



**Narrabeen
Football Club**

Boondah News



Weekly Newsletter

Issue 16 - 18 July 2009

President's Report

With most of the grounds on the Northern Beaches closed by the local councils over the weekend, MWFA made the decision to call off all scheduled games on Friday afternoon. However, Boondah, Careel Bay, Jacksons Road 1 and Georges Heights remained open and MWFA rescheduled a number of games on these grounds to catch up some washed out games and progress some of the split-round competitions. Only two Narrabeen teams played over the weekend - our U13/3 and Women's AL4 teams, and we had two wins - 3-4 and 4-2 respectively. Thanks to Jay and helpers for setting up and taking down the nets on Saturday and Sunday and Ted, Wendy and Narelle for opening up the canteen on Saturday morning. With school holidays, the canteen will now be closed until Saturday 1st August.

Unfortunately the Strikers Cup competition down at Cromer Park for our Under 9s was also a casualty of the wet weather; this is now set to go ahead on Saturday 12th September. Another postponement from the previous week was the FA Cup semi-final - this has been rescheduled for Thursday 23rd, 7pm at Cromer Park. Come and cheer the Beanies to a victory over Beacon Hill for a place in the final on Wednesday 29th.

Feedback from the school holiday camp run by Sporting Fit has been all positive. Reports I've received have been that the kids had a great time, learnt some new routines, improved their skills and, more importantly, were worn out by all the running around! Thanks to

Richard and Denis for working with Matt to get this off the ground - the first of many holiday camps at Boondah, hopefully.

One of our junior teams was recently fined \$50 by MWFA for not wearing official ID lanyards in the technical area - at least we think that's what the offence was - we're currently querying it with the association. Suffice to say that only bona fide team officials (coach, manager & assistants) are allowed in the technical area and they must be wearing lanyards. Managers don't have to be in the technical area but if they are there they need to wear a lanyard (and even if they're not, they should wear a lanyard so they're easily identifiable by the referee and officials from the other team). At least the coach needs to be there because this is where substitutes should run on and off the field from - close to the half way line. This makes it easier for the referee to follow what's going on when players are substituted. Some of these rules may seem pedantic but they're there for a reason, to try and ensure that no team gains an advantage over another, so unless MWFA scrap all these rules, let's try to observe them.

Last time I looked we were heading for a sunny and dry weekend, so let's hope that's still the case we get a few games played. For anyone who has a break for the next couple of weeks, enjoy your holidays!

Chris Farguharson
NFC President

News Items

• Sub Junior News

On the 1st August is the Sub Junior Gala Day. This will be a fun afternoon for the Sub Juniors to participate in games at Boondah. The Sub Junior Raffle will also be held that day. The prizes will be a variety of hampers from the Sub Junior teams as well as some items donated by various Centro Warriewood businesses. These include a watch (from Showcase Jewelers), a soccer game (from Treasure Island Toys), Silver & Amethyst ring (from Diamond Hill Jewelers) and a Gloria Jeans prize. Tickets are available on the day - from the canteen. Tickets cost \$1.00 each.

Match Reports - 11 & 12 July - Almost all games cancelled due to weather!

Please submit your Match reports (max 100 words) by email to boondahnews@narrabeenfc.com.au by MONDAY 8pm at the latest, or if HAND WRITTEN deliver to the Canteen mailbox where they will be collected at 5.30pm each Saturday.

Juniors

U11/5 v Wakehurst Lost 4-1

(4/7/09) Player of the week is Jason, well done Jason great effort this week! Encouragement award goes to "HUGO" keep up the good work HUGO!!! Congratulations goes to Angelica with the only goal scored for Narrabeen North, well done Angelica you are our STAR! Thank you team, you did a great job, well done all for a great effort and wonderful team play.

Under 13

U13/3 v BTH Raiders Won 4-3

Ladies

WAL 4 v Brookvale Won 4-2

Corner: The Kick Curves In

For the in-swing corner kick, that is one that curve in towards the goal, you should kick the ball with your left foot from the right side and with your right foot from the left side. Keep the ball away from the goalkeeper by aiming to drop it just outside the area and in line with the near post, at a height that will give your other forwards the chance of a header at goal. Even if you make an error and put the ball nearer to the far post than intended, its inward curve will give the goalkeeper a very awkward ball to deal with.

Corner: The Kick Curves Out

A very effective corner kick is the out-swing. To bring it off, you should take the kick with your right foot from the right side, and your left foot from the left side. Kick the ball so that it will just clear the heads of the defenders. The goalkeeper regards every ball into the goal area as his. Aim to swing the ball out to a point outside that area, opposite the far post and so one of your player can get a header at goal. As always, keep your eye on the ball during the kick.



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