



GUNGAHLIN UNITED FOOTBALL MAGAZINE

AUG 2020



ISSUE 2: THE RETURN TO FOOTBALL ISSUE

RUSS GIBBS: 'HOW GUNGAHLIN CLAIMED GRAND FINAL GLORY'

FROM GUNGAHLIN PEEWEE TO REPRESENTING AUSTRALIA: GEORGE TIMOTHEOU

LACHLAN GRIFFITHS: CANBERRA UNITED NYL & GUFC

GUFC PLAYER PROFILES

KIDZ BIZ

OUR VOLUNTEERS: THE HEART OF GUFC

INTRODUCING: SESSION PLANNER

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A MESSAGE FROM OUR PRESIDENT



It is great to see the release of Issue 2 of Gungahlin United Football Magazine, but even more so, it's a relief to see the return to football. After a very testing 2020, we can at least say we hit the field, even if the season is a different version to that we are used to.

I think what the period of isolation showed me was that a love for football didn't disappear. If anything, I saw more determination and passion emerge as a result of the forced closure of the sport we care so much about.

With that in mind, I would like to point you towards the many great articles that can be found in this issue of GUFM. Of course, there is the trip down memory lane of the G UFC 2019 Premiership win thanks to Russ Gibbs, along with up-close and personal interviews with some of G UFC's (and Canberra's) more successful players. Our magazine team have managed to capture these stories beautifully.

I'd like to direct you though to the article on our volunteers being the heart of Gungahlin United. Without our volunteers, we, quite simply, would cease to exist. I know how much time I personally spend on my "volunteer role" which, many weeks, overshadows my day job. I can attest that the volunteers mentioned in this issue of GUFM, along with so many others who have yet to be highlighted, are the life blood of this organisation. The hours they put in and the heart they give cannot be under-appreciated. If you don't read anything else, please read this article to not only get a full appreciation of what these people and many others like them do for this organisation, but to see how they handled the trepidation of stepping into their roles for the first time. We hope that their stories may inspire you to put up your hand to become part of the much valued G UFC volunteer community.



Something else I am very proud of is the partnerships that GUFC has begun to form, both nationally and internationally, with organisations that share our passion for football. This includes our newest partnership, that I am very excited to share, with leading sports software company, Sports Session Planner.

We have joined the ranks of organisations such as Football Brisbane, Sunderland AFC Football Club, the Scottish National Team, the Football Association of Wales, Manchester United and Liverpool Football Club (just to name a few) by providing this resource for all coaches at Gungahlin United Football Club. To quote Rick Parry, former CEO of the English Premier League, Sports Session Planner is a "highly sophisticated resource for all clubs and coaches, used by many of the worlds's elite clubs".

I personally interviewed the founder and MD of SSP, Magnus Alford about this new resource and how it can help coach the next generation of footballers at Gungahlin United. We're excited by the possibilities.

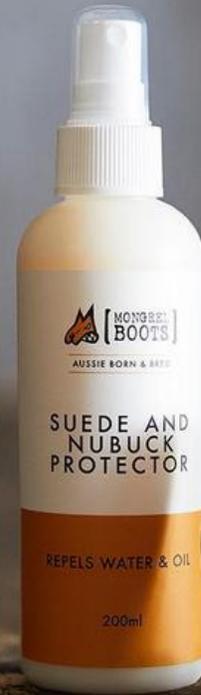
Thanks as always to Leanne and Kailey who are the brains, designers and story tellers behind GUFM. I'd also like to thank the broader Canberra football community for supporting our magazine and look forward to many more just like this one!

YOURS IN FOOTBALL

Neil

GIVE THE GIFT
OF CHOICE THIS
FATHER'S DAY

**WORKIN'
GEAR**



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FROM OUR TEAM

LEANNE SHEA LANGDOWN

Head of Corporate Affairs and Editor-In-Chief

Thanks so much for the support we've received for GUFM. Issue 1 brought so much interest, not only from within Gungahlin United but within the Canberra football community generally, which has encouraged us to continue creating interesting content for all ages.

A big shout out to George, Lachie and our many volunteers for allowing me to probe into their lives to find out who they are both within the sport and outside of the black, white and gold. Thanks for your candour and words of wisdom.

I've learned a lot within the pages of this magazine from our other authors including an insight into goalkeeping, a peek into the world of Emma Stanbury, what it's like to work within our Centre of Excellence and even how to plan a great coaching session! Although that last one will require a whole lot more study on my part (I love our coaches - thanks for all you do).

I think by far my favourite part of this "Return to Football" issue of GUFM is the player profiles and Kidz Biz sections. Such a great read and some of the answers from our Juniors and Mini Roos are priceless.

Enjoy the read and don't forget, if you'd like to join the GUFM team email content@gufc.org.au!

KAILEY TONINI

Head of Content and Magazine Head of Design

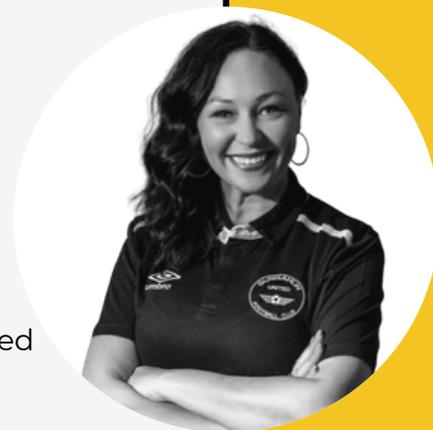
Welcome to the second issue of GUFM! We've all been very busy with the return of football (yay!) and I am so grateful to be back in the routine of training and then playing a weekend match.

I hope our players and supporters are enjoying football's return as much as I am. Don't forget to send us your matchday pics! You can email your photos to content@gufc.org.au or tag us on Facebook or Instagram and you could feature on our pages.

Leanne and I are very excited to share interviews with players competing at various performance levels. George Timotheou, Lachlan Griffiths and Emma Stanbury share their football journeys, how they kept themselves busy during the COVID-19 suspension, their achievements, football goals and lots more. I hope GUFM players aiming for performance-level football or those inspired by footballers find a lot of value in these interviews.

Football is a team sport, so it is essential everyone follow the active COVID-19 guidelines as advised by Capital Football and enforced by GUFM. Remember to keep up to date with what restrictions are currently in place and follow them as best you can.

Stay safe and wash your hands!



*Leanne
xoxo*



Kailey



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HOW GUNGAHLIN CLAIMED GRAND FINAL GLORY

By Russ Gibbs

The big match build-up began in earnest on the Monday with both teams preparing for the clash at Deakin Stadium. For Gungahlin goalkeeper Jordan Thurtell it was something of a homecoming as he had begun the campaign lining up for Canberra FC between the posts before shifting to the Gunners. "When Gungahlin knew Josh Lagudah was going overseas, that's when they got in contact with me," Thurtell said. "I was playing on-and-off at Canberra FC with limited game time, so when the opportunity to come to Gungahlin arose, it was too good an opportunity to miss. Marcial plays a certain style that helped me transition from Canberra FC. He knew exactly how I could help the team and made sure the team also understood my role. The boys were brilliant before I got here, and since I've been here, they've continued to be brilliant. They've just taken everything in their stride, not just with the minus-six points but also going out of the Federation Cup. It could have affected them, but the boys took it in their stride, and they've got the rewards by being in the final. Everyone is feeling good. It obviously means a lot for the boys to be in a Grand Final and it's a great opportunity for them as well."

Gungahlin United finished the 2019 National Premier League (NPL) Capital Football campaign in fine form and duly took home the silverware at the end of ninety minutes against an out-gunned Tigers FC. Having dispatched Canberra Olympic in thrilling fashion in the Semi-Finals they were set for the big day. In this extract from 'Gunning for Glory: The Complete Review of the 2019 NPL Season in Canberra', commentator Russ Gibbs relived the action.



The Grand Final promised a remarkable conclusion to a season that had started with Gunners staring down the barrel of a six-point deficit, but they'd shown character and determination to fight their way to the last day of the season as Marcial Munoz told the local media. "The season could have ended right there and then, but they came together and embraced the challenge," Munoz said. "They won't give up - no matter the result or scoreline. That's what has driven them the whole way to the decider. It couldn't have been harder, but we couldn't have done it on better terms. The hurdles that were put in front of us this year, were very difficult to overcome. Arriving in the Grand Final is just the cherry on top. They're going to make things extremely hard for us, we're certainly not going into this final with the upper hand. We need to be mentally prepared to essentially go into battle against a team who appeal a lot to their physical strengths. We need to make sure we focus on that and understand how to break them down."

Setting the standards in the middle of the park was likely to be playmaker Antoni Timotheou. The heartbeat of the Gungahlin side was excited by the prospect of walking out at Deakin Stadium for the club's first Grand Final since their reformation.

"It was always going to be a long-term project with Marcial, he was building towards something special like this," Timotheou said. "We've recruited players who have plenty of finals experience and it's really special for us who have been at the club for three-to-four years. The minus six has almost made us hungrier to do our best and repay the club who put their trust in us."

“
The season could have ended right there and then, but they came together and embraced the challenge
”

Tigers were severely depleted of course with Shields and Bailey suspended and midfielder Roko Strika a long-term absentee. Laurence Redmond was back from an ankle injury and into the centre of defence alongside Nahuel Guerrero with Jose DeFilippi shifted back into midfield alongside Michael Kita. Goran Josifovski partnered Lachlan Camm up front in the Tigers usual 4-4-2. Gungahlin, as expected, named an unchanged team from the one that had beaten Canberra Olympic the week before in the Preliminary Final. With a decent crowd of around 2,200 in attendance, we were all set for a thrilling denouement to the NPL1 season.



