



# VUFC News

Volume 1, Issue 1

August 2011

## Vive La Revolution!

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### Special points of interest:

- \* Committee changes position club for growth
- \* New range of club merchandise for 2012
- \* Bring a friend day
- \* Holiday camp, under the direction of our ex-Chelsea coaches.

The dawning of a new era has begun at Virginia Utd.

Over recent weeks, major changes to the structure of the club have occurred that I'd like to share with you all.

At committee level, significant changes have taken place. Chris Catchpole joins the Executive Committee as V-P Juniors, Dan Perna as V-P Seniors and Jordan Leatherdale as Technical Director / DOC.

Additions to the general committee include, Angela Skinner (Carnivals), Dewayne O'Bryan & Carlo Lorenti (Sponsorship), Steve Hambly

(Merchandise), and Jonny Gallagher (Football In The Community).

Under the direction of our Technical Director, the club will be establishing a structured coaching program for our players and education program for our coaches.

We have recently established a Football In The Community (FITC) program. As far as we are aware, we are the only club in Brisbane, apart from the Brisbane Roar, that provides such a program.

Our coaches will be out and about at local schools over the coming months.

Please have a chat with your committee members to find out more.

Rgds,  
Richard — *President*



Interest in club sponsorship is growing, with, amongst others, the Coffee Club, Ascot coming on board.

## Football In The Community

The FITC has been creating various coaching programs, to help engage a vast amount of players to help them participate more in soccer with Virginia United.

The school outreach has been very positive with nearly 1000 children having already experienced the program, through providing schools with free coaching sessions.

The L-G Defensive coaching clinic has been a great success and the participating players have all developed in their defensive skills. The next subject of our coaching clinics is the Speed & Skills School. This will commence on Wed 24th August (6.15-7.30).

For more information visit the FITC page on [virginiaunited.com.au](http://virginiaunited.com.au).

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## School Holiday Soccer Camp

As a club, we are privileged to have 2 ex -Chelsea FC coaches at the club .

Now it's your chance to be trained the by these coaches at our September School Holiday Camp.



The camp will run during both weeks of the holidays from 9am – 3pm, Monday – Friday.

In addition to the coaching and games, the players will be made aware of the importance of healthy eating and a healthy lunch will be provided to all participants.

Don't miss out on this fantastic opportunity. To receive top class coaching.



Follow the link on our website [www.virginiaunited.com.au](http://www.virginiaunited.com.au) to enrol.

## Summer 6-a-side Competition

Virginia Utd unleash their third SUMMER SIX-A-SIDE competition in the first week of October. The eight-week comp will feature leagues across the Junior age range and include two separate Girls Leagues. Seniors will be catered for in Men's, Women's Mixed and Over 35's Leagues.

The Senior's Competition offers a \$750 Cash prize for the winning teams with generous Sporting Kit prizes for the Junior winners.

This competition is open to players from all clubs and players not currently registered with a club. School sides,

social sides or just your mates will all be welcome.

This is the third season of SUMMER SIX-A-SIDE competition offered at Virginia Utd and we are proud to boast that this year will be Bigger, Better and the Best yet.

For further Information contact Chris Catchpole on 0404 165 735

Or e-mail [vufc.vpjuniors@gmail.com](mailto:vufc.vpjuniors@gmail.com) to receive a registration pack.

## Coaching News

The importance of 'warm ups' is often overlooked. Coaches too often see warm ups as only physical preparation. Warm ups should be viewed as mental & physical preparation. Players need to be stimulated and focused for the session



ahead and require a ball related warm up. The area of Speed Agility and Quickness (SAQ) training has boomed in recent years. The thinking behind the training has been validated on several occasions and when combined with ball work makes for a great

all round warm up.

It is sometimes difficult to identify our coaching staff on training nights and match days, therefore it's important that the coaches wear something that immediately identifies them as representatives of the club, not jeans and a t-shirt. Next season the club will require all coaches to wear club a tracksuit/polo. The club is seeking sponsorship for the coaches.

With the coaching directives for next season and the addition of goalkeeper clinics, the club will have a great overall coaching and development environment.



## Carnival News

We recently held our first U8 Carnival. The carnival was attended by teams from Loganholme, Mt Gravatt, North Star and Virginia Utd.

An exciting and competitive day was had by all, with some excellent football on display.

The competition went down to the last round to decide which teams would play off in the final.

