



GUNGAHLIN UNITED FOOTBALL MAGAZINE

JUNE 2021



ISSUE 4: THE MID-SEASON ISSUE

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GUNGAHLIN UNITED FOOTBALL MAGAZINE

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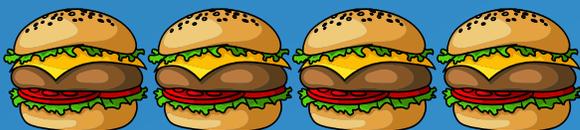
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A MESSAGE FROM OUR PRESIDENT



Hello readers!

Welcome to the mid-season issue (Issue four) of GUFM.

The big word for 2021 is "respect" as we get on board the "reduce the abuse" campaign. Respect has long been a core value for GUFC and we're placing a great deal of attention in that area right now to ensure a respectful, tolerant and inclusive culture. Recently I attended a Presidents meeting to discuss how we as clubs can lead by example by ensuring our referees are officiating in a safe environment and are shown support by our members during their games.

Quite simply leadership starts at the top from me as President, the Executive Committee all the way through our Head Coaches and players in NPL, Seniors and Community. We need to be the ones setting the examples to ensure our match officials are shown the respect they deserve in officiating our games.

Thanks to our referees for all they do and in particular our Head of Referees Gavin and his team here at Gungahlin United. You'll see that we've spent quite a bit of time with Gav and a few of his younger refs this issue, chatting about life as a referee, the challenges, the opportunities and you'll get further insight into why looking after our referees is so important to the integrity of our sport.

Speaking of our core values, "inclusiveness" is another GUFC value getting a great deal of focus this year. We're proud to have watched the Powerchair competition get off the ground and we're looking forward to introducing the inaugural GUFC Inclusivity Camp in the September/October school holidays. I would encourage any football supporter to head down to Lyneham Indoor Hockey Centre to watch our GUFC Powerchair team take on Woden Valley.



How exciting it is to have Michelle Heyman on board! We're delighted to have her with GUFC and we're already enjoying her expertise as she spends time with members of our club, not just in her own team, but chatting with our NPL, our younger players and the time she puts into chatting with people around the edges of the football field, including the opposition.

You'll see a great question and answer chat between Michelle and the magazine team, as well as an inspiring story about Josh Lagudah's career to date, along with some wise words and candid chat with our profiles players for this issue, Misko and Erika.

Speaking of candid chats! How cute are our MiniRoo interviews! There are some future stars in there.

Before I sign off, congratulations to Misko for his 250th game in NPL recently against Monaro Panthers. Misko is an excellent role model for players of all ages and he's someone we can say, without a doubt, leads by example.

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FROM OUR TEAM

LEANNE SHEA LANGDOWN

Head of Corporate Affairs and Editor-In-Chief

Can you believe we're up to Issue 4 already?

This mid-season issue of GUFM has been a lot of fun to create. Chatting with Michelle, Josh, Misko, Erika, our Powerchair players, MiniRoos and referees has not only been interesting, but inspiring. The energy and enthusiasm we get from the people we interview further instils the passion we have for our sport and for Gungahlin United. We hope that energy leaps off the pages of GUFM and helps you to feel equally motivated, inspired and proud of our wonderful club and the broader ACT football community.

I'd like to take this opportunity to thank Capital Football for their support for GUFM and the contribution they have made to our "Respect" article and helping us to interview our Powerchair players. I'd also like to thank our sponsors for their support of the club and encourage you all to support the businesses that support us. Find out more about our sponsors within the pages of this mag.

If you have an idea for an article for an upcoming issue of GUFM please don't hesitate to reach out to us via content@gufc.org. If you'd like to advertise, then chat to us at sponsorship@gufc.org.au.

*Leanne
xoxo*



LOUISE WILLIAMS

Club Secretary and Assistant Editor

As part of the editing team I'm lucky to get a sneak peek at the magazine before it's released and think it's a wonderful summary of what GUFM has achieved in so many areas. I can't wait to get more involved and be able to share even more great news coming out of Gungahlin United.

Louise



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Michelle Heyman is shown from the chest up, smiling broadly. She has short, spiky blonde hair. She is wearing a yellow and green Arsenal football jersey. A tattoo is visible on her left forearm. The background is dark and out of focus.

MICHELLE HEYMAN

It was a big day when we got to announce Michelle had agreed to join Gunners, for so many reasons.

Not the least of which is the leadership and inspiration she can give, not just to our players, but to players across the ACT.

Michelle talks to the GUFM team about her first football memories, the path to wearing the green and gold, her highlights, lowlights, what drives her, and how (as a child) she didn't have many female football role models.

Rest assured she's managed to fill that gap! She is the role model she'd been looking for.

What is your very first football memory?

Learning the offside rule. My coach noticed I was fast so I started playing football as a winger at number 11. He told me that I had to stay behind the last defender until the ball was kicked then I can chase it and score a goal. Football has been that simple for me. I try really hard not to complicate it!

Which footballers did you look up to as you were growing up?

I didn't look up to any footballers because there was no females to look up to! The lack of equality within sport meant I had zero role models.

Tell us a bit about your career and the stages you went through before you finally got to pull on the green and gold for Australia.

I started playing football at my local club age 9 until the age of 16 when I was kicked out because I was a girl. I wasn't allowed to play in the boys comp anymore.

From then I went to open women's and was playing with and against women double my age. This was fun because it was new, but I didn't feel challenged so I was scouted to the Illawarra Stingrays where I started my first rep team. I was lucky enough to be seen as a stand out player in that team and competition, being named Player of the Year and awarded the Golden Boot. This put me on the radar for the W-League in 2008/09 when the first season started.

I was scouted by Sydney FC and signed my first contract at 21 years old.

The W-League made me who I am today as a footballer. It showed me what I need to do to become one of the best in Australia.

The next year I signed with the Central Coast Mariners and took out Player of the Year and the Golden Boot for the W-League.

Winning these awards and having a great season opened the doors for the Matildas! And that's how my career in the national team started!

In a career that has clearly had many highlights, what are your top three greatest achievements?

My greatest achievement is the Rio Olympics- being a part of Team Australia is a memory that I will never forget! It's everything I wanted as a young girl. Scoring a few goals there was also pretty cool!

Another one would be this year coming out of retirement to play W-League because I wanted to prove to myself that I could still play. To top it off I won Player of the Year in the W-League (the oldest player to ever win the award).

Another significant highlight was in the 2015 FIFA Women's World Cup game against USA where I started.... Walking out onto that field and listening to the 60,000 plus people cheering is a memory I keep close. Those goosebumps, feeling my heart beat through my jersey, singing the national anthem loud and proud, these little details are the things I keep close!



Was success on the football field easy for you, or was there a time where you had to put in extra effort to achieve your results?

Everything in life is hard to get! Nothing comes easy. You have to be mentally strong to be in the top 1% of your sport.

Every day, every session, every game I would give 110% to what I was doing. That includes recovery, eating healthy, saying "no" to pretty much every personal event that is special to you. Like missing weddings, missing your own birthday with family, being apart from your family 200 plus days of the year. I gave up everything to be a Matilda.

You have to sacrifice ALOT to be the best version of yourself. It's very hard work! But..... it's so much fun. I loved the life of being a professional footballer :)

What challenges have you faced during your football journey?

Injuries are a big factor of being a professional. We would train twice a day for a number of weeks. We would push our bodies to the limits. This causes a lot of injuries. Physically and mentally!

Who inspires you?

Inspiration comes from within myself! I do this because I love it and I challenge myself everyday to be better. I don't rely on anyone to make me better.

What motivates you?

Motivation again comes from within but also my family. My closest group of people. I play and train hard for them. To make them happy and proud. To inspire them to reach their goals. If I can do it, anyone can do it!

What advice would you give players who are striving to achieve their highest potential in football?

Advice I give the next gen is to love the game! Work hard and never give up on yourself. Don't allow other people to change your focus in life. You will lose friends because you have a dream. You have to do what you want and never look back!

What life skills do you believe football has given you off the field?

Football has given me a voice and a platform to be my true self! I'm a strong voice for LGBTI community, it has given me leadership skills, how to work within a team, time management and the confidence to always be me!

How did you feel when you walked away from international representative football?

Walking away from the game was something I need to do for health reasons. I was very happy I made that decision for myself. Doing so I managed to heal my mind and body. Being away from the game gave me the passion and love I started to lose for the game! I'm grateful I left, but I'm excited now to push myself again to maybe wear the green and gold.



Did you know ...

Did you know Michelle has her own soccer academy?
Find out more about Heyman FC at www.heymanfc.com.au



Follow Michelle on Insta ...

You can follow Michelle at www.instagram.com/michelleheyman2



Watch Michelle play ...

You can see Michelle in action with Gungahlin United Football Club. Check out the National Premier League Women's draws on Sports TG or follow GUFM social media for game times.





Photos thanks to: Soccer Snaps by Sal



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Shining a light on our **REFEREES**

Led by our Head of Referees, Gavin Hopman, Gungahlin United has a very proud history of developing refs of all ages, and encouraging people to take on the role despite the challenges referees often face. We chat to Gavin about his role at GUFC, why he chose refereeing, the challenges our refs face and how Gungahlin has consistently led as a values based sporting organisation with a focus on respect.



“

I'll honour that commitment 100% through developing and supporting these young people"

Gavin Hopman Head of Referees

How long have you been the Head of Referees?

This is my 12th year as a qualified Referee Level 4 (RL4) within Capital Football, GUFC and ANU managed competitions.

I assumed the role of the GUFCs Club Referees Coordinator (CRC) from 2016, with the role of a CRC to manage the development of Game Leaders (GLs), Junior RL4s and Senior RL4s that are based at GUFC and also the appointment of these GLs/RL4s to GUFC home games. In recent seasons, Burgmann Anglican School (BAS) also sought support from the GUFC CRC team with appointing GLs/RL4s to BAS home games too, with the extension of our role to the BAS Valley Campus in support of our GLs/RL4s.

Why did you choose GUFC?

I have been living within the Gungahlin region since 2000, with all three of my children playing football for Gungahlin. I initially coached my children's teams and then concurrently began my 'other career' as a Capital Football Referee (solely based at GUFC) from 2009.

