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Club President Message

Planning for Season 2022



Hi everybody,

I wish I could be telling you about the great things happening on the pitch like the last newsletter. But unfortunately, we still face an uncertain end to this season. A lot of hard work goes into providing the best possible experience for all our members and it is disheartening to see all that work going to waste.

I want to say a special thanks to our staff, committee and club members who have reached out to help or to

just send a simple 'how are you going?' message. I am an optimist, and I know that next year will be better and this period has made the club stronger, albeit not financially!

We are well advanced with planning for season 2022 however we can't provide any final information because of the uncertainty with the season ending, ground availability and resources. Our plan is to run a Go Sevens competition again but not at the same scale as last year. We have also been working on a 'new look' futsal competition which will provide more opportunities for players at all levels. Our 'Ashy Academy' program for under 9 to 12s has been really well received and the plan is to run this in Term 4 along with the Kick Off program. Keep an eye out for updates – as soon as we know, you will all know!

Our focus this year was to improve our player and coaching pathways, as well as volunteering across the board. I am pleased with the progress on the pitch, but it has been hard to get into a rhythm with our volunteering. Thanks to all who stepped up to help Melissa, Kayt and Lesley with canteen duties and general help around the grounds. This is an area we really want to improve for season 2022. More information will follow on how to get involved and we would appreciate any help, however small, to help the club next year.

As always, I am happy to take any feedback or ideas from anyone! I am sure that season 2022 will be better than 2021 which was an improvement on 2020!

Ray

Junior futsal is coming!

Our junior futsal competition is returning to the Ashburton Recreation Centre in October 2021.

Competitions will run on Friday evening, Saturday mornings and Sundays, across every age group, from U7 to U16, girls and boys.

It's a great way to build football skills, while having fun in a social setting. Form a futsal team from your Winter squad, or make up a team with your friends.

If you'd like to play or enter a team, then please complete the expression of interest [here](#).



Who's on our club committee?

There's a small army who work behind the scenes to get our teams on the park. Over coming weeks we'll profile our Committee members who represent *your* club. This time we chat to general committee member, Vanessa Harrington.

What's your connection with the club?

My connection to the club is as a player, a coach and parent!!

How long have you been at the club?

Almost twenty years!! I started as a player and I still enjoying playing to this day! I then morphed into a coach of many junior girls teams and now a coach/ parent for my three boys!

Why do you volunteer at the club?

I volunteer at the club so that all players of all ages and specifically children and young girls can have the chance to enjoy soccer the way I have enjoyed it over the last twenty years.

How long have you been on the Committee?

Maybe six years in the current role but probably another five-eight years on the girl's side.

What's the one thing at the club that you are really passionate about?

I am super passionate about developing our young female players. I really enjoy seeing the development in players over the season as they learn the game, make new friends and enjoy being part of the soccer community. The AUSC senior women's teams have so many young players coming up from our junior teams and the skills and capability is just amazing!

Other than Ashy, do you support another football team?



I am not super into watching sports, but my husband (also an Ashy player!) barracks for West Bromwich Albion so I guess West Brom! And of course the Matildas!!

Getting to know...

In each newsletter we feature one of our 65+ teams. This time we find out about our U8 Koalas squad.



Captain: Amber Richards & Hazel Pound

Coach: Michael La Riccia

Aim for the year?

With now two seasons having been interrupted due to COVID, our aim is first and foremost to have fun and enjoy ourselves playing the sport we all love. Making improvements particularly in a team setting is crucial for development in sport but also in life in general. Seeing some girls progress onto the next stage of their playing careers is also the aim.

Any new recruits?

This season we have gained some great additions to the team and Club, including Brianna Curtis, Georgina Shand and Hanna Goulas.

Team's greatest strength?

The team has a great friendship amongst the playing group. Each player is supportive and always willing to do what is best for the team. However, it is their determination and mentality, even when losing, that is their greatest strength. Never giving up and always trying to score a goal!

How's the season been so far?

With a new team formed, we started the season off brightly with a strong win and playing encouragingly, even when up against tough opposition. With a real desire of giving it a go, the team have been playing attacking football with a strong and positive mentality.

What's the best thing about being part of Ashy?

The best thing about being a part of Ashy is definitely the fun and friendly environment around the club. It is a place where we can enjoy our passion for football and have fun with it, whether it is

coaching, playing, or volunteering.

Is there anything else you would like to mention?

Yes, the pizza night is coming girls! Looking forward to finishing the season strong! Go Ashy!

If, you know, your history...

Ashy's link to Aussie Rules

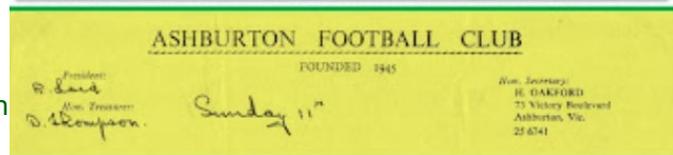
It probably comes as no surprise to learn that some of our grounds were once used to play Australian Rules Football. This includes Ashburton Park, which was home to the Ashburton Dragons Football Club.