Wilk's plans were blown apart before the match had even had chance to really settle as, with under twenty minutes on the clock, he was forced into making a change. Centre-back Guerrero landed awkwardly dealing with a routine header, appearing to twist his ankle. After receiving treatment and trying to run it off, it became abundantly clear that he couldn't continue, and Wilk was forced into an early substitution as Filip Blaskovic entered the fray. If that was bad, it got worse, considerably so. Moments after Guerrero's departure, Gungahlin struck.

“
It was always going to be a long-term project with Marcial, he was building towards something special like this.
”



Michael John put pressure on the Tigers' defence at the top of the penalty area, the Cooma side turning over possession, allowing Samuel Habtemariam to slide a pass in to his brother, inside the area. Jeremy Habtemariam needed no second invitation, slipping a finish with the outside of his boot past Jakob Cole and into the corner. Tigers' response was good, Hussain Fureje missing two good headed opportunities within the space of five minutes, failing to connect correctly with the first and unable to direct the second on target. But, the turning point of the contest was yet to come, and it arrived seven minutes before half-time. Cole, rushing from goal, misjudged a through-ball that bounced over his head. Attempting to rectify the situation, he flicked an instinctive leg at the ball whilst still in the air, catching John across the chest and leaving referee Bruno Kehl with a big decision. After discussion with his Assistant, Alex McConachie, Kehl deemed the tackle worthy of a red card and Tigers were down to ten. Immediately, Wilk was forced to take off striker Lachlan Camm and replace him with substitute goalkeeper Mitch Kaye.

Tigers saw out the rest of the half, but the momentum was well and truly with Gungahlin. It might have got worse early in the second half when Jeremy Habtemariam rolled Tony Spaseski on the edge of the penalty area, however Kehl deemed that Habtemariam was the one who initiated the foul and, to the disbelief of many who saw the incident, inexplicably gave the free-kick in the other direction.

With Habtemariam in on goal, it was another big decision. If Tigers dodged one there, they could feel aggrieved with some of the challenges that Gungahlin perpetrated without sanction. Jack Green, otherwise brilliant again, was lucky to not see yellow for a robust challenge on Spaseski whilst Timotheou twice dodged sanction for pulling back breaking Tigers players in midfield.

A second goal seemed on the cards as the ten-men were forced backwards and it duly arrived in the 57th minute. Samuel Habtemariam was again heavily involved, his darting, incisive run infield ending with a deflected pass that fell exactly where Jeremy Habtemariam wanted it, the midfielder hammering in a side-foot finish from around the penalty spot. Still, Tigers were unbowed and only a world-class one-handed stop from Thurtell denied Fureje when the midfielder found himself in acres of space in front of the Gunners goal. Sensing that the moment had passed, Gungahlin upped the ante and sealed the result with fourteen minutes to play. Munoz had introduced Zac Barbatano into the attack and the fleet-footed youngster created the third goal, bursting down the left flank to pull back a cross to Timotheou who sized up the shot, planting a firm right-footed effort low past Kaye and into the bottom corner. Tigers' world continued to fall apart, and they were temporarily reduced to nine men when Jared Tonini was sent to the sin-bin for dissent, initially, he was issued a yellow card for the offence until the referee realised his error and banished Tonini to the bench. It was a haphazard two minutes that summed up Tigers' day.



Jeremy Habtemariam



Michael John



Zac Barbatano



It got worse with six minutes remaining as Cungahlin grabbed a fourth. A deflected cross found its way to Samuel Habtemariam and he found John in the area. There was still much to do for Gunners top scorer, but he turned to lash an unstoppable finish, high past Kaye into the top corner for a stunning strike. John wasn't done there and added his second four minutes later. Timotheou was the architect, skipping past two tackles and slipping a perfectly weight ball through to John who was left one-on-one. Such was Timotheou's assurance in the outcome that he was already milking the applause of the crowd as John nimbly side-stepped Kaye and clipped home the fifth of the evening. There was still time for one more entry into the history of the game as Michael Gurney was sent walking for a second bookable offence, hacking out at midfielder Nick Rathjen who, in the opinion of this writer and his co-commentator, Angelo Konstantinou, was unfortunate not to win the Valeri Medal that was awarded to Jeremy Habtemariam post-match. It was silly from Gurney who had earlier dodged a potential second yellow, but left Kehl with no choice with a cynical lash out borne of frustration.

The Man of the match Jeremy Habtemariam was uncertainly incredibly happy at the final whistle.

"It was amazing. It means everything," Habtemariam said. "For us new players that came this year, it really means a lot that we could help out the guys that had been here for a long time and help them win their first trophy. I'd be lying if I said I wasn't confident, but not 5-0 in a final. Being around that team, it is so easy. That's after the first season,

we started on minus six and ended up making the Grand Final. We weren't far off first in the end. We have definitely set a good foundation for next year and the seasons to come."

Munoz, for his part, was analytical in his reaction, allowing his group to savour the moment of victory. "The attacking team we are, the goal was going to come sooner or later," Munoz said. "The pressure was just going to build from there for us anyway. We're a team that likes to hold onto the ball. I knew they were going to appeal to a more physical game like it turned out to be, so we just needed to ensure we kept the ball and kept them moving. I'm hoping they're up for another challenge and another go at it next year.

"They deserve more now. I won't be as arrogant as saying I think we can win the treble. But I would like to think we could go and win the Federation Cup so we can go into the FFA Cup. I firmly believe they can do it. I'm hoping they will want a new challenge. I'm just happy, relieved, surprised. There are just so many emotions."

“
**I'm just happy,
relieved, surprised.
There are just so many
emotions.**
”

For Tigers, there was the disappointment of falling at the final hurdle but, as stand-in skipper Fureje commented, there was still a lot to enjoy about their 2019 campaign.



"It's very disappointing. Honestly, we started playing well, and after that red card for Jakob, we found it very hard to control," Fureje said. "We played really well with 10 men and fought all the way. The referee's decisions weren't on our side. It changed everything. At the beginning of the game, we were doing what the coach wanted us to do. We had our chances, we didn't finish the chances, but after the red card everything had to change. It was very hard for us, but we still fought with 10 men and played really well, it's unlucky. We're very happy with what we've done this year, honestly. The boys did a very hard pre-season, hard season, we were coming first and lost the minor premiership in the last two games. We won the FFA Cup Qualifying and had a big game against Hume City in the Round of 32."

RUSS GIBBS

*Extract from
'Gunning for Glory:
The Complete Review of
the 2019 NPL Season
in Canberra'*



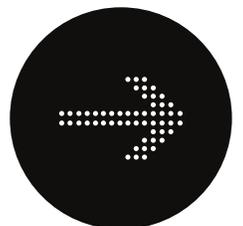
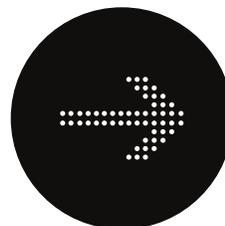
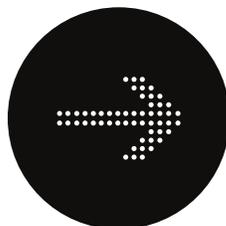
Don't look back, only look forward

**GEORGE TIMOTHEOU:
FROM GUNGAHLIN
TO SCHALKE, ZULTE
AND BEYOND**

By Leanne Shea Langdown

As I stand at Harrison Fields of a Saturday watching our Minirooms, I often wonder where their soccer may lead them. For some kids, it's a bit of Saturday fun and fitness that is quickly forgotten the moment they take off their boots. Yet for others it extends beyond Harrison to every waking moment of every living day. What potential do our kids have when football is life and they've got a bit of skill and self discipline to go with it?

I chatted to George Timotheou to find out exactly what might happen when a Miniroom refuses to take off their boots and continues their love of football well beyond each Saturday.



George strapped on his first pair of football boots at the tender age of 3 as an under 4 Peewee with Gungahlin Junior Soccer Club.

Like so many Gunners kids, he played every opportunity he got, including futsal in summer, with local academies in the off-season, and of course Kanga Cup in the school holidays, winning the title of “Under 11s Player of the Tournament”.

George’s representative opportunities and accolades came early as an under 13s Capital Football National All Star, playing at Schools Nationals, being awarded an ACTAS scholarship, playing NPL, being selected for tours of China and England and earning the titles of “Player of the Tournament” and “All Star” at National Training Centre challenges.

George’s love of football came from kicking a ball in the backyard with his father and brother at their home in Ngunnawal. That love, commitment, and dedication to his sport saw him receiving an AIS scholarship, a National Youth League tour of Holland and the opportunity to train with Melbourne Victory.

From Gungahlin Peewees and kicking the ball around the backyard to playing for Australia in Dubai and making his Bundesliga debut.

If that is not enough, he then headed to Sydney Football Club as a member of the National Youth League Championship team which lead to a Sydney FC NPL and then A-League contract.

A stint with the young Socceroos was next which included winning an Asian Football Federation Championship in Vietnam and playing in the Asian Football Federation Cup Championships in Bahrain.

A switch to Sydney Olympic NPL saw him trial for Schalke which gained him an U23s spot in their men’s regional league and then hitting the field for their first team in Spain and Russia, with a Bundesliga debut against Stuttgart. From there it was time to transfer to Belgium Zulte playing in their reserves and their first team including Jupiler League against Standard Liege. If you’re a fan of the European leagues, you’ll know how incredible all this is for a Peewee from Gungahlin.

George’s story doesn’t end here. What’s better than playing in Europe? Representing your country. A career highlight has been strapping on his boots wearing the green and gold for his Olyroos debut for Australia versus Iran in Dubai last September.



“

“It’s an amazing feeling to represent your country, particularly when you’ve worked so hard throughout the years to achieve it - the feeling really is unexplainable.”

