



## Season 2023 kick off

Saturday 1st April was final preparations for season 2023. We gained access to all the pavilion facilities; it was our FV Senior's first home game and nearly 500 juniors came along to collect their kits for the new season.

Last weekend officially kicked off the season with 18 junior home games, senior games and the KickOff program commencing. Under the bright sunshine, it was wonderful to see so much activity back at the club.

## FIFA Women's World Cup

This year sees the FIFA Women's World Cup being staged in Australia and New Zealand. It is set to be the biggest women's soccer tournament yet. This is a fantastic opportunity to promote a recruitment drive for more female participation at WUSC, heading into season 2024.

Stay tuned for dates and times for matches to be screened at the club and come down to cheer on the Matilda's.

## Club Shop

Our online Club Shop contains a range of high quality WUSC off-field apparel as well as accessories. To ensure you find the right fit, we have sample sizes of most apparel available in the club rooms to try on for size before you order online. And the best bit? You can customise the merchandise! Suggest adding your initials for all those lost items left at training and games.

Head to our website and click the link to the Club Shop.

## Volunteers

Our club is managed entirely by volunteers, from our committee, right through to our Coaches, Team Managers, canteen helpers and ground crew.

In order to keep the wheels turning we always welcome volunteers. There are plenty of tasks that need assistance. From joining the canteen roster to assisting with events or even writing/editing this newsletter! Contact the committee if you are interested or have ideas.

**"Volunteers do not necessarily have the time; they just have the heart"**



# Partnership Announcement



*"WINSHER is proud to partner with WUSC. Being able to contribute to junior development and assist the football community is key for WINSHER. It's amazing to see all of the hard work put in by everyone at WUSC and we look forward to seeing future Socceroos players come from this great club", Winsher Managing Director - Sonam Saby*

Whitehorse United SC is pleased to announce WINSHER as their Official Training Ball partner from 2023. WINSHER will maintain a signage presence at Terrara Park including flags/corflutes and will provide brand new top-grade soccer balls to WUSC in 2023. WINSHER - best value footballs, is one of Australia's largest manufacturers and best engineering of footballs and basketballs with the Australian owned brand specialised in innovation specifically for the Australian sports community. They innovatively design and manufacture soccer balls, AFL footballs and basketballs that are used by hundreds of clubs, schools and leagues Australia-wide

WINSHER strongly believes "why pay more" for top-grade quality sports products. Their vision is that all players deserve the right to play and train using the best possible products at value-for-money prices.

To celebrate our partnership, WINSHER is offering all WUSC players and fans a 30% discount on ALL products until 30 June 2023. Grab a soccer ball or some great gear by using the code **"WIN30"**. To learn more, visit [www.winshersports.com.au](http://www.winshersports.com.au)  
\*discount code is valid until 30th June 2023 and not valid with any other offer.



## PROUD WUSC PARTNERS

Don't forget to support our amazing partners by using their services and buying their products.



# Child safety

Child safety in sport means protecting children from abuse, providing safe, quality experiences and empowering children's voices. The Victorian Government's Betrayal of Trust report and the Royal Commission into Institutional Responses to Child Sexual Abuse highlighted just how significant an issue child safety is within sport and that action is required now. WUSC is committed to helping create safe, supportive, and protective sporting environments

for children and young people across our club and community. Please remember a few simple guidelines when children are in your care whether at training or game day at home and/or away. Remember the simple rule, 2Up; if a child needs to go to the toilet, 2 parents must always accompany them (unless it is your own child). If a parent is running late to pick up their child from training, the child will remain inside the club room and will need to be picked up from there.

All committee members, coaches and team managers are required to obtain a Working with Children Check. We encourage all parents to obtain a WWC. Once registered you can email your WWC details to [juniorcoordinator.wusc@gmail.com](mailto:juniorcoordinator.wusc@gmail.com)

**Every child has the right to participate safely in sport**

## WE ARE A CHILD SAFE CLUB

- ▶ We have zero tolerance for child abuse
- ▶ We have systems in place to protect children
- ▶ We support and respect children with a disability and children from diverse cultures

**We believe kids deserve to be happy, healthy and safe.**

[www.vicsport.com.au/child-safe-standards](http://www.vicsport.com.au/child-safe-standards)



# Quick bites!

**Canteen:** The canteen is open for weekend games, with coffee, hot food and delicious snacks. All members and visitors are welcome to use the social room on game day as well as training nights. With wi-fi available, it's the place to be if you have homework or work to catch up on.

**Socks/shorts:** If you need to purchase any socks (\$15) or shorts (\$30) they are available from the canteen.

**Boot exchange:** Need a pair of boots or want to give some away? Head to our Boot Exchange tub under the large TV in the clubroom.