What prompted you to take on the leadership role?

I was approached by the previous CRC incumbent at the end of season 2015 to take on this role, due to himself wanting to retire after 14 years at the 'helm'. The timing was good, as I had planned to stop formally coaching players/teams after 12 consecutive years. I was initially planning to take a break from any form of 'coaching' role, but after a mid-week meeting with the previous CRC, one page of notes taken (I clearly underestimated this role) and two beers later... here I am as the GUFCS CRC!

What challenges do you personally face as a referee and how do you handle those challenges?

Literally, the next morning... it's a long day on Saturdays with coaching and supporting the young referees and with a shortage of RL4s for the past two seasons, I've also had to referee too!

When I initially started being a referee, it was ensuring that I knew the Laws of the Game (LoTG) to the best of my abilities and applied them consistently, for the enjoyment of both teams.

My challenge now is to ensure we (my other CRC, Katrina) bring back each season, these young people who choose to be a GL/RL4 that love the game as much as a player and continue developing them from GLs into RL4s. For any returning Junior/Senior RL4s is to continue their development, with their progression and challenging themselves into the Premier League and State League Capital Football competitions.

We as CRCs are no different to a coach of a football team, with seeking for his/her players to continue each year, develop as players and progress into the higher levels of football, if they choose.

What challenges do you notice the younger referees faced with? What advice do you give your referees in challenging situations?

Belief in themselves... when a new Game Leader (13-14yo) or RL4 (15yo+) officiates their very first game, even though they've done the theoretical training, initial nervousness and self-doubts start arising when they first blow the whistle to start a game, even though they know what needs to be done. At the half-time break, either myself or other senior referees would discuss with these young referees their performance in their first half, identifying their strengths and in areas to improve. At the end of the game, there is a sense of a relief but also in achievement that they can actually be an effective Match Official... even at a young age. When they return the following week to Referee, they've overcome their first challenge and seek to

keep challenging themselves with improving their 'game' and ensuring both teams have a trained and qualified referee as their Match Official.

For returning Game Leaders and/or RL4s; to continue believing in themselves and their training/game experience when challenges arise through player and/or team officials disputes; empowering them in their roles as the Match Official; to keep respecting and applying the LoTG, through whatever adversity is being placed upon themselves, with the knowledge that they have full support of their CRCs, Senior Referees, the GUFC and CF Referees.

Finally, being there for all of them and having means to discuss/seek mentoring with the challenges that they have or will face in games... we are the #ThirdTeam on the field and that they are not alone.



***We are the
#ThirdTeam
on the field***

We are doing quite a bit of work at GUFC to instil a values-based sporting club, which includes "respect". In your time at GUFC, have you seen changes or a culture shift in this regard?

I have been involved within GUFC for 18 years as either a Team Official or as a Match Official, and I can safely say this club has exuded full respect to myself as a volunteer team coach, a volunteer parent helping on game days, as a referee and as a volunteer CRC. This is also inherent with returning Coaches, Managers and referees, season after season for the 18 years in my involvement at GUFC.

I believe GUFC has always had great values, but occasional 'blips' within a season will unfortunately arise with the arrival of new members within GUFC and/or complacency from existing members that 'forget' why they volunteered in the first place to be a coach or manager...to bring the enjoyment of football to their children.

The communication of GUFC values has been more prominent in recent seasons. I fully support this continual reinforcing of GUFC values through to GUFC members, with our values core to the continued success of this club, on and off the field.

As the Head of Referees, you're not just overseeing the refereeing on the day, you seem to also take on the role of Game Day Manager amongst other things. What does a typical soccer Saturday look like for Gavin?

Unfortunately, there is no official 'Game Day Manager (GDM)' position within GUFM, with that 'role' effectively being met by the GUFM Executive, AGC and/or other club volunteers when on-site at Harrison Clubhouse. If I get identified as the GDM, it's usually because I'm highly visible in my orange vest, when walking around Harrison fields even with 'Referee Coach' stamped on the back and the fact that I like driving the 'Gunners Gator' (best thing since sliced bread!).

I believe a team of GDMs are still essential on game-days, when all they have to do is purely ensure that things 'flow' efficiently throughout the day. Fortunately, this season, the GUFM community are also now well-educated on the need to pack-up GUFM equipment after games.

I'm happy to continue providing advice to the GUFM community, store equipment and/or make the environment safe for teams on game days, but that is not my core role and does detract from my CRC role with supporting the young referees. This also applies to my fellow CRC and Senior Referees, of which I'm blessed that have the same values as myself, through assisting the GUFM community.

My typical Saturday involves rolling out of a nice warm bed, to be at the Harrison fields before 8am; setup the noticeboard on the outside wall, order coffee from my personal barista at Kev's Canteen and walk around the fields to ensure they are safe to play on game days.

“

If I stop and ask you why there is a 'need' to be derogatory to a young ref, please give me a good answer!

What motivates you to turn up to continue in your role?

ALL of the GLs and RL4s within the GUFM. Each season I get an amazing group of young people that want to be a Referee and fortunately all want to absorb all that is required to ensure they can be an effective Match Official.

As I made that commitment to be their 'coach' for the season; I'll honour that commitment 100% through developing and supporting these young people; foster the enjoyment of being a Match Official, for them to return each season and encourage them onto bigger and better roles as a RL4 or higher within Capital Football competitions or further.

“

I fully support this continual reinforcing of GUFM values

If you could change anything about your role as a referee/Head of Referees, what would it be?

I enjoy what I do as the GUFM CRC as I feel I'm providing a positive experience to these young people that are choosing to be a Referee, with not too many things that can be changed in this role. I'm even also willing to listen to and/or read emails from coaches/managers on what they perceive as Referee poor performance and respond accordingly.

Conversely, I also receive good positive responses towards the Referees at the GUFM in the quality of their performances each week. I'm fortunate also to have a fellow CRC, with that added support to not only our GLs/RL4s but also to myself.

The only 'downside' to the CRC role is when I walk through the Harrison Playing Fields, hearing derogatory remarks and/or challenges to junior GL/RL4 decisions from spectators on the sidelines. You all know me and I have no tolerance on this issue, especially towards our junior GLs/RL4s, so if I do stop and ask you on why there is a 'need' with being derogatory to a young GL/RL4s decision with children playing a game of football, please give me a good answer!

What advice would you give others interested in becoming a referee?

I'm addressing this response to those adults within the GUFC community... if you are considering becoming a Referee, just do it... much like the young people that become GLs/RL4s, they don't overthink it. They love the game; they seek to be challenged positively and would also like to give back to the game they still play... plus they also get paid!

Recent news articles about Capital Football Referees leaving due to abuse... this abuse is primarily driven by adult coaches, managers and/or spectators believing their decisions are better than the Referee's decision on the field... I challenge you as an adult, to become a Referee and appreciate what a 13 to 17yo needs to decide in the course of a game.



... if you are considering becoming a referee, just do it...

As a referee, you get to see the game from a different perspective. Any reminders you'd like to give the parents, players and spectators as they watch the games each weekend?

For the parents and spectators, simply, just support your respective team or even both teams on the field and enjoy the game of football in front of you.

For the players, play the game that you've been training all week to play. The Referee is only there so that you can play the game.

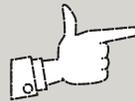
When you are not refereeing, what do you do in your spare time?

Any spare time that I have during the Winter football season is usually sports orientated, through watching my son play his AFL, watching the Raiders lose and ordering Reds through my wine club.

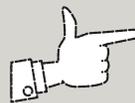
What does the future in football look like for Gavin?

I will be honest, I have been thinking about retiring as the CRC within the GUFC, but then I think 'what am I going to do on Saturday'... then I go back to the preparing the following weekends Referee appointments and that pretty much says it all. While I'm here in Gungahlin and while the GL4s and RL4s would still like my mentoring, I'll be here for them.

Gav's highlights:



Having over 60+ referees to manage when I initially started, with this year having 'topped' 52 GLs/RL4s within GUFC



A GUFC record high of 12 female junior Referees in Season 2020, with three of these female Referees receiving our three annual awards, with this recognition primarily voted from their male peers

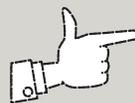


Identifying six junior Referees with progressing through a CF Referees development program and having them all being appointed as Match Officials in high-level NPLY, NPLW and NPL1 games within Seasons 2020 and 2021



Having to fill-in as the Referee in an U8s game in 2017 and halfway through this game a young player looks up at me and says "I like you ref" ... the ultimate compliment!

Gav's shout-outs:



Andrew Preston, the previous CRC, who gave a tremendous amount of his time (over 14 years) with developing many, many young Referees within the GUFC, with one Referee under his mentorship making it into the A-League Youth competition.



Sharon Brennan, our GUFC Registrar, another very, very long serving member of the GUFC who has volunteered countless hours to support the club, players and team managers.

MEET SOME OF OUR UP AND COMING REFEREES

Let's shine the light on some of Gungahlin United's young referees who have committed their time to being Game Leaders in recent years.



Ashwin Hornick

How long have you been a referee?

I became a Game Leader at the start of the 2020 season and was promoted to a level 4 referee at the start of the year 2021.

What prompted you to take on this role and why did you choose GUFC?

Because I thought that it will be the club that would provide more games for me to referee as the club is the biggest in the ACT. Also because it is convenient for me because I play for GUFC.

What challenges do you face as a referee and how do you handle those challenges?

Sometimes parents/coaches get a bit angry, and you just have to block that out. But sometimes you have to approach the coach if it's getting out of hand and listen to why they are mad and explain why you made that decision that they are mad at, and just block them out for the rest of the game if they continue.

What motivates you to put on your boots and grab your whistle each week? I do it because I enjoy refereeing. I love being in-control of the game and being the centre referee.