”



When I asked George if there had been any coaches or other players who have played a part in his success to date, he very politely noted there were too many to mention. But without a doubt, the top on his list was his dad, closely followed by Milan Milovanovic (ACTAS), Tony Vidmar (AIS), Paul Okon (Young Socceroos), Robbie Stanton (Sydney FC), Abaas Saad (Sydney Olympic), Torsten Froeling (Schalke U23) and Huub Stevens (Schalke 1st Team).

When asked who his role models are, he named Sergio Ramos as the stand out.

“He is the best defender I’ve ever watched. He’s a complete player. He can do literally anything you need in the team, extremely versatile, he can defend the goal with his life, he scores a crazy amount of goals and especially important ones and stands up when his team needs him.”

As soon as Covid is over and the world can travel again, George plans to return to Europe. He loves being in Europe because it is “football mad, you learn so much, has a great cosmopolitan lifestyle, and there are so many new experiences”. However, he did mention he doesn’t love the weather or being too far away from his family and friends. “There’s a loneliness when things aren’t going well.”

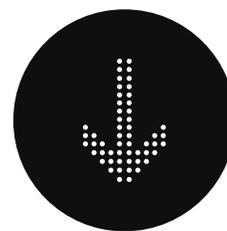
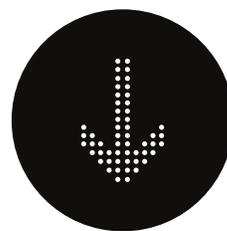
I asked George what advice he would give younger players who hope to take their sport to the next level. He says to be prepared:

- For more downs than ups.
- To start at the bottom of the pile and put in the work to claw your way to the top.
- To train like you’ve never trained before.
- For all the non-football challenges, like language, culture, money, loneliness.

George’s main piece of advice: don’t look back, only look forward and focus on what you’re doing.

So who is George when he’s not playing football? When he’s not at university, listening to music or playing Fortnite, he’s a son to the well-known GUFC Timotheou family, a brother to our very own Antoni (Doni), partner to the lovely Amanda and (you heard it here folks) a father-to-be! Congratulations George and Amanda on the incredible journey of parenthood you’re about to embark on together.

Thank you George for sharing your story with our GUFC readers and for providing inspiration for our players. Thanks also for showing me, as I watch the Miniroos of a Saturday at Harrison Fields, that it’s quite possible there’s a kid out there who refuses to take off their boots after a Saturday game and I’m witnessing the birth of a very exciting and fulfilling football career.





LEANNE CHATS TO

Players' Player Award winner **LACHIE GRIFFITHS**



Lachie is a very familiar face at Gungahlin United. Whether he's on the field playing for our NPL1 First Grade team, walking the grounds talking to kids at GUFC gala days, assisting coaches at NPLY, coaching our Centre of Excellence kids, turning up at Community games to support our Miniroos and Juniors or volunteering for photo shoots to help promote our sponsors, Lachie embodies what it truly means to be an active and committed member of the #GUFCFamily.

It turns out his Canberra United team also hold him in high regard. Winning the Players' Player 2019/2020 Award after their most recent season is obviously a career highlight for this twenty-one year-old Gunners favourite.

We interview Lachie to get to know the man who is a very valued and much-loved member of GUFC.

How old were you when you first strapped on a pair of football boots?

I was 5 when I first started playing. I grew up in Rockhampton and played for a little club called Bluebirds.

Is football the only sport you've played?

No, I did a lot of swimming when I was younger. It wasn't until I was around 10 that I decided to stop swimming and focus on football.

What clubs have you played for and what year did you join GUFC?

I have played for a number of clubs. I didn't move to Canberra until I was 16 so prior to that I played for Brisbane City and Brisbane Olympic in Queensland. My first year in Canberra was also my first year playing NPL Mens and I played for Canberra United Academy. I joined Gungahlin in 2018 after playing under Marcial in the first season of Canberra United NYL (2017).

We [GUFC] have an amazing team and training is always at a top level. Away from the pitch, we have such a great community.

LACHIE GRIFFITHS

What do you enjoy about playing for GUFC? It's a great club to be at. We have an amazing team and training is always at a top level. Away from the pitch, we have such a great community. This was seen at last year's Grand Final with the crowd that Gungahlin brought in.

You played for the NYL last season, tell us about that experience.

We definitely had our ups and downs. There were some very close games but also some games where we just didn't turn up. It was the first season of the three that we managed to take points away from one of the Sydney teams, so that was a big positive. This was 100% the youngest team of the three years I have played NYL, meaning in the next years to come, Canberra will become an even stronger side.

What have been your best football experiences to date?

There are two games that I can recall being my best footballing experiences, with the first one being the GUFC Grand Final win at the end of the last season. There was no better feeling, especially after what we had gone through at the start of the season. The second is our first NYL win where we beat the Mariners at the Central Coast. We won 2-1 that game with (fellow GUFC team mate) Doni [Antoni Timotheou] and I both scoring.

It was a great feeling having won the Player's Players Award. Knowing that all of your teammates trust in you is always amazing.

You won an award during the NYL experience. What was it and how did that make you feel?

It was a great feeling having won the Player's Players Award. Knowing that all of your teammates trust in you is always amazing. I haven't had to say a speech in a while so that part of it I was a bit rusty, haha.

You were part of the Grand Final winning GUFC team last year. Tell us about that experience.

There was no better feeling. When you look at how our season started and the amount of work the players and coaches had to put in, there's not many clubs that could do that. It was a reward that we definitely deserved.

You were an assistant coach for NPLY last year and you also help out with our CoE kids. Tell us why you coach and why having NPL players engaging our younger players is important.

Having a club that everyone wants to be at doesn't just involve having a quality first grade side. The juniors' side of the club is just as important because they are the future players that are going to take Gungahlin to another level.

Do you have a role model? Who is it and what qualities do they possess that makes you look up to them?

In football, I don't necessarily have a role model but there are definitely players that I inspire to play like. For me, my two favourite centre backs are Sergio Ramos and Virgil Van Dijk. Two quality defenders that rarely get beaten in 1v1 situations whilst always having an attacking threat about them.

What's the best piece of advice anyone has ever given you?

The most common piece of advice I was given was to work hard now otherwise you'll regret it later. There are definitely times now where I wish I had worked harder at around 15-19 [years old] because of all the injuries I've picked up on the pitch.

What advice have you got for our younger players to make the most of their football?

Football is definitely not an easy sport to make it somewhere in, so you have to think to yourself all the time, "What am I doing right now that is giving me an advantage over my opponents?"

Who is Lachie when he is not playing football?

I work as an Events Manager at Dendy Cinemas, although through the coronavirus period there was no work. This [normally] keeps me busy but besides work I like to run, gym and ride. Always trying to be fitter is something I aim for.

What's next for Lachie?

With the state of 2020 and how the first half of the year has gone, I'm not even sure at the moment. We have managed to start our [much shorter] season, so right now my main focus is on helping GUFC to win every game.





'ALL IN' TO WIN THE BALL



**2019/20 CANBERRA UNITED NPLY
PLAYERS' PLAYER**

THE 10 GOALKEEPING COMMANDMENTS

WITH BERNARDO ZAMORA

WRITTEN BY KAILEY TONINI

The role of a goalkeeper has changed dramatically over the course of football's history, morphing from just a shot stopper to an extra defender and the first point of attack for a team.

There is little doubt that the goalkeeper's position is the most pressurised on the field and often the most lonely. All players make errors, but a goalkeeper's mistake can result in a goal conceded and may even determine the result of a match.

To help reduce mistakes and improve consistency and reliability, it is essential for goalkeepers to master their technique and the foundations of goalkeeping. Handling is the fundamental skill of goalkeeping and without the basic ability to judge the flight of the ball and execute a successful and clean catch, progress will be difficult. Similarly, without the ability to cover ground quickly to be at the right place at the right time, a goalkeeper will likely often concede. Bernardo recommends goalkeepers include basic handling and foot movement drills in their warm-ups and training drills to maintain a higher level of competency and fitness.

Bernardo, our NPLW Goalkeeper Coach, calls Alex Welsh's 'Ten Cs to Goalkeeping Success' (from his book, The Soccer Goalkeeping Handbook), the '10 Goalkeeping Commandments'.



Bernardo Zamora

“

THE PERFORMANCE OF A GOALKEEPER CAN MAKE OR BREAK A TEAM AND IT IS NO COINCIDENCE THAT THE MOST SUCCESSFUL CLUBS HAVE THE STRONGEST KEEPERS.

”



Bernardo (back row, far right) played for the University of El Salvador in 1983

CONFIDENCE

1

The unfailing belief in your ability, despite occasional setbacks. Mistakes will be made, but goalkeepers need confidence to continue the game without showing fear or lack of confidence to their opposition.

COMPETENCE

2

Matches are excellent opportunities to identify areas of improvement for training. Goalkeepers should also continue working on fundamental skills throughout their training, such as handling, to reduce mistakes.

CONCENTRATION

3

Involve yourself in the entire game as much as possible to stay focussed and ready. This includes directing and encouraging your team-mates.

COMPETITIVENESS

4

Goalkeepers should be prepared to fully commit themselves in an attempt to prevent a goal. Determination not to concede and competitiveness on the field and in training is vital.

COMPOSURE

5

Goalkeepers are often the source of calm authority on the field that helps keep everyone else composed. Stay calm and concentrated.

CONSISTENCY

6

Reliable keepers are invaluable keepers. Complacency threatens consistency, so treat every game with respect and prepare well every training and game.

COURAGE

7

Goalkeepers need courage to put their body on the line for their team and sometimes, a few seconds or less of courage is enough. Back yourself and make those courageous decisions.

