AUGUST 2024

FOOTBALLISTIQ

THE NEWSLETTER OF NEW LAMBTON FC JUNIORS AND ARNETTS FC

HOT NEWS



ARNETTS FC IS PRESENTED WITH NNSWF'S COVETED TEAM OF THE MONTH AWARD

Introducing the Northern NSW Football local champions team of the month - our very own Arnetts FC!

They have lots of people to thank and acknowledge but the award is about the most important people of all - their players.

The Arnetts players turn up, in sometimes less than ideal weather conditions, they bring their authentic selves and do their best. Always.

Some people are missing from the above photo and each of them are an important part of the Arnetts team. To each of the Arnetts players - we are proud of you and we celebrate you. Well done Arnetts!

PRESENTATION DAY VENUES ARE READY TO ROCK & ROLL

WET WEATHER CONTINUES TO SCORE HOME GOALS FOR COMMUNITY FOOTBALL IN NEWCASTLE

NOVOCASTRIAN PARK
WELCOME TO THE HOME OF
NEW LAMBTON FOOTBALL CLUB

OUR VALUES, VISION AND MISSION

New Lambton FC Juniors has adopted a set of Values to guide Club behaviour:

1. Wellbeing: We develop and promote a safe and supportive environment
2. Excellence: We strive for quality and improvement in everything we do
3. Integrity: We know and do what is right
4. Respect: We respect diverse views and opinions and act with integrity, and treat others as we expect to be treated

Our **WEIR Values** (Wellbeing, Excellence, Integrity and Respect) underpin everything we do as a Club, as well as how we expect all our players, volunteers and others to engage with one another and the community. Our Values help set our Club's Vision and Mission Statement.

Vision

For New Lambton FC Juniors to be the leading and most respected local community football club and to support and promote football to ensure it is the largest and most popular sport for males and females.

Mission

1. To provide for all our members a Club run to the highest standard, without limitation as to age, race, religion or gender.
2. To improve the publicity of, and public perception of, amateur football at the Club level, so as to foster the continued prosperity of the sport.
3. To encourage and assist new and current players wishing to participate in organised amateur football.
4. To provide high-quality facilities for the benefit of all our members and the wider community.
5. To provide a progression pathway for all our members, from grass-roots through to the highest level of football available.
6. To do all these things whilst having regard for the amateur nature of our membership, and therefore keeping Club / Player costs at the lowest possible level.

New Lambton FC Juniors understands the value of diversity, equity and inclusion and expects its members to treat each other and members of the community with dignity and respect. We are committed to creating an inclusive Club culture where everyone feels respected, valued and safe to contribute their opinions and talents to the success of the organisation so that we can drive positive community outcomes. We value diverse styles, experiences, and perspectives. People from diverse backgrounds (including but not limited to, Aboriginal and Torres Strait Islander Australians, people with diverse gender identities and sexualities, people from different cultural and linguistic backgrounds, people with disability, and veterans) are welcome.

DID YOU KNOW THAT MOST OF THE GRAPHICS IN THIS NEWSLETTER ARE "CLICKABLE" WHEN VIEWED ELECTRONICALLY - CLICK PICTURES FOR MORE INFORMATION

LET'S HEAR FROM NEWCASTLE FOOTBALL

In an effort to ensure that there is clear, open and fully-informed communication, we felt it beneficial to give Newcastle Football a voice in our monthly newsletter.

From the desk of Chris Brain, Newcastle Football's General Manager.

With a run of decent weather, all fingers are crossed in this office for more sunny skies.

We want to thank all Clubs for their resolve and their diligence in getting games played during the last 12 weeks of mud.

We especially wanted to thank those Clubs who welcome rescheduled games for other Clubs in the spirit of simply helping.

This has been invaluable, and we will recognise those Clubs at the end of the season.

Off the back of our most recent Club meeting, the creation of our first HUB at Tarro, thanks to Beresfield FC and Newcastle Council, is the first step toward more centralised space where we hope to quarantine grounds for football.

As other codes grow and seek grass, our mandate is to create mechanisms to offset the disruption.

More to come.

I personally wanted to really congratulate Steph and Kaitlyn on the way in which they manage our operations, sometimes in the most trying of circumstances, 7 days a week.

They are Professional Sports Administrators of the highest calibre, and excellent resources that you all should be comfortable are always working on your behalf.

Our Board, our joint Zones, and the support staff across officials, disciplinary and NNSWF are all working overtime to ensure your experiences are first rate.

melt GELATO

Proud partner of the
New Lambton FC Juniors
Melting Moment Awards
Locals supporting locals
Find us 1/89 Regent Street New Lambton Follow us meltgelato_newlambton

melt GELATO

LET'S HEAR FROM NEWCASTLE FOOTBALL

With these positive messages, an unfortunate one for your broader Coaches, Players and Parents.

Unfortunate, but needed.

After previously inviting all incidents of poor behaviour to be shared with us so we can take swift action, we are seriously dismayed at the number of complaints that continue to come across our desk that, in the main, come from the behaviour or Coaches, Parents and Players at Miniroos and Interdistrict levels.

Incidents that seemingly need some parenting or adult conversations erupt into arguments and in some cases allegations of assault.

Poor behaviour of adults then flows into the children, and then we have ourselves a serious issue.

As I settle into this position, I can guarantee that penalties and disciplinary outcomes for any incident that brings the game into disrepute will be robust and strictly applied.

On and off the park, anything that warrants review will see the offenders dealt with appropriately and Clubs will be scrutinised around who represents their brand and questioned what they are doing to protect it.

We have some tremendous people running our Clubs.

Strong historic Clubs, exciting new Clubs and amazing volunteers who are running small enterprises that have so many hurdles to overcome.

As a collective we cannot control the conduct of a minority who look to ruin the football experience for others.

We can manage outcomes though.

We love competition, rivalry and passion, football is built around it.

We don't love a Junior Coach grandstanding in front of parents berating a young official or taking opportunity to challenge a Club referee because they see the opportunity to question their knowledge of the rules.



LET'S HEAR FROM NEWCASTLE FOOTBALL

We are dismayed at what we are told comes from the sidelines, from supposed football experts who feel the need to hurl abuse at Coaches/Players or Officials in the hope of a laugh or to try and influence a result in community football.

Why All Age or O35s community players suddenly feel the need to throw punches when they wouldn't do it off the park just confuses us.

As we approach the end of the season, I have mentioned before that I will be giving my time at random games to officiate where we need help.

