



GUNGAHLIN UNITED FOOTBALL MAGAZINE

THE ISOLATION ISSUE

APRIL 2020



rebel

HEAR FROM BAR TV AND
M&M PODCASTS

FIFA TOURNAMENT &
MORE WITH RUSS GIBBS

SPOTLIGHT ON PHILIPPE:
PLAYER. COACH. MENTOR

**PLAYER
PROFILES**

CHATS WITH
LOCAL BUSINESSES

TIPS TO HELP IMPROVE YOUR
HEALTH AND FITNESS

HOME WORKOUTS

**PUZZLES, ACTIVITIES
KIDZ BIZ AND MORE!**



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Eastlake

GUNGAHLIN

THE EASTLAKE GROUP IS TEMPORARILY CLOSED TO ADHERE TO GOVERNMENT RESTRICTIONS DURING THE COVID-19 PANDEMIC.

We hope our staff and patrons are healthy, safe and coping well.

Follow us on social media to know when we will be reopening.

We look forward to welcoming you back to our venues as soon as we reopen.

Connect with us on



A MESSAGE FROM OUR PRESIDENT

Hi everyone,

Whilst we still navigate our way through these unprecedented times, it gives everyone a chance to slow down and reconnect with our families. For GUFC, it also gives us an opportunity to look at how we can connect with our community at a time when we would usually have over 1,600 members preparing for the upcoming season.

Today sees the launch of GUFM: an e-mag which is the first of its kind in the ACT Football landscape. This magazine will provide content across all of our members' streams, as well as interviews with local businesses and other football personalities across Canberra and Australia.

In this issue, take a look at sports commentator Russ Gibbs who recently launched the FIFA 20 tournament among our clubs. Russ does a fantastic job promoting local football and his commentating wouldn't look out of place in any league around the world.

The boys at M&M recently launched their podcast, which focuses on local football here in the ACT. It's great to have people wanting to promote and grow our local game.

Congratulations to everyone involved with GUFM to make this vision come to life. It's truly remarkable what our team of volunteers can do at our club.

Stay safe everyone.

Neil



“

Today sees the launch of GUFM: an e-mag which is the first of its kind in the ACT Football landscape.

”

FROM OUR TEAM

LEANNE SHEA LANGDOWN

Head of Corporate Affairs and Editor-In-Chief



*Leanne
xoxo*

A few years ago, I tried to advertise my children's book series in a magazine. They wanted way too much money for very little return. So instead of allowing them to clip my wings and tell me "No", I decided to form an editorial team of fab high school students and we created our own magazine instead. That magazine has its own app, is available globally and continues to run today.

Being a first time editor-in-chief taught me old dogs can learn new tricks and with an innovative idea, hard work, passionate team members and a dash of creativity, you can create magic.

Fast forward to today. In these odd times, we're craving ways to connect and what better way to connect our entire GUFCA family than via a new comms medium? This magazine gives our players, coaches, sponsors and the broader Canberra football community a chance to shine from behind closed doors. I am so proud of the first issue of *Gungahlin United Football Magazine*. As you can see, Kailey is an incredible designer and without her I'd have been feeling a little overwhelmed right now.

A big shout out to our sponsors first and foremost. In these tough times we appreciate you more than ever. But also a big mention to Russ Gibbs, Brendan McCormick, Michael & Matt, Philippe and all our contributors who believed in us enough to let us share their stories. Lastly, thanks to Marcial, Diego and Neil for believing in us enough to encourage us to take flight. Oh, and thank you family for recognising that when I'm in writing mode, I'm not to be disturbed.

KAILEY TONINI

Head of Content and Magazine Head of Design



Kailey

Welcome to the first edition of *Gungahlin United Football Magazine*! We hope you find some interesting reads, fun activities and useful info in these pages that provide a small escape. In case you do not know me, I play goalkeeper in our NPLW First Grade team. I also help Leanne and our communications team manage GUFCA's social media platforms and content.

While we may not be able to train and play with our teams, we can still work on our skills, fitness, strength and football knowledge individually at home. Our friends at PhysioSport O'Connor and Ascend Strength & Fitness, Michael and Matt from M&M Podcasts, NPLW Under 13s Coach Rob Scott and more have all provided some fantastic resources and ideas to help us make the most of the season suspension. While it's easier said than done, putting in some effort now will make our return to the field that little bit easier!

Our wonderful Director of Corporate Affairs, Leanne Shea Langdown, has put in an enormous amount of effort to deliver this e-magazine. Thank you so much for all your hard work Leanne, your creativity and entrepreneurial spirit inspire me every day!

Thank you to all our sponsors and contributors for helping us bring this idea to life. We know that many local businesses have been severely affected by COVID-19 and we look forward to supporting them again in the near future.

Until we can get back on the pitch: stay safe, stay well and stay at home!

FROM OUR COACHES

DIEGO IGLESIAS

*Head Coach NPLW
Gungahlin United Football Club*



This e-magazine is another great initiative from our Communications team who continue to produce innovative ways for the club to stay connected.

GUFM allows our players, families and supporters to continue to interact and stay informed about what's going on in & around the club and the greater football community. It's a platform for a wide range of content & may even inspire us to keep working on our conditioning & skills at home.

It shows that although we're all physically isolated at the moment, we will remain united as a Club. I hope everyone gets involved and enjoys the emag!

MARCIAL MUNOZ

*Head Coach NPL and Head of Performance
Gungahlin United Football Club*

Gungahlin United Football Magazine is a breath of fresh air in these times of isolation. While it was always in the wings waiting to be created, the time is right to keep our players energised and their spirits up during this COVID-19 pandemic.

Always on the front foot, GUFC continues to lead by example in providing innovative, appealing and community based ways to keep football in the heads and hearts of our football loving families.

While times are tough right now and we've got players just itching to get back on the pitch, the most important thing is our health and well-being. Enjoy reading the human interest articles and our player profiles but equally take note of the advice from our health and well-being partners. We look forward to seeing you on the pitch and cheering from the sidelines very soon!





BARTV SPORTS

#growthegame

HOME FOOTBALL RUGBY LEAGUE RUGBY UNION AFL NETBALL MINI GAMES OPINION MORE SPORTS ▾

BarTV Sports is a media and production company specialising in live streaming sporting events. We spoke with Brendan McCormick about the evolution of BarTV Sports, what they love about Canberra and why we as a society need to push the professionalism that is women's sport.

Tell us about BarTV Sports and how it evolved as a digital sporting medium.

We were doing quiz nights in pubs and clubs in Australia of an evening and had space to add other content, so we used BarTV to display sports the rest of the time. Because there were local football teams that the pubs and clubs supported, we started filming their local games. We saw a market and decided to approach sporting bodies which proved successful.

What brought you to Canberra?

We originated in the Hunter Valley, then went to the Illawarra region and decided to bypass Sydney. We were approached by Canberra rugby league so came to the ACT to film for them. We then decided to approach our football contacts, which was fantastic. To really provide coverage, we realised we needed more staff and quickly. We did well in the Hunter and Illawarra due to great links at Universities and TAFEs setting up work experience for camera operators and the like. We approached the young bloods who were keen and enthusiastic, which was a great fit for our brand. We now employ 28 students from CIT in Canberra (one full time and the rest permanent part timers who work on the weekends). BarTV Sports has continued to grow through the other sports in the ACT.

Where do the bulk of your viewers come from?

65% of our audience is made up of 18-35 year-old males. Of course, we also get the dedicated fans, wives, girlfriends, boyfriends and family members of the players, but it's still very male-dominated viewing.

Canberra is one of the strongest viewing markets for football, particularly when it comes to the FFA Cup (Canberra is the second largest region next to the Hunter).

Friday night is by far our biggest audience, followed by Saturday night, particularly in the Asian and European markets who enjoy our evening games. A Wednesday night FFA Cup night can get more viewing than a 3pm Saturday match-of- the-round clash because more people tune in to their live streams of an evening. We would love more mid-week sport. With Coronavirus, there is a chance our games will become well spread across the week.



Tell us about your background. Is there a football or sporting background?

Josh Mason (my partner) and I are sports fans. We don't have any uni experience or qualifications in broadcasting (I did economics/arts) but the people we employ have their qualifications.

Being fans, we know what we like to watch in sports. Instead of having a camera on the game, coach and crowd, we use one camera to follow the game to give a bird's-eye view of the game from one end of the field to the other. As fans, we know that viewers like to see one camera to make it feel like they are at the game.

Tell us a bit about the technology you use and how you're paving the way for digital broadcasting.

Rather than the old technology of satellite and video tape, we've invested in digital streaming using 4G to deliver footage. We use YouTube and Facebook to deliver the grassroots footage which is perfect for our digital platform. We're now driving this digitization to other live streaming outlets.

How long have you been bringing Canberra NPL1, Under 23s and NPLW games to our screens?

We are coming into our 4th year in the ACT. We did a match-of-the-round in year 1, then over the last two years we extended that to all games for NPL1, Under 23s and NPLW 1st grade competitions.



What do you love (or not love) about Canberra football?

What I do love is the history and culture of Canberra football which includes the passion and the following. What I don't love is that the facilities and grounds are not consistent across the ACT. Gungahlin Enclosed Oval is a great facility as far as we're concerned because it gives height, breadth and all the elements we need for good live streaming. Whereas many clubs don't have the same level of infrastructure in place. Hopefully Capital Football and the ACT Government can get the same standard across all clubs for a better national and international viewing standard across the ACT.

From an outsider's point of view, what was it like to watch and stream the GUFC NPL1 Grand Final last year, particularly given we came from -6 points to win by such a high margin?