COOPERATION

8

Goalkeepers are more than shot-stoppers today, but also an extra defender. They are also the first point of attack for their team, so keepers need to be able to cooperate with the team to achieve shared objectives.

COMMUNICATION

9

Goalkeepers are well positioned to observe the game as it unfolds, so they need to communicate with their players constantly. Communicate clearly for your team-mates.

COACHING

10

Effective coaching can bring out the best in goalkeepers and being a unique and specialised position, they should receive tailored coaching if possible. An effective coach will make drills feel as real as a game.



Volunteers: the heart of GUFC



Volunteers don't necessarily have the time, they just have the heart.

— Elizabeth Andrew



Many of us have grown up having had our parents coaching or volunteering in the sports we've chosen to play. Each weekend heading off to the football field, netball court, basketball stadium or hockey pitch as a complete family unit with one parent on the sideline and the other in the canteen, or one handing out uniforms while the other ran the line, one offering to manage the team while the other took on a committee role.

So many of us have grown up in community sport and for the children at Gungahlin United, it's no different. Our club exists because of the heart of each and every one of our volunteers.

According to Volunteering Australia, volunteering continues to play a role central to our identity as a nation. "Volunteering is a tower of strength in our communities with 5.8 million Australians or 31 per cent of the population volunteering, making an estimated annual contribution of \$290 billion to our economic and social good."

Given volunteers are the lifeblood of GUFC, we chatted to a few familiar faces to find out why they do it, where they find the time and who they are when they're not walking the fields proudly wearing the Gunners black, white and gold.

TANYA

Tanya shares her thoughts from her many years as a GUFC volunteer.

"I volunteer because of the people, culture and it's like family. I love contributing to the community and helping others."

When she's not managing grounds for GUFC or running the canteen at GEO, Tanya is working full time in her very busy day job, or travelling to and from the central coast where she home-stays and feeds a handful of Central Coast Mariners players and acts as "Mum" while they're fulfilling their contracts away from home.

Tanya strongly believes that communities need volunteers in order to thrive and she recognises that loyalty and commitment are key traits most sports volunteers have in common.

When asked how she manages to fit her volunteer role(s) around work, Tanya said, "It's really challenging but my work knows my passion for my role at GUFC and in return I work doubly hard at my day job in gratitude for their support."



TANYA

JEREMY & FRANCISCO

Jeremy and Francisco endure the pre-dawn frost each Saturday to set up the fields. They tell us why braving those cold starts is so important.

For Jeremy it's quite simple: "I volunteer to support the Club that supports my children in their soccer. I really enjoy my time volunteering, particularly the social side and getting to know other people. Anyone who knows me would know I don't mind a bit of a chat."

He acknowledges that to volunteer, it helps if your family supports you in that role and says that a dawn start and having to work late of a Saturday night in the "day job" can be taxing. His secret? Making sure he can fit in an afternoon nap each Saturday if possible!

For Francisco, football was a big part of his life growing up, both in his home country and in Australia. He says the game builds friendships, memories, happiness, laughter and tears. He believes the key driver for volunteers is passion. Francisco recognises that volunteers are just as busy as everyone else, but having passion for the sport and for volunteering generally, makes it a "walk in the park".

When asked why he sets his alarm for 4.00am every Saturday, Francisco says, "Because I am passionate about the world game of football and I want my GUFC community to be the best football community possible, to bring the joy that I had when I was growing up."



SHARON

Sharon started volunteering for GUFC ten years ago and she's still here! What makes a volunteer return year after year to give their time to our Club?

"For me, it's knowing I'm contributing to the community and helping to ensure kids are able to get out on the field and have a great time with their friends and counterparts. I feel I've been quite blessed in my life and it's nice to give back and to not just think of myself all of the time."

She's coordinated our Senior State League, been a soccer mum, worked in the canteen, managed teams and acted as points registrar. Now she spends her GUFC time at the other end of a computer as the Registrar we can't do without. How does she do it?

"Sometimes it isn't easy - but I get so much enjoyment out of my volunteer work that I just make time."

LOUISE

Louise put up her hand to volunteer as our Events Coordinator and loves the GUFC environment so much, she also provides admin support for our Centre of Excellence and was recently appointed as the new (acting) GUFC Secretary.

We asked Louise how she fits her GUFC roles around her very busy day job, not just from a time point of view, but with the additional level of responsibility. "It helps that I love what I do for GUFC ... volunteering for the club brings me so many happy moments. Helping at GUFC is often a good 'time-out' moment from thinking about work."

With so many roles to cover, we asked her which was her favourite so far. She says it's her CoE role hands-down: "Marcial's passion and drive to build on the youth development program inspired me to add just a little more to my involvement. To help bring Marcial's vision to life each week makes my day."

LUKAS

We know Lukas as a long-time coach in our Community Miniroos & Juniors and now as one of our key Coach Coordinators. What you may not know, is he was extremely nervous when he first put up his hand to volunteer at GUFU.

So with all those nerves, how did Lukas become a coach at GUFU?

"I was fortunate enough to have the opportunity to play a few different sports as a child, two of them at a high level, and over that time I always had a coach and the support of administrators who were all volunteers. So when, as an adult, the time came that my son's team required a coach for his second year in the game (U6), I said 'yes'."

Lukas admits that saying 'yes' didn't come easily though. Despite his many years as a sportsperson himself, he was still very nervous about coaching other people's kids how to play football.

"I had no specific football playing or coaching experience. Even though it was for little kids, I was very nervous that I would be guiding them down the wrong path – turns out kids have a pretty blunt way of telling you when you get it wrong."

What has kept Lukas coaching at GUFU? "Not only do I obtain personal growth through volunteering but I also greatly appreciate the position I'm in – that being a positive (I hope) mentor for the children I coach. For many of my players, football is it – the single most important activity in their lives outside of their families – and for me to be in a position where I get to help shape them into not only good, fair players, but into great young adults of the future is a very fulfilling position."

"Just being involved with a team led to me getting involved with the Summer Development Program, gradings and then finally both an Age Group Coordinator and Club Coach Coordinator. All of which, from a personal perspective, have been enriching experiences that I thoroughly enjoy."

“ I've learnt over the years that without nervous mums and dads putting their hands up to help, there is no community football. ”

NOEL

Noel felt very similar to Lukas when he first began coaching for an Under 5s team. Now the U10s & U12s Age Group Coordinator, plus a coach and one of our main Community Coach Coordinators, we find out what keeps Noel volunteering at GUFU.

"Although when I started, I worried I had no skills and no idea of what I was doing, I have enjoyed my coaching from the beginning because I was supported by good mentors. GUFU Technical Director's and coaches were always there to help with ideas and answer questions."

This mentoring and guidance has helped shape who Noel has become as a volunteer coach at GUFU. "I am here to give back to the Club by helping coaches enjoy their time on the pitch as much as I do."

Noel agrees that to be a volunteer you have to find a way to juggle your many priorities. He has noticed that volunteers have two things in common - commitment and a desire to create a better community for everyone.

RACHEL

With three boys all playing football for GUFU, there was a time when Rachel was actually managing three teams at once. We talk to one of our long-time Team Managers about how she manages to fit in her volunteer role while also running a family business and being taxi-mum to three kids in multiple sports.

Rachel has been at GUFU for 13 years and loves the role of Team Manager. She first arrived when her eldest son was 4 years of age. He now plays in our Under 18s National Premier League Youth team and she's no stranger to volunteering.

We asked Rachel what keeps her coming back to her managerial role(s) year after year.

"I love watching our boys and their teams play and have loved watching our Club thrive to be where we are today! Plus, I love meeting people and the social side of volunteering."

Given she's been volunteering for so long, not just for GUFU but she was also heavily involved in a local BMX Club, we asked her why volunteers are important.

"I feel it's important to help others and give back to our community. It also teaches our own children the value of volunteering and helping others without expecting anything in return."

We asked Rach if there was any volunteer in particular she wanted to give a shout out to. Without hesitation she said, "I would love to shout out to ALL of our GUFU volunteers. Volunteers are what makes our club run and without each and every one of you, we wouldn't have the most fantastic Club we have today!"

NICOLE

Another long term volunteer, Nicole tells us what got her started at GUFU and why she's still here volunteering after a decade of supporting the Gungahlin black, white and gold.

As with most of our volunteers, Nicole started because of her child's desire to play football. She felt (and still feels) a great deal of gratitude to the coaches and club officials who give up their time to enable kids to play sport, so wanted to give back her own time as a way to say 'thank you'.

Nicole's daughter, Jade, now plays for our National Premier League Women's First Grade team and was recently chosen to represent Australia internationally. It would be easy for Nicole to start to step away from her role with so much going on in her daughter's world but this just spurs her on.

As our NPLW Coordinator, Nicole says, "I continue to volunteer to this day as I really enjoy seeing our players play the game they love and for them to enjoy the benefits of healthy competition, working hard, achieving their own goals and making new friendships. We have an amazing group of girls/ladies in our NPLW program and I am very proud to be a part of the program and watch them play throughout the season."

When we asked Nicole if this is her only volunteer role or if she also volunteers elsewhere (as if her many hours at GUFU isn't enough), she said, "I also love to assist my eldest daughter with her netball when required, however, with the large amount of hours I contribute in my current role with NPLW and with working full time, I think this is all I can fit in right now."

Well, we think you fit in plenty Nicole, as do all of the volunteers we've featured in this issue of GUFM.

We look forward to showcasing more committed, passionate and compassionate GUFU members who truly are the life blood of our organisation.



“ Every little bit of time and effort someone can volunteer goes a long way to supporting the Club and their respective team/s. ”

*Would you like to volunteer for GUFU?
Email volunteers@gufu.org.au
to find out what positions are available,
express your interest and chat about how
you can become an active member of
this incredible sporting community.*

Three cheers for our volunteers who truly are the heart of Gungahlin United!



