



GUNGAHLIN UNITED FOOTBALL MAGAZINE

ISSUE 5: THE END-OF-SEASON ISSUE

NOV 2021



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RUBY, ROY AND SOME
OF OUR NPL
YOUNGSTERS



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A MESSAGE FROM OUR PRESIDENT



Hello readers!

Welcome to the End-of-Season Issue (issue five) of GUFM.

As I write my President's letter I am amazed that we are up to issue five of what I believe is Canberra's only football (soccer) magazine and potentially the only soccer magazine put out by a community club in Australia. What started as a way for us to connect with our players and their families to motivate and inspire during COVID lockdown, has become a key deliverable in the GUFC communications suite. GUFM will become a key part of GUFC history as we capture player stories, profile some of our community, report on our achievements, highlight our programs, applaud our volunteers and connect with our sponsors and the broader Gungahlin (and Canberra) community.

We wrote a bit about "respect" in our previous issue as the key word for 2021. Respect is one of our core values and we've been paying a great deal of attention to our values as part of our values based approach to football. Our values help us to ensure our integrity and reputation is in tact, and it's that integrity that we cannot compromise on. To that end, we are adopting quite a few integrity based policies and practices at GUFC to ensure member protection, the safeguarding of our younger kids, and the commitment to ensure our sport is played on an even playing field. Our Integrity is Everything article outlines our increased focus in this very important space.

COVID threw things into a spin again this year with our season suddenly cut short, providing us with many challenges in trying to finish the season, conducting our performance trials and trying to get our summer programs off the ground. COVID has given us the ability to pivot at zero notice. I'd like to thank the many people at GUFC who have jumped in to help make decisions when these challenges occurred, and to the GUFC community as a whole for your understanding and patience as we navigated through the continuing challenges.



As with our previous four issues, we have several players in this issue who have jumped on board to tell us their stories, to help motivate and inspire others. Ranging from some of our younger NPL boys and girls, through to our two cover players Roy and Ruby and including a great insight into Jacob's recent overseas football adventures, and Jade's upcoming scholarship to the USA. It's great that we can give them a bit of a shout out too, to our global readership.

You may have seen our social media shout-outs to Canteen Kev this year as he was voted Capital Football's Capital Chemist Volunteer of the Month, and then went on to win the Capital Football Volunteer of the Year award. We chat with him and the canteen team on what makes them get up every Saturday at dawn on frosty days and why the GUFC canteen is such a fundamental part of our club.

As you flip through the pages you'll notice that we have all the usual fun stuff, including kids printable activities to keep the younger ones entertained. You'll also see a few photos from our end-of-season celebrations and of course we always spruik our sponsors in appreciation for their commitment to our club.

Before I sign off, I'd like to personally congratulate Philippe Bernabo-Madrid (who we featured in issue one of GUFM) for winning both the Capital Football Golden Boot Award AND the Player of the Year Award for 2021. These awards are very well deserved. I'll pass you over to the magazine team now! Happy reading.

YOURS IN FOOTBALL

Neil



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FROM OUR TEAM

LEANNE SHEA LANGDOWN

Head of Corporate Affairs and Editor-In-Chief

As I get ready to put Issue 5 to bed, I'm reflecting on how much we continue to achieve. With COVID disrupting our season again this year, it would be easy to just take a pause and let 2021 slip by without too much pomp and ceremony. But what would be the fun in that?

As always I get energised and inspired by those around me. Reading Jacob and Jade's stories of unbeatable enthusiasm for their sport in pursuit of their dreams, despite the challenges of a global pandemic, remind me there's still so much to celebrate.

Seeing the many GUFM 2021 premierships, the individual achievements, the strength of our volunteer base, the passion in our player profiles, the continuation of our programs and the constant pursuit of growth and commitment to our values keeps me signing on year after year.

You'll find all of this and more between the covers of GUFM: The End-of-Season issue.

I can't wait to see what 2022 has in store! Whatever it is, rest assured, I'll be writing about it.

*Leanne
xoxo*

PS We're delighted to welcome David Jordan to the GUFM team as a guest contributor this issue.

Over to you David ...



DAVID JORDAN

Guest Contributor for GUFM Issue Five

Thanks to the Gunners team for the great opportunity to interview Jade before she heads overseas for an exciting new journey. She is great evidence of the pathway and club structure Gungahlin have built over recent years and I look forward to keeping an eye on her progress. Great to see a community club producing a magazine to keep their members engaged, and thanks to Leanne for letting me be a part of it!

David



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In an on-again-off-again start to her international football endeavours, Jade will finally be leaving her Gunners teammates for a chance to test her boots on foreign soil.

Local Canberra sports enthusiast and communications king, David Jordan, spent time with Gungahlin United junior and National Premier League Women's first grader, Jade Brown, to find out how she's feeling about the next phase of her football journey.

jade brown

with David Jordan

Jade Brown was all set to represent Australia in 2020 with the Australian U18 Schoolgirls before the COVID-19 pandemic brought that to a close but is instead about to realise her overseas dream when she heads to the United States in December.

Jade will attend East Central Community College in the country's south-east (Decatur, Mississippi), arriving ahead of pre-season for the National Junior College Athletic Association (NCJAA) Division 2 competition beginning in August.