I think that's the key in all of the NPL competitions across Australia: on any given day, most teams can beat any other team. The fact it's somewhat amateur is proof that money doesn't come into it. You've got clubs with money who don't get a look in. Yet when you get a club like Gungahlin who have a good crop of players who stick together and bat way above their weight, it's incredible to watch. Tigers are in a similar field as GUFC in that regard. In the 2019 season, we weren't confident who would win from week to week. It's great for football in competitions like the Federation Cup and the FFA Cup for the Under 23s, 1st Grade NPL and NPLW because every club has an opportunity any given year to take home some silverware.

Tell us about your view of this unprecedented isolation period and what that might mean for the NPL, NPLW and other sporting codes you cover?

I think there is going to be a push from some sports that are dependent on streaming. They will continue to move forward during this period of isolation. The luxury of soccer is that it's a sport where players can back up for additional games through the week with the potential for a season to extend from weekend games through to additional weeknight games under lights, given it's not the same level of physical contact and recovery required as, say, a sport like Rugby League. There should be no reason why we can't get a lot of games under lights if we need to which will capitalize on the international reach of live streaming.



Any words of advice for GUFC players from our under 5s to our 35+ to keep them focussed and actively interested in football?

Watch re-runs of your game and learn. If you don't have video of your own game, then watch other matches. The professionals look at their previous week's game to see what went well and what didn't go well. GUFC Under 23s, NPL1 and NPLW players can watch their 2019 BarTV Sports games via our website and Capital Football YouTube channel. Always learn from the previous week and previous season and look for ways to improve.

(Editor's note: For our younger players, see if you can get hold of footage that your parent's, friends or managers may have taken. It's also great to watch the games of others. There is a lot of ways to continue skilling, improving and working on strategy during this down time.)

BarTV Sports has a big focus on women's sport. Tell us about that.

The wave that has been women's sport in the last 2-3 years can't lose momentum. We as a society need to push the professionalism that is women's sport because they've been the forgotten athletes for too long. Women's football is where we started from. We were the first company to do the Women's Big Bash League (WBBL) and we are the company who stream the W League. Women deserve to be recognised in their sport and Canberra in particular is a great hub for women in sport with the AIS in your midst. Sports like volleyball, netball, etc. can all get a look-in in the ACT.

Any last words?

The future of local sport is definitely changing and I think the gap between the top tier and mid-low tier is narrowing. We hope that digital streaming can help to continue narrowing that gap.

This chat took place as Brendan used this time to diversify the BarTV business. As we spoke by phone he was setting up live streaming for the Easter mass services. A great example of showing how we can look outside the box in these testing times.



RUSS GIBBS

Canberra & Regional FIFA 20 Competition



We chatted with Russ Gibbs over a virtual cuppa about FIFA 20 and how it's keeping spirits up during the Coronavirus pandemic.

You recently created the Canberra and Regional FIFA 20 Competition which saw a great deal of interest across every club in Canberra. How did you come up with that idea and how did you get it off the ground?

A club in Wales started a knockout competition over there with 128 teams. I saw it as a great way to keep the spirit of the football community going in uncertain times, so decided to bring it to Canberra.

I personally don't play FIFA and I don't own a console, but it's obviously a great way to keep people in contact and feeling connected during this uncertain period of isolation.

I'm lucky to have created a broad range of contacts and built trust in the ACT which made it easier to get the competition going. Facebook chats behind the scenes to tee up the games and for players to get to know each other has helped the competition to run smoothly.

The best part about FIFA is that anyone can participate in their own home, it is 100% online, ticks the social distancing boxes and can be live streamed via Twitch for others to watch.

Do you see a future for online FIFA competitions in the ACT and can anyone participate?

The great thing about FIFA is that it doesn't discriminate with age, gender or physical ability.

It allows for an even playing field and an equal chance of winning.

There is a successful E-League in Australia which is an e-sports league in partnership with Fox Sports and Twitch. The winner of our Playstation Singles comp here in Canberra will play a major E-League contender and will also get the chance to play the winner of the Wales competition to truly take our competition global.

I would love to open this competition up to other sports in Canberra to get everyone feeling included and positive during these uncertain times. Perhaps we could turn this into a major event in future at a licensed club on big screens for a good club atmosphere. I'd love to explore the possibility of extending this idea to events like the Kanga Cup for extra matches and entertainment off the field.



OUR FIFA CONTENDORS



“

...It is a great way to keep the spirit of the football community going in uncertain times...

”

RUSS GIBBS THE FOOTBALLER AND COMMENTATOR

Who is Russ Gibbs, what brought you to Australia and how did you become a commentator?

As many kids do I used to pretend to be a commentator as a young lad in the garden as I played football or while I was playing tabletop soccer.

As an adult I got a gig with Bath FM where I would provide live commentary updates via mobile phone from local Rugby Union games.

I came to Australia to play for Tuggeranong United with the promise of a job as long as I paid for my own flight. My spot with TUFC then led to roles in media and communications at Capital Football and then the Brumbies. I'm now with ANU Sports.

I got the opportunity to commentate again by starting with Capital Football grand finals and then joining the BarTV Sports team commentating FFA Cup games and for the W-League with Fox Sports.

You've forged a career in sports (and football) off the pitch. What type of opportunities do you think are available for players who may want to be involved with the sport once they leave the field?

There are so many possibilities. I enjoy my commentator role, but other areas that people can explore include:

- Physiotherapy
- Strength & Conditioning
- Marketing
- Hospitality
- Membership and ticketing
- Communications
- Administration
- Coaching
- Refereeing



Russ commentating a match with former Canberra United player, Grace Gill.

Play your part to reduce the spread of COVID-19

Social distancing is required for everyone right now for the greater good, particularly for those individuals who have been directly exposed to the Coronavirus or have traveled in infected or heavily populated areas.

Stay at home.

Limit all your non-essential travels.

Unless you're going out for food, medicines or other essentials.



Wash your hands.

Practice good hand hygiene by washing your hands with soap and water for 20 seconds or using alcohol or hand sanitizer.



Check your temperature.

If you feel unwell, take your temperature and seek advice from a medical expert.



Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.



If possible, have a designated toilet and bathroom as well.

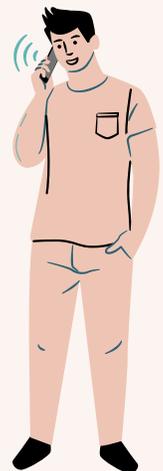
Watch for symptoms.

Aside from fever, COVID-19 symptoms include cough, difficulty breathing and fatigue.



Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital for advice before going in.



Practice social distancing.

If you need to go out, maintain at least 2 metres distance from others.





PHILIPPE BERNABO-MADRID

PLAYER. COACH. MENTOR

Gungahlin United is delighted to welcome 27-year-old Philippe as a player, coach and mentor. We chatted to him about his career highlights, travels, physical rehab, hopes, dreams and returning to Canberra to find a new home at GUFC.

At what age did you start playing football?

My parents say I was kicking a ball as soon as I started walking! But I joined my first team when I was 4.

Has football been your only sport?

Football has always been the main sport in my life but when I was younger I loved playing Tennis and Volleyball. Now the only other sport I play regularly is Golf, it's a great way to switch off from everything else that goes on in your life.

Tell us about who you've played for from the moment you strapped on a pair of boots through to today.

The first team I ever joined was called Fair Play Academy in Bogota, Colombia. I stayed at Fair Play throughout my whole junior years until 2007 when I moved to Australia. The first team I joined here was the U15's Capital Football team. A year later I moved to Canberra FC and played there for 7 years. In 2015, I joined Canberra Olympic and at the end of our FFA Cup run in 2016 I moved to Port Melbourne Sharks in Victoria. Halfway through the 2017 season, I joined Pascoe Vale FC where I enjoyed a great 2 and a half seasons before coming to Gungahlin United.

Do you remember what it felt like the first time you crossed from community juniors football to performance football? Tell us about that time in your life.

I remember it being a very exciting time. I noticed straight away the amount of effort required to succeed was a lot higher and I really needed to step up in training and in games.

It was also really important to take care of myself outside of football. It was a great challenge and competing against the best players in my age group was always something I enjoyed.



THE PLAYER

You shared with us that you left Canberra to play in Melbourne. Tell us about that experience and any other great football opportunities you've had outside of the ACT.

Playing in the Victoria NPL was really an amazing experience. We were always told how great the league was so I was always very keen to play there. It was hard to get used to the intensity of the game at first but after a few games and after moving to Pascoe Vale, I really enjoyed my football.

The highlight was playing in the finals in 2018, although we didn't make the Grand Final we had an amazing season.

My best experience playing football outside of Canberra was when I was younger and spent a couple of months trialling with Reading FC in England. Training every day and playing with some great players was amazing. I played in a friendly against Fulham FC U16's and managed to get a goal!

You've had a significant injury. Tell us about that time in your life, how you felt, what that meant for your future and any advice you can give other players who are also experiencing ongoing physical road blocks.

The time I spent away from football with ACL injuries was very hard but I learnt a lot. As soon as the injuries happened I was very sad and I underestimated the toll it would take on my mental health. Not being able to play and function the way I normally did was very tough, but recovering and rehabilitating was a challenge I enjoyed. I am very grateful for the people who helped me throughout that time.

For anyone going through a similar thing, I can only say that setting small goals is really important to keep positive. Rather than thinking about the amount of time you'll be out, focusing on reaching certain milestones within your rehabilitation will help you recover better and return stronger.