Introducing Gungahlin United's NEW 3D Session Planning

Thanks to Sport Session Planner, GUFC is now able to offer our coaches state of the art 3D session planning software to generate quick sport session plans with outstanding visuals.

GUFC President, Neil Harlock, chats to Sports Session Planner Managing Director, Magnus Alford, about this new resource and how it can help coach the next generation of footballers at Gungahlin United.



Some of the key sporting organisations using Sports Session Planner include:

- Football Brisbane
- Sunderland AFC Football Club
- Scottish National Team
- Football Association of Wales
- Brighton & Hove Albion
- Manchester United
- Middlesbrough Football Club
- Blackburn Rovers FC
- Liverpool FC (including IFA)
- Stevenage Football Club
- Columbus Crew (MLS)
- Crystal Palace
- Peterborough United
- Derby County FC
- Sheffield Wednesday Academy
- Women and girls' national teams of Estonia
- Chicago Fire
- York City
- Club Deportivo Chivas USA
- Oakville Soccer Club
- Illinois Youth Soccer
- Cal South State Soccer Assoc
- Ottawa South United Force Academy
- Gungahlin United Football Club

How did SSP start?

The idea of SSP began when I worked as an Academy Coach at Liverpool F.C. I had also qualified as a teacher so I was very much tuned in to the environment of learning, planning and preparation. I eventually made the decision to leave coaching to pursue the aim of developing a software platform that would increase the productivity and functionality of session-planning globally. I was lucky enough through a very good and old school friend to be introduced to an outstanding team of IT Developers and Programmers. We worked tirelessly and after 12 months we released our SSP Version 1 which we have been modifying and improving ever since and have now provided our software platform to nearly 300,000 coaches globally. It has been a brilliant journey and we all have a huge passion and drive to continue to develop our software system and improve the product for our members.

Can you give us an overview on SSP?

We offer our Members state of the art 3D session planning software which they use to generate quick sport session plans with outstanding visuals which has recently been upgraded to SSP Version 2.0. We enable our members to be highly organised allowing them to save their sessions onto their own session library and/or onto the public session library where there are thousands of sessions uploaded from coaches all over the world. We offer Members the opportunity to search a library of session plans to extend their knowledge of coaching and view sessions created by some of the world's top professional coaches. The new platform is now compatible on IOS/ Android devices as well as PC/ Macs.

How many clubs are now using the SSP platform?

Over 1,000 clubs globally in over 100 countries.

Is the program only for professional coaches or clubs?

The software system is for coaches and clubs of any level or ability and can be used at a very basic or advanced level depending on the club or individual coach using it.

What's your advice for a first time coach who wants ideas on coaching their team?

I would most definitely go on to the global session library which is now the largest digital library in the world with nearly 1 million session practices. You can clone these session plans and save them into your own library and create a substantial repertoire of session-plans very quickly.

How can GUFC Community coaches get the best out of SSP?

I would look to use the session-builder and global library to get ideas and clone session plans to build up a varied session-planning portfolio and try new ideas and concepts out. I would also look at using tablets and phones to show the players the 3D session-plan prior to the session with the new stunning graphics.

Do you have a favorite football team?

Liverpool FC, so a great time to be a fan.

Who is your favorite player?

Throughout my childhood it was most definitely Diego Maradona but now it has to be Lionel Messi.

Shooting station (20 mins)

Directions: The drill starts by player in line A playing soft pass to their teammate in the middle of the box, player waiting at the end of the box runs up and takes a one time shot with their right foot, once shot is taken team B does the same thing but team B shoots with their left foot, after each turn players switch roles.

Have each team switch sides after 8min.

Coaching Points:

Talk about weight of the pass into the box. For shooting technique below is the following coaching points in sequential order:

- Plant foot in relation to the ball and pointing where?
- angle of approach to the ball
- shoulders and body being on top of the ball
- teach and show what striking with the laces looks like. Toes pointing down and locked in tight.
- striking ball at the middle part of the ball.
- Following through



The screen shots and the above Shooting Station sample have been taken from a session plan created by Dominik Turcic, Gungahlin United Football Club, for a team at the Under 12 skill level. His session focusses on 1v1 and striking and includes ball mastery, move unoppose, dribbling & finishing, and the shooting station.

You can find Dominik's session under the resources tab of our website.

We look forward to sharing more session planning samples with our coaches via "Coaches Corner" coming to the website soon.

If you would like to talk more about what Sports Session Planner has to offer you can contact our GUFC Coach Coordinators for more information. We look forward to working more with Sports Session Planner and thank them for their partnership.

KEEPING EXCELLENCE AT THE CORE OF OUR COE



As we hit the one-year anniversary of our Centre of Excellence, Louise Williams discusses what it's like to work beside Centre Director, Marcial Munoz, within Gungahlin's premier youth development program.

It was his strong desire to create a youth development program unique to Gungahlin United Football Club (with full encouragement and support from the GUFC Executive) that saw our National Premier League Men's 1st Grade Coach launch the concept of GUFC's Centre of Excellence in August 2019.

Marcial designed the CoE as a "school of football" unmatched by others in the region to ensure the Club had a holistic GUFC approach to training youth in a high performance environment.



Louise talks about Marcial's passion for GUFC which, combined with his wealth of experience specialising in youth development and skills acquisition, has been instrumental in the huge success of our Centre of Excellence program to date.



VISION. PASSION. ENTHUSIASM.

Marcial's vision to teach our GUFY youth to play in an attractive, offensive-minded, creative and fast style to create a playing style recognisable as Gungahlin United, has been supported with a great team of coaches. Having been involved on the sidelines since the beginning, I have been able to watch the professionalism, enthusiasm and passion that Marcial and his coaches bring to training each week. I have witnessed Marcial stepping off the field at the end of the session beaming as he "had a breakthrough" with a group of players and when he could see that they had a "light bulb moment" and a training technique clicked.

I've had the joy of watching the excited enthusiasm from our coaches and players during our "game days", when our players get to put in to practice the skills that they have been developing. Each week, I get the chance to chat to our happy CoE families who come to watch their kids train with their fellow teammates and friends as they watch Marcial and his team prepare and run training sessions that excites and continues to build their passion for football. Most importantly, I have loved watching our kids get to know Marcial as "their coach" and not just the NPL1 Men's First Grade Coach.



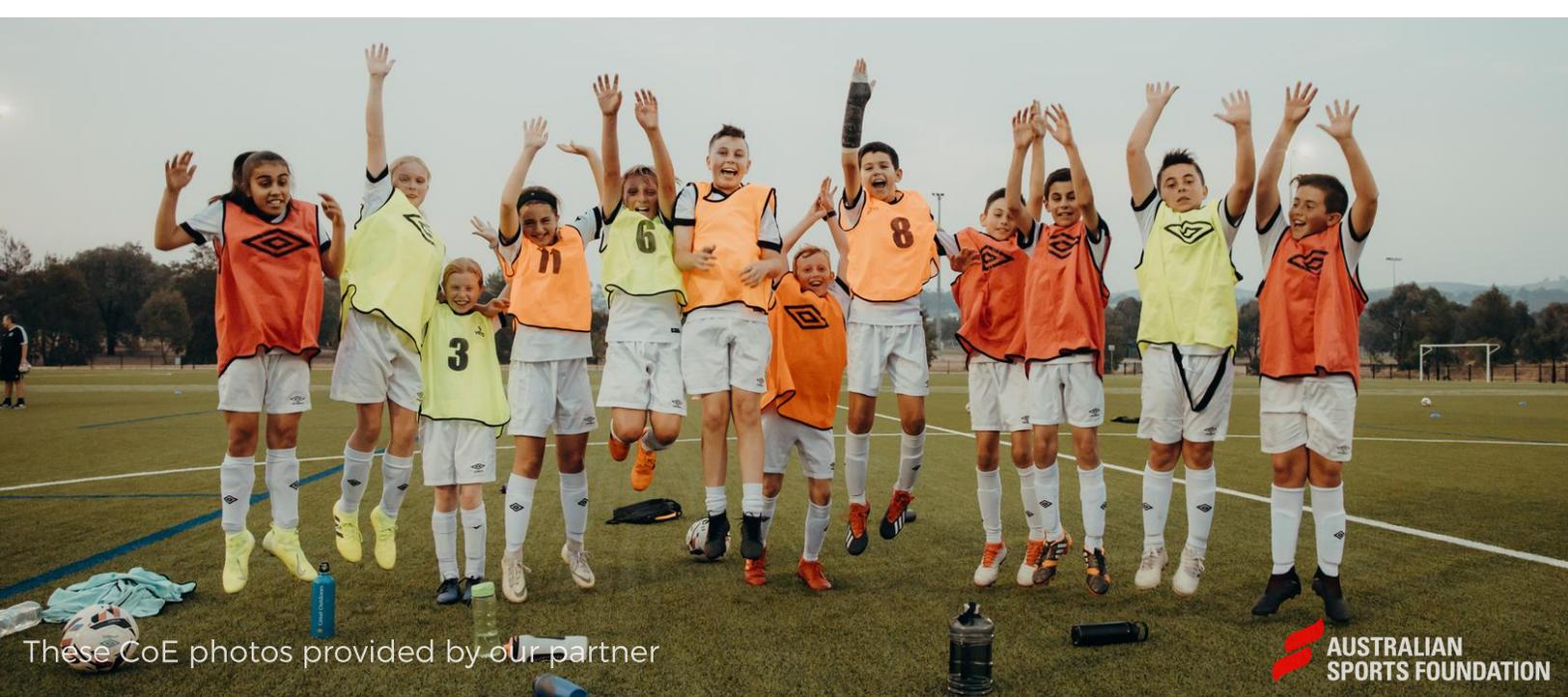
GUFY CoE continues to grow, as we have players returning, some for their third season, and others joining for their first time after hearing about it from their friends. Our coaching team continues to expand, keen to share the passion and drive that Marcial's enthusiasm inspires. It's hard not to be caught up in the wave of energy that he creates as he lives his dream of providing a quality, affordable high-performance training program for GUFY youth, helping to make football development attainable and inclusive to our Community. Gungahlin United and our young players have a unique opportunity to be a part of Marcial's vast experience, vision, passion and drive.

