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# 6

DECEMBER 2005



## kicking off

**HEATHER REID, CEO**

Welcome to a new year in the Capital Football Academy. Over the past twelve months the Academy has grown in both numbers and in professionalism to the point that the Academy is now a bright star within our organisation. Of course there have been some teething problems but I'm confident that each issue has been dealt with professionally and efficiently as it's arisen.

The Academy enjoyed some great success in 2005 with the girls 14s and boys 14s shining at their respective Friendship Games and the boys 15s achieving a terrific 4th place at the National Youth Championships. Capital Football has shrugged off its "small state" status and we are now much more competitive and firmly placed alongside the large metro squads of NSW, Victoria and Queensland.

These successes have developed out of an attitude of "learning" that dominates the ethos of the new Football Academy – learning for players, coaches, managers and families alike. I would invite all of you to embrace this new ethos in 2006 so that every problem both on and off the field becomes a solvable challenge.

Thank you to all the Academy staff, officials, players and families for your support in 2005. I wish you a happy festive season and a great new year in what will be a fantastic time to be involved in the biggest sport in town – the world game of football.



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CAPITAL FOOTBALL NEWSLETTER



## new beginnings...

### BERNIE EVANS ACADEMY MANAGER

As we complete the trial phase and move into Phase 2 of the Academy Program, we move forward in the belief that the Academy will define its place in the Capital Football landscape.

Whilst the inaugural Academy Program has been described as a watershed year the current Program will cement the Academy as a development and representative program second to none in this country. With the introduction of more high quality coaches along with input from the Technical Manager and Head Coaches the Academy Program is carving a path that other football federations can only envy.

All this is designed to provide the players cutting edge training techniques supported by the opportunity to train at state of the art facilities like the AIS. The players also benefit by having professionally styled training and playing gear as well as training with high quality equipment.

The players who have participated in the open trial and also the intensive 5 week trial phase should be commended. The attitude and abilities of the players has been of the highest standard.

I would also like to thank the parents and players for their patience during the Trial Phase. Periods like this can be stressful for all but despite a few minor distractions the Trial Phase has been an outstanding success.

I look forward to working with the players, staff and parents throughout this year's program. In closing I would like to thank the Capital Football office staff who undertake many and varied tasks often with short notice which assist in the smooth running of the Program.

**happy footballing!**

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## in the net

### JOHN MITCHELL ACTING TECHNICAL MANAGER

The past twelve months have witnessed the re-vitalisation of representative football in the Canberra region. The Capital Football Academy now boasts:

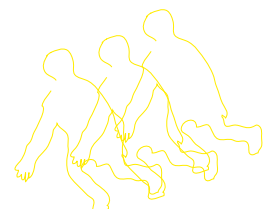
- Two full time head coaches
- An integrated program of advancement across age groups and into the ACTAS program
- Professional training venue
- Professional gear and equipment
- Regular representative level games
- Participation in a new set of championships for the ACT (eg girl's Friendships, NSW State Champs)
- New position of Academy Manager
- Paid squad coaches and managers
- Transparent selections against published selection criteria
- Individual written feedback on player performance
- Open communication channels for interaction with parents, schools and medical specialists
- Common "style of play" across Academy teams based on best practice for youth development
- 5 editions of "Top Corner" magazine

These innovations have also attracted various levels of sponsorship including the very generous support of our major sponsor, "The Tradies".

Of course we have also experienced a few problems along the way which in the most part have been dealt with and responded to rapidly and professionally. Parent meetings have become a regular feature of Academy operations to both provide information, de-brief difficulties and discuss issues that arise.

2006 promises to be even better. We are working towards introducing an online database and communication system for the Academy to further improve information sharing and management. We have already introduced a "Prehab" program to all training groups specially designed to help players prevent injury through the development of core stability and co-ordination. The "prehab" program will become a feature of all training sessions for the Academy next year. In 2006 we will add a speed endurance program and power program for the playing squads.