PHILIPPE BERNABO-MADRID

THE COACH

What made you decide to come to Gungahlin as both a player and coach in the 2020 season?

There were a few reasons that made my decision to come to Gungahlin an easy one. From being able to join a team which had just become champions, to being able to coach some of the best youth players in Canberra. The main reason though, was to work with Marcial again. I was very excited to be coached by him and to be guided with my own coaching. After having a couple of conversations, I believed we would achieve some great things with the club.

Who is Philippe when he is not playing or coaching football?

If I'm not playing or coaching football, I'm probably watching football! But away from the game I have a pretty relaxed lifestyle. I love spending time with my family, my girlfriend and friends. I enjoy traveling a lot but also just spending time at home playing games or just relaxing.

As a child, what did you want to be when you grew up? Is that different to who you've become? What dreams or goals do you have for yourself now?

I always had the same dream and that was to be a football player. Although I would have loved to play overseas and have a professional football experience, I've still had some great moments and met some great people along the way.

My goal now is to become a professional coach. It is a very long way from now but at Gungahlin I'm in the best possible environment to develop my coaching skills.



THE MENTOR

What do you do to stay fit while during this season suspension?

The coaching staff has done a great job in providing us with a program to keep us fit whilst we can't train together. Some sessions are hard to complete but you always feel great afterwards.

To stay mentally healthy, I have been playing a lot of Golf as it is luckily one of the small number of things we can still do.

What is the best piece of advice you've ever been given?

When making tough decisions in regards to either staying in a team or joining a different one, to always choose the team where the coach is the one who wants to have you there and not anyone else. The coach is the one who picks the team every weekend.

Do you have any advice you'd like to share with our readers based on your own experiences?

I don't really feel I have the right to give much advice, but I can always share what worked with me when going through tough periods both with injury and with not being favoured by a coach in a team. The same advice works for both situations and that is to always work as hard as you can to either come back stronger than you were before in relation to an injury or to show the coaching staff you deserve the opportunity.



M

PHILIPPE BERNABO-MADRID

Who was your biggest idol growing up?

Radamel Falcao. He was also part of the Fair Play Academy in Bogota. He played a few age groups up from us and we always used to watch him train and play, we always knew he would make it and he's the best goal-scorer I've ever seen live. I really admire the amazing career he's had.



What does our NPL1 Head Coach, Marcial, say about Philippe's arrival?

I am really excited to welcome Philippe to the club as a player, coach and mentor. When I heard that he was looking to return to Canberra I immediately thought that he would be a fantastic addition to GUFC. Having previously worked alongside Philippe at the CF Skill Acquisition Program as well as knowing his football experiences, I knew that he would be a fantastic role model and mentor for our younger players and would be a great addition to our first team. I wish Philippe all the success for 2020 and beyond.



CMET is responding to COVID-19



Light rail services will continue to run to our normal [frequency guide](#), with an increased cleaning regime on LRVs, stops and at interchanges. Light rail and bus services are essential for many community members to get to the shops, to appointments and to and from work.

Please reconsider any non-essential use of public transport, if you are able to avoid using public transport, please do so.

If you feel unwell, please do not use public transport.

If you have COVID-19 symptoms and do not have any other way to get to a testing centre, please contact Healthdirect on 1800 022 222 to arrange alternative travel.

For current advice and actions undertaken by CMET relating to COVID-19 head to our website. [This article](#) will be updated with new information as it becomes available.

For the latest information on COVID-19 and public transport, visit the [Access Canberra](#) and [CMET](#) websites.



CORONA COACHING

ROB SCOTT

NPLW Under 13s Coach, Rob, tells us about his solution to coaching while the season is suspended.



What is Corona Coaching and why did you start it?

The coaches were given no real time to prepare for anything like this shutdown. We were told at the start of a training that it would be our last session and at the end of that session, I promised the players I would keep in contact with them and work out a way to continue what we had started in some way. I had made a commitment to their development as their coach. I promised I would look for something online to stay in touch and give them something to do, which led to my YouTube videos called Corona Coaching.

How does it work?

I use my phone to film a challenge for my NPLW Under 13 girls (or anyone) and post that to YouTube for them to try at home. They can comment on the YouTube video or share their results through our team networking app and even share their videos.

What sort of challenges have you set?

The type of challenges I have set are all simple tasks the girls can do at home with limited space and as little equipment as possible. They're a combined physical and technical challenge too to keep them moving during the suspension. Challenges have focussed on juggling, shooting and dribbling so far.



Subscribe to Rob's channel!

What's been the response from the team, our NPLW Under 13s and the wider community?

There's been a lot of interest from the wider community. A lot of people have asked me when the next video is coming, I guess people are looking for direction on training they can do at home! A business has been really impressed with the girls still putting in effort to train despite the circumstances. As a result, they are interested in coming onboard as a sponsor.

The girls love a challenge. One of my last videos was a montage of all the videos the girls have submitted. Watching their videos has been great for our team spirit and sense of community.

How can people get involved?

If you look up 'Rob Scott Corona Coaching' on YouTube, you'll find my channel (Rob Scott). Subscribe so you're notified when I release a new video!

Do you have any tips for players wanting to practise at home?

Anything that gets you up off the couch with a ball at your feet is going to benefit you now as well as in the future, on and off the pitch. The effort you put in now will be reflected the next time we can all get back on the field.



Rob and his daughter, Hayley, attempt top bins in Session 3



INTRODUCING M&M PODCASTS

THE NEW KIDS ON THE ACT FOOTBALL BLOCK



'THE CANBERRA FOOTBALL' SHOW COVERS LOCAL FOOTBALL COMPETITIONS SUCH AS THE NPL1, NPL2 AND NPLW WITH SPECIAL GUESTS TO APPEAR THROUGHOUT THE SEASON...



Michael and Matt are





GUFM INTERVIEWS
MICHAEL AND MATT FROM

Podcasts

What is M&M Podcasts?

M&M Podcasts is our business name and we have a show called *The Canberra Football Show*, which launched its first ever episode on March 9. The show covers local football competitions such as the NPL1, NPL2 and NPLW with special guests to appear throughout the season. We hope to develop more shows, but for now *The Canberra Football Show* is what has got us up and running and in the eardrums of the community.

What inspired you to start this initiative?

We first developed the idea after having done community radio together in the past. We decided we should start a podcast together and we finally reached our goal. We want to provide a voice in the local football community talking about the game we are so passionate about. There was no one else doing it.

Tell us a bit about M&M the people including your football history.

Michael

I studied and completed a Bachelor of Sports Media degree at the University of Canberra and graduated in 2018. I'm 24 years old and everyone knows me as a man who has a great passion for sport. I have played football locally here in Canberra my whole life. I competed in NPL football up to the U20s and now I have the luxury of playing with a whole bunch of my mates in the Men's State League competition.

Matt

I completed a Bachelor of Sports Media in 2018 at the University of Canberra. My specialty in stories was 90% Football wherever I had the opportunity. I have played Football ever since I was 6 years old. Due to work and life I don't get to play it as much as I would like to, however, the *Canberra Football Show* environment brings out my passion as if I were still playing.

What has been your favourite podcast discussion so far?

Despite doing just one episode thus far, our favourite topic has been previewing all the NPL1 clubs. Talking to the coaches and club presidents beforehand helped us with our ability to discuss each club's preparations for the upcoming season through a variety of ways and it made for a really good segment on the show. The coaches and presidents showed a lot of passion when talking about their club when we talked to them, which is a great sign for helping the local game grow.

If you could chat to anyone in the world, who would it be?

Matt

Personally for me it would be Alessandro Del Piero. The Juventus legend is my favourite footballer of all time and idol. We were very lucky to see him play here in Australia for Sydney FC from 2012-2014. I saw him play on a few occasions for Sydney and even an incredible rare showcase with the A-League All Stars against his former side, Juventus. I have even been to his restaurant in Los Angeles when I was in America last year but unfortunately I missed him by a week. To chat to him would be an extreme honour in my career considering the incredible knowledge you could soak in with just a short chat.

Michael

Great question. For me it would have to be Cristiano Ronaldo. He was my idol growing up as a footballer and to see how hard he worked to become one of the best footballers in the world and achieve unbelievable success is inspiring. Given the avenue I have travelled down in the media industry, it would be amazing to have a one-on-one chat in the format of a podcast or a normal chat.

We have a huge community base at GUFM with loads of football-loving kids with lots of things to say – ever considered having a few kids on your show?

Considering we have only just started this podcast we have plenty of trials and tribulations to come, like we all do during these tough times. Having a few kids on the show very well could be one of our future segments on the show! ➤

Turn the page for some tips from M&M Podcasts on

(1) making dreams come true and (2) beating the boredom when you're stuck at home in isolation.



Podcasts

MAKING DREAMS
COME TRUE



Podcasts

BEATING THE
BOREDOM BLUES

M&M was born from a dream. What advice do you have for people wanting to turn their dreams into reality on and off the pitch?

Our advice is to:

- 1 Work as hard as you can to achieve your goal.
- 2 Dedicate all your spare time to honing your craft, making contacts and soaking in information from others.
- 3 Seek help from those around you as much as you can.
- 4 Pull together a great team and recognise the skill and value each team member has to offer.

Our first phase of *M&M Podcasts* would not be possible without help from Russ Gibbs and the help and coordination from all the presidents and NPL/NPLW coaches. Without Aidan helping us edit and Ashleigh creating our logo, we wouldn't have a complete product that everyone has enjoyed so far. On the pitch you need a cohesive team effort to win matches, as everybody has a job to do. Very rarely can you achieve everything on your own. However, as a team or in our case with the help of a community of people, you can achieve anything.