Varying levels, differing Clubs, varying days.

It gives me a chance to help on game days, but it also gives me a chance to survey the landscape and perhaps see firsthand what is being reported weekly.

Let's make the most of the fact that we are getting games played.

Let's recognise that there are no cattle stations up for grabs win lose or draw.

Time to create an environment that brings the enjoyment back to our game leading into finals.

2024 MiniRoos & Interdistrict Fixture Dates

Round	Playing Dates
14	9th, 10th, 11th Aug
ADDITIONAL Wet Weather Replay	16th, 17th, 18th July
Semi Final	23rd, 24th, 25th Aug
Final	30th, 31st Aug, 1st Sept
GRAND FINAL	6th, 7th, 8th Sept

KENTAN MACHINERY

KENTAN MACHINERY

ARNETTS FC

As detailed on the front page, Arnetts FC was awarded the coveted Northern NSW Football's Team of the Month.

Arnetts is the all-abilities team associated with New Lambton FC Juniors.

Their players have a range of developmental, physical and intellectual disabilities and face many challenges in daily life. On the football field all players do their best.

We see excellent team work, great skills and most importantly joy in the Arnetts players. The Arnetts players encourage each other and the inclusive nature of Arnetts makes for a supportive team culture where personal best is valued and each players contribution is important.

Always remember - it's not too late to join the fun, as a player or as a volunteer!

To find out about Arnetts FC, contact them at: **arnetts@newlambtonfcjuniors.org.au**









Creative Childcare

COMMUNITY STATE YOUTH CHAMPIONSHIPS

As many of you would have been aware, the Community State Youth Championships were held at the Lake Macquarie Regional Football Facility from Monday 15 July to Friday 19 July.

It was Member Zone v Member Zone as the best community footballers (aged 11 to 16) battled it out for the trophy. Teams played a minimum of 5 matches over the four days to find out which Zone was be crowned Community State Champions in their respective age groups. In order to maximise the number of matches for all participants, the tournaments were decided on a round robin, first past the post basis. Meaning after all matches were played, the team at the top of the league was crowned Champions. All matches were 2 x 20 minute halves.

Congratulations to all participants, although special mentions need to go to:

- Elissa Noy - 13 Girls (Community State Championship Grand Finalists)
- Kobi Newman - 13 Boys (Community State Championship Winners)
- Celeste Anderson - 14 Girls (Community State Championship Winners)
- Isla O'Donoghue - 14 Girls (Community State Championship Winners)
- Stella Perrett - 14 Girls (Community State Championship Winners)









THE STATE OF OFFICALS IN COMMUNITY FOOTBALL

As recently acknowledged by Newcastle Football's Chris Brain, one of the glaring issues that he has identified when returning to a community/grassroots environment is that there is a 50% shortage of officials to accommodate competition fixtures, let alone Mini Roos where coaches and parents or young players can assume Game Leader roles. As noted by Chris, in any business this skill gap percentage would be considered dire.

To his credit, Chris is seeking feedback from Zones around an urgent meeting to address the shortage and to drive an environment of attraction, benefit and safety for aspiring officials. He is most surprised how many referees from years past at varying levels no longer officiate, mostly due to issues of abuse and a lack of support. Chris is hopeful that protection mechanisms, outstanding Coaching with relevant personnel and Zero Tolerance strategies can see Newcastle Football attract some back.

Sadly, there is no quick-fix for something that has been mismanaged and neglected so badly over a number of seasons. As a Club, we (without fail) always have a significant number of Competition games that do not have Officials allocated (this includes Referees, not simply Linespersons).

There have been some rounds where less than 30% of NLFC games have a Centre Official allocated.

For a sport that is consistently and constantly encouraging growth this is not acceptable, and certainly isn't an incentive to newcomers to the sport, and definitely doesn't encourage parents of current players to continue to fund their child's participation in a sport that cannot provide Officials to control the games.

Please encourage any aspiring Referees to pick up a whistle and sign-up. Support Trainee / Junior Officials by not tolerating and reporting bad behaviour and supporting the Officials. Referees, particularly young or less experienced ones, can suffer significant stress and anxiety from constant abuse. This negative experience can deter them from continuing in the role or participating in sports in general.

The spirit of fair play and respect is fundamental to football. Persistent abuse undermines these core values, eroding the integrity and enjoyment of the game.

the GREAT NORTHERN HOTEL EST. 1863



the GREAT NORTHERN HOTEL EST. 1863

- STOP PRESS -

ALL TEAM MANAGERS AND COACHES MUST ENSURE THERE IS AT LEAST ONE DUTY OFFICER ALLOCATED AND ACTIVELY PARTICIPATING IN THE ROLE OF DUTY OFFICER FOR YOUR GAME

Each team MUST supply ONE DUTY OFFICER at every home game. The role of the Duty Officer at club venues includes being visible, being vigilant and supporting behaviour that is appropriate to a community sporting event.

If a Duty Officer is not available, the game officials will likely not allow the game to proceed.

Each Duty Officer has a 2-way handheld radio that is used to contact other Club personnel, be it in the event of an emergency or simply to ask a question.
What does a Duty Officer do at NLFC?

- Wear a DUTY OFFICER vest, so they are easily identifiable.
- Be present during the whole of each fixture to which they are appointed.
- Actively monitor ground order - spectators behind the “courtesy” line around the inside of field (or at least 3m from field), team officials have appropriate ID and remain in the technical area, etc.
- Adjust the score on the electronic scoreboard for the match to which they are appointed (Competition games only, and they are remote controlled).
- Answer any relevant questions and / or provide directions.
- Ensure that any incident is reported.
- Keep spectators off the field between games and at half time, and away from behind goals during games.

THE GROWING ISSUE OF REFEREE ABUSE IN YOUTH FOOTBALL

THE GROWING PROBLEM OF REFEREE ABUSE IN YOUTH FOOTBALL

Youth football is a cherished activity for many children and their families around the world. It offers an opportunity for physical activity, skill development, teamwork, and the pure enjoyment of the game. However, an increasingly alarming issue threatens the integrity and enjoyment of youth football: referee abuse.

UNDERSTANDING REFEREE ABUSE

Referee abuse in youth football encompasses a range of negative behaviours directed at referees by players, coaches, and, most disturbingly, parents. This abuse can be verbal, involving shouting, insults, and threats, or even physical, including aggressive gestures or, in extreme cases, physical assault. The underlying reasons for this behaviour are multifaceted, stemming from heightened emotions, intense competition, and a lack of understanding or respect for the role of the referee.