What highlights would you like to share about your time as a ref? Having to ref a Masters Division 2 game because a referee didn't show up, so I voluntarily refereed the whole game. It was a nervous moment but after a while I got use to it. It's in the older age groups, the more angry they get with the referee. But all the players were respectful to me and understood I was a 15 year old boy. Another big moment was having to give my first yellow card - I was very nervous. It was a player that tried to block the goalkeeper from drop kicking it in an Under 13 Division 2 game. It had to be a yellow because he had done that same thing a few minutes prior. He received a verbal warning the first time so I had to issue the yellow the second time he did it. But it's easier than you think because in Under 13's the players don't complain at all so he took the yellow respectfully and walked away. So when you give your first yellow to an Under 14 player or below, the yellow card will be easier for you to give if it's the right thing to do.

If you could change anything about your role as referee, what would it be?

I wish my games as a player did not interfere with my time as referee.

What advice would you give other young people interested in becoming a referee?

You need to stick with your decision don't let the players make or influence your decision. Remember that what you see is what you call. You cannot call what you don't see. Also when you do your first game I know how nervous it is. But your first game will be most likely a U8 game. So even if you make a mistake parents will not care in an U8 game. So don't over stress yourself out for a small game.

As a referee, you get to see the game from a different perspective. Any reminders you'd like to give the parents, players and spectators as they watch the games each weekend? Just realise that we are not trying to be biased and we are trying to do our job to the best of our ability. We won't get every call correct because we only can call what we can see. Also know that your complaining doesn't influence a decision when a call has been already made.

Anything else you'd like to tell our readers? I really do enjoy refereeing to this day and especially enjoy refereeing full field games. Also I watched allot of soccer before starting to referee so I already knew most of the rules for a full field game. The only things I didn't know are the slight rule adjustments for u8-u11's because of them having a smaller field.



Emily Downs

How long have you been a referee?

I am a Level 4 referee this season and started in 2020 as a Game Leader.

What prompted you to take on this role and why did you choose GUFC?

I really enjoy playing soccer and I had some friends who are refs and they said that being a ref gives you a different perspective of the game and it is a fun, easy way to make some money. I chose GUFC because I had friends who were referees at the club and heard about how it was a good club.

What challenges do you face as a referee and how do you handle those challenges?

Some challenges I faced when first becoming a referee was remembering all the rules. To make sure I would remember the rules for the age groups I would be refereeing, I would look over the rules the night before and just before the game. This helped me remember all of the rules and it was fresh in my mind.

What motivates you to put on your boots and grab your whistle each week? Each week as a ref I get to see teams grow and create bonds with their team mates. I often referee the same teams week to week so get to know the coaches and players and see how they grow and improve as a team. It's nice to know I play a small part in the younger players growth in the game as I share my knowledge of the rules by refing their game.

What highlights would you like to share about your time as a ref? Meeting new people. Not only do I meet refs that are the same age, but also older refs that are always happy to help out and guide me.

What advice would you give other young people interested in becoming a referee?

My advice to anyone considering becoming a referee is to give it a go. Not only is it fun, an opportunity to make new friends, it is a way for making some money. It also helps you as a player as you get to see the game in a different perspective. Everyone in the GUFC community is really supportive and is willing to help you out.

As a referee, you get to see the game from a different perspective. Any reminders you'd like to give the parents, players and spectators as they watch the games each weekend? Just remember we are only kids and we aiming to do our best and call what we see. We are there so your kids can run around, have some fun and enjoy the game of soccer.

Kiara Meza

How long have you been a referee? I have been a referee for about 3 years.

What prompted you to take on this role and why did you choose GUFC? For me GUFC has always been a second home, and every year I try and get more involved in it then I already am and being a referee is a great option. Becoming a referee is also a great opportunity to view the game from a different point of view, which is great experience if you want to develop as a player.

What challenges do you face as a referee and how do you handle those challenges?

The most difficult challenge was when a call was made, and a team didn't agree with it and continuously argued, but you have already made your call. The way you handle this challenge is to keep confident and not let the players 'boss' you around.

What motivates you to put on your boots and grab your whistle each week?

The motivation comes from enjoying and loving the sport.

What highlights would you like to share about your time as a ref? You get to know players and meet new people, creating bonds with the home teams. As a ref you can have a great time if you have the right mind set.

What advice would you give other young people interested in becoming a referee? Keep your head held high and don't let anyone put you down, be confident in who you are because if you are on field and you don't have confidence, those around you can take advantage of that.

As a referee, you get to see the game from a different perspective. Any reminders you'd like to give the parents, players and spectators as they watch the games each weekend? Let the referees do their job they have trained and have learned the rule book by heart, these refs are only trying to do the right thing.





Oliver Connor

How long have you been a referee?

For nearly 3 years now, with the 2019 season being my first season.

What prompted you to take on this role and why did you choose GUFC?

I have always been interested in being a referee and controlling the football game. However, I think when I saw my brother do it that pushed me to wanting to try it out.

What challenges do you face as a referee and how do you handle those challenges?

The biggest challenge is cranky parents. The way I deal with them is to first try to ignore them and continue running the game. Every game will have a angry parent or two. Then if that's doesn't work, pause the game and try to reason with them. I warn them that if their behaviour continues they will have to move away from the game. Finally if they continue disturbing the game, I ask them to leave.

What motivates you to put on your boots and grab your whistle each week? I think just the fact that I am rostered for a game, so if I don't referee that game then who will. That means a bunch of happy kids will go without playing a sport they love and that would suck. It's my commitment to always be there when I am needed.

What highlights would you like to share about your time as a ref? The biggest highlight was probably becoming a level 4 referee, and doing my first full field game. It is such an accomplishment and it feels really rewarding. It shows how much I have progressed in a short amount of time.

What advice would you give other young people interested in becoming a referee?

Be confident in yourself and enjoy yourself. And remember that the Gungahlin United referees always have your back.

As a referee, you get to see the game from a different perspective. Any reminders you'd like to give the parents, players and spectators as they watch the games each weekend? Just to be mindful that a lot of referees are teenagers just trying to support their club and make a bit of cash. It's not the World Cup, and it doesn't matter if a referee makes one wrong call. Instead of belittling the referee, be aware at who you are yelling at, and why you are yelling in the first place.

For more information on how you can become a referee:

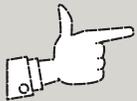
CAPITALFOOTBALL.COM.AU/REFEREE

GUFC.ORG.AU/LATESTNEWS/REFEREE-COURSES

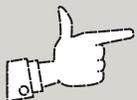
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For me GUFC has always been a second home ... being a referee is a great option.

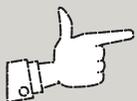
Some fun facts about our refs:



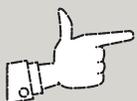
Kiara has played Premier League for about 5 years with GUFC, and she's been with Gungahlin since she was four as a MiniRoo. She's currently taking a break from refereeing to concentrate on prem.



When Emily isn't refereeing she's playing for our National Premier League under 15s and works at a local cafe. She's also the only one in her family who has red hair!



Ashwin loves to play soccer and he also plays tennis. He's the first to suggest soccer has taken over his life!



Oliver plays in our Under 16s Division 1 team, in addition to holding down other jobs, hanging with his friends and doing a whole lot of school work.



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#1

JOSH LAGUDAH

Josh is a true blue Gungahlin United junior, having started with GUFC back in the Juventis days at the tender age of five.

He's travelled to the other side of the world and back since those MiniRoos years, but still refers to Gunners as "my home club".

Join us as we chat to Josh about life, fights and football, and why he chose to concentrate on wearing the #1.



I enjoyed diving into the mud and putting my face in front of the ball



Josh has been playing football since kindergarten where he recalls putting his shin pads outside his socks as a five year old. "I had no idea!"

From an early age Josh would play half a game on the field and half a game in goals. He enjoyed both, but as he got older he began to focus more heavily on goalkeeping, "I enjoyed diving into the mud and putting my face in front of the ball"

He'd always hoped to play professionally and felt he was a better goal keeper than fielder. "I knew I wouldn't make it as an on field player so decided to concentrate on the keeper position."

From the age of five through to sixteen he played for Gungahlin United (formerly Gungahlin Juventus). He remembers many coaches in his youth years including "Fitsum, Frank, Champ and Tony". He made the move to Belconnen in Under 16s because GUFC didn't have a premier league team at the time. His Belconnen team went on to win the league, but despite the glory of his Under 16s season he struggled to make it into the Under 18s NPL team due to his size.

After a season with Radford College in Under 18s, Josh hung up his boots and packed away the keeper gloves for a few years to concentrate on his second love, martial arts. He became an amateur Muay Thai fighter and Professional Mixed Martial Arts fighter between the ages of fifteen and twenty one, finding glory in MMA as a successful welterweight. But soccer was still in his soul.

"At 21 I lost a fight for the first and only time in my fighting career which got me thinking about soccer again."

While he was "still short", Josh had built up his athleticism which encouraged him to continue down the goal keeping path. To be the best he could be, he sought out former Matildas GK coach, Paul Jones and trained with his academy while playing with Gungahlin's under 23s. A spot on our first's team bench, gave him the confidence to step into goal for Tuggeranong's first grade team before heading to Melbourne City Youth for four months, training under Sam Frangos.



The Melbourne City training led to a two week trial with Brisbane Roar which, while unsuccessful, didn't dampen his spirits. Josh took the set-back as an opportunity to find out what else was possible and proceeded to email every single US National Collegiate Athletic Association Division 1 college, with a highlight video of his goal keeping abilities. That no-holds-barred attitude and leap of faith awarded him a full scholarship at Loyola University in Chicago where he studied African studies. "You trained like a professional and got to fly across the USA for away games so it was also a great way to see America."

After Loyola he finished off his US adventures with the University of Portland in Oregon before returning home to settle back into the GUFM goal under Coach Marcial.

"I don't regret going to the USA as I got to study at two different Universities and meet people from around the world, I also had many challenges which I would not have had if I didn't go overseas, which I think builds resilience."

We asked Josh to reflect on his time on the pitch so far, including his first opportunity to play at a higher level.

"I remember playing my first match for Gungahlin first grade. It was against Canberra Olympic in the FFA cup which we lost on penalties, however it was great to be out there and Olympic ended up going on their historic FFA cup run that year so no hard feelings."