Any suggestions on what people can do during their down time to help stay football-focused?

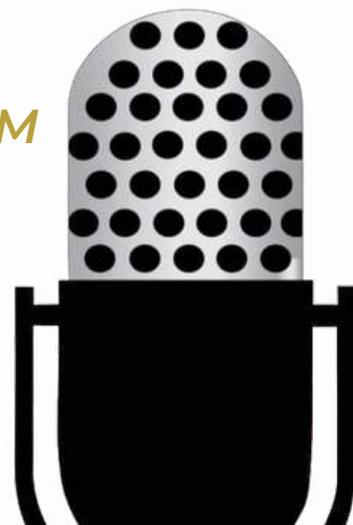
Our advice is to:

Watch as many football videos as you can on Youtube or other platforms to keep your mind refreshed and always thinking about football.

Given the circumstances the world is under right now with the virus, we recommend people watching skill-based videos that you can practice in your own backyard, or learning about the game more tactically.

You will find that there are so many different ways to understand the game from a tactical standpoint, you can never think you know everything. The game is always evolving given how technical and precise it has become over the last 10-15 years.

You can find M&M Podcasts on Instagram, Facebook and SoundCloud



PROTEIN SHAKE

PEANUT BUTTER, BANANA AND GREENS



Ingredients:

- 1 banana
- 3 scoops of vanilla protein powder
- 2 tablespoons of peanut butter
- 1 handful of baby spinach
- 1/2 teaspoon of cinnamon sugar
- 1 cup of water or coconut water

Method:

Throw it all in the blender in the above order for 90 seconds. Pour and serve.

Tips:

Bananas can be cut up and frozen in advance for convenience and to add some icy coolness. You can also add ice cubes if you like your shakes to be chilled.



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Chats with local business

WORKIN' GEAR

Our sponsors are valued members of the GUFC family. We are big supporters of local business, but when times get tough economically, it's more important than ever that we find a way to shop local. We chat to Jeremy Archer, owner of Workin' Gear in Fyshwick and proud sponsor of our NPL Youth teams.

Tell us about your business.

Since 1975, Workin' Gear has been providing uniforms to the people of the ACT and surrounding regions. We were there with the first Canberra work-wear store for the workers who built the Snowy Hydro scheme and New Parliament House.

We are now operating digitally for people wanting to purchase on Facebook, Instagram, use Afterpay and order online.

Our philosophy is that people should feel pride in the clothes they wear to work and we are here to support the local community.

Why did you decide to sponsor the GUFC NPL Youth teams again this year?

We wanted to be part of an ongoing sponsorship relationship with a community club that shares our values of community, hard work and fun. We had great feedback last year from a whole range of new customers that saw our presence around the grounds of Canberra in Season 2019 as part of our sponsorship and we really enjoy the youthful approach that GUFC has to working with us via our social media and marketing avenues. But it is not all about business! Watching kids have an absolute ball on a weekend with their friends, staying active and healthy and knowing we are part of their weekend gives us a genuine buzz.

What does GUFC and Canberra football mean to you?

As a kid, I loved my sport. I love the feeling of camaraderie you get from playing sport with your mates. We were looking for a fun sport for our little boy Liam and we came across GUFC when we were living in Harrison. The support the GUFC has for the youngest players made me think this is the right club for us. If they treat the little kids so nicely they must be a strong club. The coaching staff, volunteers and parents are so friendly and helpful.

For us, it is a combination of supporting our community, raising our profile but also being part of our local community which is what life is all about!

Do you have a football background? Where does your love for football come from?

Being a Tassie kid, it was all about AFL (go THE BLUES). As a boarding school kid, we would play anything! Football was often the go-to game at recess and lunch and I remember the excitement when a couple of Socceroos players visited the school. What struck me about football is when I started travelling and seeing it is truly the world game. I have played "street games" from Chile to East Timor and all kids love football.

We introduced our son and daughter to football a couple of years back with GUFC and they loved it. Liam has now played for GUFC for 3 seasons and has been really enjoying the Centre of Excellence Training sessions too.



Jeremy Archer, owner of Worin' Gear

We've noticed Workin' Gear has launched a few new business initiatives in recent times which appear to be well positioned in our current COVID-19 climate. Tell us about them and what keeps you motivated to create new streams of business in these trying times.

This is a challenging time no doubt. We would like to take the opportunity to thank those front-line medical and first responders who are helping those in need. In terms of business, we are always up for a challenge and this is no different.

Under the current trading conditions, we have to adapt and overcome. We are offering free delivery in Canberra and Queanbeyan for all orders to help overcome social distancing restrictions and support "contactless delivery." Our online store never sleeps!

Our team at Workin' Gear is outstanding. Our family could not do this without them. They support each other and the business and treat it like their own. We are constantly amazed at their perseverance and resilience and there is a smile-on-the-dial no matter how tough the day is. Big props to our Workin' Gear crew.

We actually really enjoy helping people get their work uniforms and boots or a new logo done and you can see how happy they are when their logo is printed onto their work gear. Clothing is very personal for people and it is important to us that they feel good and safe in their work gear.

We are continuously trying new things. We have added Zippay and HUMM is coming on board for our online payment options and offer Facebook and Instagram purchasing through our online stores. I guess all I can say is never stop trying and do not be afraid to make mistakes.

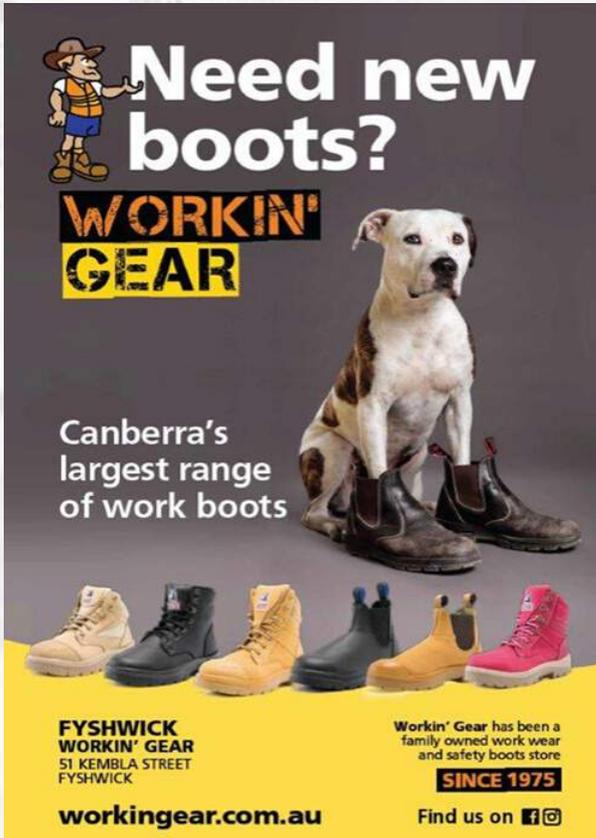
You were involved in the design and production of our limited edition GUFCC Collegiate range last year. Noting that Umbro officially provide our uniforms, what merchandise do you think would be a fun addition to the GUFCC casual wear range in 2020?

We would recommend flex fit caps, beanies and those grey hoodies. The punters love them!
Thanks for the chat Jeremy!

“

We had great feedback last year from a whole range of new customers that saw our presence around the grounds of Canberra in Season 2019 as part of our sponsorship...

”



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PHYSIOSPORT
O'CONNOR

Keep Fit for Football: Pre-Season Take Two!

Great news! This year we are getting a second chance at pre-season!

As Gungahlin United Football Club's head physiotherapist, I see most of the club's injuries in pre-season, especially this year with a less than ideal summer in Canberra.

In-between homeschooling, working from home, online socialising and trying to stay sane, now is the perfect time to get football fit so that when the time comes, everyone is ready to play!

There are some amazing football resources available for free download such as the FIFA 11+, FIFA 11+ kids as well as the newly developed FIFA Goalkeeper warm up. Here are the programs in poster format, if you would like more detail the full manuals are available online.

FIFA 11+

PART 1 RUNNING EXERCISES - 8 MINUTES

- 1. RUNNING STRAIGHT AHEAD**
- 2. RUNNING HIP OUT**
- 3. RUNNING HIP IN**
- 4. RUNNING CIRCLING PARTNER**
- 5. RUNNING SHOULDER CONTACT**
- 6. RUNNING FORWARDS & BACKWARDS**

PART 2 STRENGTH - PLYOMETRICS - BALANCE - 10 MINUTES

LEVEL 1

- 7. THE BENCH STATIC**
- 8. SIDEWAYS BENCH STATIC**
- 9. HAMSTRINGS BEGINNER**
- 10. SINGLE-LEG STANCE HOLD THE BALL**
- 11. SQUATS WITH TOE RAISE**
- 12. JUMPING VERTICAL JUMPS**

LEVEL 2

- 13. THE BENCH ALTERNATE LEGS**
- 14. SIDEWAYS BENCH RAISE & LOWER HIP**
- 15. HAMSTRINGS INTERMEDIATE**
- 16. SINGLE-LEG STANCE THROWING BALL WITH PARTNER**
- 17. SQUATS WALKING LUNGES**
- 18. JUMPING LATERAL JUMPS**

LEVEL 3

- 19. THE BENCH ONE LEG LIFT AND HOLD**
- 20. SIDEWAYS BENCH WITH LEG LIFT**
- 21. HAMSTRINGS ADVANCED**
- 22. SINGLE-LEG STANCE TEST YOUR PARTNER**
- 23. SQUATS ONE-LEG SQUATS**
- 24. JUMPING BOX JUMPS**

PART 3 RUNNING EXERCISES - 2 MINUTES

- 25. RUNNING ACROSS THE PITCH**
- 26. RUNNING BOUNDING**
- 27. RUNNING PLANT & CUT**

FIFA **F-MARC FOOTBALL FOR HEALTH**

EXERCISE 1 JOG & LOOK AT THE COACH (TO STOP)

EXERCISE 2 SKATING HOP

EXERCISE 3 ONE LEG STANCE

EXERCISE 4 PUSH UP

EXERCISE 5 ONE LEG HOPS

EXERCISE 6 SPIDERMAN

EXERCISE 7 ROLL OVER

FIFA 11+ KIDS

These programs take about 15 minutes to complete. They require a bit of space at the oval and have been shown to be extremely effective at reducing injury risk for adults and kids, as well as being fun to do.