THE SCOPE OF THE PROBLEM

The prevalence of referee abuse has reached concerning levels. According to recent surveys, a significant majority of referees report experiencing abuse, with youth sports being particularly problematic. This widespread issue has led to a crisis in officiating, with many referees quitting due to the hostile environment. The retention rate of referees is plummeting, creating a shortage that jeopardises the ability to organise and conduct youth soccer matches.

CAUSES OF REFEREE ABUSE

- **Parental Pressure:** Parents often project their aspirations and frustrations onto their children's sporting activities. The desire for their child to succeed can lead to unreasonable expectations and aggressive behavior towards referees when decisions do not favor their child.
- **Lack of Respect:** There is a pervasive lack of respect for referees at the youth level. Many view referees as obstacles rather than essential facilitators of the game. This disrespect can manifest in verbal abuse and dismissive attitudes.
- **Emotional Investment:** Football is a passionate sport, and emotions can run high. The excitement and tension of the game can cause parents, coaches, and players to react impulsively and aggressively towards referees.
- **Inadequate Consequences:** Often, there are insufficient repercussions for those who abuse referees. This lack of accountability perpetuates the cycle of abuse as offenders do not face meaningful consequences for their actions.

THE GROWING ISSUE OF REFEREE ABUSE IN YOUTH FOOTBALL

IMPACT ON YOUTH FOOTBALL

The impact of referee abuse is profound and multifaceted. It affects not only the referees but also the players and the overall health of the sport.

- **Referee Shortage:** As mentioned, many referees leave the profession due to the hostile environment. This shortage means fewer games can be officiated, and those that are may be overseen by less experienced referees, potentially compromising the quality and safety of the matches.
- **Player Development:** A toxic environment can hinder player development. Young athletes may become disillusioned with the sport due to the negative atmosphere, reducing their enjoyment and participation.
- **Sport's Integrity:** The spirit of fair play and respect is fundamental to football. Persistent abuse undermines these core values, eroding the integrity and enjoyment of the game.
- **Mental Health:** Referees, particularly young or less experienced ones, can suffer significant stress and anxiety from constant abuse. This negative experience can deter them from continuing in the role or participating in sports in general.

Adam's
FAMILY MEATS

THE GROWING ISSUE OF REFEREE ABUSE IN YOUTH FOOTBALL

SOLUTIONS AND PREVENTIVE MEASURES

Addressing referee abuse requires a comprehensive and collaborative approach involving all stakeholders in youth football.

- **Education and Awareness:** Raising awareness about the role and challenges of referees is crucial. Educational programs for parents, coaches, and players can foster a better understanding and appreciation of referees, highlighting the importance of respect and sportsmanship.
- **Strict Penalties:** Implementing and enforcing strict penalties for abusive behaviour is essential. Associations must adopt zero-tolerance policies towards referee abuse, with clear consequences for offenders.
- **Support Systems:** Providing support systems for referees, including mentorship programs, mental health resources, and opportunities for feedback, can help them navigate the challenges of officiating and feel valued in their role.
- **Positive Culture:** Cultivating a positive culture in youth football that emphasises respect, fair play, and enjoyment over winning at all costs can help reduce the incidence of referee abuse. Celebrating positive behaviours and setting good examples at all levels of the sport are key components of this cultural shift.

CONCLUSION

Referee abuse in youth football is a serious issue that undermines the essence of the sport. It requires immediate attention and action from all involved in the football community.

By fostering respect, implementing strict penalties, and supporting referees, we can create a more positive and enjoyable environment for everyone involved in youth football. Only then can the true spirit of the game flourish, allowing young players to develop and thrive in a safe and supportive setting.

McGrath
McGrath Estate Agents New Lambton

HELP US CHOOSE THE COLOUR OF OUR TRAINING SHIRT FOR 2025

As you would have seen, 2024 heralded the return of training shirts for all players at New Lambton FC.

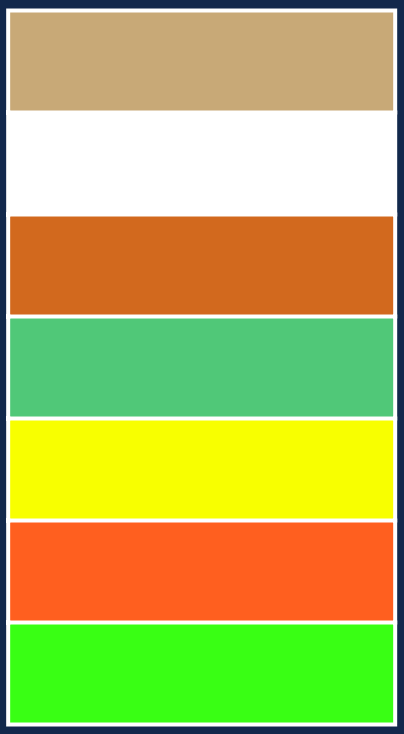
We decided to use our Club's gold colour for our training shirts, and they look quite smart!

We have been successfully pushing the boundaries and we are not afraid to be a progressive, modern Club whilst still maintaining a strong link to our roots and our history.

We always want to involve our people whenever we can in decision we make. In line with that, we want **YOU** to help **US** choose the colour of our training shirt for 2025.

The colours we are considering are the following:

- Gold (the same as 2024)
- White
- Cinnamon
- Emerald
- Fluorescent Yellow
- Fluorescent Orange
- Fluorescent Green







Follow the link to cast your vote: **CHOOSE YOUR COLOUR**

Voting closes 7:30pm Monday 30 September 2024.

The colour with the most votes after voting closes shall be nominated as the training shirt colour for 2025.

One lucky Club member will be randomly selected from all the people who cast a vote, to have their name exclusively recognised on the training shirt.

HOW CAN THE REFEREE CRISIS BE BETTER MANAGED?

Ensuring there are enough match day officials for community football and managing them effectively involves several key strategies:

Recruitment

- **Outreach Programs:** Partner with local schools, colleges, and universities to recruit students interested in sports management or physical education.
- **Advertising:** Use social media, local newspapers, community centers, and soccer clubs to advertise the need for match officials.
- I**ncentives:** Offer incentives such as free training, certification, match fees, and other benefits to attract new officials.