When it comes to highlights, a standout for Josh was being named the best keeper in the league during his first season with Loyola. According to an article in the Portland Pilots online news, "In his one year at Loyola University Chicago, Lagudah was one of the top keepers in the nation. In addition to being the league's goalkeeper of the year, Lagudah also landed on the All-MVC First Team".

When it comes to lowlights, Josh shares his struggle of being on the bench for half a season in the USA as he battled out the #1 spot with another keeper.

When asked about the challenges he's faced in his sport generally, and how to overcome those challenges, Josh has the following advice:

"There are lots of highs and lows, you win and you lose, that's the nature of any sport. You have to set a goal for yourself and keep actively pursuing that goal, as the level of competition gets higher it's not so much the talent as it is the consistency day to day which will keep you playing your best, and competing at higher and higher levels. You have to believe you can do something before you have actually done it. I found that in fighting as well as for soccer."

When it comes to inspiration, Josh is most inspired by "anyone who gives anything a red hot go, and who doesn't put people down for trying. It's the people that do the thing that are the real heroes. Anybody can offer an opinion from the sidelines."



Josh Lagudah with his 2021 GUFC team mates - Image thanks to AJ Nitz Images.

“

I'm motivated to push my comfort zone in anything - so what was once uncomfortable, is now comfortable.

”

When it comes to advice, Josh loves the saying "If you're the smartest person in the room, you're in the wrong room." He reminds us we should always be seeking new challenges.

As for what the future holds, Josh says the goal to play professional soccer is still there. He's also got great plans for his business and life off the football field. Anything to continue striving forward and pushing himself outside his comfort zone.

And that's why Josh is our #1

Did you know:



Josh is the founder and director of SDS Australia (Australia's leading self defence in schools program) which sends coaches to teach real self defence in schools all over Australia. For more information head to www.sdsaus.com



When he's not running a business or defending our goals, Josh is a consultant at KPMG.



If he wasn't doing what he's doing now, Josh would like to be a police officer or working in the education system in Ghana.



Josh's dad used to play soccer back in Ghana



Josh has played many sports including rugby union, basketball, Brazilian Jiu Jitsu, cricket, tennis, freestyle wrestling, boxing Muay Thai (kickboxing). He loves all sport and will give anything a go!



The power of POWERCHAIR



Gungahlin United and Woden Valley - images thanks to AJ Nitz Images



After years of preparation, lots of training and thousands of dollars raised by Rotary, the ACT Powerchair football league kicked off this year with Gungahlin United and Woden Valley the first clubs in Canberra to put up their hands for the inaugural Canberra Powerchair competition.

Powerchair originated in France as a modified version of soccer for electric wheelchairs and is played all over the world, including Australia. It is played in a gym on a regulation basketball court with two teams of four players (including the goal keeper). You'll find our Powerchair players each fortnight playing at the indoor courts of the National Hockey Centre in Lyneham.

Hats off to Kelly Stirton and the Capital Football team who never gave up on the dream to launch Canberra's Powerchair Cup, despite the challenges.

"In Canberra it's massive for us," Kelly says, "It's a long time coming. We've been trying to run this program for three years and to be able to have enough players to produce two teams is amazing".

GUFC President Neil Harlock says "For Gungahlin, we like to classify as a full-service club. One of our core values is inclusiveness, so for us it was a real no brainer. We were pretty much inspired by the work done by Kelly and the team at Capital Football, to get involved."

Gungahlin United is very proud to be part of this initiative with Gunners supporters arriving each fortnight to cheer on both teams. Members of the Executive, our National Premier League men and National Premier League women have all been represented courtside to lend their support and marvel at the skill involved.

Let's chat to some of the players and their families to hear more about the power of Powerchair.

Powerchair player profiles

Jamie Larsen (16) - Woden Valley



What's your favourite thing about Powerchair?

Spin kicks ! It gives me power and movement that I just don't normally have.

What's been your proudest Powerchair moment so far?

Winning against the NSW team at the AIS Development Day.

Where would you most like to play? Sydney.

What do you like to do when you're not playing Powerchair soccer?

Creative writing.

Who is your biggest cheerleader?

Mum – but actually, all the parents are pretty vocal!

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

Teamwork is key. Don't hog the ball, hold your position and trust your teammates.

Anything else you'd like to tell us about your sport?

It allows people with disabilities of all ages to get involved in a really fast and exciting team sport - and we'd love to see the sport grow in Canberra so that we can be really competitive nationally.

We asked Jamie's mum Bridget what Powerchair means for her and the extended Larsen family.

Jamie was initially reticent to get involved. However, the first time he got into a chair and had a go, he did not get out for the rest of the day. He was hooked. After several years, he's developed amazing skills, become part of the team and eagerly looks forward to every game and training. For a young person with limited mobility, the powerchair gives him speed, movement and freedom that is exhilarating. He is so focussed and happy on the field. For us, it's wonderful to see Jamie so enjoying powerchair. We're also blessed with great coaches, the unwavering support of Capital Football, fabulous support from Rotary and other generous sponsors and a lovely and committed group of parents, siblings and other family members on the sidelines.

William McLennan (6) - Gungahlin



What's your favourite thing about Powerchair?

Hitting the ball and playing with friends.

What's been your proudest Powerchair moment so far?

Scoring Goals.

Where would you most like to play? Australia or America.

What do you like to do when you're not playing Powerchair soccer?

Playstation, Swimming, Basketball.

Who is your biggest cheerleader? Mum and Dad.

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

To have fun and enjoy.... that's what mum and dad say.

Anything else you'd like to tell us about your sport?

It's fast paced and you got to be quick.

William's mum, Naomi, talks about their Powerchair experience and why it's such a great initiative.

Powerchair football means our son can participate in a sport and feel included. We have developed so many amazing friendships and connections that I know will last forever. Being apart of this team is like being part of a little community. We get excited every time a new player joins or someone scores a goal. Another reason why powerchair soccer is so incredible is the support you get from and give to each other. We all have struggles and we lean on each other when we need additional support. These are the little things that we really appreciate when we are struggling with something.

Brandon Stroud (22) - Woden Valley



What's your favourite thing about Powerchair?

It's a sport especially designed for people who use wheelchairs for everyday life and I'm not left watching from the sideline as it is an inclusive sport. Furthermore, I have made new friends and it's a terrific social sport. I have a blast driving around in the specially designed sports powerchair and hitting the ball.

What's been your proudest Powerchair moment so far?

Winning the Inaugural Rotary Cup against the N.S.W. Development Team in our first year as the Canberra United Powerchair Team. This was held at the A.I.S.

Where would you most like to play? U.S.A. I have visited there before on a family holiday and I loved it. I hope to play there when it next hosts a World Cup competition.

What do you like to do when you're not playing Powerchair soccer?

I like to watch sports on t.v. I follow a variety of sports.

Who is your biggest cheerleader?

My mother as she cheers me on during games, takes me to games/training and helps with setup and packup.

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

My mother said I am a person first and I am not defined by my disability. I can find ways to participate in things I am interested in with support from people around me.

Anything else you'd like to tell us about your sport?

It's a growing sport that is so much fun and it allows me to participate competitively. I am really happy and so thankful to organisations such as Capital Football, Capital Region Muscular Dystrophy Association, the Gunghalin and Woden Valley Soccer Clubs and Rotary Club for their enormous support to raise the sports profile.

Mum Carolyn chats about the growth of the sport and what it means for her to see Brandon so passionate about his sport.

I am thrilled to be part of the powerchair community here in Canberra. My son Brandon, is passionate about sports and he enjoyed playing for the Woden Valley Soccer Club when he was aged 12 and could still walk.

He has been interested in playing powerchair football for several years. So he was absolutely delighted when Capital Football provided him the opportunity to attend a "come and try day" with the visiting N.S.W team. From that day several years ago, I could see he had found his passion and a chance again to participate in a team sport with other disabled people across a range of ages.

Brandon has made new friends and our family has too with other parents, carers and players. We are thrilled to see the players strive to be better, develop their skills and game tactics. Brandon's interest and commitment to the sport has significantly increased since Rotary Canberra very generously fundraised with the support of many other sponsors to fund 9 brand new Strikeforce Powerchairs. These are the entry level chairs required to participate in competitions. They are much safer, faster, more manoeuvrable, and efficient for game play compared to the refurbished breaking down old electric wheelchairs.

Powerchair has given Brandon something to really look forward to each week, a sense of purpose, new goals set for local, national and hopefully international competition.

As a family, we are extremely grateful for the provision of chairs, establishment of a local league competition due to the wonderful support and gear supplied from the Gunghalin and Woden Valley Soccer Clubs. Rob Oakley and staff from Capital region Muscular Dystrophy Association have been extremely active with financial support for a hoist, hiring trucks to transport the powerchairs, and several fundraisers to support the team. Most recently, Fight Night with footballers Terry Campese and Ben Alexander!

An extra special thank you to Capital Football CEO, Phil Brown, coach Kelly Stirton and the support of staff who gave our children a sense of belonging and importance.

I encourage parents to give this sport a try and see the amazing happiness it brings to their lives.

Giovanni Tiyce (11) - Gungahlin



What's your favourite thing about Powerchair?

My favourite thing is scoring goals

What's been your proudest Powerchair moment so far?

Receiving our new Strikeforce chairs

Where would you most like to play? Europe, because the league is big over there.

What do you like to do when you're not playing Powerchair soccer?

Play my computer games

Who is your biggest cheerleader?

Mum, because she's the loudest

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

To keep trying my best (Dad)

Anything else you'd like to tell us about your sport?

I would like anyone interested to give it a go as its a fun and fast sport to play.

Giovanni's mum Lina talked to us about what the competition means to them as a family.

Giovanni is one of the inaugural team members that commenced playing in 2018. Powerchair soccer has given Giovanni the ability to be part of a team, just like any other 11 year old would be. It also allows him the opportunity to play independently without the need for his family helping him. It allows his family the ability to watch him play and cheer from the side line. This sport has allowed his whole family to be involved. His older brother is now helping with coaching. We would like to thank everyone involved in getting Powerchair soccer up and running, especially Capital Football, Capital Region Muscular Dystrophy, Rotary Club, Gungahlin United Football Club, Woden Valley Football Club and all the other organisations that have contributed. If you know anyone thinking of giving it a go, please get in touch. It has been a life changing experience for Giovanni and our family.