Thanks to all the players, parents, managers and coaches that have made 2005 such a success. Lastly I would like to offer a special thankyou to Paul Whittingham for his management of the Academy in its first year.



## selections for 2006

Selection to the Capital Football Academy is an ongoing process involving multiple stages from open trials through to selection of a squad to attend the National Youth Championships. Selection for the 2006 season began at the conclusion of the 2005 season with a series of open trials for junior age groups. The 2005 Academy coaches were also asked to select a number of players from the 2005 squads to be exempted from the open trial process and move directly into Stage 2 of the selection process which involved 5 weeks of intensive training. Stage 2 concludes on December 9 when a number of training squads will be named for the coming year.

It is important to note that these squads remain training squads only which means that selected players are not assured of playing with the Academy beyond the first phase of 2006 (Jan – April) and also that squad coaches are able to invite any player into his/her squad to train for the duration of the phase. Further selections will occur over the year and it is important to refer to the appropriate section below to understand how this will be done in your age group.

### AGE GROUPS IN 2006

#### U11 boys & girls

(born Jan 1, 1995 or later)

The purpose of the Under 11 age group is to support the efforts of club coaches in helping to develop the basic skills of players at an early age. Working with older age groups has shown the Academy the importance of developing good playing habits at an early age rather than spending significant amounts of time re-training older players. The Under 11 squads will operate as "holiday clinics" offering expert coaching during school holidays. It is envisaged that the clinics will operate for around 2 hours on 4 consecutive days per school holiday period. The proposed dates are:

- o January 23, 24, 25 & 27
- o April 18, 19, 20 & 21
- o July 17, 18, 19 & 20
- o + competing at the NSW State Titles in early October.

Fees are set at a cost recovery basis and the tender for coaching these clinics will be finalised in the next few weeks.

#### Galaxy - U12 boys

(born Jan 1, 1994 or after)

The Under 12 squads are developmental in orientation and will involve around thirty players (and therefore three coaches) per squad. The developmental orientation means that the aim of the training program is to enhance each player's abilities, skills and approach to the game. It is envisaged that the Under 12 squads will train twice per week pre-season and post-season and once per week during the season. Players in the Under 12 squads will be encouraged to try out for the ACT primary schools teams to compete with other state Primary School Teams at a National event. Fees for the year will be \$150 per phase + any costs associated with game travel.

The Under 12 squads will compete in the NSW State Championships in the October school holidays (venue and exact dates TBA). Selection to the squad going to the NSW State Championships will be conducted throughout the year by the squad coaches.

#### Helix - U13 boys

(born Jan 1, 1993 or after)

The Under 13 squads are also developmental in orientation and will involve around thirty players (and therefore three coaches) per squad. The developmental orientation means that the aim of the training program is to enhance each player's abilities, skills and approach to the game. The Under 13 squad will train twice per week pre-season and post-season and once per week during the season. Fees for the year will be \$150 per phase. Additional costs will be associated with games scheduled throughout the year.

The Under 13 boys squad will also compete in the Capital Cup which is a Canberra based interstate tournament for Under 13 boys played as part of the Kanga Cup in July.

#### Mercury - U12,13 girls

(12s born Jan 1, 1994 or after and 13s born Jan 1 1993 or after)

The Under 12 & 13 girls squad is developmental in orientation and will involve around thirty players (and therefore three coaches). The developmental orientation means that the aim of the training program is to enhance each player's abilities, skills and approach to the game. It is envisaged that the Under 12/13 squad will train twice per week pre-season and post-season and once per week during the season. Players in the squad will be encouraged to try out for the ACT primary schools teams to compete with other state Primary School Teams at a National event.

The Under 12 squads will compete in the NSW State Championships in the October school holidays (venue and exact dates TBA). Selection to the squad going to the NSW State Championships will be conducted throughout the year by the squad coaches.