For some ideas to try at home without needing too much space, here are some general junior football strength and flexibility exercises, as well as a back mobility program for Mum and Dad!

Strength 3 x 10 repetitions 3-5 x wk

Stretches 3 x 30 Seconds

Back Mobility

At the time this article was written, Physio Sport remains open as the Department of Health encouraged private physiotherapy practices to remain open to ease the burden of musculoskeletal injuries on GP's and hospitals. We have adapted with increased hygiene standards and are available to help with any of your injury or injury prevention needs.

Lisa White

Please feel free to contact me
 Phone 6247 0912
 Email: lisa@physiosport.com.au
 Online www.physiosport.com.au

Please be advised that these are general exercises and are not intended for individuals with current injuries, the individual accepts all responsibility for any injury sustained while completing these exercises.

PhysioSport O'Connor and Gungahlin United Football Club accept no responsibility for any injuries sustained while completing these exercises.

STAYING STRONG & MOBILE AT HOME

Due to the COVID-19 virus, restrictions on how and where you can exercise are becoming much tighter. Because of this, your motivation to build and/or maintain your strength and mobility can also suffer. While being indoors with minimal/no equipment can be difficult, it doesn't mean you should throw in the towel and waste away your days on the couch watching Netflix.

There are a few basic bits of equipment that can go a long way. The first being a light/medium weighted resistance band, the second a handheld weight (somewhere around the 5kg range). If you don't have these at home, they can be purchased online at a low cost.

When working out at home, the most important thing to do is set a plan and stick to it! If you're trying to do something every day, it's best to rotate body parts so you're not overworking any specific areas. Use the handy plan on the next page, pick one or two body areas and work your way through the exercises with as many reps as you can per exercise. If you have time, try to repeat each movement twice.

**ASCEND
STRENGTH
& FITNESS**

These body weight exercises should be more than enough to keep your body active while restrictions are in place. Once everything returns to normal, incorporating gym equipment and structured group classes is vital to progress your training.

Ascend works closely with GUFM and offers exclusive discounts to all GUFM players, staff and their families!

Chat with us in club or email: info@ascendfitness.com.au on how we can help you.

Andrew

Andrew Lemmon
Director

**ASCEND
STRENGTH
& FITNESS**

T: (02)6242 5807
81 Gozzard Street
Gungahlin ACT 2912
ascendfitness.com.au

CHART 2.0

Bodyweight Exercises

by DAREBEE @ darebee.com



abs



quads



glutes



triceps



biceps



back



chest

 sit-ups	 lunges	 squats	 close grip push-ups	 chin-ups	 pull-ups	 push-ups
 reverse crunches	 high knees	 donkey kicks	 tricep dips	 backfists	 scapular shrugs	 chest expansions
 bicycle crunches	 side kicks	 bridges	 tricep extensions	 doorframe rows	 superman	 chest squeezes
 flutter kicks	 climbers	 jump knee tucks	 get-ups	 body rows	 back lifts	 pike push-ups
 leg raises	 plank jump-ins	 fly steps	 punches	 sitting pull-ups	 alt arm/leg plank	 shoulder taps
 elbow plank	 lunges step-ups	 side leg raises	 side-to-side chops	 pseudo planche	 reverse angels	 clapping push-ups

DIET TIPS DURING ISOLATION

Sport across the world is in a unique position right now. However, it is important that we remain focussed and disciplined with our usual routines. This will ensure that we are ready to go when the season eventually returns.

Right now, elite athletes around the world are continuing to train, recover, eat and sleep well, albeit often physically alone. Their bodies must be fit, strong and injury-free once the world of sport resumes as normal.

How do we stay focussed and disciplined during this time? Well, regular routines and habits are the hallmarks of a focussed and disciplined athlete.

FOR STARTERS:

- 1 You might like to reach out to your coach for a training plan during this time.
- 2 Reach out to your physio for a recovery routine or injury management or stretching program to do during the suspension.
- 3 Continue to follow a routine of 3 balanced meals and 2-3 snacks each day.

BALANCED MEALS

Balanced main meals consist of four things:

- 1 A source of wholegrains; this might be oats, high fibre cereal like Weet-Bix, wholemeal /wholegrain bread, pasta, rice, couscous, quinoa or polenta.
- 2 A source of protein; this might be eggs, lean red meat, chicken, turkey, fish, lentils/beans, cheese or tofu.
- 3 A source of vegetable; this might be cooked vegetables or fresh salad.
- 4 A small amount of good fats; this might be olive oil, avocado, nuts, nut butters or seeds.

HEALTHY SNACKS:

Often times we wonder what options we have when it comes to snacks as the supermarket seems loaded with poor options.

Here are some ideas:

- 1 Fruit and plain greek yoghurt (add some honey for sweetness).
- 2 Cheese and wholegrain crackers (such as Vita Weats or Ryvitas) or on wholemeal/ wholegrain toast.
- 3 Peanut butter and wholegrain crackers or on wholemeal/wholegrain toast.
- 4 Fruit toast/Hot cross bun and a glass of milk.
- 5 A medium tin of baked beans with melted cheese on top.
- 6 Tin of tuna or salmon on wholegrain crackers.
- 7 A muesli bar (such as Carman's classic muesli bar) and fruit.





QUANTITY:

Portions of main meals and snacks are dependent on the individual. The more active and/or taller you are, the more food you require.

A good rule of thumb is that you should be able to last ~2-3 hours between eating occasions without feeling starving hungry. If you are getting really hungry, then it is likely that the last meal or snack you had was not adequate in size.

So in summary, as best as you can while in this period of isolation, try to stick to your normal routine.

That might be:

-  Breakfast at 7.30am
-  School from 9-3pm (including morning tea and lunch) or work 9-5pm
-  Afternoon tea at 3:30/4pm
-  Homework 4-5pm
-  A training session from 5:30-6:30/7:30pm (or your usual training time)
-  Dinner at 7:30pm
-  Bed at a reasonable hour (try to get 8-9 hours of sleep)



Stay consistent in your daily routine and as soon as the season starts, you'll be ready and rearing to go!



Erica Stephens
Accredited Sports Dietitian
www.sportrition.com.au

WELCOME TO OUR PLAYER PROFILES

MICHAEL JOHN
BRIGITTE SANDER

JACKSON PALOMBI
MANSAH ADDAI
KIDZ BIZ

HENRY FERGUSON
HAYLEY SCOTT



PLAYER PROFILES

#44

MICHAEL JOHN

Team

NPL1 First Grade

Position

Forward

Team Sponsor

RAMS Home Loans Canberra



If you could hang any jersey on your wall, which would it be?

Pele's 1970 World cup home kit or Ronaldinho 2002 World Cup home or away kit.

What do you want to be "when you grow up"?

Enjoying football at a good level, making cool clothing or jewellery and being a good businessman.

Best advice you've ever been given?

Play football with enjoyment and work hard so you do enjoy it.

What are your in-game self challenges?

1. To not lose possession more than 5 times a game;
2. To have 8 shots; and
3. To beat people 10 times in a 1v1 situation.

How long have you been playing football?

I have played football for 20 years.

Which clubs have you played for?

The major clubs include Saint George (NSW NPL1); Blacktown Demons (NSW NPL); Sydney Olympic (NSW NPL1); Belconnen United (ACT NPL1); ANU; Burnley FC; Oldham Athletic; Stockport County; Canberra Olympic; GUFM (ACT NPL1).

Most memorable game you've either played in or watched.

Arsenal vs ... (anyone)



NPL1

#14

PLAYER PROFILES

How long have you been playing football?

I have been playing since I was 6 years old, so coming up to 12 years.

Which clubs have you played for?

I have played for Majura, CUA and Gungahlin United FC.

Most memorable game.

My most memorable game would be when I was 11 years old and playing in an all boys team. I was so nervous that in my very first game, instead of kicking the ball, I caught it instead. I was mortified at the time, but enough time has passed that I can look back and laugh... mostly.

If you could hang any jersey on your wall, which would it be?

Probably Messi, a little cliché, I know, but he's a great player.

What do you want to be "when you grow up"?

I don't really have a set plan for the future, which is a little worrying since I'm almost finished high school, but I plan to keep playing soccer whilst going to University. Maybe I'll study English, but knowing me, I'll probably end up studying something completely different. Again, though, there's really no set plan.

Best advice you've ever been given.

The best advice I've been given is "You live and you learn." Mistakes do happen in life, and we just have to learn from it and keep pushing on.

BRIGITEE SANDER

Team
NPLW First Grade

Position
Defender

Team Sponsor
Eastlake Gungahlin

Who or what motivates you to do your best?