**Seeking guest speakers:** this season we are planning on having a few guest speakers at the club. We are seeking ideas on topics to cover or if you know of someone/organisation that might be interested in speaking, please let us know. See overleaf for our first guest speaker of the season.

**Training balls:** scheduled to arrive early May!

**Benches:** A friendly reminder that the benches set up on game day are strictly for coaches and subs, not spectators.

## KEY DATES

### MAY

20th Mother's Day afternoon tea

25th Guest speaker: Luke Nelson

### JUNE

18th Sponsors & Past Players lunch

20-22nd Team photos

### JULY

FIFA Women's World Cup commences



## A WORD FROM OUR FV SENIORS COACH

with Fernando...

The Senior group started off the year with a preseason camp to Phillip Island which included early morning fitness sessions, paintball and finished off with a practice game against the local club, Phillip Island Breakers. The weekend was a great way to start the year but more importantly the players were able to set the teams expectations for the year which was; perform on the pitch, but most importantly rebuilding the culture and be role models for the club.

So far, both teams have started the foundations to meet these expectations. Along with the leadership of two team Captains Harry Moshetti (Seniors) and Tim Anthony (Reserves), both teams have started the season off well with strong results, but also connecting with the Junior Program and helping out with training sessions, which we hope to continue throughout the season.

Congrats to all the Juniors who kicked off their first few rounds. After a few disappointing losses, the Seniors are looking forward to coming back strong this week.



# Guest Speaker

## Stay in the Game: Tips to stay injury free & perform on the pitch

with Luke Nelson

*Are you tired of being sidelined by injuries? Do you want to perform at your best on the pitch while reducing the risk of getting hurt? Then join us as Sports & Exercise Chiropractor & Strength coach, Luke Nelson, discusses valuable tips and strategies to keep you healthy while playing the game you love.*

Luke is a titled Sports & Exercise Chiropractor, who has worked in private practice in Melbourne for 20 years. He has presented widely across Australia & Internationally, on various sporting injury-related topics. A keen fitness enthusiast himself, Luke has completed multiple marathons and Iron Man triathlons. Luke fulfils a number of committee roles including Education chair of Sports Chiro Australia and Vice-chair of Sports Medicine Australia Victorian committee. His postgraduate qualifications include International Sports Chiropractic Practitioner, Postgraduate Diploma in Sports Chiropractic, Masters of Sports Science, ASCA Level 1 strength coach & Athletics Australia Level 1 Recreational runner coach.



### BOOKING DETAILS

**DATE:** Thursday 25th May 2023

**TIME:** 7:15pm Juniors, 8:00pm FV/VCFA Seniors

**Venue:** Terrara Park club room

**Bookings:** <https://www.trybooking.com/CIAEZ>  
or scan the QR code



**Health**  
+high performance  
Realise your goals.

## WANT TO BECOME A WUSC REFEREE?

Interested in becoming a WUSC referee? Want to earn some extra pocket money?

Due to the nation-wide shortage of referees, we are appealing to anyone interested in helping out the club and becoming a referee for our U8 - U13 home games. Players from Under 14 and up are welcome. Games are played on Saturdays and Sundays and you could earn \$20 per match, with the potential to referee anywhere between 1 - 4 matches each day. This is for unqualified referees and you must complete the Laws of the Game free online course.

Contact the committee if you are interested.



**If you want to learn more about the game, complete the free online Laws of the Game course**

<https://www.playfootball.com.au/referee/laws-of-the-game>

# Get Active Victoria



## GET ACTIVE KIDS VOUCHER PROGRAM

Apply for up to \$200 to support your child in sport and active recreation activities.

To be eligible your child must be:

- aged 0 to 18 years
- a resident in Victoria
- named on a valid Health Care Card or Pensioner Concession Card and Medicare Card.

Visit [getactive.vic.gov.au](http://getactive.vic.gov.au)



Activity Provider Name:  
Whitehorse United Soccer Club  
Get Active Kids Provider Code: 3293237

## WHITEHORSE LADIES AFTERNOON TEA - SAVE THE DATE

To celebrate May's Mother's Day and all the amazing women of WUSC, we would like to invite all Mums, Nannas, Grandmas, Omas, Yia Yias, sisters and daughters to our Whitehorse Ladies Afternoon Tea.

### SAVE THE DATE

**DATE:** Saturday 20th May 2023

**TIME:** 2:00pm - 4:00pm

**Venue:** Terrara Park club room

Booking details will be available shortly



living THAT  
SOCCER   
MUM  
life 