The Under 13 girls will compete in the North Harbour tournament in September and the CFA is in the process of requesting that the squad be permitted to play in the Kanga Cup in 2006.

Fees for the year will be \$150 per phase + any costs associated with game travel.

### **Stars - U14 boys, Suns - U15 boys**

**(14s born Jan 1, 1992 or after and 15s born Jan 1, 1991 or after)**

The under 14 and 15 squads have a dual focus. As well as continuing the developmental process of the more junior squads, the Under 14 boys and the under 15 boys will compete in the National Youth Championships (NYC) in Coffs Harbour in the first week of the October School holidays.

Both the Under 14 boys and the Under 15 boys will be 'playing squads' in 2006. Playing squads are those squads that compete for the CFA in the CF Junior league. In 2006 the Academy intends to enter teams into Division 1 of the Under 13, Under 14, Under 15, Under 16 and Under 18 boys' competitions. We will also enter a team into the Women's Premier League and the Premier Pathway league of the Men's League.

Teams for these competitions will be re-selected each week with players able to move between teams according to their capacities (physical, technical and emotional) such that they are challenged without being overwhelmed. Player movement will be made between age groups and across gender groups. Players from the Under 14 and Under 15 boys will be eligible to play in the Under 15, Under 16 or Under 18 competitions.

In terms of selections, the Under 14 and Under 15 boy's coaches have just named a training squad and it is envisaged that towards the end of the coming phase (probably the end of March) squad coaches will name their playing squads for the 2006 season. The squads will then be reviewed in the July school holidays with players able to return to their Clubs and other players able to be brought into the squad at this time. The squads for the Nationals will be named in August following completion of fitness tests.

Fees for the year will be \$250 per phase + any costs associated with game travel. Participation at the NYC has two distinct costs. Firstly Capital Football will pass on the accommodation, uniform and medical support costs on a simple cost recovery basis. Secondly, FFA has a policy of amortising travel costs for all states such that the total costs of travel to and from the NYC for all states is equally shared between the states. CF has argued against this policy as it unfairly favours the larger states that can afford to supplement players costs and because at \$600 per player it is a very costly way of organising travel. In 2005 the amortised travel costs were set at \$600 per player. Despite our best arguments FFA have decided to continue with the amortisation policy.

### **Meteors - U14 girls (born 1992 or after)**

The Under 14 girls will be a 'playing squad' in 2006. Playing squads are those squads that compete for the CFA in the CF Junior league. In 2006 the Academy intends to enter teams into Division 1 of the Under 13, Under 14, Under 15, Under 16 and Under 18 boys competitions. We will also enter a team into the Women's Premier League and the Premier Pathway league of the Men's League.

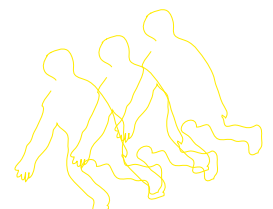
Teams for these competitions will be re-selected each week with players able to move between teams according to their capacities (physical, technical and emotional) such that they are challenged without being overwhelmed. Player movement will be made between age groups and across gender groups. We would expect that players from the Under 14 girls will play in the Under 13, or Under 14 competitions.

In terms of selections, the Under 14 girl's coaches have just named a training squad and it is envisaged that towards the end of the coming phase (probably the end of March) the coaches will name a playing squad for the 2006 season. The squad to attend the NYC in July will then be finalised in late May following fitness testing of eligible players.

It is envisaged that the majority of the Under 14 girl's squad will play in the boys Under 13 division 1 of the ACT club competition although as noted above each individual will be assessed and placed in a physically, technically and emotionally appropriate team on a week by week basis.

The girls have been invited to a Friendship Games in July held at Valentine Park in Sydney. Capital Football is currently negotiating with Soccer NSW to conduct an alternative competition for Under 14 girls as part of the Kanga Cup during the same week.

Fees for the year will be \$250 per phase + any costs associated with game travel.