I think I'm motivated by both internal and external factors. My parents are the main people, along with my coach, Diego, who help me strive to perform my best on the soccer field as they encourage me to challenge and push myself. I think academically, however, I am able to motivate myself to work hard as I want to fulfil my own expectations.



NPLW

PLAYER PROFILES

#5

JACKSON PALOMBI

Team

NPLY Under 18s

Position

Left Back or Right Wing

Team Sponsor

Workin' Gear



How long have you been playing football?

Since the age of 5 (2007).

Which clubs have you played for?

Just GUFC, except for one game for Belconnen in a friendly against the Newcastle Jets Academy team.

Most memorable game you've either played in or watched.

Liverpool vs Barcelona in the second leg of the 2019 Champions League Semi-Final was phenomenal to watch.

If you could hang any jersey on your wall, which would it be?

Andrew Robertson's from Liverpool.

What do you want to be "when you grow up"?

I aspire to be a performance analyst, hopefully for a football club, however, currently I work at U&CO Cafe owned by the Angelosantes (Riley from First Grade and his family).

Best advice you've ever been given?

Train the way you want to play and play like no one is watching, just be confident.

What is it like having a brother that plays for an opposing club in the same age group?

My brother plays in the U18s Belconnen team and it creates a lot of arguments and banter. We are both very competitive and this was clear when we played against each other in a preseason friendly. I am hoping the season is able to be played so that I get to play against him in a competitive game because whilst we both want to win, it was fun to be able to play against someone you are so close with.

PLAYER PROFILES

#9

MANSAH ADDAI

Team
NPLW Under 15s

Position
Defender

Team Sponsor
Eastlake Gungahlin



How long have you been playing football?

I have been playing football since I was around 5 years old.

Which clubs have you played for?

I played for a club in Perth called UWA Nedlands FC as well as GUFM in Canberra.

Most memorable game you've either played in or watched.

My most memorable game was watching the under 13 and 15 NPLW for the first time because it was something that I really wanted to be a part of and by watching them play it really helped with my own soccer skills.

What do you want to be "when you grow up"?

When I grow up I would like to work in the health department, for that to happen I hope to go to the University of Canberra Hospital. I have a dream to play football professionally and for this to happen, I would like to continue in the NPLW to develop my soccer skills.

Best advice you've ever been given?

The best advice given to me was from my Under 15 and 13 coaches Scott Gregson and Jen Cameron. They have both given me a lot of great advice, but the best advice that they gave me was to take control of my own game.

What do you love most about GUFM?

I love GUFM because it isn't just a soccer club, it's like a big family that can provide lots of opportunity for players and referees.

If you could hang any jersey on your wall, which would it be?

I would put the Matildas jersey on my wall because I would wake up looking at an opportunity to strive and work towards.



PLAYER PROFILES

HENRY FERGUSON

Team

Community Juniors Division 1 U16s 2019

Position

Defender

How long have you been playing football?

Since the age of 8.

Which clubs have you played for?

I have played for SUSA and Gungahlin United. SUSA was the very first club I played for which was in Vienna, Austria.

Most memorable game you've either played in or watched.

The most memorable game was the game in which I was playing for Gungahlin United when we made it to the Grand Final in 2019. The other team showed up late and had no warm up before the game. We won 7-2 and it was one of the best games of soccer I have played.



If you could hang any jersey on your wall, which would it be?

One of my first jerseys from SUSA that isn't totally destroyed. It is from 2013.

What do you want to be "when you grow up"?

I hope to be a nurse or a paramedic. At the moment I work at the Farmer's Market every Saturday. As well as refereeing and line marking for soccer.

Best advice you've ever been given?

Always give 100% in everything you do.

What are your greatest athletic achievements?

Running a half marathon in under 2 hours, getting player of the year in 2016 and breaking the school record for the 800m.



PLAYER PROFILES

HAYLEY SCOTT

Team

Community Mini Roos U5 Bumble Bees

Team Sponsor

Warratah Puppies

How long have you been playing football?

For one year.

Which clubs have you played for?

Gungahlin!

Most memorable game you've either played in or watched.

I remember mummy's game, I liked watching her play.

If you could hang any jersey on your wall, which would it be?

Briggsy's (Brigitte Sander) from NPLW First Grade.

What do you want to be when you grow up?

A gymnast.



What do you like about playing soccer?

Scoring goals.

What do you like most about Gungahlin United FC?

I like that my Daddy (Rob Scott) is a coach.

What did you like about your coach last year?

She gave us lollies after the games.

What's your favorite food at the GUFM canteen?

Lollies!

Why do you like lollies?

Because Jesus made me like them.

Do you go and watch the first grade games and do you have a favourite player?

Yes and it's Briggsy!



Kidz Biz

BLAKE EGGERTON, 11, PATHWAYS

Favourite football team:

Manchester United (my dad's from near Manchester).

Favourite post-game food or ritual:

Drink lots of water.

Best app:

One Football (soccer news)

Best TV/online show:

Bondi Rescue

What do you want to be when you grow up?

A soccer goalie.

Best advice Mum or Dad has ever given you:

Don't give up.

Best advice a coach has ever given you:

Being fitter makes you a better player.

Worst advice anyone has ever given you:

To stay on the [goal] line.

What is the first thing you want to do when this isolation period is over?

Get back to my team and playing soccer, I really miss it.



ELLIETTE TATE, 10, UNDER 11 OPEN RED

Favourite football team:

Tottenham Spurs, Matildas & Manchester City.

Favourite player of all time:

Hayley Raso & Dele Alli.

Favourite post-game food or ritual:

Being lazy

Best app:

Camera

Best TV/online show:

Jack Whitehall Training Days & F2Freestylers.

What do you want to be when you grow up?

Sports psychologist & play for Matildas.

Best advice Mum or Dad has ever given you:

When your legs are tired run with your heart - Mum.

Best advice a coach has ever given you:

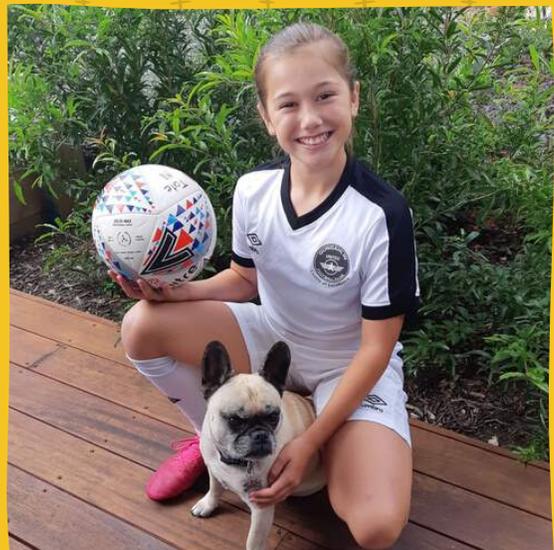
Smash the boys, they are more afraid of you than you are of them.

Worst advice anyone has ever given you:

Don't pass the ball to people who don't pass to you.

What is the first thing you want to do when this isolation period is over?

Play soccer games & train with my team & get back to regular life.



Kids Biz

JACKSON TATE, 11, PATHWAYS



Favourite football team:

Liverpool

Favourite player of all time:

Messi

Favourite post-game food or ritual:

Oranges & having a team talk about how we did.

Best app:

Youtube.

Best TV/online show:

Premier League Games.

What do you want to be when you grow up?

Professional soccer player.

Best advice Mum or Dad has ever given you:

If you fail, don't give up, try again.

Best advice a coach has ever given you:

From my Dad, "You just need to believe in yourself".

Worst advice anyone has ever given you:

Soul trap the ball - from a player on another team.

What is the first thing you want to do when this isolation period is over?

Get back on the field and play soccer!

CHELSEA HATELY, 11, PATHWAYS



Favourite football team:

Chelsea

Favourite player of all time:

Cristiano Ronaldo

Favourite post-game food or ritual:

I must eat a banana at least half n hour before a game.

Best app:

Pinterest

Best TV/online show:

Friends

What do you want to be when you grow up?

Soccer Player for Chelsea / Fashion Designer.

Best advice Mum or Dad has ever given you:

Mum always says don't have milk before a soccer game.

And "always paddle your own canoe".

Best advice a coach has ever given you:

Push yourself past your limits

Worst advice anyone has ever given you:

Girls can't play soccer.

What is the first thing you want to do when this isolation period is over?

Go to soccer training

Kidz Biz

JACOB HATELY, 11, PATHWAYS

Favourite football team: Chelsea

Favourite player of all time: David Beckham

Favourite game day food or ritual: I have to make sure my socks are pulled right up over my knees.

Best app: FIFA Mobile

Best TV/online show: Thundermans

What do you want to be when you grow up?

Soccer Player/ Work for Google

Best advice Mum or Dad has ever given you:

Winning is not everything, but football is a lot more fun when you are winning.

Best advice a coach has ever given you: If you enjoy yourself on the pitch everything else should come naturally.

Worst advice anyone has ever given you: Play in your correct age group it will be easier (life is not meant to be easy so I didn't like that advice)

What is the first thing you want to do when this isolation period is over? Play soccer



HARRY LABOUCHARDIERE, 12, PATHWAYS

Favourite football team: Spurs

Favourite player of all time: Kylian Mbappe

Favourite game day food or ritual: Smashed avocado on toast or mushrooms on toast.

Best app: Spotify

Best TV/online show: Thundermans

What do you want to be when you grow up?

Interviews with the Big Man or Fox Sports & Lawyer.