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Thank you Eastlake Gungahlin Club for your ongoing support of GUFC, our National Premier League Women and our National Premier League Youth. To show your support for Eastlake Gungahlin, head to 51 Hinder Street, Gungahlin to enjoy their bistro, sports bar, lounge area or to hire one of their many rooms for your next event.

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HOW TO AVOID INJURIES AT THE START OF YOUR SEASON

Our friends at SportsCare and Physiotherapy have shared these great tips to help us look after our bodies during the season. Thanks team!

It's that great time of year again when the football seasons are all starting to kick off. Everyone is motivated to start the season strong and put all that hard pre-season training to the test.

Unfortunately, we also see a lot of injuries around this time of year. Some injuries are unavoidable in contact sports; however, many injuries can be prevented with the right advice, preparation, and monitoring.

- We also know that you increase your chances of achieving your performance goals when you complete more than 80% of your training sessions.
- In other words: if you want to win, you need to train and not get sick or injured.

Prevention is a much more effective strategy than cure. Therefore, it is important to understand the factors that contribute to your risk of injury and how to prevent them.

BIOMECHANICAL AND MUSCULOSKELETAL FACTORS

These are the physical factors that contribute to your risk of injury. These factors include your strength, flexibility, co-ordination, muscle activation and genetics.

Some athletes are naturally strong or flexible, while others need to put in more effort to improve these areas. A musculoskeletal screening with a Physiotherapist or an assessment by an Exercise Physiologist or strength and conditioning coach can help to identify any areas that need addressing and potential injuries you are at risk of sustaining.

They can also provide you with an individualised program to help you reduce your risk of injuries and achieve your performance goals.

WARMING UP

Despite most people knowing they should warm up before playing sport, it surprises us how many people do not complete a proper warm-up or any warm-up at all.

It's the same as starting your car on a frosty Canberra morning – if you start driving before the engine has had a chance to warm up, even if nine times out of ten you don't notice any difference, you're putting yourself at risk of damaging the engine or even breaking down.

It's the same as starting your car on a frosty Canberra morning – if you start driving before the engine has had a chance to warm up, even if nine times out of ten you don't notice any difference, you're putting yourself at risk of damaging the engine or even breaking down.

Effective warmups should include a mix of aerobic exercises, dynamic stretches, plyometrics, agility and strength exercises.

The benefits of a good warm-up include:

- Increased blood flow to your muscles.
- Increased flexibility of muscles.
- Improved lubrication of joints.
- Increased neural firing.
- Increased co-ordination.
- Mental preparation.

It is important to remember that warm-ups are necessary for training as well as for games, even those players coming off the bench and returning from half time.

SPORT-SPECIFIC PROGRAMS

Several sports have warm-up or general injury prevention programs that have been developed by regulatory bodies and have been shown to reduce injuries if performed regularly throughout the season. Some examples of these types of programs are:

- FIFA's "The 11+ Manual" complete warm-up programme to prevent injuries
- Netball Australia's KNEE program
- World Rugby's Activate Injury Prevention Program.

A Physiotherapist or Exercise Physiologist can help provide training for clubs, coaches and athletes to implement these programs throughout sporting clubs.

RECOVERY

Recovery is just as important as training and it is very simple:

1. Train/Play.
2. Eat.
3. Rest.
4. Sleep.
5. Repeat.

Training is most effective when you have scheduled regular recovery/rest days. Your body needs time to recover and repair to improve strength and performance. Some recovery options include:

- Active recovery such as a swim, cycle or walk.
- Hot/cold therapy.
- Massage.

SLEEP

Sleep is the single most important factor for your recovery. Not only does sleep assist with muscle and bone repair and growth, but it also aids in mental recovery. It has been shown that if you sleep 8-10 hours per night, you are significantly less likely to be injured, so it's very important to avoid sacrificing your sleep for other forms of recovery.

Going to bed earlier is more beneficial than sleeping in, and if you are napping throughout the day, you should limit these to 20-30 minutes.

NUTRITION AND HYDRATION

Eating and proper hydration are essential for effective recovery. Nutrition is extremely important to athletes for their recovery and performance, but sometimes it can be difficult to find the right balance. Different nutrition is appropriate at different times, and it's crucial for athletes to eat the correct food in the correct portions.

Generally, it's a good idea to limit saturated fats and refined sugars, instead looking for opportunities to eat a healthy amount of good fats and natural sugars, such as the sugars found in fruit.

If you need detailed nutrition advice, see a sports dietician to get recommendations for your specific situation.

LIFESTYLE

Lifestyle factors, such as prolonged postures when not playing sport and stress, can increase your risk of injury. A physiotherapist can advise on a good desk setup to reduce the impact of these postures.

A sudden increase in your training load, or coming into a session under-prepared, can increase your risk of an overload injury. It is helpful to monitor how much you are training and playing to help recognise any potential training loading issues.

An Exercise Physiologist, Strength and Conditioning Coach, or a Sports Physiotherapist can help you monitor your load and avoid overload injuries.

To all our social and competitive athletes, good luck this year! Take care of yourselves and if you need some extra care, get in touch with the SportsCare and Physiotherapy team on [1800 001 500](tel:1800001500) or [visit our website](#).

References:

1. Raysmith BP, Drew MK. Performance success or failure is influenced by weeks lost to injury and illness in elite Australian track and field athletes: A 5-year prospective study. *J Sci Med Sport* (2016), <http://dx.doi.org/10.1016/j.jsams.2015.12.515> ARTICLE IN PRESS ModelJSAMS-1267; No. of Pages 66 B.P. Raysmith, M.K. Drew / Journal of Science and Medicine in Sport xxx (2016)



#ReduceAbuse

If you've read the GUFC Values Statement you'll know that we believe our values are the cultural driving force behind success. Values based sport, and values based coaching, relies on a set of words that summarise what the club stands for. Clubs who take on a values based approach are committed to increasing ethical conduct and building a fair and safe community.

The key to values based sport, is bringing the words to life and giving them real meaning through our actions, standards and behaviours. GUFC has six core values to help guide us as a club. The one that we're putting the spotlight on in this issue is

#Respect



The Capital Football #ReduceAbuse Campaign

Clubs around the ACT are working together to increase the focus on respect by getting involved in the Reduce Abuse campaign led by Capital Football. As luck would have it, respect was the core value we had already chosen to focus on most heavily this year, so it was an easy sell to get Gunners involved.

Leanne chats to Capital Football Board Director (and GUFM coach), Richard Naumovski, about the campaign and why this topic is so important, not just in the short term, but as an ongoing focus within our sporting culture.



Tell us a little bit about the Reduce Abuse Campaign and the timing behind it. Was there a particular incident that triggered the launch? Or is it just “time”?

In my opinion, it's always time. There shouldn't be an incident that needs to trigger a response; this should be an ongoing activity. If we use these opportunities as reminders, we prevent future incidents occurring.

These initiatives offer us a chance to reflect on what part referees play in our community. Referees offer an impartial point of view which is backed by the laws of the game. The referees train and develop just like players. If a player misses a goal or lets one in, no one abuses them. Why is it OK to abuse a referee?

Referees are a husband or wife, a partner, a son or daughter, a brother or sister, a mate or colleague. Referees are real people who do a job many others are not prepared to do. I've heard on numerous occasions throughout my career, "I don't think I could do what you do". Why? It all comes down to abuse.

My challenge to our footballing community is to ask yourself, when you see a referee being abused, would you tolerate it if they were someone close to you? Speak up! The behaviour you walk past is the behaviour you accept.

Have you found that clubs have embraced the campaign? Has there been any resistance at all?

Most clubs are embracing the fact that we need to eliminate referee abuse. Some clubs, like GUFM, are showing the initiative and conducting their own campaigns along with Capital Football which is great to see. Some clubs, however, are happy to support their players who have abused referees and are yet to appreciate the value referees add to our game.

I am confident that the work clubs put into their junior referees will make their clubs more successful in the long run. The more clubs that embrace a proactive refereeing environment will help expose some clubs that do not see the value in supporting referees.

Is this purely an ACT led campaign, or is this push being seen across Australia and internationally?

This particular campaign is led by Capital Football and supported by some of our proactive clubs, however, the other member federations across the country have their own campaigns. Many sports across the country conduct their own campaigns and recently other sports in our region have used related Capital Football campaigns to reignite theirs.

In your experience, has abuse around the football fields been improving over time? Gone backwards? Generally stayed the same?

I've been around football for over 40 years and it has improved significantly since then. However, there are still ways we can continually improve. The increase in social media and ability to share information poses a new challenge in managing abuse. It goes back to the previous comment I made about accepting the behaviour is just as bad as the behaviour itself. It all comes down to us to call out the unacceptable behaviour whether it's on the field, on the sideline or online.

What can we do at the club level to help reduce the abuse and instil respect as a core value within the sport across the ACT?

Our club campaign shows how we are proactive in eliminating the referee abuse. We all play a part and need to remind all our players, coaches and spectators of their obligations. It is up to us to ensure our core values are adhered to. Again, the behaviour you walk past is the behaviour you accept.

We need to invest in our referee coaching to provide our referees with an environment to grow which will increase their confidence and provide development pathways in the future.

We also need to remind ourselves that the majority of our junior referees are often minors. Abuse of a minor, regardless if they are a referee, is unacceptable.

“
The behaviour you walk past is the behaviour you accept.
”

What can individuals do to create a culture of respect and reduce the abuse?

Simply put, each individual has a responsibility to eliminating referee abuse. It's up to you to ensure you contribute to the clubs culture and call out the individuals who are continuing to abuse referees.

Is there anything else you'd like to add?

I would like to thank GUFC for the invitation to provide some context around the Capital Football campaign. It is encouraging to see the club taking the initiative and identifying an area of concern. The club should be congratulated on employing a number of programs supporting the players, coaches and referees. This proactive vision will situate the club for continued success in the future.

If you identify behaviour at GUFC that you're concerned about, you can reach out to our member protection officer at integrity@gufc.org.au. Helen is experienced in this area and will handle your communication confidentially and with discretion.