I for one am proud to support Marcial and GUFY in the delivery of this exciting and inspired football school that strives to keep "Excellence" at the core of its foundation. I am looking forward to watching these players grow and to witness the unlimited potential GUFY will have to offer.



Louise W





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.
- 2 Start saving ASAP and create a budget.
- 3 Seek advice from a financial advisor, your lender or a trusted mentor or support person.
- 4 Assess home loans and choose your best options.

Q&A with Emma Stanbury

The Canberra United midfielder has found her home in Canberra.

Emma Stanbury moved to Canberra in 2019 to join Heather Garriock's 2019-20 Canberra United squad. She has since fallen in love with Canberra and chose to stay in the bush capital between W-League seasons.

Where did you spend most of your time growing up?

I grew up in Emu Plains, which is part of the Sydney West District. But I have moved around back and forth from where I was born up near Tamworth.

How did you come to be in Canberra?

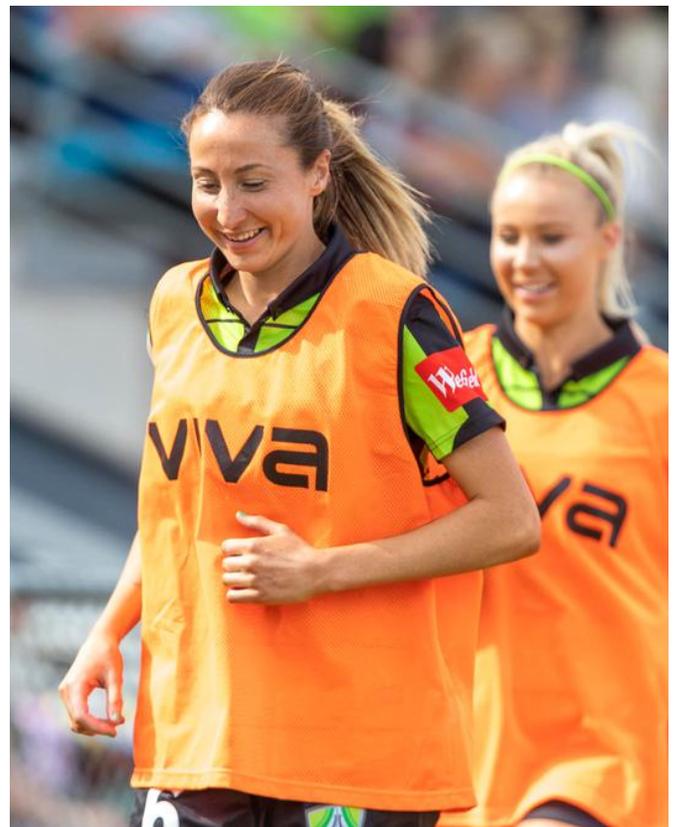
Heather Garriock used to coach me in the NSW NPLW and after a serious injury to my back (fractured lumbar spine from a tackle in a game) and a bit of time-off I was ready to return to the W-League. I was talking to a few clubs but I wanted to play for Heather again, so when the offer came it was an easy decision to come to Canberra.

How old were you when you first started playing football and who or what got you into it?

I was 7. I remember I was out the front of my house and my nextdoor neighbour across the road was juggling a soccer ball. He invited me over and his parents realised I had good coordination and told my parents I should join their son's team. I enjoyed the competition and beating the boys and ever since I have not stopped playing.

Tell us about your journey into the W-League.

I was originally picked up by the Newcastle Jets back in 2014 when I was living in Tamworth. I remember the coach at the time, Peter McGuinness, sat me down at training, held his hand out and said "Congratulations, you're a Jet". Four words I will never forget as I knew I finally made it.



Was there a particular moment you decided to pursue football more seriously or have you always just wanted to improve and see where it takes you?

In my teen years I was always a bit of a rascal. I switched clubs a lot and was always having issues with my attitude. I was just so competitive and wanted to win, so if things didn't go right I would flip. Heather [Garriock] spotted me playing in 2015. She called me the following season and said she wanted me at Sydney University, that she knew my reputation but she thought I was a diamond in the rough and that I had a lot of potential. That year we won everything. Heather brought the best out of me and knew how to manage me. She compared me to Lisa De Vanna attitude-wise, a close friend of hers – so I think she had experience dealing with firecracker players and knew how to deal with them. It was from that year that I realised I could be more than my reputation, be better and show that I wasn't a loose cannon anymore but instead a quality footballer with a good attitude. I got a lot of maturity from that season and I went on to be captain the next year which showed how much growth and maturity I gained.

“ *If you apply yourself and want it badly enough, you can make anything happen for you.* ”

Has another footballer or coach in particular inspired you or your style?

Safe to say H [Heather Garriock] has been the most influential in my career.

Do you have a favourite professional team or player?

Any team that Zlatan Ibrahimovic plays for. I find I relate to a player like him [and that I'm] similar to Lisa De Vanna. They just want to win, they're confident in themselves and don't need others' opinions to know their worth.

What are your football goals?

I'm looking to stay on with Canberra United and really help [it] be successful. I have fallen in love with the Territory and community and want to bring some trophies to the cabinet again.

What's your favourite football position?

Definitely a 10 [attacking midfield] role.

What do you like to do in your free time?

I like to socialise with friends, go on hikes with my doggo, find cute cafes and good coffee and food.

How has the COVID-19 pandemic affected you?

In a lot of ways but I'm just looking forward to playing soccer again and getting some normality back in life.

Have you picked up any interesting hobbies or activities during the year?

I'm really enjoying hiking now. I never used to but it's become a way to clear my head and relax.



What's a top tip for GUFC players desiring to play in our national leagues?

Dedication. I remember watching Chloe Logarzo (a current Matilda) play when she was younger, she was never the most gifted or talented (no offence mate). But that girl's work ethic and determination to make it is what got her to the top level. Back then I wouldn't have believed she would play full-time professionally one day. Which further proves the point that if anyone ever tells you you aren't good enough, you can and will prove them wrong with the right mentality. If you apply yourself and want it badly enough, you can make anything happen for you.

Writer's note:

Emma had signed with Bankstown City Lions to play in the NPLW NSW this season but sought a release due to the COVID-19 pandemic. She has returned to Canberra full-time and now plays for Tuggeranong United FC in the ACT NPLW competition. Emma hopes to be selected in Vicki Linton's 2020-21 Canberra United squad.



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AND MORE

PLAYER PROFILES

From the best advice they've been given, most memorable game and more, learn about some of players from:

NPL1

NPLW

NPLY

NPLW JUNIOR

COMMUNITY JUNIORS

STATE LEAGUE WOMENS



PLAYER PROFILE

NPL1



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

Steven Gerrard's jersey from the 2005 Champions League final against AC Milan.

What do you want to be 'when you grow up' or are you living your dream(s) now?

When I was younger I had dreams of being a professional footballer as probably all young footballers do. At the moment I'm committed to the future of a small construction business I work for and putting more time into another start up with a few friends.

Best advice you've ever been given.

Everything happens for a reason.



TOM MCLACHLAN

Centre Midfielder

How long have you been playing football?

23 years

Which clubs have you played for?

ANU FC, Belconnen United, Monaro Panthers, Canberra Olympic, Gungahlin United

Most memorable game?

Most memorable game I played in was beating Green Gully with a last second penalty in the 2016

FFA Cup to make it the Semi Final where we played Sydney FC. Most memorable game I've watched: Barcelona at the Camp Nou.



What are your favourite football boots ever?

Adidas Predator Mania from 2002.

Was there a moment in the 2019 season that you realised the team could make it all the way to the Grand Final orr was that always the end goal?

It was always our goal to win as many trophies as possible last season. Unfortunately, after administration issues in the FFA Cup and starting the season on -6 points our realistic goal was to win the Grand Final. I believed from the start of the season we were easily good enough to do so but after beating Deakin 5-0 at the AIS I knew we could win it.

MADDIE PERCEVAL

Centre Back

How long have you been playing football?

Since I was 5 years old, this is my 15th season.

Which clubs have you played for?

I played for Belnorth in juniors and then progressed through the pathway to Belconnen United, then I went into the Capital Football Academy program and now I'm at Gunners!

Most memorable game?

Maybe not the most memorable but a highly memorable game was the first game of nationals in 2013. We won playing against NT.

What do you want to be 'when you grow up' or are you living your dream(s) now?

I want to be a lawyer.



What do you suggest younger players do to build their football knowledge and wisdom?

Just to immerse themselves into the culture of football! Watch as many games as they can and watch how experienced players handle things. In addition to this also reflecting on their own performance in games, thinking about what they themselves did really well and what they need to work on.

PLAYER PROFILE NPLW



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

I don't really have favourite teams I more just prefer to watch good football. But probably Sam Kerrs just cause I think shes not only an amazing footballer but she's worked really hard to get where she is and puts a lot of heart into her game which I think is what football is all about.

Best advice you've ever been given.

I think the best advice when it comes to football is play with your heart, enjoy the experience even when the odds are against you and come off the field knowing you've given it your all. That's the way I try to play every game, knowing that there was nothing else I could do.

