



the blast

Issue 9 — 19th July

club news

theblast@rockets.net.au



Snapshot: Round 13 results

<u>Juniors</u>					
U8 Purple					
U10 Div 2 :	Draw	1	-	1	Vs. Rouse Hill Rams
U10 Div 4 :	Loss	0	-	3	Vs. Greystanes
U11 Div 6 :	Won	2	-	1	Vs. Guildford County
U12 Div 2 :	Draw	1	-	1	Vs. Parramatta City
U12 Div 3 :	Loss	0	-	3	Vs. Wenty Waratah
U14 Div 3 :	Loss	0	-	3	Vs. Rouse Hill Rams
U14 Div 4 :					
U15 Div 2 :	Loss	2	-	7	Vs. Baulkham Hills
U15 Div 3 :	Loss	1	-	2	Vs. Winston Hills
U17 Div 2(B) :	Loss	1	-	6	Vs. Pendle Hill
U17 Div 2 (W) :	Draw	1	-	1	Vs. Baulkham Hills
<u>Seniors</u>					
Premier League Res Grade	Loss	0	-	3	Vs. Auburn (Round 14)
Premier League/1	Loss	2	-	3	Vs. Auburn (Round 14)
Senior 3's :	Loss	1	-	7	Vs. Guildford County
Senior 5's :	Won	3	-	2	Vs. Winston Hills
Senior 6's :	Loss	1	-	6	Vs. Guildford County
Senior 7's :	Loss	2	-	4	Vs. St Johns
Senior 8's :	Draw	2	-	2	Vs. Norwest Cougars
Senior 11's :	Won	2	-	1	Vs. North Rocks
<u>Ladies</u>					
U10G Div 1 :	Loss	0	-	8	Vs. Wenty Waratah
U12G Div 1 :	Loss	0	-	1	Vs. Wenty Waratah
U12G Div 2 :	Draw	0	-	0	Vs. Kellyville
U14G Div 2 :	Loss	1	-	3	Vs. North Rocks WHT
U16G Div 2:	Won	2	-	0	Vs. Castle Hill United
U18G Div 1 :	Won	2	-	1	Vs. Dundas
AAL2	Won	6	-	0	Vs. Castle Hill United
AAL 3					
AAL 5	Loss	1	-	3	Vs. Castle Hill United

Notices

Help stop the spread of the flu...



Coaches & managers are encouraged to submit items (match reports, photos etc.) for The Blast before each Wednesday to: theblast@rockets.net.au





End of year senior players dinner

A decision has been made by the Committee of the Castle Hill RSL Soccer Club to celebrate the end of this year's soccer season with a special dinner for all Players of our 12 Senior Teams to attend.

- Date :** Friday, 18th September '09
- Venue :** in the Lyceum at Castle Hill RSL Club
- Time :** 7.30 – 12.30pm
- Dress code :** smart "after 5" attire
- Ticket cost :** \$35.00 per person for your meal

Note: The Soccer Club will provide part payment towards all meals with some wine for the tables to start. You will be able to purchase drinks from the bar.

Players are invited to bring a Partner (optional) at the same cost : \$35.00 per person

Deadline for ticket purchase : Saturday 1st August
(tickets not available after that date)

This function is in no way similar to any Presentation Dinner we have held in the past. It will just simply be a Seniors Dinner ...a Party Night with fantastic dance music ..plenty of great prizes to winplus a terrific major prize to give-away.

We really hope that you and your Team can come celebrate this night with us.
For any enquiries, please don't hesitate to call :-

Helen Molyneux 0402 030 624
OR
Suzanne Costa 0419 425 701

Girls soccer day - Lidcombe

Auburn Girls Soccer Day

23rd JULY 2009 - WYATT PARK, LIDCOMBE from 9.00 - 3.00

Contact Michael on 9649 6955 or mobile 0404868650 at Auburn Diversity Services
(formerly known as AMRC) for more information.

All fully completed and returned forms will go in the draw to win a brand new football.

Enjoy a Soccer Day for girls in years 7-12. There will be soccer coaching followed by a 6 on 6 tournament. Win prizes! Free BBQ



U12 Girls Div 1 - Round 13

Rockets 0 Wenty Waratah 1

This match was played with a desimated team due to flu, school holidays and broken limbs - only 9 players took the field on Sunday and 2 of those players were still riddled with the flu but knew that they needed to be there so we didn't forfeit the match.

