



# Capalaba Football Club Newsletter No 4 31 May 2008

Hello from the President....

Here we are half way through the senior fixtures and still only into the 4th round for our Juniors. This week all the tickets for our renovation raffle have been given out. I would like to take this opportunity to encourage you all to get behind our renovation raffle for 2008. This is your way of making your clubhouse something to be proud of. The prizes are great (check them out in the bar)!! There will be a prize given for the most tickets sold.

Our Seniors have another home game tonight—try and get down to support them. It's a great night. Our four rooball teams will be there too! Come and join in the fun ... Chris will be back with the coffee machine—guaranteed to keep you warm from the inside out!

Council have installed some benches at the top end of field 2 for us and in the coming week we should see the concrete bollards installed at the skate park end of the car park. Hopefully this will slow down some of the hoons that persist in using our car park as a race track. It seems timely to remind parents that children should not be dropped off for training or games. They should be taken to their team/coach/manager. We have had instances where training is cancelled and the message hasn't got through in time—so please DO NOT drop and run, ensure that there is an adult present before leaving the grounds.

In the next coming week or two I will be sending out copies of our parents and coaches codes of conduct as set by the True Sports Lives Here program. Please take the time to read these and remind ourselves of what we are here for.

Thanks ..... Kim

Hi Guys

Some good news stories this week for the kids—just to show that if you follow your dreams and stick to them and work hard they can come true.

Earlier this month two of Capalaba's juniors were named in a 36 man Australian training camp to be held in Canberra. From this camp an Australian squad was being selected to go to Malaysia. Both of these boys have played most of their life at Capalaba. Both having come through the rooball system and then onto the Academy. Congratulations to Ross Archibald and Scot Coulson who were among the 6 players selected from Qld. Unfortunately the camp did not go ahead due to Australia not being selected to play in the tournament. This just shows you that with hard work you can reach your goals—but don't set them too high!

This week I have had the pleasure of watching most of the games at the U12 Met East trials. Capalaba Football Club was well represented with the following players taking part: Janae Govan, Jessica Ainsworth, Andrew Gray, Aaron Jones, Craig Brown, Kane Donaldson, Zack Coulson, Ned Bowden, Wes Turner, Brayden Chapman, Nathan Casalaina, Aidan Sanderson and Corey Hodges. Congratulations to Zack on being selected into the Met East Squad.

Well done to all the above—you have done us proud .... Wear your Capalaba shirt with pride!

Andy Coulson—Director of Football

## ROOBALL TEAMS ROSTER AT SENIOR HOME GAMES 2008

- 31 MAY Sheffield vs Portsmouth and Manchester vs Villa
- 21 JUNE Morton vs Celtic
- 5 JULY Chelsea vs Sunderland
- 19 JULY Real Madrid vs Valencia
- 16 AUGUST Newcastle vs West Ham and Leeds vs Portsmouth





**SENIORS HOME GAME  
SATURDAY NIGHT  
31 MAY  
6PM**



**CANTEEN  
NOW OPEN  
THURSDAY  
NIGHT**

**Senior Home Games  
2008**

Our senior home games are as follows:

Youth 2pm  
Reserves 4pm  
Firsts 6pm

On the following dates

- 31st May v Rocklea United
- 21st June v Brisbane Force
- 5th July v University of QLD
- 19th July v Albany Creek
- 16th August v Grange Thistle

We hope to see you there !!

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
 ■ PLAYER  
 ■ WANTED FOR  
 ■ U13 DIV 3 SIDE,  
 ■ PH KAREN  
 ■ 0434 106 224  
 ■ ■ ■ ■ ■ ■ ■ ■ ■ ■

**THURSDAY NIGHT CANTEEN MENU**

Toasted Sandwiches  
Hot Dogs, Noodles  
Chips, Pies  
Sausage Rolls,  
Tea & Coffee,  
Cold drinks



**Club Contact Details**

Club Address:  
John Frederick Park,  
Old Cleveland Road  
Capalaba, QLD 4157

Postal Address:  
PO Box 34  
Capalaba QLD 4157

Bar Phone: 3823 1312  
Soccer Office Phone: 3823 1396  
Club Fax: 3823 1935

Email: [capalabasoccer@bigpond.com](mailto:capalabasoccer@bigpond.com)

Web site:  
[www.capalababulldogs.com](http://www.capalababulldogs.com)

FOOTBALL OFFICE OPEN  
ON TUES & THURS 6PM—8PM

**[www.capalababulldogs.com](http://www.capalababulldogs.com)**

**Don't forget our MONSTER RAFFLE!**

Please help to raise money so that we can continue to improve our Clubhouse. The more tickets we sell—the more we raise.

And there are TONNES of great prizes to win. Remember..... there is a prize also for highest raffle ticket seller and.....

**“you gotta be in it to win it!”**

**Tickets: \$1.00 each**

**Must be returned by 28th Jun 08**  
**Drawn: Home Game 5th July 08**



**Team “Social” Idea**

Last weekend, one of the U/13's teams had a team get-together, right here at the Club! They booked the gazebo, organised hot finger foods from the canteen, and watched the Seniors play. It was a great opportunity for the players and their parents to all get to know each other a little better, while supporting the Seniors team. Any team who would like to organise a similar team night, please book the gazebo via Kim.