Best advice Mum or Dad has ever given you:

Your brain thinks more clearly when you're not stressed.

Best advice a coach has ever given you: Always be supportive even when things are tough.

Worst advice anyone has ever given you:

That Carlton is a good footy team.

What is the first thing you want to do when this isolation period is over? Go to my friends house.



Kids Biz

CARTER FINCHETT, 9, PATHWAYS



Favourite football team:

Manchester United

Favourite player of all time:

David Beckham, because he never stops running.

Favourite game day food or ritual:

Lots of water, and a banana

Best app:

Pixel Gun 3D

Best TV/online show:

The Simpsons

What do you want to be when you grow up?

Footballer, if not, a Scientist.

Best advice Mum or Dad has ever given you:

Never give up. Repetition equals perfection.

Best advice a coach has ever given you:

Fight for the ball, win it back

What is the first thing you want to do when this isolation period is over?

Play football with GUFC U10's Galaxy Pathways.

SEBASTIAN MUNOZ, 11, PATHWAYS



Favourite football team:

Manchester City

Favourite player of all time:

Kevin De Bruyne

Favourite post-game food or ritual:

Go and get a smoothie with dad - he gets a coffee.

Best app:

NBA 2K

Best TV/online show:

Brooklyn 99

What do you want to be when you grow up?

Mmmmmm tough one. Astronomer

Best advice Mum or Dad has ever given you:

The amount of work you put in, is what you get back.

Best advice a coach has ever given you:

Eric - Your mind controls a lot. You are the one stopping yourself from doing something.

What is the first thing you want to do when this isolation period is over?

Go to school!

PARTY TIME ... CAKES

We got together and thought, other than actually playing football, what are we all missing the most right now? Party time!

So we asked soccer mum Dinah from Hooray For Cake to give us some football and sports cakes to drool over. Perhaps they may help you plan for your post-COVID celebration!



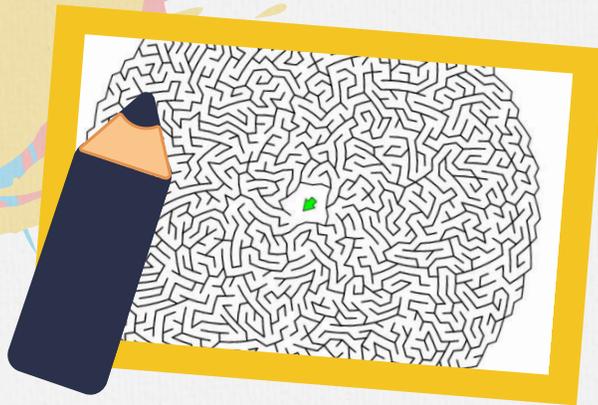
ACTIVITIES IN THIS ISSUE...

COLOURING-IN

Take part in our colouring challenge. Whether you're 5 or 95, it's always fun to colour. There's a prize to be won!



Send us a picture of your finished colouring-in and you could win a prize & be featured on our Facebook page!



BE AMAZEING

These aren't the easiest mazes to do, but that's half the fun! We challenge you to be aMAZEing

FIND-A-WORD

Go on a GUFM treasure hunt. Answer the questions from stories in the mag, find them in the puzzle and the leftover letters give you a phrase that could win you a prize!





COLOURING PAGE

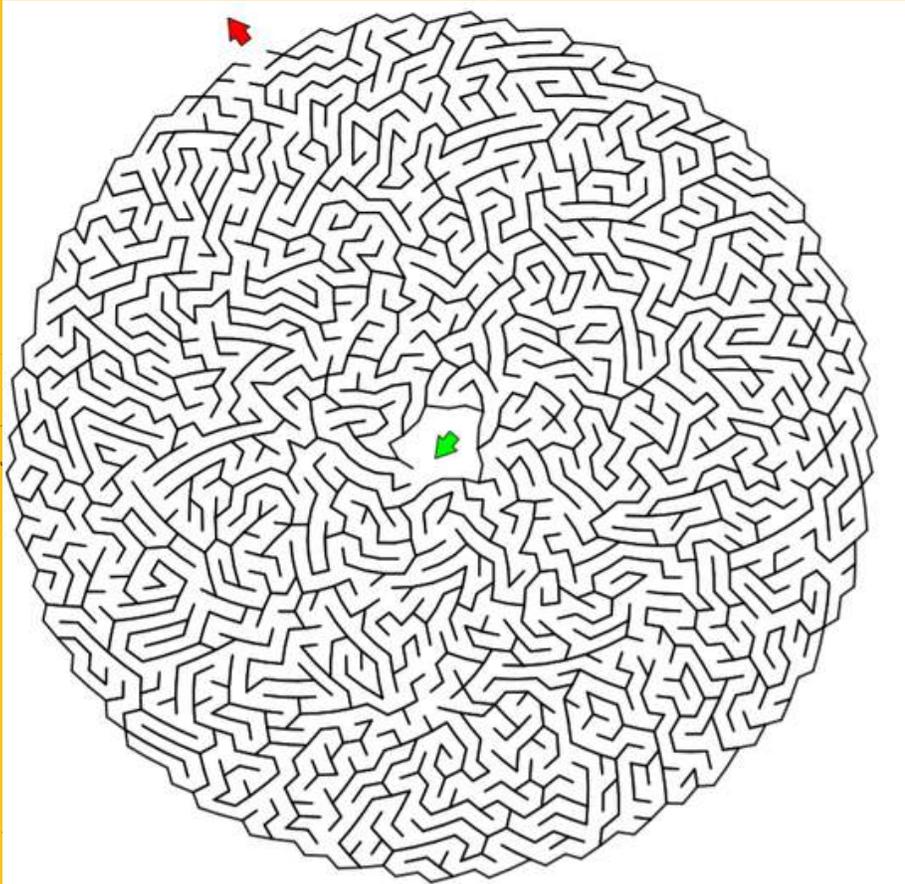
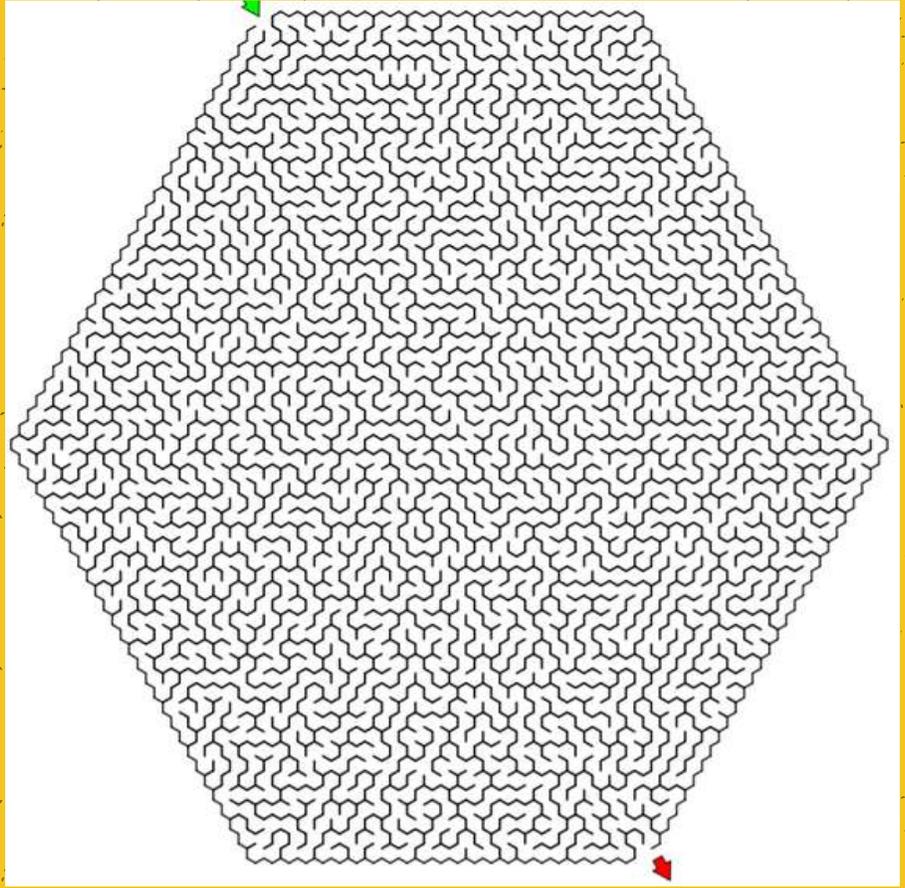
Download, print, colour and email us your finished page for a chance to win a GUFM backpack and cap. Feel free to add yourself to this picture!

