

National Training Centre



Program (NTC)

MICHAEL EDWARDS
Head Coach NTC
*Helping to develop
the players of the
future*

Michael Edwards is the head coach of the NTC, this is a fulltime program.

Michael's aim for the girls is to allow them to have the opportunity to reach their full playing potential and

to have a life-long love of the game. Curriculum."

The program is in place to develop Michael feels that if these girls the girls to a standard where they become successful sportswomen or can play Nationally or Internationally even successful strong women within

"I can't select girls for the Matildas, that's Tom Sermanni's job; I can't

select them for other national teams or the W-League teams either. What I can work towards is providing them with a playing and training environment, that moves them along to do."

"We also want to see girls come out from the program who are great people, who can make a positive contribution to whatever they choose

with a playing and training environment, that moves them along to do."

The NTC girls compete in the women's premier league on the weekends. If you are interested in



State Team Diary—U14's on the road to Nationals

Hi everyone! My name is Miranda Smith, I am a team member of this year's U14 girls state team. I welcome you to follow our progress as we prepare for the Nationals at Coffs Harbour in July. We are a group of girls with different skills and experience from lots of different clubs in both the south and north of the state. After the selection trials in January, we started training three days a week with our coach Bob Nicholson.

I asked Bob if he had anything to share and how he thinks the team is going, this is what he had to say;

"Our goals are to improve communication and team building, as well as to improve the range of basic footballing skills and techniques of each player. We have been working on learning the 1-4-3-3 system as directed by FFT/FFA. For some of the players this is their first exposure to the system so we have been utilising the FFA National Curriculum for passing exercises, game based training and practice content. So far the players have responded very well to the challenges set, and there is a marked improvement in each individual player and the squad as a whole."

Thanks Bob!

We have just began playing in the local 1st Division boys competition, to help us apply our new skills. We are going to give them heaps! Look out for the next issue where I will be doing player profiles and a photo of us in our new state colours. Bye for now.

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WOMEN'S FOOTBALL HEADING IN THE RIGHT DIRECTION



Olivia Edwards— NTC

Across Australia there has been an increase of 7-10% in participation in the women's game. 23% of players in Australia are women. In Tasmania there are 3500 registered women players representing 27-28% of players.

U/13's HEAD TO CANBERRA TO COMPETE

The U/13 Girls State Team head to the National Junior Championships in Canberra on the 18th-20th of this month (April).

The girls play five games in their pool; Western Australia, Queensland, NSW Country, Vic Metro and Vic Country.

The U/13 squad is made up of players from across the whole of Tasmania, 3 North West players, 4 North players and 9 from the south.

These players include; Margot Johnston, Lilli Rand, Claire Farrell, Innocent Fadia, Maggie Cuthberston, Rhianna Lulitanond, Jazmin Gorrie, Monika Orlowski, Hannah Purton, Georgia Crawford, Maddison Graham, Mali Walton, Mara Lees, Danielle Gunton, Jessica Blair, Jessica Bender and coach Anthony Alexander.

To follow game results check out Her Strike's Facebook page.



U/13 State Team – Half Time

Add **Her Strike** as a Facebook friend to view upcoming games and events, to post your teams results, to upload game photos, and to follow women's football in Tasmania.

NEWSLETTER APRIL ISSUE 2

CREATED & WRITTEN BY HOLLY AYTON

EDITORS NOTE Holly Ayton

Hello football lovers! Each issue will now be based around a particular theme, a topic that you can be focused on for that month, April's theme is 'life and football'. If you have any potential themes email them through. Also If you would like to nominate a player, team or coach write-up please email or phone (contacts on back page). With your help we can make Her Strike successful! I would also like to wish the U/13 State Girls good luck, play hard!

Kickoff Kickout

UPCOMING EVENTS

GOALKEEPING CERTIFICATE

LAUNCESTON—Windsor Park—Sun 17 April

Referees Entrance Courses

Hobart—KGV 28th April

Devonport—Valley Road 11th April

Grass Roots Licence Courses

Hobart—Weily Park 1st May

Easter Region Junior Soccer Association

- UNDER 11 BOYS AND GIRLS REGIONAL TEAM COACH POSITION
- UNDER 10 BOYS AND GIRLS REGIONAL TEAM COACH POSITION

Contact: Jake Undy

ERJSA Director Of Coaching

Under 13 and Under 14 Girls Southern Regional Representative Squads

Trials: Wednesday 4th & 11th May 2011, 5pm to 7pm, Hobart Showgrounds

Call FFT Office on 6273 3299 to RSVP or visit www.footballfedtas.com.au/ Regional

Failure happens all the time. It happens every day in practice. What makes you

WIN A FOOTBALL PACK

Question:

In 50 words or less describe your football personality.