The Dragons played in the South East Suburban Football League.

They also wore green and gold and were active until merging with Caulfield in 1988. This opened up Ashburton Park, which our club has been using ever since.

Notably, one former Dragon's player, Mick Devlin, opted to stay on and become our first senior goalkeeper.

In more recent years, Mick's son Ben also played in goals for Ashy's first team. It's a small world, with a rich tradition!



Volunteer Spotlight

Rob Brightwell

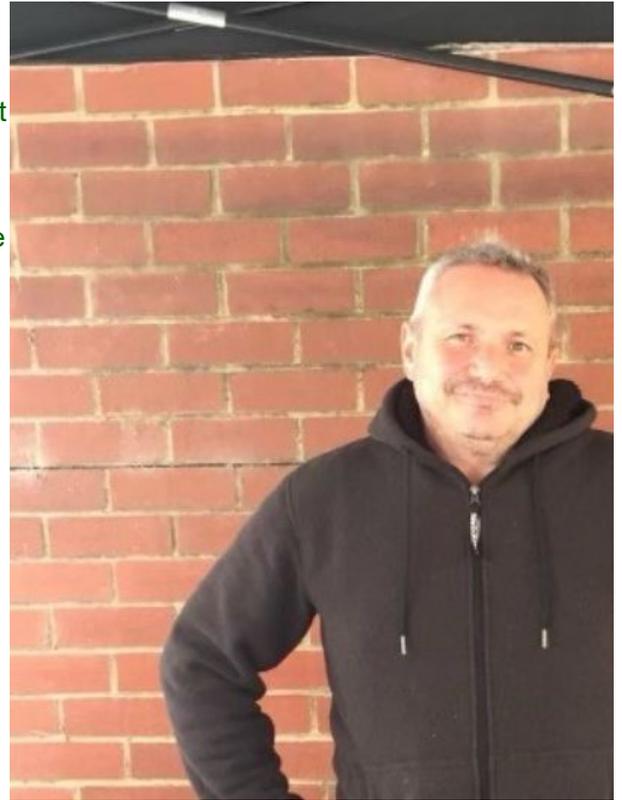
Team Manager, Boys U18

Rob Brightwell is an amazing Ashburton member. He has been the U16 and U18 team manager for the past two seasons. Rob's an incredibly committed, helpful, generous and respectful person. He is the silent, decent type who just does whatever needs to be done with a smile on his face. He never complains and will frequently go over and above for the team and the club without being asked. People like Rob Brightwell make Ashburton such a special club.

Some examples of Rob's generous spirit:

- * Rob knows that the team coach (Fred) always forgets to bring a bottle of water to training. So, Rob brings a 1.5L bottle of water to every training and match day so that Fred can get a drink.
- * Rob routinely offers and organises car-pooling for the team (especially on long drives).
- * Rob insists on contributing to all team socials.
- * Rob also assists his son, Luke, with his coaching.

Thanks for supporting the club Rob!



Our Volunteer Spotlight is proudly supported by Mr Burton Ashburton.



Mr Burton is located at 199 High Street, Ashburton - one of our local cafes and open during lockdown for take away. The owner, Harry, has his son playing in our U7s and has taken on a coaching role for the squad. Now Harry is offering coffee and cake for our Volunteer of the Month. Make sure you say hi and let Harry and the team know you're from AUSC when you drop in for coffee. And remember to support local as much as you can!

You must be kidding ref!

This week we're 'coming to grips' with another contentious issue in football - handball.

In days gone by, if the ball hit your hand, or arm, then it was handball and a free kick or penalty was awarded. Simple, or so it seemed.

But what happened if a player deliberately kicked the ball into an opposition player's arm, or the ball is hit powerfully towards goal and hits an unsuspecting player's hand?

In response, FIFA provided further clarification, as the interpretation of handball incidents has not always been consistent due to incorrect applications of the Law.

In short, FIFA confirmed that not every touch of a player's hand, or arm with the ball is an offence. However, they have made it clear that it is a handball offence if a player:

- deliberately touches the ball with their hand or arm e.g. moving their hand or arm towards the ball;
- touches the ball with their hand or arm when it has made their body unnaturally bigger e.g. deliberately extending their arm above their head; or
- scores a goal directly from their hand or arm, even if accidental e.g. the infamous Hand of God World Cup goal.

Ultimately, it's down to the judgement of each referee, who as we have said before, know the rules far better than any of us armchair experts!



Doing our bit to support the Matildas!

Ashy has played a role in supporting the Matildas at the Tokyo Olympic Games, with players and supporters appearing in a promotional video to generate support for our nation's senior female team.



Football

Australia produced the video as a way to build support ahead of the Olympic finals. They wanted a club with teams across every age group who were passionate about the women's game. And that's where Ashy came in.

The film crew came down to Markham Reserve and did all sorts of activities with a variety of age

groups, visited club members at home and attended our senior women's and JNPL training. The end result is a high energy video that was aired nationally ahead of the Matilda's games. You can watch the video for yourself, [here](#).

