



# Woodbridge SC Newsletter

April 29<sup>th</sup>, 2010.

## Important Dates

### **SATURDAY 1 MAY**

#### **Junior**

**Under 6** Vs Cygnet Sea Dragons 10am @ Woodbridge

**Under 9** Vs Kingborough Lions Green 11am @ Woodbridge

**Under 11** Vs Mt Nelson 10 am @ Woodbridge

#### **Youth**

**Under 13** Vs Kingborough Lions Blue 12:45 pm @ Woodbridge

**Under 16** Vs Glenorchy Knights White 2 pm @ Woodbridge

### **SUNDAY 2 MAY**

#### **Senior**

**Div 4 Men** Vs Pheonix Rovers, 2:30 pm @ Woodbridge

**Div 2 Women** Vs University 10:30 am @ [Olinda Grove](#)

## From the President

Having just watched the Spanish giant 'Barcelona' fail to break through the defence of 'Inter Milan' to the threatening sound of the howling Tasmanian winds, I take a moment to consider what the weather will add to the weekend of football before us. It will be interesting to see what state our home pitch will be in after 6 home games, especially after this rain. A proposal has been put to the Kingborough Council for the Senior teams to use Kettering oval in order to save the state of the Woodbridge pitch. It can be clearly seen that it has not recovered from last year's rains and the pounding feet of the Woodbridge teams. Watch this space for more news on this.

## Weekend Round-up

### **Under 6 Match Report 24<sup>th</sup> April 2010**

My apologies for not preparing a game report for our first game of the season played on 17<sup>th</sup> April 2010. Taking the field for the first time were Amber, Derek, Eliza, Ella,

Noah, Rory and Ruby. After the photos were taken by very proud and nervous family members, we took the field to play St Aloysius. It was a very evenly matched game that ended 6-4 to St Aloysius with the majority of their goals scored by one boy. It took Woodbridge a while to get going, mainly caused by their politeness in not wanting to take the ball off any St Aloysius player. Noah got the hang of it and banged in a few goals and had good support from the rest of the team. Importantly, everybody seemed to enjoy themselves and I would like to thank all the supporters on the sideline, who created a really good atmosphere and cheered St Aloysius goals as well as ours. That is what Woodbridge is known for, and thank you for keeping that tradition intact.

Last week's game was also against a St Aloysius team but there the similarity ended. Noah left his scoring boots from last week somewhere else. There were some really good chances on goal from Derek and Rory but unfortunately none found the back of the net. This game was also a little different in that we substituted whole teams because we had eight players. One team had Derek, Ella, Noah and Ruby, while the other team comprised Amber, Caleb, Rory and Serafina (her first game). This made the substitutions a lot easier for parents to manage. While everybody only got 15 minutes in total, at least we could ensure that everybody got the same amount of time on the field. If we continue to get more players, we will look at forming two teams to give everyone more game time. Once again, the atmosphere was great and I think everybody had a good time. I was pleased that more of the players are starting to get what the game is about (I never forget that they are all under 7). The final score was lots to nil, but we don't keep score in the under 7's anyway. Next week, same time same place we have a bit of cross town rivalry when the Cygnet Sea Dragons travel over to take on the mighty whalers. Hope to see you all there.

John the coach.

## **Under 9 Match report 24<sup>th</sup> April**

### **Woodbridge: 7 defeated West Hobart: 3**

The under 9 team is a really great team. Today we had a win against West Hobart and so much started falling into place. Kade was strong and determined, Gemma, Carla And Lauren all masterfully played in defence, Carla got some good action in the 2<sup>nd</sup> half and had an injury her 1st big touch for the year. George and Tennessee were sharing goals as they did last year, proving to be a dynamic duo on field, George defending so well and Tennessee slipping in a goal. Finnian is a game reader in the making, he will be a great mid forward with striking ability also Sean is developing his style, I am so curious as to his natural position, time will tell. Gemma and Lauren played so well and James kicked 6 goals what a lightning strike he is up there in forward. It's a dynamic under 9 team. Go Woodbridge. A special mention to Kye Cahill, an excellent support for the club juniors.

Jodee Hurst

## **Under 11 Match report 24<sup>th</sup> April**

### **Huon Valley: 7, defeated Woodbridge: 4**

A great game for the under 11's today. The Huon Valley side was very fit and a big sized team. We started strong in the first half; Huon Valley really responded in the 2<sup>nd</sup> half, we set the pace of an excellent game. We hit four nice goals and the defending really developed, especially the girls working together on the opposing forwards. This is our second game and next week we will begin to report individual achievements and mentions in the match reports and we can really develop as a team and understand what our true soccer positions are. An extra big thankyou and mention to Kye Cahill for his refereeing of an excellent standard. Looking forward to Sonia and Roz helping with the match reports each week . If we can work on passing and kicking in training we will start to win some matches excellent achievement Woodbridge under 11's.

Jodee Hurst

### **Youth teams**

Both teams had byes last weekend

### **Senior teams**

The men's team secured their fourth victory a row, defeating South Hobart 4 - 2 at Wellesley Park on Saturday. The win sees them retaining their spot on top of the Div 4 ladder.

The Div 2 women's team on Sunday came to within a whisker of securing a 1 all draw, only a late goal in the very last moment of the game saw Clarence United Red grab the win. Another great performance from the women's team.

*Courtesy Alio Stringer*

For unbiased and detailed senior match reports see the latest edition of the Cygnet Classifieds and the Kingborough Chronicle.

## **Sporting Injuries**

Injuries in sport will occur, whether by accident, poor technique or as a result of malicious intent. The most common reason however is not warming up correctly.

A 'groin pull' (aka groin strain) is often a bruise, stretching, or tearing of muscle fibres which run from the front of the hip bone to the inside of the thigh. These 'hip-adductor' muscles...actively move the thigh toward the centreline of the body ('adduction') and also help to control and limit movements of the thigh away from the body's centre. Thus, the adductor muscles stabilise the hip and leg during all sporting activities which involve running. In some groin pulls, the muscles themselves are okay, but the tendons attaching the muscles to the front of the hip bone are stretched

and inflamed.... Groin pulls can keep athletes out of action for weeks and even months at a time ('Pelvis and Sacral Dysfunction in Sports and Exercise', Phys Med Rehabil Clin N Am, Vol. 11(4), pp. 805-836, November 2000).

(1) The groin and hamstring stretch. Simply sit on the floor with your legs extended forward and spread sideways as far as possible. Turn your toes upward, and bend forward at the waist to grasp your feet, flexibility permitting, or else your ankles. Bring your forehead as close to the floor as pain and flexibility permit, and hold this position for about 15 seconds, before returning to the starting position and resting for a short period. Perform this sequence about 10 times after a workout is over.

(2) Groin stretch. Sit on the floor with your head up and your back straight. Then, flex your knees and bring the soles of your feet together. Place your hands on your knees, and press your knees gently toward the floor as far as flexibility and pain permit. Hold this position for about 10 seconds, and then return to start position, resting briefly. Also perform this sequence 10 times after workouts.

<http://www.sportsinjurybulletin.com/archive/1054-groin-strain.htm>

## Registration Fees

A big thank you to all families that have made payments on their rego fees, however at present we have only received payment for 30 players out of the almost 90 we have on the books. Please remember that not only does late payment of fees affect how well we manage the day to day running of the club it can also mean players are not allowed to take the pitch. Fees can be paid at the canteen, preferably on Saturdays as time and human resources are usually limited on training days.

Dalles Hayes

Woodbridge SC

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