Training and Development

- **Certification Courses:** Provide access to certification courses for referees and other officials, covering rules, regulations, and best practices.
- **Mentorship Programs:** Pair new officials with experienced mentors to help them develop their skills and gain confidence.
- **Regular Workshops:** Organise workshops and refresher courses to keep officials updated on rule changes and improve their officiating skills.

Scheduling and Allocation

- **Centralised Scheduling System:** Use a centralised scheduling system to manage the availability and assignments of officials efficiently.
- **Flexible Scheduling:** Offer flexible scheduling options to accommodate the availability of officials, making it easier for them to commit to match days.
- **Backup Officials:** Have a pool of backup officials who can step in if the scheduled officials are unavailable.

Retention and Motivation

- **Fair Compensation:** Ensure that officials are fairly compensated for their time and effort.
- **Recognition Programs:** Implement recognition programs to acknowledge the hard work and dedication of match officials.
- **Positive Environment:** Foster a positive and respectful environment on and off the field to retain officials and keep them motivated.

NOVOCASTRIAN ELECTRICAL

HOW CAN THE REFEREE CRISIS BE BETTER MANAGED?

Communication and Feedback

- **Regular Meetings:** Hold regular meetings with match officials to discuss issues, provide updates, and gather feedback.
- **Feedback Mechanism:** Establish a system for officials to provide feedback on their experiences, which can help in addressing any concerns and improving the overall management system.

Management and Administrative Support

- **Defined Management Team:** Provide a clear and defined management structure for the Officials, so Officials (or potential recruits) know who to talk to.
- **Clear Policies and Procedures:** Develop and communicate clear policies and procedures for match day operations, including conflict resolution and disciplinary actions.
- **Support Staff:** Have administrative support staff to handle logistics, communication, and any other non-field-related tasks, allowing officials to focus on their roles.

Community Involvement

- **Volunteer Programs:** Encourage community members to volunteer as match officials, even on a part-time basis.
- **Engagement Initiatives:** Engage the community in understanding the importance of match officials and fostering respect towards them.

By implementing these strategies, you can ensure there are enough match day officials for community soccer and manage them effectively to maintain a high standard of officiating.

VILLAGE GROCER
BLACKBUTT

AUGUST 2024

NEW LAMBTON FC JUNIORS DEVELOPMENT FUND

New Lambton FC Juniors is a not-for-profit incorporated community club that attends to the inclusion and development of grass-roots football players in our local community.

New Lambton FC Juniors is partnering with the Australian Sports Foundation to assist in raising funds for developing and improving participant entry pathways for the disabled, aged and disadvantaged, operational equipment and coaching and player development pathway programs.

Financial assistance through the New Lambton FC Juniors Development Fund will allow the club to implement improved access to the game of football at a grass-roots community level, continue its program to develop grass-roots talent, upgrade equipment and uniforms and continue the skill development of coaching staff.

Without the assistance of our volunteers, sponsors and the general community New Lambton FC Juniors would not be able to pursue our objectives of being a prospering football club of choice for football participants in the New Lambton and surrounding areas.

YOUR DONATION TO THIS PROJECT IS TAX DEDUCTIBLE

The Australian Sports Foundation (ASF) is the only deductible gift recipient for sport in Australia. This means that donations of $2 or more to approved projects on our website are tax deductible. Shortly after making your donation, you'll receive an official receipt from the ASF that you can use in your income tax return.

CLICK TO DONATE

www.newlambtonfcjuniors.org.au footballistiq@newlambtonfcjuniors.org.au

NEWCASTLE INSURANCE GROUP

Use Newcastle Insurance Group to compare your Business Insurance, Home and Car Insurance.

There is no pressure or obligation to proceed, no fee for them to compare your insurances and not comparing may be costly. They will also manage claims for you.

Contact Gavin Walker, Managing Director, Newcastle Insurance Group on 0421 526 674 or **gavin@newcastleinsurancegroup.com.au** or visit their website at **www.newcastleinsurancegroup.com.au**

Please make sure to mention our New Lambton FC Juniors when you book your Insurance comparison quote.

WHY PARTNER WITH NEWCASTLE INSURANCE GROUP?

- They are a local family owned insurance broker you can trust.
- They don't charge a fee to see if they can save money on insurances.
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- If you ever need to make a claim they handle the claims process on your behalf.
- They have more 5 Star reviews than any other local insurance broker.

NEWCASTLE
INSURANCE GROUP

PRESENTATION DAY 2024

We are going to do something a little bit different for Presentation Day 2024.

Due to the large size of our Club and the fact we have such a HUGE range of ages, we think it is a good idea to split ourselves into 2 massive groups to ensure that everyone has as much fun as possible. We will be having one event for the MiniRoos teams and another event for the Competition teams and both events will be held over the weekend of 21 and 22 September.

MINIROOS TEAMS

- Event Date: Sunday 22 September
- Event Time: Across 4 hours - 9:00am to 1:00pm (split by age group - more to come)
- Venue: Inflatable World - 314 Hillsborough Road, Warners Bay
- Website: **INFLATABLE WORLD WARNERS BAY**
- The event includes the use of the inflatables, a trophy presentation, a party bag, photo opportunities and more



COMPETITION TEAMS

- Event Date: Saturday 21 September
- Event Time: 1:00pm to 5:00pm
- Venue: Club Kotara - 2 Howell Street, Kotara
- Website: **CLUB KOTARA**
- The event includes the use of the outdoor facility, a live DJ, a trophy presentation, a BBQ, photo opportunities and more



WHERE ARE OUR PROJECTS UP TO?

Facility Upgrade: The major upgrades planned for the changing facilities at Novocastrian Park are still being worked on with Council. We continue to be hopeful the following is going to be completed prior to the 2025 season commencing:

- Gender-neutral change rooms, including separate shower and changing areas,
- Installation of a specific official's room with lockers, bathroom and changing area,
- A disability access bathroom, shower and change room,
- Wheel chair access to the canteen, change rooms and officials room.

Field Lighting Upgrades: The upgrades to the field lighting at Novocastrian Park are anticipated to commence within the next 8 weeks, and shall incorporate:

- Upgrades to light pole cross-arms,
- Fitment of LED lights,
- Upgrade to 200 lux lighting for games,
- Improved light direction and outer field illumination.

Field Drainage: The Club has been working on field drainage project plans for nearly 12 months with Council. A formal Drainage Plan has been submitted a number of times, and each time further detail has been required / requested by Council, or additional requirements have been added. We are hopeful that the final plan will be approved shortly, allowing us to commence Grant submissions. Estimated cost of field drainage (to cater for Competition and MiniRoos teams) is estimated at approx. $300,000 - Council have told the Club they have no money to contribute to the project.