The final was played between Mt Gravatt and Loganholme with Loganholme running out the eventual winners after a pulsating game.

Following the success of the carnival, the club will be planning a full

program of carnivals for the 2012 season.

Details of our carnivals will be posted on the club website, [www.virginiaunited.com.au](http://www.virginiaunited.com.au)

A big thank you to Angela, the clubs carnival organizer, for ensuring the day was a great success.



## Football Brisbane Fundraiser

Football Brisbane has organised a fundraiser with the proceeds from the sale of all tickets allocated to our club, going back to our club.

- **1st Prize:** a Hyundai Getz
- **2nd Prize:** Two Economy Return Airfares to Europe.
- **3rd Prize:** Two Economy Return Airfares to New Zealand.
- **4th Prize:** A 14 seat Corporate Box to a Brisbane Roar match at Suncorp Stadium with catering up to \$1000.
- **5th Prize:** A one hour session with Ange Postecoglou and a Roar Player plus 20 general admission tickets to a Brisbane Roar match.

Tickets \$5 each.

Prize drawn 25th September .

## Junior News

On Saturday 3rd September the club is extending an invitation to all U6 to U11 players to bring a friend along for a morning of games.



This is a great chance for your friends to join you for a game of football.

Kids turning 6 next year are also welcome.

As well as the games, players will be able to register for the Summer Competition plus we will be offering an early bird registration for next season. A \$50 deposit will secure your place for 2012 and those that register will receive a FREE Virginia Utd



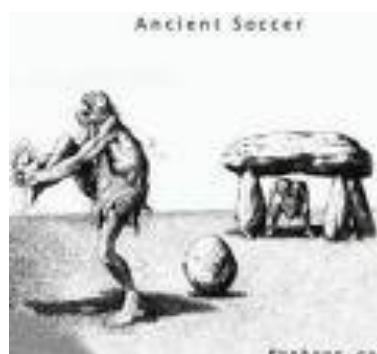
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We will also have matches for the U12—U14 teams not involved in the finals.

## Seniors News

We realise 2011 has been a disappointing year for the seniors at Virginia United, but 2012 will see a rebuilding of the club, with the main goal to be on ensuring that players get allocated into the team that suits them best.

To this end, the men's team distribution will change slightly, with the aim to compete in the Metro 1 competition, staying competitive in the Metro 3 competition and enter-



ing an Over 35's team, while still maintaining a high level of Com-

mercial teams and Social groups at the club.

Women's will remain the same as this year, with a competitive team and a social team, as well as the introduction of a Ladies Social night, aimed at introducing new players to the basics of playing our beautiful game.

## End of Season Presentations

Virginia Utd FC  
Albert Bishop Park  
574 Nudgee Road  
Nundah QLD 4012

Phone: 3260 5535  
E-mail: vusclub@hotmail.com

## Amanda Bloxson

### Photography

*Capture that special occasion*

Phone: 0404 464 250

We're on the Web.

[www.virginiaunited.com.au](http://www.virginiaunited.com.au)



We will be celebrating a fantastic year of football for the U6 to U11 age groups on Saturday 10th September 2011.

Listed below are the starting times for each age group, please make sure you and your team are assembled at the grounds on at the SSF fields ready to start at the times listed below.

This is a great time to get teams together to thank coaches and managers and all the parents for all their hard work in making this such an enjoyable season for all of the players.

### Saturday 10th September

1. 10:00am: U6/7 (8 teams)
2. 11:00am: U8 (4 teams)
3. 11.45am: U9 (4 teams)
4. 12.30pm: U10/11 (3 teams)

### Competition Age Teams

TBA

## Club Merchandise

The new range of players and supporters clothing is now available for order.



The range has been expanded to include black polo shirts, tracksuits and water-proof polar

fleece jackets with detachable hoods and sleeves.

We also have cooler bags for those summer BBQs, drink bottles, bags,

training kits and match kit available.



Orders can be placed via Email: [vufcstore@hotmail.com.au](mailto:vufcstore@hotmail.com.au)

## Your Committee:

### Executive Committee:

President: Richard Britton

Secretary: Sally Smith

Treasurer: Sue Lyons

V-P Juniors: Chris Catchpole

V-P Seniors: Daniel Perna

Technical Director: Jordan Leatherdale

### General Committee:

Registrar: Sue Edwards

Merchandise: Steve Hambly

Sponsorship: Dewayne O'Bryan &

Carlo Lorenti

FITC: Jonny Gallagher



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