As with all great films, not everyone made the final cut, but a big thank you and congratulations to the following Ashy people who made their screen debut:

- * U8 Saturday Koalas - Corentin and Yosef were featured
- * U11 Girls - Chloe Baluch & Ivy Craig
- * State 2 Women - Lulu, Frances, Sophia
- * Men's Metro 2 & 7 (yes, we all saw you Stovey...)
- * Dieter from JBNPL U16
- * Bob and Ros Stensholt (at their home)
- * Anousheh & Aaliyah Sanusi (at their home)
- * Connor & Nicholas Psihogios (at their home)
- * Elle and James Alateras

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Pritchard Chemist is proud to offer the recently launched BioSlim VLCD (very low-calorie diet) range of foods.

Made and developed in Australia, the BioSlim VLCD range is a total meal replacement designed for people requiring rapid weight loss as recommended and supervised by their healthcare professional.

BioSlim VLCD products provide people with their daily nutritional requirements. The range includes five shake flavours, two soup flavours and three bar flavours. Come into the chemist to see this range for yourself.



Be Fit Ashburton is offering club members a terrific range of services during lockdown.

- 1) BFT2U is a great way to keep active and happy! It's usually \$19 per week but this is free for anyone associated with AUSC this lockdown!
- 2) BFT2U for teams – Be Fit is pleased to a special Zoom workout session for all AUSC teams. This is a great way to keep the team together during lockdown, while keeping everyone fit and engaged.
- 3) Be Fit has a great August offer! AUSC members that join get 2 weeks free, and an additional 1 week free for every other AUSC member that they refer who signs up. For example, if I join up, then my wife and another person from the club joins up, then:
 - *My wife gets 2 weeks free.
 - *the other member gets 2 weeks free.
 - *I get 4 weeks free (2 weeks initial offer, +1 week each for the referrals)

Say you are an AUSC member to take advantage of these great offers.

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Glenferrie

We take sport seriously at Glenferrie Sports and Spinal (GSSC).

In addition to the amazing staff we have working with AUSC, GSSC has other proud sporting associations.

Our Practice Principal, Matt Hopkinson is the physio and S&C for the current back-to-back Premiers, the Melbourne Aces, in the Australian Baseball League. He also spent 13 years at Hawthorn Football Club.

Senior Physiotherapist Sarah Forsyth is the current Physiotherapist with North Balwyn Football Club and she also works with Cricket Australia. Sarah is currently involved in the AFL's Hamstring Study, so you'll find no one better in dealing with those tricky hammies.

Podiatrist Ben Holland is North Melbourne's podiatrist in addition to playing over 200 AFL games himself. He understands all there is to know about football boots and issues surrounding them. Hand Therapist Hamish Anderson is Hawthorn Football Club's hand therapist, and he assures us he knows how to treat the "Hand Of God" 🙌. Massage Therapist Leigh Baker worked at Melbourne Football Club for numerous years. He also worked on the World Golf Tour. Even our reception has a sports pedigree with Krissy Bates playing Hockey for Australia.

Sport is in our DNA. We understand an athlete's needs, and our goal is to get them back to competition as quickly as possible.

Glenferriessc.com.au



Winter is truly upon us, and we are seeing some fantastic quality winter fruit and veggies coming in.

Our grocery lines are constantly growing, but if there's a speciality line or product you'd like us to source, let us know, and we'll get it in!

You will find a great selection of gluten-free, organic, low fodmap, biodynamic, vegetarian and vegan lines in-store too.

Home Delivery Service

If you're finding it a little too cold to venture out, we have a home delivery service and will drop your groceries at your door!

You can send orders to orderes@topshelffruits.com.au
Delivery is available Mon, Tues, Thurs and Friday.

And we would love you to sign up for our weekly market update and follow us on FB and IG for all the latest market news, recipes and giveaways - click [here!](#)



RT Edgar

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Australian Venue Co

Ashy sponsor, Australian Venue Co, is proud to promote another of its venues, the newly refurbished Sarah Sands Hotel. Club members visiting the Hotel can redeem a \$10 food and drink voucher.

Details below.

We're gifting you \$10 to spend on food & drinks!

PLUS, get an extra \$10 when you sign up to our app for the first time.

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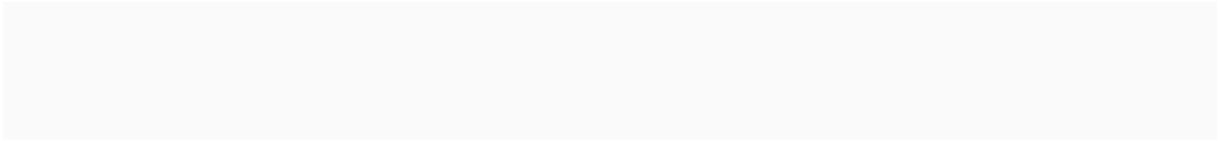
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