FEMALE CONSULTATIVE GROUP

The Committee is committed to ensuring the Club is fully inclusive. To that end, one of our priority tasks is to establish a Female Consultative Group (FCG).

To be involved contact us via : **info@newlambtonfcjuniors.org.au**

Some of the key focus areas shall be:

1. Setting and monitoring goals and targets specifically relating to women and girls
2. Establishing a Female Football Club Ambassador
3. Establishing Club Female Development Coordinator program
4. Establish a Female Referee Mentoring program at Club level
5. Set strategies to ensure the Club aligns with FFA's Gender Equity Plan
6. Establish alternate participation opportunities (e.g. Kick On, Kick Off)
7. Grow the Club's female membership to 50%

MENTAL HEALTH AND SPORT

Your brain is complex and powerful. At New Lambton FC, we know mental health is just as important as physical health. Both on and off the field.

Each time you kick a ball, save a goal or pass to a team mate, you can thank your brain.

Behind the scenes, your brain is also calling the shots when it comes to how you think and feel.

When you are playing sport, your focus tends to be on physical health. But mental health is just as important.

What exactly is mental health?
Mental health includes our emotional, psychological and social wellbeing. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life. From childhood and teenage years through to adulthood.

The World Health Organisation says mental health is: ***"A state of wellbeing in which a person realises their potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community."***

What's the difference between mental health and mental illness?
Even though it's an expression we use every day, it might surprise you that the term mental health is often misunderstood.

Mental health is a term that is often incorrectly used as a substitute for mental health conditions. This includes depression, anxiety conditions, schizophrenia, eating disorders and others.

A mental health concern becomes a mental condition or illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

Mental health conditions are diagnosed illnesses that need professional medical treatment.



MENTAL HEALTH AND SPORT

Mental health is complex

It's important to remember that mental health is complex. The fact that someone is not experiencing a mental health condition doesn't necessarily mean their mental health is flourishing.

Many factors contribute to mental health problems, including:

- biological factors, such as genes or brain chemistry
- life experiences, such as trauma or abuse
- job loss (unemployment)
- family history of mental health problems.

Many of these contributing factors a person has absolutely no control over.

Learning about mental health and making it common to talk about it within our Club can really help to remove the stigma. This means that people who are struggling may feel more able to ask for help.

Why does our Club need to include mental health in our policy

One in five Australians experiences mental ill-health every year. It's more important than ever to make sure our players, members and parents feel safe, connected and supported.

Covering mental health in our Club policy makes it easier for our Club to support our members and guests.

Get smart

Coaches, senior club members and leaders will be better equipped to understand the mental health environment in our club and respond accordingly. We'll know how to have conversations around mental health and be able to point people in the direction of professional help, if they need it.

Make a difference

Our players, members and their families will feel more supported by our Club and may be more likely to seek help if they know it's readily available.

More respect for our Club

Good Sports clubs with a mental health policy are stronger, more respected and more connected in our local communities, making them us attractive and welcoming.

Better results

Clubs that support player resilience by having a strong understanding of mental health may see stronger turnout at practice and on game day, as well as better player performance.

CLUB REFEREES NEEDED - COMPETITION

Season 2024 has seen fewer official referees than ever appointed to our Competition matches (ages 12+) at both home and away games.

We are seeking to reach out to our community and see if we can establish a bigger pool of people willing to act as Club Referees to games where an official referee can't be appointed. This can be players, parents, family, friends or acquaintances - they don't need to otherwise play for NLFC.

We pay our club referees the full schedule fee (below).

If you have any leads, please email them to our Senior Referee Coordinator Ian: **ianbamford@exemail.com.au**

Please include name, age if (<18), contact details, times available (mid-week, Fri, Sat, Sun) and level they are comfortable with refereeing.

If we can't find anyone willing to referee a game, then it falls back on the home team to provide a referee.

We'd prefer to have a group of willing and prepared referees getting paid!

Follow this link for more information: **RESOURCES**

Competition		Referee	Assistant Referee (each)
Adult Competitions	All Age Men Division A	$72	$36
	All Age Men Other Divisions	$62	$31
	All Age Women Division A	$72	$36
	All Age Women Other Divisions	$62	$31
	Over 35 Men All Divisions	$62	$31
Junior Competitions	Under 20	$54	$27
	Under 18	$50	$25
	Under 17	$50	$25
	Under 16	$38	$19
	Under 15	$38	$19
	Under 14	$32	$16
	Under 13	$32	$16
	Under 12	$30	$15
	Miniroos Under 10 and 11	$20	N/A
	Miniroos Under 8 and 9	$14	N/A
Special Events	Match Fees for Special Events to be Determined by Northern NSW Football or Member Zones		

POSITIONS VACANT - CAN YOU HELP?

Our Club is run by a Committee which is made up of volunteers who are committed to the ongoing success of this Club – your Club, our Club.

We have a long list of tasks that need to be done throughout the year - and we need people to help.

Who can volunteer? People of all ages and abilities are welcome!

Some of those roles / duties are:

- Assistant Treasurer
- Assistant Registrar
- Assistant Secretary
- Volunteer Management Officer
- Game Day Management Officer
- General Committee Member
- Match day field set up and pack down
- Coaching teams in Community competitions (Junior or Senior)
- 'Green Team' - pitch and field management
- Infrastructure management - goal posts, nets, etc
- Game Day Canteen helpers and BBQ chefs
- Fundraising BBQ helpers (Bunnings, etc)

If you think you can help, please reach out: **info@newlambtonfcjuniors.org.au**

SOME BIG EVENTS COMING - STAY TUNED!

- Presentation Day - MiniRoos Teams - read about it in this issue!
- Presentation Day - Competition Teams - read about it in this issue!
- Sponsor Appreciation Function - more information shortly!
- Fast 5's Competition - read about it in this issue!
- The Festival of Female Football - more information shortly!
- And more.....

OUR CHOSEN CHARITIES

Being a community, family-focussed Club, we feel that supporting charities is a meaningful way for the Club to contribute to positive societal changes, express empathy, and address pressing issues. Charitable support and contributions play a vital role in creating a more compassionate and equitable world.

Our Club's chosen charities are **Got Your Back Sista** and **Black Dog Institute**.