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.

PLAYER PROFILES



Misko Naumoski

NPL1 MEN'S FIRST GRADE



Erika Pennyfield

NPLW FIRST GRADE



ARI, AGED 5
UNDER 6 WOLVERINES



ALEX, AGED 6
UNDER 7 SONICS



STEFAN, AGED 8
UNDER 10 TORNADES



UROS, AGED 6
UNDER 6 LIONS



VIREN, AGED 6
UNDER 6 LIONS



MATTHEW, AGED 8
UNDER 9 DIGGERS



LUKA, AGED 7
UNDER 8 BANDITS



ABIGAIL, AGED 5
UNDER 5-7 ECHIDNAS



BOHDI, AGED 5
UNDER 5 CROCODILES



OAKLEY, AGED 7
UNDER 8 REBELS



LUKE, AGED 8
UNDER 9 ALL STARS



LEO, AGED 8
UNDER 9 GUARDIANS



ROCCO, AGED 7
UNDER 8 KANGAROOS



SAXON, AGED 8
UNDER 8 DRAGONS

Celebrating 250 NPL games!



Misko Naumoski

NPL1 MEN'S FIRST GRADE

How long have you been playing football?

I actually didn't start playing with a team until UII's (Belwest Foxes). Officially....23 years. Unofficially.... a long time!

How long have you been with GUFU?

This is my 5th season with GUFU (since 2017)

Which clubs have you played for?

Quite a few! Queanbeyan City, Canberra City, Belconnen United, Cooma Tigers, Canberra FC & Gungahlin United.

Most memorable game?

The Grand Final win with GUFU in 2019 was special. But I also can't go past one from when Football was the most enjoyable. I'll set the scene....

U13's (I think...), Belwest v Belnorth....top of the table clash....a local derby. 4-0 down at half time, we came back to win 5-4 with a penalty as the last kick of the game. They said I dived to win the pen but there was clear contact; VAR would have backed me up!



Photos thanks to AJ Nitz Images

If you could hang any jersey on your wall, which would it be and why?
A signed Manchester United jersey from the 98/99 treble winning season. As a youngster, that season made me fall in love with Football even more.

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

Being in my 30's now, I'm not sure I want to "grow up" much more! I want to be happy, healthy and in the company of friends and family. Life is great and I certainly can't complain.

Who is Misko outside of football?

A teacher, husband, dad, and a good person (I hope!). Football is never too far away though and I love my sport in general...and music.

Best advice you've ever been given?

Work hard, show respect, be humble and be kind.

Best coach and why?

I've been lucky enough to have had some quality coaches over the years and learnt different things from them all but one that stands out is Milo (Milan Milovanovic). He taught me a lot from a technical perspective at a young age, and at a time that I needed it to improve my football

Who inspired you and why?

Mum and dad. They sacrificed a lot to migrate to Australia from Macedonia when my sisters and I were young, and I've always admired their work ethic and family values..

Favourite boots?

I still have a white pair of Adidas Predators from 2002 (or thereabouts) which I loved. I don't wear them anymore, but they were brilliant!

Do you think you'll ever stop playing football?

Probably not! I think I'll always play at some level. Though I do have ambitions to do some coaching at some stage, so perhaps time won't allow for both!

What advice would you give players who hope to play NPL one day?

My simple advice is keep aiming to improve different parts of your game, including areas of strength. You never stop learning and developing as a player, even as you get older, so make the most of every opportunity. Be prepared to do the extras as well...individual training, eat well, sleep well, recover well, the details matter..



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

Probably a Matilda's jersey. I believe they have inspired all Australian female soccer players in recent years.

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

I am currently a manager at Rebel Sport in the Canberra Centre. Leading a big team and helping customers get the right gear to achieve their sporting and fitness goals can be very rewarding.

Who is Erika outside of football?

I love to stay very active. I go for plenty of runs, walks with my dog, hikes and you will also find me skiing or boarding down at Thredbo during winter.

Best coach and why?

Patrick Mills, Belwest & Weston Creek, and Diego Iglesias, GUFC. Both Diego and Pat have coached me for the majority of my Premier League years. They have always supported me and devoted so much time in the development of myself and team mates.

Who inspires you and why?

Any professional athlete. Love seeing how determined and disciplined they are to achieve their dreams.

Favourite boots?

Nike Tiempo Legend Elite- most comfortable, all-round leather boot that I have worn for a number of years now. Would recommend!

Do you think you'll ever stop playing?

I'll keep playing until my body has had enough. It's the fitness and friendships that make it worth pushing on.

What advice would you give players who hope to play NPL one day?

Maintain your fitness, look after your body, listen to your coaches and be open for feedback.



Erika Pennyfield

NPLW FIRST GRADE

How long have you been playing football?

Started playing at 13 years old, 17 years ago.

Which clubs have you played for?

I played juniors and made my premier league debut for Belwest Foxes, then a few years at Weston Creek/Woden Weston before moving across to GUFC in 2016.

Your most memorable game.

2017 Premier League futsal Grand Final against Gungahlin. We won on penalty shootouts.



Photos thanks to Anthony Caffery Photography

MINIROOS

UNDER THE SPOTLIGHT!

At Gungahlin United Football Club we're proud of our grass roots program that allows children from the age of five to play the world game of football. Our littlest players are very important to us! Which is why we're shining a light on players aged 5-9 in this issue of GUFM. We asked them the questions, and they gave us their simple and matter-of-fact answers (as only MiniRoos can). What superstars!

ROCCO, AGED 7 UNDER 8 KANGAROOS



Why do you love soccer? Because I play soccer everyday.

What advice does coach give? Spread out wide and don't huddle up in the middle.

Who is your hero? My dad.

What's your favourite thing to do after you play soccer? Sit on the lounge, relax and watch TV.

What have you learned to do in soccer this season so far? Spread out and play wide.

Why do you think kids should play soccer? So you can get more running and steps in during the day, become more active and have lots of fun

If you could play soccer anywhere in the world, where would you like to play? Brazil

Anything else you'd like to tell us? The best player in the world is Cristiano Ronaldo.



SPOTLIGHT ON MINIROOS



ARI, AGED 5 UNDER 6 WOLVERINES

Why do you love soccer? Because it's fun

What advice does coach give? Have fun and pass the ball

Who is your hero? Myself

What's your favourite thing to do after you play soccer? Shower and eat

What have you learned to do in soccer this season so far? Pass

Why do you think kids should play soccer? To make new friends

If you could play soccer anywhere in the world, where would you like to play? America

Anything else you'd like to tell us? No



ALEX, AGED 6 UNDER 7 SONICS

Why do you love soccer? It's fun, I get to run around with my friends and you get to exercise.

What advice does coach give? To spread out.

Who is your hero? I'm the hero!

What's your favourite thing to do after you play soccer? Play Jurassic Park on my Nintendo Switch.

What have you learned to do in soccer this season so far? To spread out.

Why do you think kids should play soccer? To have fun and have some exercise.

If you could play soccer anywhere in the world, where would you like to play? In Texas so I could say "Howdy Texas, let's play the game!" (Mum is from Texas)



STEFAN, AGED 8 UNDER 10 TORNADOES

Why do you love soccer? I love soccer because it's fun and I like spending the time with a ball

What advice does coach give? Tells me to dribble when I can and pass the ball when someone has more of a chance to score a goal.

Who is your hero? Ronaldinho because he is really good at dribbling

What's your favourite thing to do after you play soccer? To do more juggling

What have you learned to do in soccer this season so far? To not be under pressure and to focus more on what I am doing with a ball.

Why do you think kids should play soccer? Because soccer is a great sport, there is a lots of running, kids have a lots of fun playing it and it's good exercise.

If you could play soccer anywhere in the world, where would you like to play? Australia

Anything else you'd like to tell us? I would like to be the best soccer player in the world.

SPOTLIGHT ON MINIROOS



UROS, AGED 6 UNDER 6 LIONS

Why do you love soccer? Because I like to run and you run a lot in soccer.

What advice does coach give? He tells me to train and he says good job to me.

Who is your hero? Ronaldinho is my hero as he plays good soccer

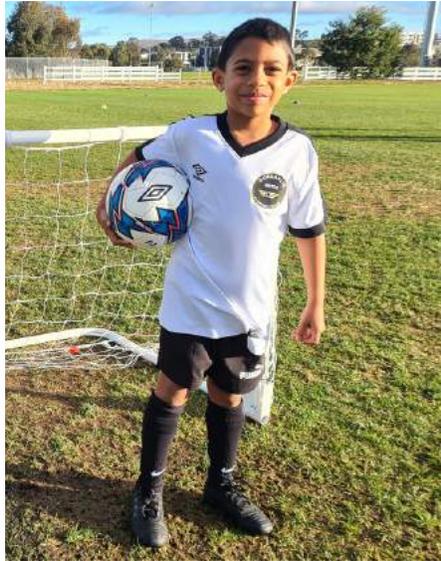
What's your favourite thing to do after you play soccer? I like to play with my friends.

What have you learned to do in soccer this season so far? I have learned attacking, to run full speed, taking one touch at the time, first touch and to pass the ball to my teammates.

Why do you think kids should play soccer? Because you get healthy, you get faster, you can dribble.

If you could play soccer anywhere in the world, where would you like to play? Brazil

Anything else you'd like to tell us? I would like my team to win sometimes.



VIREN, AGED 6 UNDER 6 LIONS

Why do you love soccer? We get to play matches and play harder teams.

What advice does coach give? The coach tells us to come back when the ball gets kicked out.

Who is your hero? Virat Kohli in Cricket and my Dad and Mum.

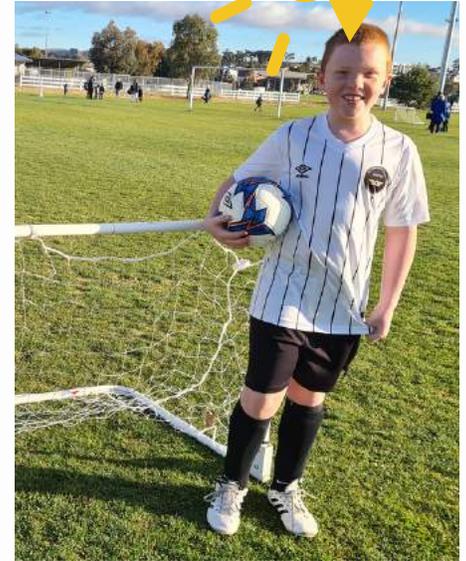
What's your favourite thing to do after you play soccer? I like playing with my cars and trucks after soccer.