**CLUB SPONSORS**

- Please support our sponsors who support our Club:
- |                    |                       |                    |                                |
|--------------------|-----------------------|--------------------|--------------------------------|
| <b>CoCo's</b>      | Cleveland Real Estate | TDI Group          | Vienna Road Veterinary Surgery |
| Taylor Solutions   | Java Auto Electrics   | Data #3            | Century 21                     |
| Stormon Industries | Red Lion Agencies     | Bunnings Warehouse | Q Sure Insurance Brokers       |
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| National Foods     | Kleenmaid             | Shani Hayes        | Ray White, Wellington Pt       |



### Injury Update:

#### Hamstring Muscle Injuries (Tears, Pulls, Strains)

Hamstring injuries are common among runners and footballers. The hamstring muscles run down the back of the leg from the pelvis to the back of your knee. An injury can range from minor strains to total rupture of the muscle. The four muscles that make up the hamstrings are the semitendinosus and semimembranosus (medially) and the biceps femoris - long and short head (laterally).



A sudden, sharp pain in the back of the thigh that may stop you mid-stride characterizes a hamstring injury. After such an injury, the knee may not extend more than 30 to 40 degrees short of straight without intense pain.

Excessive stretching (tearing) of muscle fibres and soft tissues causes sprains and strains. Hamstring strains are classified as 1st (mild), 2nd (moderate), or 3rd (severe) degree strains depending on the severity.

#### Beware of Referred Pain!

Due to the sciatic nerve passing through the hamstrings group, a lower back injury or some other injury that pinches the sciatic nerve can replicate the symptoms. It is therefore vital that you seek a professional diagnosis from an expert in sports and spinal injuries. We have seen countless cases of repeat tears or stubborn injury recovery due to an inaccurate diagnosis and its subsequent poor treatment.

#### Common Causes of Hamstring Injuries

Some of the more common reasons for hamstring injuries are:

- Poor flexibility.
- Poor muscle strength.
- Muscle imbalance between the quadriceps and hamstring muscle groups.
- Muscle imbalance between the gluteals and abdominal core stability muscle groups.
- Doing too much, too soon or pushing beyond your limits.
- Muscle fatigue that leads to over exertion
- Leg Length Differences. A shorter leg may have tighter hamstrings that are more likely to pull.
- Improper or no warm-up.
- History of hamstring injury.

#### Treatment

Treatment may depend upon the severity of the injury. In general, the following tips are used for most hamstring muscle strains.

- Seek a professional opinion to get an accurate diagnosis, encourage optimal healing and return to sport.
- RICE - Rest, apply Ice and Compression. Elevate the leg if possible.
- After an injury, it's important to actively rest the injured muscle. This means avoiding any activity that reproduces pain.
- A core stability retraining program is highly recommended and essential in repeat tears.
- An anti-inflammatory can be helpful to reduce pain and inflammation.
- A stretching program can be started as soon as the pain and swelling subsides.
- A strengthening program should be used to rebuild the strength of the injured muscle in order to prevent re-injury. Make sure you increase this gradually.
- A thigh wrap can be applied to provide support as the muscle heals.
- Massage is excellent for reducing inappropriate scar adhesions while promoting faster healing conditions.

#### Prevention

- Warm up thoroughly. This is probably the most important muscle to warm-up and stretch before a workout due to huge forces placed upon it when running or kicking.
- Stretching after the workout may be helpful.
- Other ways to prevent injury are to avoid doing too much, too soon, avoid drastic increases in intensity or duration, and take it easy if you are fatigued.

**Contact Birkdale Sports & Family Physio for all your injury advice**

**\*\*\* Remember: 15% discount to club members \*\*\***

**Ph: 3822-2122**



Even More to Discover at Britain on the Bayside – Birkdale

**It's not just British Football merchandise that Britain on the Bayside are famous for. They also stock over 400 British food lines including Paxo Stuffing, Pot Noodle, Branston Pickle, Squashy jelly, Daddies Brown Sauce, Walkers Crisps, Galaxy Minstrels and much more.**

Their full range can be seen on their online shop at [www.britainonthebayside.com.au](http://www.britainonthebayside.com.au)

They have also increased their range of fresh produce which includes 4 flavours of pork sausage (Cumberland rings and Lincolnshire being 2 of them), Black Pudding, Haggis, Scotch Pies, Steak & Kidney Puddings, Gammon and green back bacon.

UK Family & Friends Can Treat you online

Do you hear the same excuses every birthday and Christmas – **'I've not bought you anything as postage is so expensive'** or **'We left it too late to post anything in time'**. Well not anymore.

Just send all your family and friends back in the UK the Web site address and they can shop online and get it delivered to your door (or get you to come in store to collect to save them even more money!)

No excuses anymore.

If they are not sure what to get you they can buy you an online gift voucher for you to spend whenever you like OR send them your wish list that you can create from the site – **it couldn't** be more simple.

Happy Shopping!

**. . . and don't forget all Capalaba Bulldog Club members get 10% off all football merchandise (excluding Football kits/shirts and items on special offer).**

## CAPALABA JUNIOR HOME PROGRAM COMPETITION

Hi Guys

Answer the following 3 questions to go into the draw to win a \$10.00 **bulldog bucks voucher** ..... **Entry boxes at the bar and canteen**

1. **True or False ... Luppino's are a club sponsor** \_\_\_\_\_

2. What date is the renovation raffle drawn \_\_\_\_\_

3. Who do seniors play on 19th July at home \_\_\_\_\_

NAME \_\_\_\_\_ TEAM \_\_\_\_\_

Drawn next Saturday