What do you think makes a good team?

A team that feels connected and has good communication. A team where everyone feels accepted and focuses on building each other up. One where every player is committed to put in the work to win their individual battles for the team.

PLAYER PROFILE

NPLY



When did you first realise you wanted to be a goalie? I first wanted to be a goalie when I was 7. I loved to slip, slide and dive to catch the ball. I began looking at professional goalkeepers, like Buffon, and what techniques they used to save goals.

Have you ever wondered what it might be like to play out in the field? like playing outfield in indoor soccer. I had this opportunity in indoor soccer, where I played half game as goalkeeper and half game as outfield player in 19/20 season. We realised we could make the top 4 in the last 2 rounds of the competition. Not only did we make the top 4 but my team, U12 Gunners Glory, won the North Canberra Futsal Grand Final. I was ecstatic.



GABE TAURASI

U13s Goal Keeper

How long have you been playing football?

I have been playing with Gungahlin for 8 years, since I was 4 years old. I began as a normal soccer player but found I loved to dive so decided to become a goal keeper.

Which clubs have you played for?

I have only played for Gungahlin United Football Club but represented ACT in the U12 National Futsal Championships as a goal keeper. This year I am also part of the Capital Football, U13 Talent Support Program

Most memorable game

My most memorable game was the first game of NPL U13 against CFC in 2019. I was heavily involved in saving many 1 on 1s and shots at goal. I saved a penalty and assisted in my team scoring a goal by putting a through ball to our attacker who scored at the other end. The final score was a 2-3 loss but I felt as if my participation kept our team in the game. The opposition coach and players praised my outstanding effort in goals..

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

The Jersey I would hang on my wall would be of Gianluigi Buffon, Italian World Champions from the 2006 FIFA World Cup. Buffon was the goalkeeper for Italy and had a great World Cup Series. He won the Best Goalkeeper for the whole competition.

What do you want to be when you grow up?

I would like to be a professional goalkeeper and play for an A-League Soccer Team. I would also like to play for Australia one day.

Best advice you've ever been given.

The best advise I've been given was from my coach Derek Moir, "Always go in to a 1 on 1, 100%, and don't back out once you've committed!"

How do you bounce back from a tough training session or match?

I try to look at the positive side of the game and things we can improve on to make myself and my team better..

GABY JORDAN

Striker – U17s

How long have you been playing football?

I played my first season of soccer when I was in under elevens, in 2015. Therefore I have been playing for five years.

Which clubs have you played for?

I have played for Gungahlin United since my first season.

Most memorable game?

Honestly its hard to choose just one, but the first that comes to mind was the last game of my U15s season in 2018. It was the game where we wore the pink breast cancer charity socks, so supporting a good cause. My team did not have a chance to progress into the finals but we were all there to just have some fun and play good football. We ended up winning the game, against Belco, who went on to win the competition. We scored a couple of goals and overall it was just a great way to end an amazing season with some of my best friends.

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

I would definitely hang my U13s jersey on my wall. This is because it was my first year in premier league and it represents the season where I truly decided that soccer was the best sport ever and I wanted to keep challenging myself and to keep playing it at a high level for as long as I can.

PLAYER PROFILE NPLW JUNIOR



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

It is very hard to say because I have a few different ideas. I would love to go and play soccer at an American college after Year 12 and study something Math related.

Best advice you've ever been given.

After having a very bad week at training and not performing well in a game, my coach said to me "Gaby, we all have our bad days, nobody is perfect, don't let this one game ruin your entire season."

If I could give any advice to young soccer players what would it be?

I think the most important thing is to believe in yourself, always give 110% and always do your best. And remember that sport should be fun! It is easier said than done but it is essential in such a competitive environment.



PLAYER PROFILE

WOMEN'S STATE LEAGUE



What do you want to be 'when you grow up' or are you living your dream(s) now?

I'm in my 40's, it's downhill from here!

What have you missed most about football during the COVID-19 suspension?

I have missed the teamwork and the fitness that comes with playing a game (and the training).

Played with anyone famous?

I have not played with anyone famous, although I did spend a season with Mick Treblecock (Trebs). He was a former Everton player – scored the winning goal for 1966. He was our coach in Darwin. He swore a lot, but he taught us lots and was good fun.

What is it about football that has kept you playing for most of your life?

Soccer is great fitness, and it's been a great way for me to make friends while travelling the country. I also just love being a part of a team. There's joy in playing together, supporting each other – it's rewarding and it's lots of fun.

KIRSTEN KERRISK

How long have you been playing football?

I started playing in my early 20's in London for a 5 a side corporate team. I think it was 2003. Loved it so much, I joined a Killarney Heights Football when I returned to Sydney in 2005 and played Futsal twice a week year-round.

Which clubs have you played for?

Killarney Heights, Mindal Tigers, Port Kennedy, Rockingham Women and girls and GUFC. I played at the Pan pacific masters at the Gold Coast in 2016 for Perth Spirit.

Most memorable game.

The ones that stand out are the ones where I got an injury – funnily enough. I play in the back so goal scoring is not my thing. In Darwin I received a mild concussion after going up for a header in competition with someone else, fell on my back and slammed my head on the ground. The other one was a black eye in a Perth game when I blocked a goal with my face.

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

Although, yellow is not my favourite colour to wear, it could look good hanging on a wall. The GUFC jersey from last year. The Women's division 5, although not very successful in the league, had the best attitude all round and honestly the nicest and best team members I have every come across.

Best advice you've ever been given.

This is a really hard one. I have had lots of advice in my time, but nothing that stands out significantly. Here are 2:

- 1) Don't borrow money for anything that is not a good investment.
- 2) In the kitchen – clean up as you go!

JOSHUA LOBO

U13s Community

My GUFC Team:

U13 Gungahlin United Cyclones.

Favourite football team:

Manchester United.

Favourite post-game food or ritual:

Relax by watching a movie.

Do you have a pre-game ritual or something you like to do before a game?

Before a match I like to listen to music, mostly fast paced music to help calm me down. Before a match I get stressed so listening to music helps me get into tune before a match.

What do you want to be when you grow up?

An Athlete, because that is something which I feel I am good at. Even though I am a sprinter, I want to be a footballer and play for one of the top teams one day.



PLAYER PROFILE COMMUNITY JUNIORS



Best advice someone has given you:

The best advice someone has given me is from a sprinter who was training really hard and then ruined her knees. She said, "When you're older do what you love not what everyone is telling you, keep training, look forward and keep focused".

Favourite player of all time:

Marcus Rashford.

Best boots you've ever owned:

Nike Mercurial Superfly 7.

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KIDZ BIZ



MY FAVOURITE PLAYER IS...

WHEN I GROW UP, I WANT TO BE...

MY FAVOURITE BOOTS ARE...



CONNOR



ELLIETTE



MARCUS



WIL



BRYSON



KEATON



PATRICK



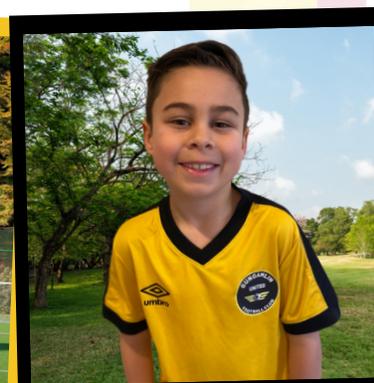
MASON



HUGO



NATE



MASON



LEWIS

KIDZ BIZ

CONNOR BURNEIKIS

Under 10s

My GUFC Team: U10 Cyclones (Sponsored by All States Towing).

Favourite football team: Manchester United.

Favourite post-game food or ritual: 2 minute noodles.

Do you have a pre-game ritual or something you like to do before a game? Warming as goalkeeper with my team taking shots at me.

What do you want to be when you grow up? Professional footballer playing with Man United or a Sports physiotherapist.

Best advice someone has given you: keep my head up!

Favourite player of all time: David de Gea.

Best boots you've ever owned: Adidas Predators.



GUFC JUNIORS



KIDZ BIZ

ELLIETTE TATE

Under 11s

My GUFC Team: U11 Div 1 Thunder (sponsored by Da Bronx).

Favourite football team: Tottenham spurs & Matildas.

Favourite post-game food or ritual: Hot chips.

Do you have a pre-game ritual or something you like to do before a game? Drink a gatorade.

What do you want to be when you grow up? Soccer player and something to do with sport.

Best advice someone has given you:

When your legs are tired run with your heart.

Favourite player of all time: Hayley Rasso & Delai Ali.

Best boots you've ever owned: Asics Lethal Speeds.

KIDZ BIZ

MARCUS BELL

Under 11s

My GUFC Team: U11 Div 1 Thunder (Sponsored by Da Bronx).

Favourite football team: Tottenham Hotspur, because they have such a great community and show good sportsmanship.

Favourite post-game food or ritual: A burger or hotdog because they warm me up and give me energy to get through the rest of the day.

Do you have a pre-game ritual or something you like to do before a game? Sometimes I do some calm breathing if I'm feeling nervous about the way I'll perform, it helps me focus and prepare myself for a tough game.

What do you want to be when you grow up? A scientist or professional soccer player, because they are both fun and they interest me. Being a scientist would be cool because you could learn about how the world works and invent ways to help the environment.

Best advice someone has given you: You only get one life in this world, so live a life that you won't regret.

Favourite player of all time: Tim Cahill because he embodied the Aussie spirit, always fought till the end and never gave up. At first nobody believed in him and he had to work to become the legend we know him as.

Best boots you've ever owned: My Nike Hypervenoms, they looked so cool and were the easiest to clean, they lasted for ages too.