What have you learned to do in soccer this season so far? Call out my teammate's names and put up my hand so they can pass the ball.

Why do you think kids should play soccer? They play nicely and learn teamwork

If you could play soccer anywhere in the world, where would you like to play? I would like to play on a big big pitch.

Anything else you'd like to tell us? I am enjoying soccer because it is really fun!



MATTHEW, AGED 8 UNDER 9 DIGGERS

Why do you love soccer? It's fun and I like helping my team.

What advice does coach give? Lots [big smiles]. Have fun, try not to cancel each other out, and not run into the person with the ball on your team.

Who is your hero? Bethany Hamilton. Because she lost her arm from a tiger shark and she wanted to get back into the water as soon as she could because she wanted to do what she loved.

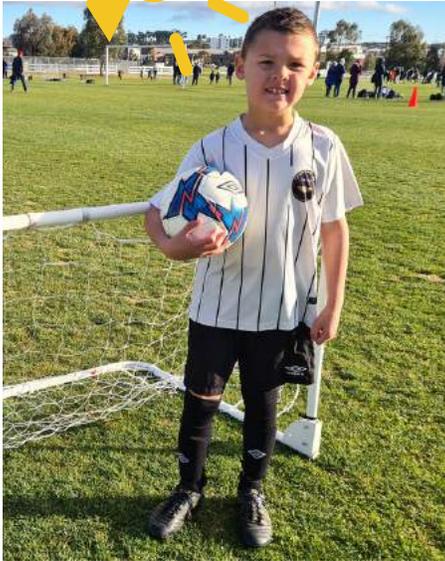
What's your favourite thing to do after you play soccer? Normally go home. Eat.

What have you learned to do in soccer this season so far? Jockey. First touch away from the defender. Look at the ball until you're close enough and then look up. Leadership.

Why do you think kids should play soccer? Because they need to know skills like control, team work, fun. A lot of reasons, I just can't remember them.

If you could play soccer anywhere in the world, where would you like to play? Australia

SPOTLIGHT ON MINIROOS



LUKA, AGED 7 UNDER 8 BANDITS

Why do you love soccer? Because I have fun playing with my friends.

What advice does coach give? Try your best and have fun.

Who is your hero? Ronaldo because he is the best soccer player in the world.

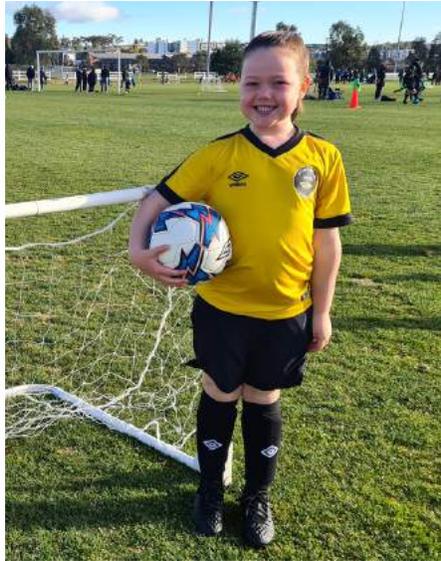
What's your favourite thing to do after you play soccer? My Dad and Mum take me to McDonald's for a treat.

What have you learned to do in soccer this season so far? I've learnt to pass and dribble the ball.

Why do you think kids should play soccer? Fun, learn new things and make friends.

If you could play soccer anywhere in the world, where would you like to play? England and Croatia.

Anything else you'd like to tell us? I also like playing Football for Gungahlin Bulls, basketball at school with my friends and swimming through YMCA Gungahlin.



ABIGAIL, AGED 5 UNDER 5-7 ECHIDNAS

Why do you love soccer? Because we can score some goals.

What advice does coach give? Great soccer tips and to have fun.

Who is your hero? My sister Emily who also plays soccer and my brother Alex who is a great footy player.

What's your favourite thing to do after you play soccer? Giving my mum a big hug.

What have you learned to do in soccer this season so far? To spread out on the field.

Why do you think kids should play soccer? Because it is so much fun and you make friends.

If you could play soccer anywhere in the world, where would you like to play? At Harrison Oval.

Anything else you'd like to tell us? Soccer is fun.



BOHDI, AGED 5 UNDER 5 CROCODILES

Why do you love soccer? Because I have so much fun, and you can run lots and I like giving hi 5's to my team.

What advice does coach give? "Run to the ball when the other team kicks it" and "good job Bohdi".

Who is your hero? "I think my whole family, my dad, mum and my brother cause I love them so much.

What's your favourite thing to do after you play soccer? Have a sausage sizzle from the canteen of course.

What have you learned to do in soccer this season so far? To kick the ball through the other teams' legs and kick the ball with the side part of my foot.

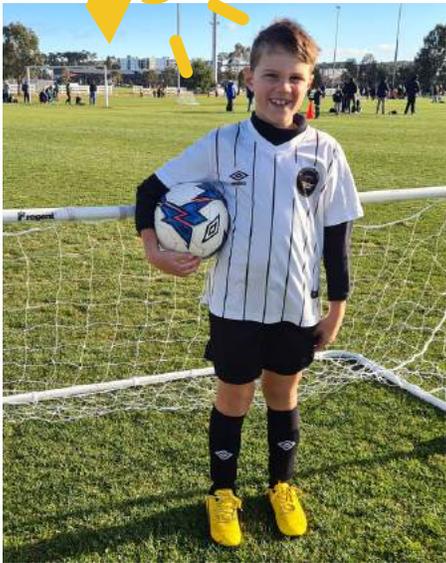
Why do you think kids should play soccer? to get fitter and be good at sport.

If you could play soccer anywhere in the world, where would you like to play? In the middle of Australia and New Zealand because it might be nice there.

Anything else you'd like to tell us? I like my teams name the crocodiles because they are chompy.



SPOTLIGHT ON MINIROOS



OAKLEY, AGED 7 UNDER 8 REBELS

Why do you love soccer? It feels really good to score goals and get better at skills.

What advice does coach give? "Nice pass" and "get in position". He also says when we do a throw in to cross our legs to help keep both feet stay on the ground.

Who is your hero? I would say my Dad cause he is a really good soccer player and teaches me.

What's your favourite thing to do after you play soccer? Watch my little brother play and then go to the canteen and get a sausage sizzle.

What have you learned to do in soccer this season so far? This year I have got to be a goalie and also I have learned about the different positions and where you need to be on the field.

Why do you think kids should play soccer? Because its really fun!

If you could play soccer anywhere in the world, where would you like to play? A soccer field made of trampolines!!

Anything else you'd like to tell us? My uniform looks really cool this year, before I always had a yellow top and now I have a white top with black stripes.



LUKE, AGED 8 UNDER 9 ALL STARS

Why do you love soccer? It is a sport and people can have fun.

What advice does coach give? Shape! He tells us at training what to do.

Who is your hero? Chistiano Ronaldo.

What's your favourite thing to do after you play soccer? Tell my grandparents who won and how many points each team got.

What have you learned to do in soccer this season so far? Don't be cross at anyone. Don't blame anyone. Always have fun.

Why do you think kids should play soccer? Because it gets your leg muscles up and your hands get in shape when you save a goal.

If you could play soccer anywhere in the world, where would you like to play? In a real stadium. Maybe play in Melbourne.

Anything else you'd like to tell us? No thankyou.



LEO, AGED 8 UNDER 9 GUARDIANS

Why do you love soccer? It keeps me active and it's fun!

What advice does coach give? Put the ball under your foot if you have time and look to see who can you pass to.

Who is your hero? Cristiano Ronaldo.

What's your favourite thing to do after you play soccer? Minecraft and Ping Pong.

What have you learned to do in soccer this season so far? There is more than one way to dribble to ball.

Why do you think kids should play soccer? It keeps you healthy and fit!

If you could play soccer anywhere in the world, where would you like to play? Sydney.

Anything else you'd like to tell us? I scored 27 goals last season!



SPOTLIGHT ON MINIROOS

SAXON, AGED 8
UNDER 8 DRAGONS



Why do you love soccer? Because it's really fun and you get to play with no hands and you can be goal keeper.

What advice does coach give? To go down the wing, to make confident passes and to keep running and to never stop and don't ball watch.

Who is your hero? Andrej because he's really fast and I'd say he's the best player in our team.

What's your favourite thing to do after you play soccer? I like to play a wrestling game and also play another mini match of soccer.

What have you learned to do in soccer this season so far? To not ball watch and we've learnt to make confident passes and long passes and to look out for spaced where you need to be on the field.

Why do you think kids should play soccer? Because they can learn to get really fast, they can learn to not use their hands and they can make really good friends.

If you could play soccer anywhere in the world, where would you like to play? Probably New Zealand or Tasmania because both of those countries speak our language and I would say they would have really nice ovals.

THANKS MINIROOS

We're looking forward to continuing to grow our Club at the grass roots level. If you have friends or family who are interested in playing soccer, send them to www.gufc.org.au or have them email contact@gufc.org.au for more information

Keep counting burgers for your chance to win!



KIDS BIZ

Believe

IN

yourself

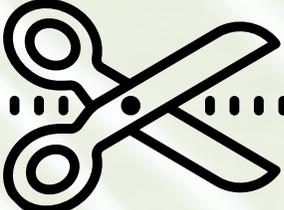
MOTIVATIONAL

PRINTABLES



**HELPING OUR YOUNGER PLAYERS STAY
FOCUSSED AND MOTIVATED MID-SEASON**



.......... Cut these out

Stick them to your mirror, in your diary or hand them to your team mates to help motivate and inspire yourself and your friends. Or hang them on your wall or fridge as posters to keep you focussed and motivated this soccer season. Always believe in yourself and each other!