Email answer to
herstrike@hotmail.com

Send with name and postal address

"It has definitely made me more eager to potentially play for the Matildas one day."

TWO UP FOR TRIALS

Ellie Gavalas and Jessie Williams were two of 31 girls from across Australia who flew to Canberra last month to attend the National U/16 Camp held at the AIS. Both Ellie and Jessie , are involved with the NTC program here in Tasmania. The National trainings were of a similar structure of the NTC program, although the intensity and standard were of a higher demand.

A familiar setting for Jessie who competed in 2009 at the Asian Football Confederation Under-14 Women's Tournament. But for Ellie this was a new arena; "As this was my first National camp I was very nervous at the start. Although I found it very difficult to begin with, towards the end I started to have a lot more confidence...It has definitely made me more eager to potentially play for the Matildas one day."

Further selection camps have been scheduled for April, May and June.



Lucy Foote- NTC Harkana Dixon- Clarence



Meagan Kiley- Somerset



Allie Berry- Clarence

IT'S MORE THAN JUST FOOTBALL

Football exposes your character, it Such as your relationships, the It is within these moments that our reveals who you are. The person attitude that you take to your characters are called into line and you are off the field becomes the workplace, your dedication to we get a brief glimpse into person you are on the field. tasks, commitments, and your someone's true self.

ability to take hard knocks.

Some of the lessons you learn on the park, you then take off and into your life. On the football field both consist of the personal will and the will of the team. The bond you want to be and how do you and struggle of the union between self and the whole.

Whether you are the player who puts their body on the line, takes Football and life encourage you to control, the silent achiever, the face the difficulties and faults of player who never gives up or the the individual and the team but one who sits and waits for their also to embrace the strengths. To moment. These all reflect claim who you are and know personal attributes which are then where you stand. played out on the field.

Football goes beyond the game. The game is a great way to work and mirrors the aspects of life by on your personal development. It enabling your true self to be seen. is also a wonderful environment Everyone has moments on the field where they are truly can eventually affect your impressed with, or humbled everyday life. by ,their plays.

Next time you take the field, consider these moments and

Football and life are quite similar. consider these qualities. Who do you want to be and how do you

and the will of the team. The bond you want to demonstrate that.

Appreciate your team mates and coaches, these are the people who influence and help to change and alter that character.

Which player are you, and which player would you like to be as.

The choice is yours! Strive for what you dream, and your stride will follow.

"If you have that kind of heart - if you are a positive life force - you are an asset for our team, whether or not you can even kick a ball." (*The Vision of a Champion*, 2002, Dorrance, Averbuch)

Winner of Football Competition: Question- Why do you play football?

"I play football because it keeps me strong, whenever I am down it makes me happy. Football is not just my hobby, or passion, it's the beating of my heart." Mikayla Wedge

Women's Southern Premier League Ladder

TEAM	PLAYED	WON	DRAWN	LOST	FOR	AGAINST	POINTS
Clarence United	4	3	1	0	33	6	10
Olympia FC Warriors	4	3	0	1	26	12	9
NTC Women	3	2	1	0	15	4	7
Taroona FC	3	2	0	1	16	9	6
Glenorchy Knights	4	1	1	2	12	14	4
University	4	1	1	2	13	26	4
Tilford Zebras	3	1	0	2	7	15	3
Kingborough Lions	3	0	1	2	4	15	1
Nelson E/S	4	0	1	3	7	32	1

Women's Northern Premier League Ladder

TEAM	PLAYED	WON	DRAWN	LOST	FOR	AGAINST	POINTS
Launceston. City SC	3	3	0	0	22	2	9
Somerset SC	3	3	0	0	18	5	9
Ulverstone Red	3	2	0	1	15	8	6
Riverside Olympic SC	3	2	0	1	6	5	6
Devonport City	3	2	0	1	4	8	6
Northern Rangers	3	1	0	2	9	9	3
UTAS SC	3	1	0	2	6	6	3
Launc. City Allies	2	1	0	1	4	8	3
Launc. United	2	0	0	2	4	12	0
Burnie United FC	2	0	0	2	0	11	0
Prospect Knights FC	3	0	0	3	2	16	0

Southern Premier League Reserves Top- Clarence United

Southern Premier League Div. 1 Top- Olympia FC Blues