in. To date, I have run 3 coaching courses, with another 3 over the next month. Coupled with this there are regular workshops on topics such as session planning, goal keeping, SAQ's, small sided games to name a few. Other activities such as coaching forums, guest speakers, personal observation and coaching resources are all provided to ensure our coaches get the best guidance possible to achieve their own personal objectives.

Light at the end of the tunnelor on the training fields at least.

Courtesy of the Canterbury Community Trust and some good work on our behalf by Dave Sloss (General Manager, Linfield) we have received a \$32,000 grant toward the upgrade and repair of the lights at Bexley. Work should be starting on this in the next week or two.