YOU
got
This

I CAN
I WILL

BE
KIND

ALWAYS
BELIEVE
IN
the
impossible

Keep
going

YES
you can!

YOU CAN DO IT!

BE STRONG

today IS A New day

DREAM BIG,
WORK HARD,
- MAKE IT -
happen.

NEVER
Give up

DONT LOSE
Focus

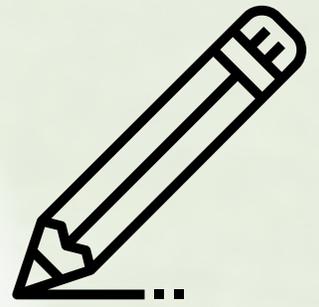
prove THEM wrong

GO for IT!

note to self:
DO NOT QUIT



Today IS A New Day



Write down the things that didn't go so well this week and what you learned from it. Remember, every day is a new day where you get the chance to start again!

It didn't go so well when I ...

Today is a new day, and I will ...

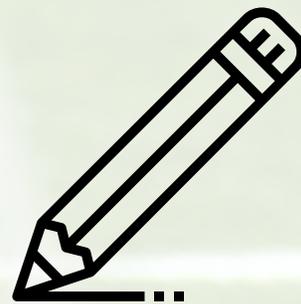
It didn't go so well when I ...

Today is a new day, and I will...

It didn't go so well when I ...

Today is a new day, and I will...

YOU CAN DO IT



Write down the things you'd like to improve in your game, and how you can make those improvements. Remember, we improve with lots of practice, by staying positive and by believing it's possible!

I would like to improve how I ...

I can do that by ...

I would like to improve how I ...

I can do that by ...

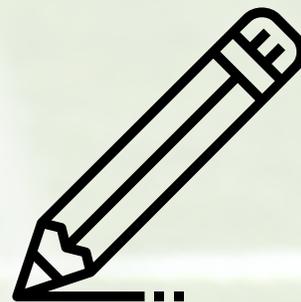
I would like to improve how I ...

I can do that by ...

FOCUS

DON'T

LOSE



Sometimes worries, self doubt, spectators and problems make us lose focus when we're playing football. Write down the times when you lose focus and what you can do to focus back on the game.

Sometimes I lose focus when ...

I can improve my focus by

Sometimes I lose focus when ...

I can improve my focus by

Sometimes I lose focus when ...

I can improve my focus by



Waratah Puppies
enriching lives through the love of a puppy



Pawsable Training

A quick QUIZ

Can playing football be like training a puppy?

Let's have a look --- fill in your answers

Training a puppy ...	Playing football
<p>What we NEED for puppy training</p> <ul style="list-style-type: none"> ● happy, healthy puppy ● safe place to train ● trainer / teacher ● a training plan (what tasks?) ● rewards for doing great job 	<p>What you NEED for football</p> <ul style="list-style-type: none"> ● ● ● ● ●
<p>What we DO for puppy training</p> <ul style="list-style-type: none"> ● choose a task for the puppy to learn ● teach the puppy ● reward the puppy ● practice, practice, practice ● can puppy now do task in other places, for other people 	<p>What you DO for football</p> <ul style="list-style-type: none"> ● ● ● ● ●
<p>CELEBRATE the journey and growth</p>	<p>CELEBRATE the journey and growth</p>



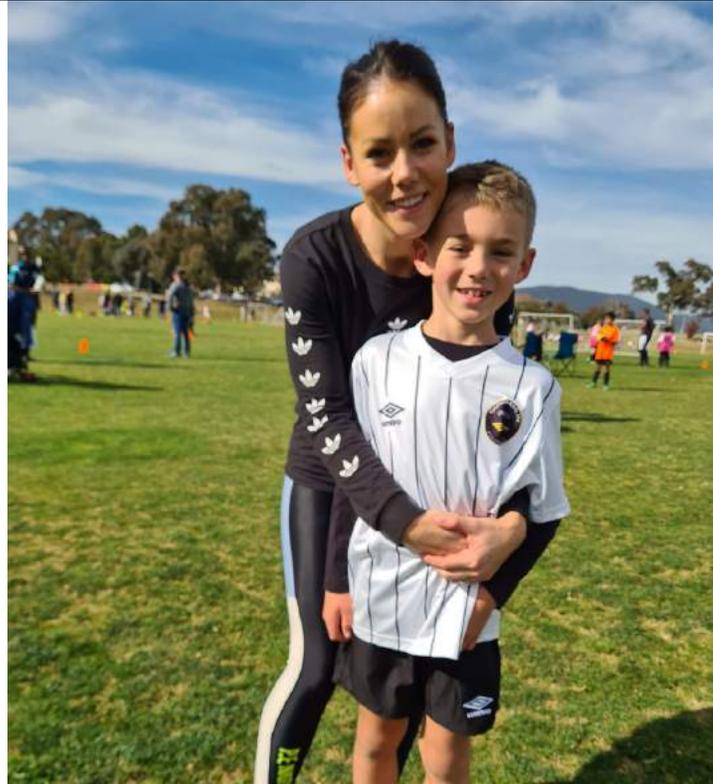
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**OFFICIAL GUFC TEAM
WEAR PROVIDER**



#IPLAYFORGUGC



#GUFAMILY



GUFC ANNUAL CYCLE

Wondering how the season works for each stream at GUFC?

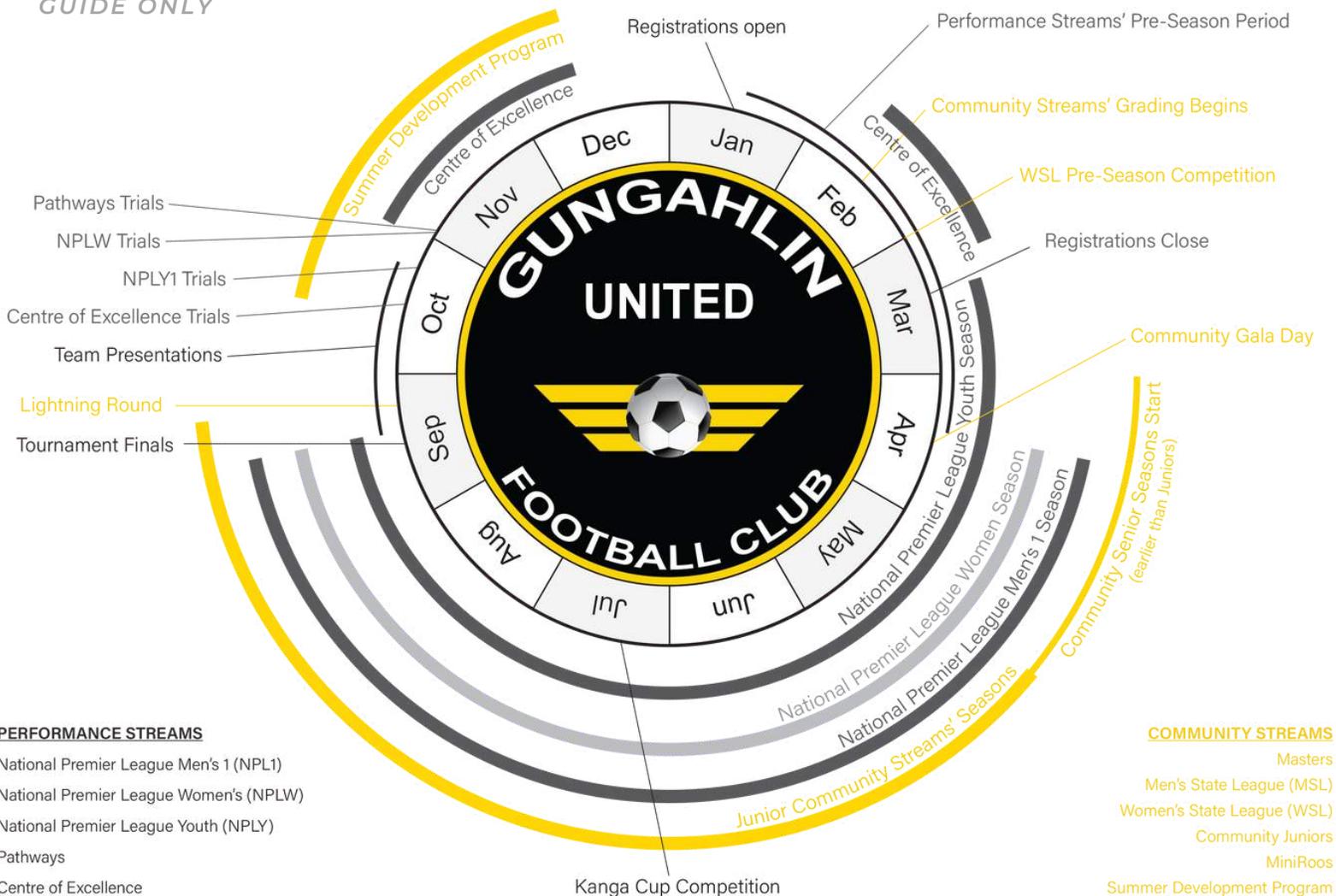
Below is a general guide on programs and seasons at Gungahlin United Football Club.

Registrations for each season open in January each year, with Community Grading sessions held every February. Trials for Premier League tend to take place in October.

Keep an eye on our website, emails and social feed for updates!

GUFC.ORG.AU

GUIDE ONLY



Follow us on Instagram @gungahlin_united

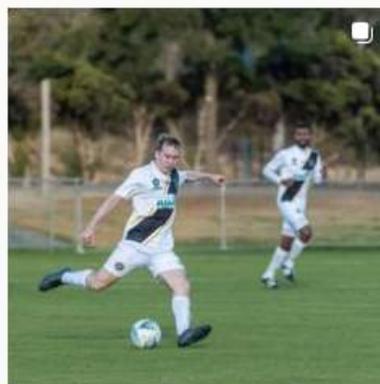


**MID-SEASON
TRANSFER WINDOW**

LOOKING FOR A CHANGE?

NPLW ACCEPTING EXPRESSIONS
OF INTEREST FOR THE SECOND
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JUNE 2021