GOT YOUR BACK SISTA

Got Your Back Sista was established as a registered charity in 2016, with a vision to see women and their children happy, thriving and living independently after escaping the trauma of family violence, in fact they've helped over 1,200 women.

Got Your Back Sista offers benevolent relief and support to women and children escaping domestic violence and are at risk of living below the poverty line. They give them a hand up to begin again by providing furniture and household items to set up a safe home free from violence. They also empower women to thrive by running courses and programs to rebuild their confidence, self-esteem, physical and emotional wellbeing and create pathways to study and employment.

SCAN ME

GOT YOUR BACK Sista THE SISTA CODE

SCAN ME

BLACK DOG INSTITUTE

Science. Compassion. Action.

1 in 5 of us will experience symptoms of mental illness in any given year. In Australia that's around 5 million people. And roughly 60% of these people won't seek help.

As the only medical research institute in Australia to investigate mental health across the lifespan, their aim is to create a mentally healthier world for everyone. They do this through 'translational' research. Integrating our research studies, education programs, digital tools and apps, clinical services, and public resources to discover new solutions, foster connections and create real-world change.

Please give generously if you can.

SCAN ME

Proudly supporting Black Dog Institute

SCAN ME

CLUB KOTARA - LOCAL SOCIAL HUB

Club Kotara shares many similar values to our football Club - they are community-focussed, and their ethos of Community, Respect and Wellbeing aligns nicely with our club WEIR values of Wellbeing, Excellence, Integrity and Respect.

Club Kotara is proud of their history and is excited about the future. Located in the centre of Kotara at 2 Howell Street, they are a hub for events and activities the entire community can enjoy. Club Kotara loves to welcome everyone from retirees, families, friendship groups, community groups, schools and everyone in between.

The Barefoot Bistro is a family-friendly bistro open for lunch and dinner from Tuesday to Sunday. Their menu has something for everyone to enjoy and whether it's just a light snack or you're after the full deluxe experience with a three-course meal, their team are there to provide you with delicious food all year round.

The Club's OPENING HOURS are EVERYDAY from 10:00am – 10:00pm

The BISTRO is open for Lunch Service from 11:30am – 2:00pm and the Dinner Service is open on Monday – Friday: 5:00pm – 8:00pm and Saturday –Sunday: 4:00 – 8:00pm

Now more than ever Club Kotara needs the community to support them, and we are happy to do so - locals supporting locals.

New Lambton FC Juniors hold our monthly Team Manager and Committee meeting at Club Kotara - the last Wednesday evening of the month, from 7:00pm.



CLUB KOTARA

SUMMER FAST 5'S COMPETITION

New Lambton FC Juniors is planning to host a social level Summer 5's competition for 2024, commencing October, through November into December. Summer 5's is an action-packed, modified game of football where participants are encouraged to think on their feet and have fun with their mates.

Why should younger players participate in Summer 5's?

1. Summer 5's encourages all younger players to develop their football skills and have more opportunities to play
2. Summer 5's is a demanding game environment requiring players to make quicker decisions and respond with quicker actions
3. Players will improve their agility and fitness through fast-paced five-a-side
4. This competition encourages younger players to develop their football skills and provides more opportunities on the pitch in a friendly environment.
5. Younger players will improve their agility and fitness playing in this fast-paced, five-a-side competition.

The format will include:

1. Smaller field sizes (25m x 40m)
2. Two 15 minute halves, with a 5 minute break
3. Five players on the pitch, maximum of 3 substitutes
4. Maximum 8 per team
5. Unlimited interchange
6. Maximum 4 players to start a game
7. Goal keeper cannot use hands
8. Games played at Novocastrian Park, from 5:30pm
9. Depending on the uptake we will have female, mixed and male competitions

We propose the following age groups (level of interest permitting):

1. U7's (inc. 5's, 6's and 7's) – Monday afternoon / evening
2. U9's (inc. 8's and 9's) – Monday afternoon / evening
3. U11's (inc. 10's and 11's) – Monday afternoon / evening
4. U13's (inc. 12's and 13's) – Wednesday afternoon / evening
5. U16's (inc. 14's, 15's and 16's) – Wednesday afternoon / evening
6. 8 playing rounds with a spare wet-weather round
7. Commencing Monday 14th October
8. Referees supplied

Indicative Cost: $110 (Winter registered) or $130 unregistered

Talk to your team mates, friends, etc and organise your team NOW so you don't miss out! Please complete the EOI by 5:00pm Saturday 31 August, and we will advise further steps.

EXPRESS YOUR EOI HERE: **SUMMER FAST 5'S**

Contact us: **info@newlambtonfcjuniors.org.au**

DID YOU KNOW THAT.....

One fascinating historical fact about local football in Newcastle revolves around the Hamilton Olympic Football Club. Established in 1976, the club originally emerged from a rich local football tradition that dates back to the early 20th century. Newcastle has long been a football stronghold in Australia, and Hamilton Olympic is a testament to this enduring passion for the sport.

In the early years, the club was known as Hamilton Azzurri, reflecting the strong influence of the Italian immigrant community in the area. This was a time when many European immigrants brought their love for football to Australia, enriching the local sporting culture. The club's establishment was part of a broader wave of ethnic-based clubs forming across the country, each bringing a unique flavour to the Australian football scene.

The Hamilton Olympic Football Club's story is closely linked to the growth of football in Newcastle. The city itself has a storied football history, dating back to the late 19th century when local competitions and leagues began to take shape. By the mid-20th century, Newcastle had firmly established itself as a football hub, producing talented players and competitive teams.

One of the most notable achievements in the club's history came in the 1993 season when Hamilton Olympic won the Northern NSW State League championship. This victory was significant not only for the club but also for the Newcastle football community, highlighting the region's ability to compete at a high level within the state.

The club's success is also a reflection of the broader development of football infrastructure in Newcastle. The construction of dedicated football facilities, community support, and the commitment of local players and administrators have all contributed to the vibrant football culture in the city. Over the years, Hamilton Olympic has nurtured young talent and provided a pathway for aspiring footballers, contributing to the sport's growth at both the grassroots and professional levels.

Hamilton Olympic's history is a microcosm of the larger narrative of football in Newcastle, showcasing the city's deep-rooted connection to the sport and its ability to adapt and thrive over the decades. The club continues to be a vital part of Newcastle's football fabric, symbolising the enduring legacy of the beautiful game in this passionate sporting community.

ROBOLINE

WHAT IS A REMOVABLE FOOTBALL FIELD?

