

THE STABLE NEWS!

JUNE, 2023, ISSUE #2



Pancake Parlour Club rewards

Who doesn't love a pancake stack! We are currently finalising our Club Rewards registration so when you book a table at the Pancake Parlour be sure to add Whitehorse United as your club of choice. Throughout the season we will have some great rewards to give away. More information coming soon.



Community Spirit

On Saturday 28th May, our two U9 teams played each other at Terrara. All parents lined the pitch and the cheering could be heard for miles. Refereed by the amazing Paul, with his bullhorn, this was more of a show than a match! It was wonderful to see all the boys have so much fun. The community spirit was shining through the boys, Paul and the parents.



Beanies and stuff!

Our range of WUSC apparel can be purchased via our online Club Shop (don't forget to ask at the canteen about trying sizes before you buy) but, did you know, you can get some cool stuff from the canteen? We have our beanies at \$25 or the brand new drink holders for \$12. Our original scarves are also available for \$10 each. With only a few scarves left, get in quick!

KEY DATES

JUNE

10th Seniors home game Vs E Bentleigh
20-22nd Team photos

JULY

FIFA Women's World Cup commences.
Stay tuned for more information about viewing nights at the club to cheer on the Matildas!

NEWSLETTER FEATURES

- Event Reviews....read about our guest speaker visit and our ladies afternoon tea
- Football Report with Andrew Findlay
- Player Profile with Nils Garst
- Sponsor announcement
- Photos around the Stable
- Community News

Event Reviews

Luke Nelson is a leading sports chiropractor who came down to the club to talk to players and coaches about the importance of injury prevention. The players got to try out various exercises designed to prevent injury as well as learning about the importance and benefits of sleep and eating well.

Luke referenced the Football Australia PERFORM+ program that was developed in 2020 as the primary injury prevention program for football in Australia. You can read more on the Football Australia website or view the posters around the club.

We gratefully thank Luke for his time and hope he can return to us in the future. If you would like to get in touch with Luke, he is located at Health & High Performance, 437 Belmore Rd, Mont Albert North. E: luke@healthhp.com.au



WHITEHORSE LADIES AFTERNOON TEA

To celebrate May's Mother's Day, we had a Whitehorse Ladies Afternoon Tea. Enrico tried every excuse to join in (don't mention the glitter!) but we were there to acknowledge all the amazing women in our community. Whether it's being the traditional Soccer Mum, ferrying kids from pitch to pitch and those cold training nights, helping in the canteen or volunteering on the committee, the club wanted to say Thank You. A big thank you goes to Kim for the amazing grazing table she prepared. It was delicious!



Sponsor announcement

We are so excited to announce a new addition to the club! We would like to welcome Chiodo Corporation Pty Ltd and say a huge thank you for sponsoring our new Veo camera. The camera will be used to record and analyse matches.

Chiodo Corporation is a luxury global property developer who are dedicated to creating memorable spaces that show a strong commitment to the environment and deliver the highest standards within the industry. Chiodo believe properties need to be functional, meaningful, create a lasting experience and possess integrity with respect for the earth's resources and social consciousness. Read more about Chiodo at their website: www.chiodocorp.com.au.



CHIDO



FOOTBALL REPORT

with Andrew; Committee member and U13B coach

What a year it has been on the pitch so far. Seeing all the kids running around every weekend with happy faces is fantastic. A lot of that is down to the coaches and team managers who are doing a fantastic job.

Well done to all the players that have received an award to eat our yummy canteen food.

KickOff

Great seeing our U16 player, Nils, down each Saturday helping out Luke run the sessions (read more about Nils in Community News). The improvement from these youngsters is amazing already.

MiniRoos

With a lot of new players and first-time coaches along with some tough circumstances, the Whitehorse spirit has shone through. Our Wallabies teams look really strong and getting good results. Our Joey teams are all improving and enjoying themselves which is fantastic and more than we can ask for.

Juniors

Great work by the boys this season with most teams sitting in the top half of the ladder all getting a win and points early on. The best thing I have enjoyed is the football being played by all the boys from the games I have managed to see. Keep it up guys.

Junior Girls

While sadly our numbers have dropped off this year, the teams are doing well. The girls are improving and getting results too. Fantastic job coaches, and girls, keep enjoying it and improving.

Seniors

While the results and ladder position isn't the best the club culture is back which has been missing for a while now. This is something to build on and the guys haven't been playing badly so good results are around the corner with hard work. I believe Fernando and the squad can turn things around for the rest of the season.

Referees

Our U16 and U17 players have put their hand up to referee our mini-roos and junior games with the shortage of referees.

This is a great initiative of our community club connection and helps coaches and parents out of the stress of this each home game.

Big thanks you to Henry, Ollie, William, Nils and Daniel for helping so far - doing a great job and also listening to our advice for improvement.

Thanks to Ansh, Marlo, Alex, Ollie, marc and Sam who put their hand up to do the course as well.

Yours in Football,

Andrew



Quick bites!

Coffee for your garden: Did you know that used ground coffee is amazing as garden fertilizer? Or that you can make a body scrub! We have plenty of used coffee grounds in the canteen so please pop past and ask for a bag. Google what you can do with the grounds as there are heaps of ideas!

Lost property: Our lost property tub is quickly filling up again. Please note this will be emptied fortnightly and donated. The main victims being drink bottles and jumpers. Please check if you have lost something!

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

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

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.

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.

AROUND THE STABLE

Canteen Crew



Photoshoot for Winner



Pizza night!



From Mothers Group to VPs!



Referees information night

Community News

PLAYER PROFILE

with Nils Garst, Under 16B

Nils is 14 years old and attends Ringwood Secondary College. He has been playing soccer since he was 5 years old and at Whitehorse United since he was 9. Nils is of Dutch Heritage so he supports Ajax Amsterdam. He is so passionate about soccer that it's his main hobby.

This year, at school, Nils is taking part in the Duke of Edinburgh program. The program is targeted at developing students leadership skills as well as finding and building inner confidence trying new things. The Duke of Edinburgh participants are required to do at least 3 months of community service. For this, Nils chose to assist with running our KickOff program. The KickOff program is run for 4 - 7 years olds every Saturday morning to develop our young players before they commence in a team in Under 8s.

Wishing you all the best with your Duke and thanks for chatting with us, Nils. Good luck for the season!



Vale Stephen Greene

Steven was a champion of people, a positive influence and friend to so many. He was a shining light. We will miss his humour, his ability to connect with people and his positive outlook on life. In his own words:

"I urge everyone to make the most of every day and to make sure that the people you love know it.

Make every day awesome and spread your love far and wide."

RIP Stephen

Push Up Challenge

Our Under 10 girls coach, Andrew Hapgood, is competing in the Push Up Challenge. He's completing 3,144 push-ups in 23 days to raise awareness and funds for mental health. If you would like to support Andrew as he attempts to raise much needed funds for LifeLine, you can find details here:

<https://www.thepushupchallenge.com.au/fundraisers/andrewhabgood/the-push-up-challenge>

Vale Chris Walters

Gone too young, Chris was an incredible human with a heart of gold and a devoted husband and father. He was well known for his kindness, smile, and giving personality. He loved soccer and was excited to finally fulfill his dream to coach his son's soccer team.

A Go Fund Me page has been set up to help cover expenses associated with the funeral and everyday living needs. You can donate here: <https://www.gofundme.com/ff/fundraising-to-support-the-walter-family>