This game went backwards and forwards for most of the match and when our girls got themselves into good offensive positions they looked extremely dangerous and were very very unlucky not to score. Unfortunately late in the first half, the ball just got away from our defensive girls and trickled past into the back of the net at the far post.

Our congratulations go to each and every girl that was on the field, who dug deep for the entire match to ensure that Wenty did not score anymore up on us. Most of our players played out of position during this match and adapted extremely well to new positions that often had never been played before by those players.

Frank and I are extremely proud of the way they played and this shows the depth this teams shows when times are tough.

Player of the match would have gone to every girl on the field if we could have handed it to everyone in one match. However, there is only one player of the match and this week it went to one of our newest recruits KC.

KC is in her first year of soccer and in this particular match she showed up out of nowhere when it looked like we were in trouble, many of these times in front of goal. She also was hard to contain down the sideline with her speed in offense.

Congratulations KC for all your hard work.

All issues of The Blast newsletter are available for download from the Rockets website:

www.rockets.net.au/theblast

U12 Girls Div 2 - Round 12

Rockets 2 United 0

The girls went out dominating the match in the middle of the field. Both teams had some amazing opportunities but nothing paid off as half time came and went.

Our girls were looking nervous but settled down very quickly after Brielle scored and then 5 minutes later Kiana proved to tough to stop and scored our second goal of the match.

Our thanks go to Dominique who was not a very well girl but still showed up to ensure we had the extra player on the field, even if it was just in goals (lucky for us she is the goalie).

Player of the match went to Kiana who ensured that when at the back the ball never got past her to go to keeper and when in centre midfield proved very difficult for United to stop.



Bailey, Kiana and Chloe at the recent soccer camp at Bernie Mullane reserve.

U14 Div 3**Rockets 0 Rouse Hill 3**

Player's player : Liam

Coach's award: Mitchell

Even though the team lost they played good soccer by again dominating the game up until the last 10 minutes - against the competition leaders. Rouse Hill were rattled by your good passing and fast tackling - resulting in you having most of the possession.

The midfielders (Mitchell, Rumtin, Adil, Freddie) did well with their tackling and attacking. Adil, Keeno, Freddie and Rumtin created many breaks with shots at goals resulting in either the ball just missing the goals or being saved by the goalkeeper. However, we needed some more power behind some of those kicks.

Luke as usual positioned himself well into the goal mouth and nearly scored from a great cross from Freddie. Ryan and Keeno worked well together in the first half with some great passing between each other and breaking into space.

Rocket's defence was good with Liam, Mat V M at M, Mat R, Mat S. Mitchell once again did an excellent job of running back and defending the goals and did some great plays by shielding the ball, when in trouble, and then passing the ball to one of the Rocket players.

Mat M had a great game again - never giving up with his tackling. Unfortunately, all three goals came from the run-against-play caused by a break by the fast Rouse Hill's centre forward - difficult to catch.

Yousef, goalkeeper, was under pressure many times and again did some fantastic saves taking on the Rouse Hill forwards as they came into the box at full speed.

Don't be a tosser!

Tape, drink bottles, paper and any other rubbish ...

after your games, have a look around and if necessary pick up any rubbish that your team has left behind. There's always a bin nearby, let's use 'em please!

**KEEP
OUR
PARKS
TIDY...**



**PUT YOUR RUBBISH
IN THE NEAREST BIN**

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U17 Div 2 BLK

Rockets 1 Pendle Hill 6

The boys were keen to play after the week off and the lack of games and practice due to the wet weather.

Our boys were playing Pendle Hill the 2nd placed team in the division and with the school holidays just commencing we just had 11 players and fortunately the Pendle Hill team came 12 players so things were pretty equal.

The game was played at a pretty quick pace with both teams evenly placed.

The Pendle Hill boys got things moving by scoring first and our boys put up an enthusiastic response and came close to scoring.

Late in the first half we got a direct kick about 20 metres from the goal. Scott lined up for the free kick and knocked in a cracker in the top left corner.

Our defence did not have their best day and could have been better. Just before half time Pendle Hill were awarded a penalty.

Jared did a fantastic job and saved the penalty on call of half time. There were a few good runs from Dom, Scott, Jeremy and Blake.

With a lack of reserves the second half was a tiring session and the opportunities to score were even but at the end of the day it was a well fought draw.