Removable football pitches are engineered to provide high-quality playing surfaces that can be quickly installed and removed, catering to multi-purpose stadiums and venues that host various events. The construction and implementation of these pitches involve several sophisticated steps and technologies:

Modular Turf Systems
Modular systems consist of individual sections or trays of turf that can be assembled and disassembled as needed.

Turf Trays: These are pre-grown turf sections or synthetic grass set in modules. Each tray includes a layer of soil or substrate, grass, and sometimes an underlayer for shock absorption.
Installation and Removal: Trays are placed and locked together using a grid system, ensuring a seamless playing surface. For removal, the trays are simply unlocked and lifted away.

Hybrid Turf Systems
These combine natural grass with synthetic fibres, offering durability and ease of maintenance while maintaining the feel of natural grass.

Synthetic Fibres: Artificial fibres are woven into or sewn onto the natural grass. These fibres provide additional support and durability.
Natural Grass Integration: Natural grass is grown around and through the synthetic fibres, creating a stable and high-quality playing surface.
Maintenance and Replacement: While these systems are more permanent, they can be temporarily covered or sections can be replaced as needed.

Installation and Maintenance
The modular trays or hybrid sections are transported to the venue and carefully assembled. This process can take anywhere from a few hours to a couple of days, depending on the size of the pitch and the system used. Regular maintenance is crucial for both types of systems. This includes watering, mowing, and periodic replacement of worn sections to ensure the pitch remains in optimal condition. When the pitch needs to be removed, the trays or sections are disassembled and transported away. The base layer can then be used for other events or installations.

While initial setup costs can be high, the ability to reuse the pitch and the revenue generated from hosting multiple types of events can offset these expenses.

Tottenham Hotspur Stadium: The stadium features a retractable pitch that slides out to reveal an artificial turf surface underneath, allowing for games and other events.

Wembley Stadium: Uses a hybrid system that can be reconfigured for different events, ensuring optimal playing conditions for football, rugby, and concerts.

OUR SUPPORTERS AND PARTNERS

MGRATH REAL ESTATE NEW LAMBTON Home to a team of passionate property specialists with exceptional skills in Real Estate, the McGrath New Lambton Real Estate Agency is dedicated to achieving outstanding results tailored to the individuals needs. Contact us on 4952 6500.

NEWCASTLE INSURANCE GROUP Your local Newcastle insurance broker. We are Newcastle based providing business insurance, home and car insurance to our clients. We are also one of the leading online providers of business insurance Australia wide. Contact us on 1300 62 80 80.

NOVOCASTRIAN ELECTRICAL Novocastrian Electrical has been serving the people of Newcastle, Port Stephens and the Hunter Valley for over 30 years. Novocastrian Electrical will not only attain your project expectations and outcomes but seek to achieve beyond expectations in all areas. Contact us on 4987 6441.

GREAT NORTHERN HOTEL The Great Northern is an iconic family hotel in Newcastle's East End. The Great Northern welcomes everyone to enjoy their hospitality and reward yourselves with sharing what they have to offer as part of our great community. We appreciate your support. Contact us on 4077 3910.

VILLAGE GROCER BLACKBUTT The Village Grocer Blackbutt takes pride in their commitment to the community, offering high-quality groceries and valuable work experience opportunities for individuals living with disabilities.Visit and support your local grocer at 74 Orchardtown Rd New Lambton.

OUR SUPPORTERS AND PARTNERS

WESTS NEW LAMBTON The Wests Group is a locally owned and operated not-for-profit membership-based organisation. We proudly commit to meaningful social investments that help sustain positive, thriving communities throughout our region. Support the club that supports your community. Visit us at 88 Hobart Rd New Lambton, or contact us on 4935 1200.

SPORTS CLIQUE Sports Clique have provided athletes, organisations, members and supporters with outstanding kits, apparel and accessories and have done so since 2014. Contact us on sales@sportsclique.com.au

ROBOLINE Level up your line marking game with Roboline. Roboline is Newcastle and Lake Macquarie's newest line marking service, with precision sporting field line marking for every occasion. We use a state of the art GPS robotic sporting field line marking system to guarantee the best results. Contact us on 0414 552 669.

BAKERS DELIGHT KOTARA What we do is nice and simple, it's freshly baked bread! We are committed to delighting our customers and being pillars of our communities. We've been baking the same way for many years to give you our signature delightful experience. Because you don't just deserve butter, you deserve the best. Contact us on 4956 2142.

ADAMS FAMILY MEATS Adam's Family Meats is an award winning, modern day butcher shop located in New Lambton, serving customers in and around the Newcastle area for over 10 years. Contact us on 4952 1622.

OUR SUPPORTERS AND PARTNERS

SOLVD Consult, Create, Reach and Nurture. The team at Solved are helping brands solve complex challenges with ingenuity, using critical thinking and critical execution. Contact us on 0413 426 878.

MELT GELATO Melt Gelato has a huge range of gelato in 18 flavours, spiders, milkshakes and other sweet treats on offer to our great local community. Come and visit us at 89 Regent Street New Lambton.

MY FOOTDR. My Foot Doctor Podiatry Charlestown have the skills and experience to assess and treat almost any foot or lower limb condition. How you move, how you feel and how you live comes down to your feet - we believe that healthy feet can lead to a better quality of life. My Foot Doctor - healthy feet, better lives. Contact us on 4966 0799.

NCIG - NEWCASTLE COAL INFRASTRUCTURE GROUP Newcastle Coal Infrastructure Group (NCIG) provides a premier coal export service and is an integral part of the Australian coal export industry. Our facilities include rail, coal storage, ship loading facilities and associated infrastructure.

ABE'S AUDIO With our diverse range of voice over talent and expert sound engineers, your next project will really stand out. With Abe's Audio, you can have as much creative control as you want, from wherever you want. Whether it's online content, TV or radio advertising, an eLearning narration or corporate video, sound design, podcast production or a jingle, we can make your next project have an impact – on your audience and your peace of mind. Contact us on production@abesaudio.com

OUR SUPPORTERS AND PARTNERS

TJM HUNTER VALLEY TJM Hunter Valley is the go-to place for 4WD equipment and vehicle accessories in the Newcastle, Central Coast and Hunter Valley. Our staff can assist you whether you are a weekend adventurer, across the country tourer or recreational 4WDer. As part of the TJM national network we have access to a wide range of 4WD, vehicle accessories, touring, and outdoors products.