**under 15 girls**  
(born 1991 or after)

The Under 15 girl's squad will compete in a National Youth Championships (NYC) which are held in July in Coffs Harbour.

The Under 15 girls will be a 'playing squad' in 2006. Playing squads are those squads that compete for the CFA in the CF Junior league. In 2006 the Academy intends to enter teams into Division 1 of the Under 13, Under 14, Under 15, Under 16 and Under 18 boys' competitions. We will also enter a team into the Women's Premier League and the Premier Pathway league of the Men's League.

Teams for these competitions will be re-selected each week with players able to move between teams according to their capacities (physical, technical and emotional) such that they are challenged without being overwhelmed. Player movement will be made between age groups and across gender groups. Players from the Under 15 girls will be eligible to play in the Under 14, Under 15 or WPL competitions.

In terms of selections, the Under 15 girl's coaches have just named a training squad and it is envisaged that towards the end of the coming phase (probably the end of March) the coaches will name a playing squad for the 2006 season. The squad to attend the NYC in July will then be finalised in late May following fitness testing of eligible players.

It is envisaged that the majority of the Under 15 girl's squad will play in the boys Under 14 division 1 of the ACT club competition although as noted above each individual will be assessed and placed in a physically, technically and emotionally appropriate team on a week by week basis.

Fees for the year will be \$250 per phase + any costs associated with game travel. Participation at the NYC has two distinct costs. Firstly Capital Football will pass on the accommodation, uniform and medical support costs on a simple cost

recovery basis. Secondly, FFA has a policy of amortising travel costs for all states such that the total costs of travel to and from the NYC for all states is equally shared between the states. CF has argued against this policy as it unfairly favours the larger states that can afford to supplement players costs and because at \$600 per player it is a very costly way of organising travel. In 2005 the amortised travel costs were set at \$600 per player. Despite our best arguments FFA have decided to continue with the amortisation policy.

**under 17 girls**  
(born Jan 1, 1989 or after)

The Under 17 girl's squad will compete in a National Youth Championships (NYC) which like the Under 15 girls are held in July in Coffs Harbour. The Under 17 girl's squad is traditionally known as the "Satellites" as it represents the feeder group to the "Canberra Eclipse". The satellites are a playing squad that will play in the ACT Women's Premier League in 2006.

In terms of selections, the Satellites coaches have just named a training squad and it is envisaged that towards the end of the coming phase (probably the end of March) the coaches will name a playing squad for the 2006 season. The squad to attend the NYC in July will then be finalised in late May following fitness testing of eligible players.

Fees for the year will be \$250 per phase + any costs associated with game travel. Participation at the NYC has two distinct costs. Firstly Capital Football will pass on the accommodation, uniform and medical support costs on a simple cost recovery basis. Secondly, FFA has a policy of amortising travel costs for all states such that the total costs of travel to and from the NYC for all states is equally shared between the states. CF has argued against this policy as it unfairly favours the larger states that can afford to supplement players costs and because at \$600 per player it is a very costly

way of organising travel. In 2005 the amortised travel costs were set at \$600 per player. Despite our best arguments FFA have decided to continue with the amortisation policy.

**ACTAS Women & ACTAS Men**

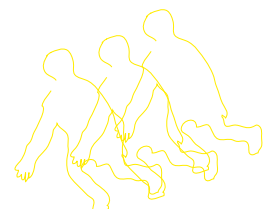
The ACTAS programs are designed to provide potential national players with expert coaching and training facilities and resources. Selection to the ACTAS men's squad is by individual invitation only and is entirely determined by the ACTAS Coaches (Milan Milovanovic for the men's program and Robbie Hooker for the Women's program).

The CF Academy identify selection to the ACTAS program as the key football goal for each player within the CF Academy. Capital Football is proud to be involved in the ACTAS program and in 2005 worked towards developing strong links between the CF Academy and ACTAS including the appointment of Head coaches in common.

ACTAS also conducts a Talent Development Program (TDP) for both the men's and women's program that provides additional training opportunities to younger identified athletes.