Send to content@gufc.org.au. Entries close 31 May 2020

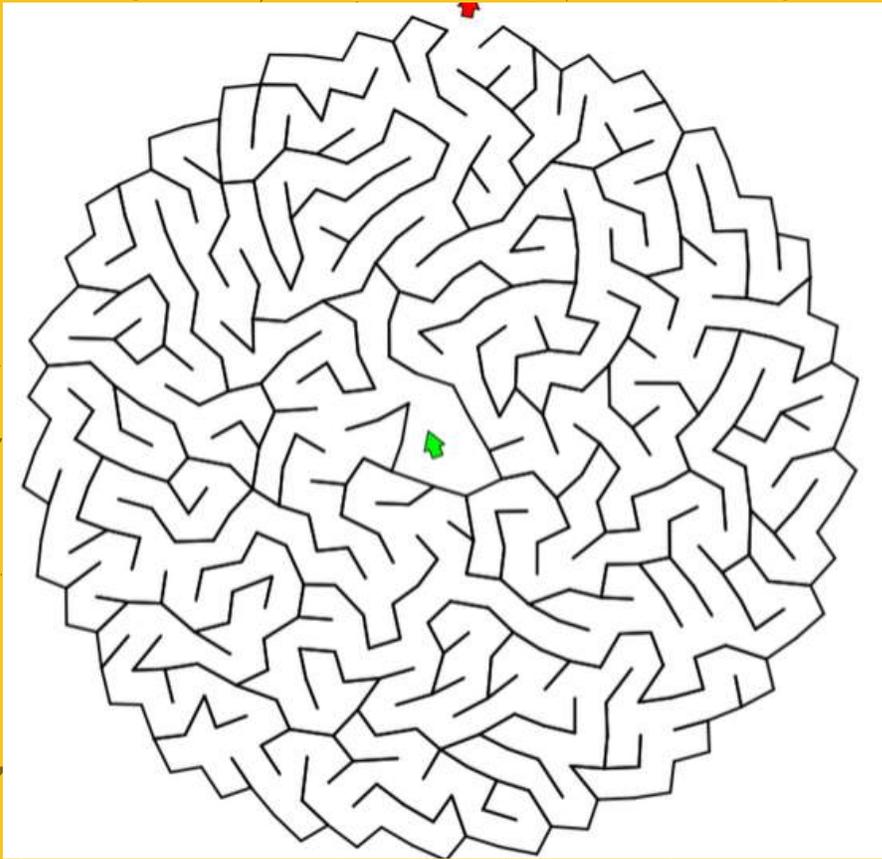


THE MAZE PAGES

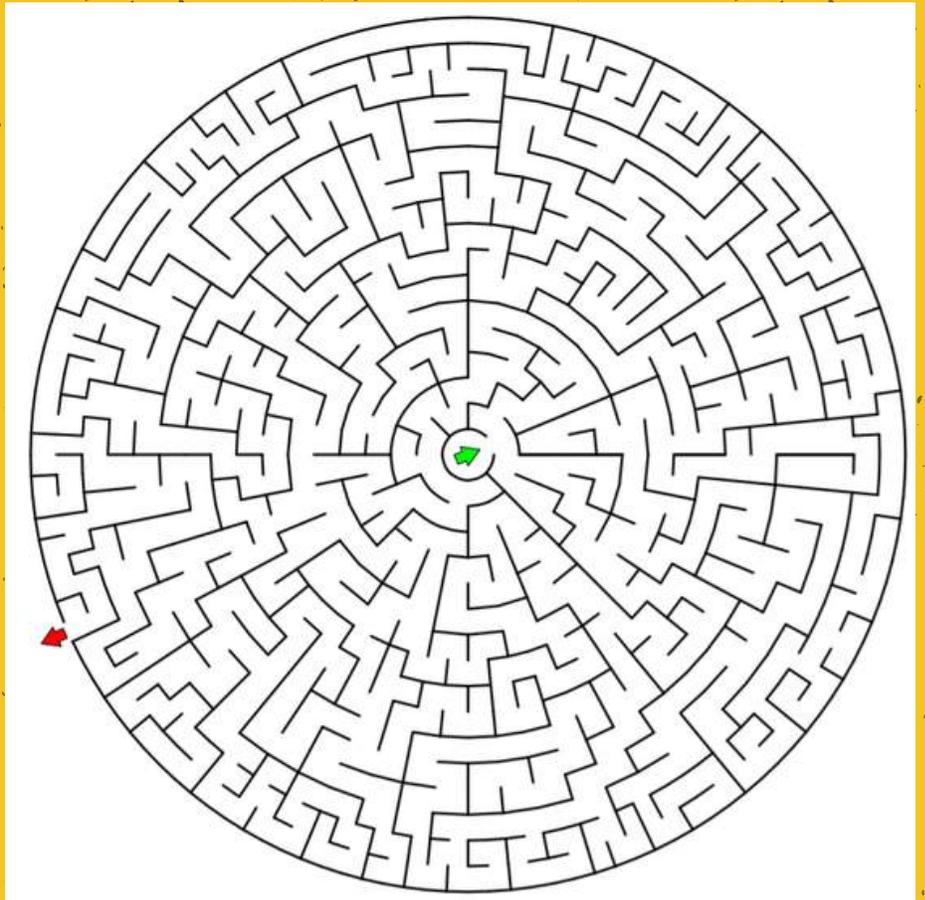
*Bored? We've got
you covered!
Download, print and
complete these
great mazes.*



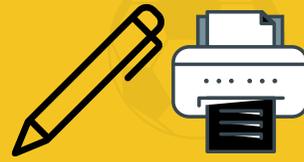
THE MAZE PAGES



You're
A-MAZE-ING



FIND-A-WORD



Download and print this page and the grid to get started.

Find the answers to these questions throughout this issue of GUFM, write your answers next to the question on this sheet THEN ALSO find them in the grid and put a line through them. The leftover letters in the grid will spell out the answer to the final question.

Email that answer to content@gufc.org.au for your chance to win a GUFM hoodie!

How old is our featured player and coach, Philippe?

How old was Philippe when he first started playing football?

In our Kidz Biz section, who is Sebastian's favourite player? De Bruyne

Which Gym sponsor Gungahlin United?

What is the first name of our GUFM Head of Design? Tonini

Who created the Canberra & Regional FIFA 20 Tournament? (first name and last name required)

The winner of PS singles will play against the winner of which country?

Who are the two M's in M&M Podcasts? (first names only and found on 2 separate lines)

What did Michael from M&M Podcasts study at university? Bachelor of Sports

Who owns Workin' Gear (first and last name required all on 1 line)

What suburb can you find Workin' Gear?

Who were our GUFM March FIFA 20 contenders?, Jeremy, and Philippe (first names only found on 1 line)

What does GUFM stand for? Gungahlin United Football

What women's sport does BARTV Sports stream for Fox? WBBL and

What is the BarTV Sports hashtag? #

In which region did BarTV Sports first start?Valley

What does our Under 5s Player Profile Hailey like to buy at the GUFM canteen?

Who is Jackson Palombi's favourite player? Robertson

Which sponsor tells us to "walk like a ram"?

During the current Coronavirus pandemic, what do we need to do? Stay at

What are Transport Canberra and CMET asking us to do if we feel unwell? If you feel unwell, please do not use transport

Who is our Corona Coach? Rob

How many shots does Michael John (MJ) aim to take in every game?

Who else has Brigitte played for?, CUA and Gungahlin

What brand of ball is featured on our colouring page?

Rams gives us 4 tips to help get ahead when saving for a deposit for a home. Tip #2 is to: Start saving and create a budget.

Who created the amazing sports cakes shown in this issue? from Hooray for Cake.

What colour is in the PhysioSport logo? Black, white and

What is Elliette holding in her Kidz Biz profile? A and a (two answers found on 2 separate lines)

Our NPLW 15s Player Profile is Mansah

ONCE YOU ANSWER ALL OF THE ABOVE, TAKE THE REMAINING LETTERS AND TELL US THE ANSWER TO THIS QUESTION: What are we calling the first issue of GUFM?



FIND-A-WORD



G	R	O	W	T	H	E	G	A	M	E
T	K	C	I	W	H	S	Y	F	H	E
L	A	C	H	I	E	K	C	A	J	I
A	E	U	G	A	E	L	W	S	M	O
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I	E	I	I	T	U	M	G	M	A	N
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T	K	C	I	W	H	S	Y	F	H	E
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A	E	U	G	A	E	L	W	S	M	O
S	L	A	T	B	L	U	E	J	A	T
A	I	T	W	A	L	E	S	E	J	R
P	A	H	O	L	D	C	F	R	U	E
M	N	G	N	L	O	O	A	E	R	T

sample

HOW HARD IS IT TO SAVE FOR A HOME DEPOSIT?



It can take up to 10 years to save for a home deposit in some areas, but RAMS Home Loans have some excellent advice to help you get your finances in order as you head into the property market.

FIVE QUESTIONS TO ASK YOURSELF BEFORE YOU MAKE AN OFFER:

1

IS THIS THE RIGHT AREA FOR ME/US?

Consider the pros and cons of the area: transportation, proximity to family and friends, if there are parks and services nearby, whether there is a local shopping precinct, what your closest schools are and more.



2

CAN I/WE AFFORD EVERYTHING INVOLVED WITH BUYING A HOUSE?

Ask your lender about the deposit, stamp duty, ongoing repayments and costs associated with legal and conveyancing, application and finance, building and pest management and maintenance.



3

IS THIS HOUSE UP TO SCRATCH?

You don't want your dream home becoming a nightmare. Schedule some building and pest inspections to look for mould, cracks in walls, bad plumbing, faulty electricity, damage to your roof, gutters or drains or anything else that could end up costing you a lot to repair.



4

WHAT ARE THE DIFFERENT LOAN OPTIONS FOR ME/US?

Is a fixed home rate, variable rate, offset account or other option the best for you?



5

DOES THE CONTRACT CHECK OUT?

Ask your lawyer or conveyancer to review the contract for any surprises.



IF YOU'RE HAPPY WITH YOUR ANSWERS TO THESE QUESTIONS, SUBMIT YOUR OFFER!

4 TIPS TO HELP YOU GET AHEAD IN THE SAVINGS RACE:

1

Take advantage of helpful tools, like savings calculators.

Seek advice from a financial advisor, your lender or a trusted mentor or support person.

3

2

Start saving ASAP and create a budget.

Assess home loans and choose your best options.

4



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APRIL 2020