KIDZ BIZ

WIL MURRAY

Under 11s

My GUFC Team: U11 Div 1 Thunder (sponsored by Da Bronx).

Favourite football team: Manchester City.

Favourite post-game food or ritual: Having a hot chocolate from the canteen with my Pop.

Do you have a pre-game ritual or something you like to do before a game? Warm up by running around and stretching.

What do you want to be when you grow up?

Professional soccer player or professional cricket player.

Best advice someone has given you: Don't give up.

Favourite player of all time: Kevin De Bruyne.

Best boots you've ever owned: Nike Mercurial Super Fly.

KIDZ BIZ **BRYSON LI CHIANG**

Under 10s

My GUFC Team: U10 Cyclones (sponsored by All State Towing).

Favourite football team: Manchester United and Western Sydney Wanderers.

Favourite post-game food or ritual: Have a sausage sandwich and a lollie from the clubhouse.

Do you have a pre-game ritual or something you like to do before a game? I normally watch [my brother] Lachlan play

What do you want to be when you grow up? A football player.

Best advice someone has given you: Play to the whistle!

Favourite player of all time: Paul Pogba.

Best boots you've ever owned: My red Predators.



GUFC JUNIORS

KIDZ BIZ **KEATON LI CHIANG**

Under 11s

My GUFC Team: U11 Div 1 Thunder (sponsored by Da Bronx).

Favourite football team: Manchester United and Melbourne Victory.

Favourite post-game food or ritual: Bronx pizza for dinner and then watch a recording of our game.

Do you have a pre-game ritual or something you like to do before a game? Listen to music to hype me up.

What do you want to be when you grow up?

A Formula-1 driver.

Best advice someone has given you:

If you try hard you can make a difference.

Favourite player of all time: David De Gea.

Best boots you've ever owned: My current Adidas Predators.



KIDZ BIZ

PATRICK TALBOT

Under 11s

My GUFC Team: U11 Div 1 Thunder (Sponsored by Da Bronx).

Favourite football team: Chelsea FC.

Favourite post-game food or ritual: Having a kransky from the GUFC canteen.

Do you have a pre-game ritual or something you like to do before a game? If I have a Bronx meatlover pizza the night before a game, I always win!

What do you want to be when you grow up? A professional soccer player.

Best advice someone has given you: Never give up and follow your dreams.

Favourite player of all time: Eden Hazard.

Best boots you've ever owned: My Lionel Messi boots when I was 8.



KIDZ BIZ

MASON BONNETT

Under 10s

My GUFC Team: U10 Cyclones (sponsored by All State Towing).

Favourite football team: Arsenal.

Favourite post-game food or ritual: Sausage Dogs.

Do you have a pre-game ritual or something you like to do before a game? Train.

What do you want to be when you grow up?

A soccer player.

Best advice someone has given you: To do good.

Favourite player of all time: Messi.

Best boots you've ever owned: White Predators.

KIDZ BIZ **HUGO FENTON**

Under 8s

My GUFC Team: U8 Batmobiles.

Favourite football team: Western Sydney Wanderers.

Favourite post-game food or ritual: Sausage sizzle and going to my friend Ollie's.

Do you have a pre-game ritual or something you like to do before a game? I Play Minecraft.

What do you want to be when you grow up? WWE Referee.

Best advice someone has given you: Guard the middle of the field.

Favourite player of all time: Messi.

Best boots you've ever owned: My Messi boots.



MINIROOS KIDZ



KIDZ BIZ

NATE TRETOWAN

Under 8s

My GUFC Team: U8 GUFC Warriors.

Favourite football team: Paris St Germain.

Favourite post-game food or ritual: Eat red frogs and skittles.

Do you have a pre-game ritual or something you like to do before a game? Catch up with my team mates.

What do you want to be when you grow up?

An architect.

Best advice someone has given you: To be a good sport.

Favourite player of all time: Messi.

Best boots you've ever owned: Asics predator 8.

KIDZ BIZ

MASON MAIUTO

Under 7s

My GUFC Team: U7 Wallabies.

Favourite football team: Juventus.

Favourite game day food or ritual: Pancakes every Saturday morning before game.

Do you have a pre-game ritual or something you like to do before a game? Practice with my dad before the game.

What do you want to be when you grow up? I want to draw people's houses.

Best advice someone has given you: Hmmm, I don't know.

Favourite player of all time: Cristiano Ronaldo.

Best boots you've ever owned: My yellow ones.



KIDZ BIZ

LEWIS ORUBULOYE

Under 8s

My GUFC Team: PANTHERS - and my Ma is the coach - she's learning how to play too.

Favourite football team: Manchester City.

Favourite post-game food or ritual: A hotdog or a hot chocolate (but not both) from the canteen for me and my brother, then we sometimes stop at Lola's (my Grandma's house) for lunch usually on the way to my brother's game.

Do you have a pre-game ritual or something you like to do before a game? Ummm like how we have to leave the house extra early just so we can get you and daddy's drive-thru Macca's coffees?

Ohhh you mean MY ritual? Listen and breakdance to Michael Jackson JAM while I eat raisin toast with peanut butter.

What do you want to be when you grow up? A famous soccer player or a dentist.

Best advice someone has given you: Keep trying. If I don't try it I'll never know if I CAN do it.

Favourite player of all time: Tammy Abraham.

Best boots you've ever owned: My NIKE red ones... actually Ma, I saw these new ones...



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In the box, draw and colour your favourite thing about soccer.



At the soccer fields I love

because

Name: _____ Coach: _____

Age: _____ Team: _____

PRINTABLE FUN STUFF

Sudoku

	4				7	5	1	
	1	5					2	
3		2			5		6	
	2			5	6	1		
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	3	8	2				7	

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PRINTABLE FUN STUFF

Sudoku

	2	4	3	8				
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				2				8
		1				6	7	
3			5					
				4	9	2	1	

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PRINTABLE FUN STUFF

Sudoku

3							6	
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				9			4	8
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	5				2	6		1
	1							3

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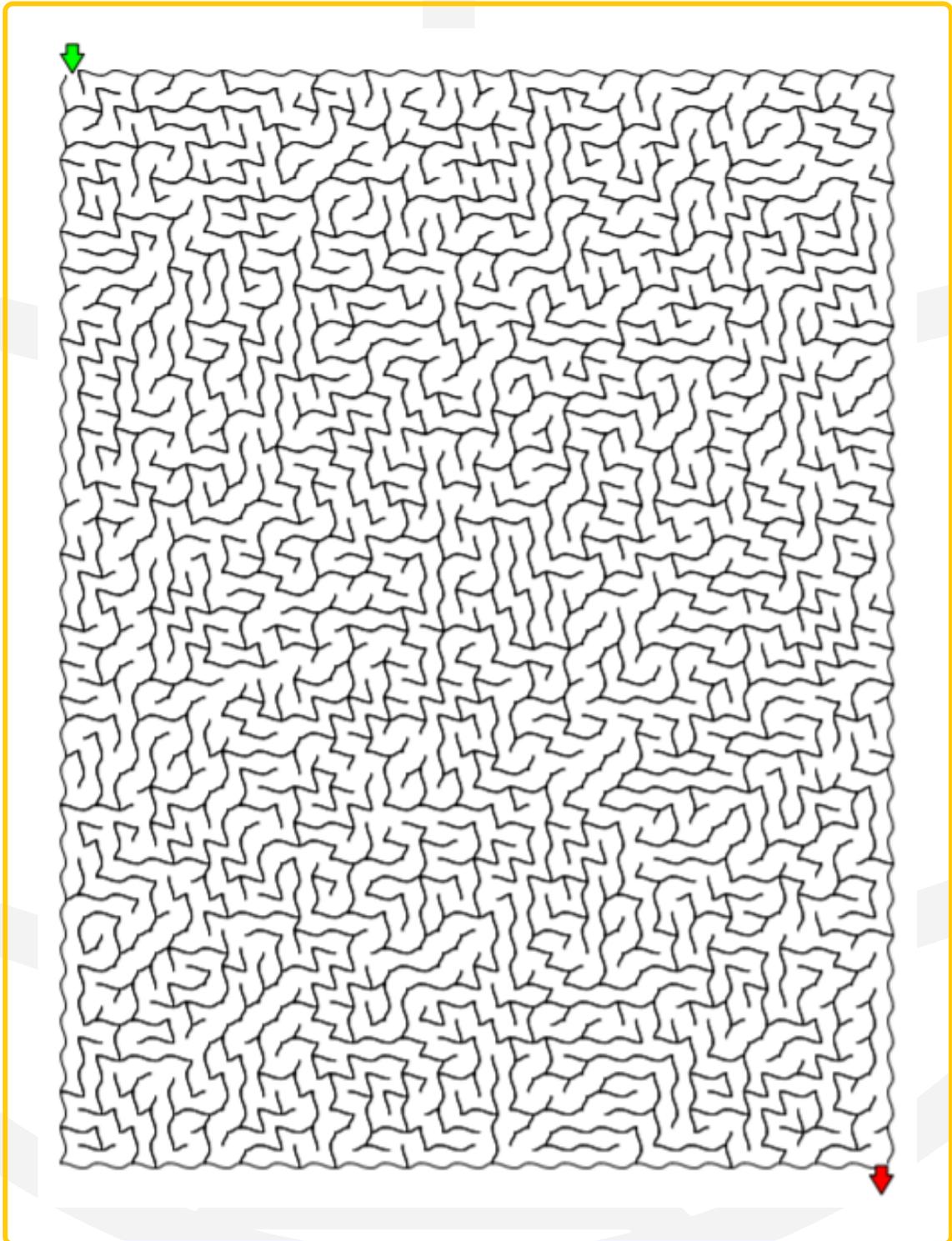
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