ALLAMBI CARE Allambi Care is a multi-disciplined and recognised leader in the human services field working across Newcastle, the Hunter, the NSW Central Coast and Victoria. We are committed to supporting our community's most vulnerable people through tailored services and programs.

ALLAMBI CARE

ULTRA TUNE MORRISET Ultra Tune Morisset guarantee that "old fashioned" service experience. Whether it's your daily drive or you have a fleet of vehicles that need looking after we offer a complete range of car servicing options, designed to suit your needs. In every case, you'll know in advance exactly how much the service will cost.

UltraTune
Auto Service Centres

4U CARE We're on a mission to radically improve the lives of people living with disability. To prove that leading an ordinary life doesn't need to be an extraordinary effort. That with care, optimism and enthusiasm, we can create a more just world. A world full of enjoyable experiences, friendship and opportunity.

4u care

CREATIVE CHILDCARE Creative Childcare is locally owned and operated, founded in 2016 by a group of parents who had a shared vision of providing a new and innovative approach to early education. Creative Childcare offers the very best of care and learning in a fun and creative environment and is run by a qualified team of Educators.

Creative Childcare

OUR SUPPORTERS AND PARTNERS

KENTAN MACHINERY Kentan Machinery was established in 1970 next door to their current location and originally focused on aftermarket construction equipment parts. From these humble beginnings, the business has grown into one of the largest Kubota dealerships in Australia.

LOOKING FOR CLUB PARTNERS

Running a community football Club is not easy, and we generally have only two things that stop our Club from being the best we can be - volunteers and funding.

We have some fantastic Club sponsors, supporters and partners, although we are always looking for more funding partners to allow the Club to thrive and to ensure that the equipment we have is fit-for-purpose, safe and ready to go.

For example - to provide everyone a practice ball at training, we need around 1,000 balls (plus another 100 or so for game balls). For everyone to have a training bib, we need around 1,000 bibs, plus nearly 200 volunteer bibs. To have enough training cones for all the teams, we need around 1,600 cones. For each team to have portable mini-goals for training we need around 80 sets of goals. This is just a small insight into some of the things we need to make your Club be as good as it can be.

We need people to help with general teams management, gear and equipment distribution, general administrative tasks, helping with game days and assisting at our Bunnings BBQ's - to name just a few. If you think you can help by volunteering some of your time or if you know someone who may be interested, please reach out to us for more information on **info@newlambtonfcjuniors.org.au**

If you are considering a Club sponsorship or if you know someone who may be in a position to do so, please contact us on **supporter@newlambtonfcjuniors.org.au**

HOW DOES CITY OF NEWCASTLE ALLOCATE FUNDS FOR COMMUNITY SPORT?

Newcastle City Council allocates funds for community sport through a strategic and structured approach to ensure broad community benefit and promote active lifestyles.

Key methods include:

Annual Budgeting: Each year, the council sets aside a portion of its budget specifically for community sports. This allocation is part of the overall budget planning process, considering community needs and priorities.

Grants and Subsidies: The council offers various grants and subsidies to local sports clubs, organisations, and events. These funds are aimed at improving facilities, supporting grassroots programs, and hosting community sports events.

Capital Works Projects: Investment in capital works is a significant aspect, where funds are allocated for the development and maintenance of sports facilities, such as fields, courts, and clubhouses. These projects are prioritized based on community demand, the condition of existing facilities, and long-term strategic plans.

Partnerships and Sponsorships: The council often collaborates with state and federal governments, as well as private sponsors, to co-fund sports projects. These partnerships help maximise resources and expand the impact of investments.

Community Consultation: Input from community members and sports clubs is gathered through consultations and surveys, guiding the allocation of funds to areas with the most need and highest potential impact.

HOW DO I CONTACT COUNCIL?

If you want to contact Council to let them know that you want your local community sporting facilities improved (such as the installation of lighting, disability accessible bathrooms, gender-appropriate change rooms, field drainage to improve playability and shorten field closure time, field top dressing to improve field levels to remove divots, hills and hollows, additional or modern water / drinking fountains, etc) you can:

Use the following form: **CONTACT CN**

You can also contact the City's Councillors: **CONTACT COUNCILLORS**

You can also contact Jodie Harrison: **CONTACT JODIE**

You can also contact Sharon Claydon: **CONTACT SHARON**

THE FINAL WHISTLE

As of mid-2024, the community football season in Newcastle is experiencing a notable impact from weather conditions, which are influencing both match schedules and field conditions across the region.

The current season, which typically runs from March to September, has been marked by a series of weather-related challenges. Newcastle has experienced an unusually high amount of rainfall this year, with the region receiving above-average precipitation during the peak of the season. This increase in rainfall has led to frequent fixture disruptions, with many matches postponed or rescheduled due to waterlogged pitches.

Field conditions have been significantly affected, with many local football grounds struggling to cope with the sustained wet weather. The heavy rain has resulted in muddy and uneven playing surfaces, which not only impacts the quality of play but also raises concerns about player safety. Grounds maintenance teams have been working diligently to manage the situation, employing drainage solutions and temporary repairs to mitigate the effects of the persistent rain.

In response to these conditions, Newcastle Football has implemented several measures to address the challenges. The organisation has been actively communicating with clubs and players regarding fixture changes and the condition of playing fields. Additionally, there has been an emphasis on prioritising match scheduling and rescheduling to accommodate the disrupted fixtures, ensuring that the season progresses as smoothly as possible despite the weather challenges.

Looking ahead, forecasts suggest that the weather conditions may stabilise, but the impact of the current season will likely be felt throughout the remainder of the year. Clubs and players are adapting to the situation, with a focus on resilience and flexibility to navigate the unpredictable weather patterns.

Overall, while the weather has presented significant challenges for the community football season in Newcastle, efforts from local authorities, football organisations, and clubs are helping to manage the situation and maintain the enthusiasm and participation levels in the sport.

CONTACT US

GENERAL: info@newlambtonfcjuniors.org.au

SAFEGUARDING / LEAD CHAMPION: vicepresident@newlambtonfcjuniors.org.au

MEMBER PROTECTION OFFICER (MPIO): mpio@newlambtonfcjuniors.org.au

SPONSORSHIP / FUNDRAISING: supporter@newlambtonfcjuniors.org.au

NEWSLETTER: footballistiq@newlambtonfcjuniors.org.au

WEBSITE: New Lambton FC Juniors

FACEBOOK: New Lambton FC Juniors

TEAMAPP: New Lambton FC Juniors