A good show from our boys and I'm sure the coach had a big smile after the game.

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AAL Div 5 - Round 13

Rockets 1 Castle Hill United 3

A good first half by both teams saw us go to the break at 1-1 after a great goal by Cecilia.

Good work by the mids and backs to keep the ball for a lot of the game in our half. Veronica, the two Michelle's and Di as usual had a great game keeping the ball away from goals.

In the second half, the United Striker made a dash down the field and scored a great goal which there was little our keeper Sharon could do to stop.

We were determined to equal the score, but unfortunately despite some good scrambling in goals from Sharon, our backs and Mids United pipped the ball through the posts to win 3-1.

Hopefully we can improve our game for our re-match this weekend against the same team.

AAL Div 5 - Make up round

Rockets 0 Baulkham Hills 0

Instead of our usual training we took to the field on a chilly Wednesday night against Baulkham Hills in a make-up match.

Good possession in the first half saw Sonja unlucky not to score after the ball hit the posts and rebounded the wrong way.

Some good chasing by our Backs and Mids and great saves by Sharon saw Baulko unable to score. A good team effort late in the first half saw our usual Striker, Chris save an almost certain goal.

Player of the match went to Breearna who played a great game with heaps of running and was unlucky not to score.



HILLS BARBARIANS CRICKET CLUB

Registration

Registrations will be held from
9.00 am to 1.00 pm on
Saturday 18th and 25th July 2009
at Stockland Mall Shopping Centre,
Baulkham Hills

Players aged from 5-8yrs for
in2CRICKET,
9 to 15yrs for Juniors
and Seniors are invited to register.

If you would like further information
please contact

Jenny Bateup 0418 851 771
www.hillsbarbarians.org.au

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on the GDSFA website each
week:

www.granvillesoccer.com

How to prevent winter sports injuries

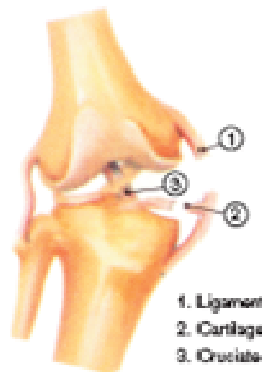


NECKSBACKSPORTS™
Gentle Effective Care

As the days get colder and shorter, we all pull on our winter sports gear as we head out for our respective winter sports in anticipation of great fun and fitness. Here at Necks Backs Sports, it is often a time during which we see a number of common injuries which are easily preventable. Please find below a very brief summary of the different types of joint and muscle injuries which we see, particularly at the beginning and the end of each season. More importantly we include simple tips on how best to avoid them.

Knee Pain

Knee pain would have to be one of the most common injuries after ankle pain. The knees are injured in most of the winter sports, including soccer, basketball, skiing, rugby, but to name a few. The most common injury we see would have to be one involving strains tears to the medial ligament and the medial cartilage (meniscus) along with associated muscle strains. In simple terms a ligament joins bone to bone & a cartilage is the “shock absorber” between the bones. Symptoms include a painful knee and knee cap, a clicking knee and sometimes a swollen knee.



Ankle Injuries

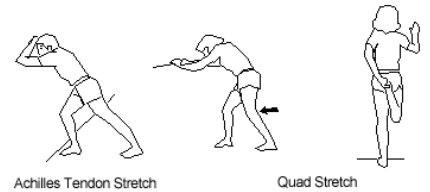
Ankles are very, very common in all sports, but particularly in winter sports. They can be caused by poor footwear, poor ground conditions and uneven surfaces. The “lateral” or outside ligaments of the ankle are the ones most commonly injured along with the Achilles tendon. Tendons join muscles to bones, and tendon injuries are very common both in the shoulder & ankle.

Hamstring, Groin & Common Muscle Injuries

Both these very common injuries are due to muscle tearing in the muscles of the thighs and legs. A simple and overlooked way to prevent such injuries is



through the use of the use of stretches and massage as a warm up prior to playing and as part of the recovery process.



NECKS BACKS SPORTS in the Centre of Excellence for the treatment of the following conditions:

- Low Back Pain & Sciatica
- Neck Pain & Headaches
- Jaw Pain and Dysfunction
- Whiplash and Associated Disorders
- Soft-Tissue and Muscular Rheumatism

Contact details:

8 Carrington Road, Castle Hill
9659 2666

info@neckbackssports.com.au

Www.neckbackssports.com.au

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