The ACTAS programs may continue to offer training to scholarship holders and invited others over the Christmas break.

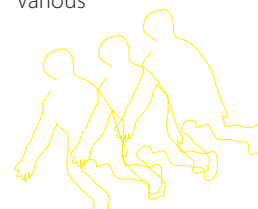
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## 2006 calendar of events

Please note: The Academy Calendar is continually being updated and modified. For up-to-date information about Academy events throughout the year, please see [www.capitalfootball.com.au](http://www.capitalfootball.com.au) or contact the manager.

	DATE	EVENT	SQUADS	VENUE
JANUARY	16	Training restart (Phase 2)	ACTAS Squads + Meteors (U14 Girls) Galaxy (U12 Boys) + Helix (U13Boys), + Suns (U15 Boys)	
	30	Training restart (Phase 2)	Satellites (U17 Girls) + Mercury(U12/13 Girls) Stars (U14 Boys)	
FEBRUARY	4/5	Games v Southern Branch & Riverina	All	Nowra
	11/12	Games v TBA	TBA	TBA
	18/19	Games v Wollongong Wolves	Boys	Wollongong
	25/26	Games v Southern Branch & Western	All	Canberra
	Late Feb	Games v NSW & Vic state sides	U12 boys	Albury
MARCH	4/5	Games v Far North Metro	All	Central Coast
	24	Finalise playing squads	Playing squads	
APRIL	14	Phase 2 finish	All	
		Series of Games with NSW	U14 & U15 boys U14 + U15 + U17 Girls	Orange Valentine Park
MAY	1	Phase 3 commences	All	
	6	CF Season commences Finalise NYC squads (girls)		
JUNE				
JULY	3	Phase 3 finishes	All	
	8 – 15	National Youth Championships	U15 & 17 Girls	Coffs Harbour
	9 – 16	Capital Cup	U13 boys	Canberra
	9 – 16	Kanga Cup	U13 girls	Canberra
	TBA	Series of Games with NSW/Vic	U14/U15 boys	Canberra
	24	Phase 4 commences		
AUGUST	TBA	Finalise NYC squads (boys)	Under 14 & 15 boys	
SEPTEMBER	TBA	North Harbour Tournament	U13 girls	Manly, Sydney
	22	Phase 4 finishes		
OCTOBER	30/9 – 7/10	National Youth Championships	U14 & 15 Boys	Coffs Harbour
		NSW State Championships	U11, 12, 13, 14 boys U12, 14, 16 girls	Various Various



## goal keeping squad

In 2006 Goal keepers will constitute a separate squad under the direction of Head keeper coach Steve Hoshovsky. It is envisaged that keepers will train twice per week with Steve and his assistants. In addition some will need to attend at least one training session with his/her playing squad to support feet skill development and integration with team play.

## coaches

Academy coaches for 2006 are being finalised and players will be notified separately.

## gear allocation

Mitre remains the Academy's sole supplier of gear and equipment in 2006. Each player will receive a certain allocation of gear determined by his/her squad. An order has been made according to the following allocations:

	Phase 1 allocation	Phase 2 allocation	Phase 3 allocation	Phase 4 allocation
11s 12s & 13s		Wet weather jacket Training strip Training socks Water bottle Cap Polo shirt	Trackpants Sweat shirt Beanie	
14s 15s & 17s		Training strip Training socks Water bottle Wet weather jacket Cap Polo shirt Tracksuit Gearbag	2nd Training socks Trackpants Sweat shirt Beanie	

### Check

[www.capitalfootball.com.au](http://www.capitalfootball.com.au)  
regularly for updates on games  
and training in the official  
ACTSF Academy Calendar.

## next issue:

The next issue of 'The Top  
Corner' will be out in early  
2006.

Please submit your articles  
and pictures to:

[academy\\_manager@yahoo.com.au](mailto:academy_manager@yahoo.com.au)

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