The Canberran local made her way into the sport at age seven, joining Gungahlin's U/8 Bumble Bees team 10 years ago, in 2011. Jade continued with junior football through until 2014, when she was selected for the Skill Acquisition (SAP) program, spending two years within the program before moving back to mainstream football before dipping her toe into the Premier League in 2017.

Consistent performances earned Jade a callup to the U/18 Schoolgirls team in 2020, and the team was all set for a trip to the Dallas International Cup in Dallas, Texas, before the COVID-19 pandemic brought plans to a halt and curtailed football seasons the world over.

With her first international foray over before it even began, doubt crept in for Jade, but instead further opportunity came about, getting in touch with U.S. Colleges through an agent with ties in Canberra and abroad.

Jade put together clips of her playing in the NPL Women's Capital Football, sent them across, and soon received contact from several schools interested in taking her on, but it was East Central who struck a chord straight away.

"They kind of stood out for me from the start," Jade said.

"Because I got along really well with the coach, he was really nice and he was actively getting to know me and making time to talk, so they [East Central] really stood out for me."

"It [cancelled first trip] made me want to go over and explore it a bit more because I didn't get the chance to."



"I didn't get the chance to see coaches, talk to schools while I was there, but it has probably opened up this opportunity a bit more too."

The 17-year old is excited for the trip, having spoken to a number of others who have made the trip previously, including Gungahlin teammate Brigitte Sander.

"I am in touch with Briggsy, who has gone over, and she really likes it so it's making me excited to go."

"But a couple of other girls who have trained with us this year, I've spoken to them as well because they've been there a bit longer."

As a rollercoaster Year 12 of schooling in Canberra finally comes to a close, Jade will turn her attention to studying an associate degree in Sport & Recreation at East Central during her two years there.

Mum Nicole, an administrator at Gungahlin and NPLW Team Manager, spent time in the U.S. when she was 16, and said while there's definitely been some stress involved in the process, she is excited for the journey Jade is about to embark on.

"It's very nerve racking to send her by herself and open her up to the world and let her work it out herself," Nicole said.

"I know the benefits of doing that type of thing and know that it's the right thing to do and know that she's the type of person who will cope with it. If I didn't think for a minute that she was 100% committed then we would probably put it off or talk more about it but as nervous and stressed as we all are, it's really exciting for her and I know 100% it's the thing she wants to do."



From the moment that her journey was just an idea, Jade said she received plenty of support from everyone at Gungahlin, particularly 1st Grade Coach Diego Iglesias, who made it clear he saw the move as beneficial for her development.

"I had lots of support from Gungahlin, as soon as I started talking to the agent, I talked to Diego about it and he supported me all the way," Jade said.

"He was very happy for me and all the girls were really excited for me. That helped, it was all really encouraging, it wasn't like I was making the wrong decision because they all have my back and want the best for me and each other which I absolutely love about Gungahlin."

"The club have supported me massively throughout my whole time there, starting from my coaches and teammates from U8's to the current first grade team. They have given me the skills, knowledge and confidence to develop myself not only as a player but also as a person and teammate."

"I have always had the drive and commitment to play football on my own however the main support person in my life is probably my Mum for so many years of my journey, without her I probably would not be where I am today."

East Central Junior College's season will begin next August, giving Jade plenty of time to gel with her new teammates, settle into a new lifestyle and college and explore her new surroundings before the season proper kicks off.

*A young Jade.
Always a
Gunner's girl*

*Follow Jade's
travels*



@jadeoliviabrown





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THE GUFC

CANTEEN CREW

The kids who who work in our canteen, under the direction of longstanding Canteen Manager Kevin Keane, are not only providing Gungahlin United with a fantastic product and smiling service, but they're getting a great start in their working life through Kev's mentoring and the club based values which will hold them in good stead as they move into adulthood.

Off the back of his Capital Football Volunteer of the Year Award, we chat to Canteen Kev and his crew about how the GUFC canteen is so much more than just a canteen, and why they come back season after season, to spend their Saturdays on the edges of Harrison Fields.

KEVIN KEANE

What made you decide to give up your Saturday's for a community sporting club that your kids weren't involved in?

I kind of got roped into it by some of the execs at the time, who also happened to be my mates. I eventually caved in and decided to step in.

Tell us some of the highlights and lowlights of your time as Canteen Manager.

In the first year I quickly realised that I needed to sink or swim fast. Rostering on volunteers for such a high turnover canteen never really worked; one hour you have plenty of help, the next hour no one turns up.

After a few weeks I grabbed some of the club execs and long-time members and told them to send me their kids to help out.

The single greatest highlight for me has been to foster more than 30 young people through their first job in life. My first job was horrendous, so I am always conscious of providing a safe and respectful workplace for our young hard working canteen crew.

I'm really pleased about tripling canteen revenue from previous years.

Any lowlights revolve around really slow days, freezing temperatures and watching the canteen crew naturally leave over the years.

“

The single greatest highlight for me has been to foster more than 30 young people through their first job in life



Share some interesting statistics with us regarding the amount of food and drinks that is cooked/prepared every Saturday.

Every Saturday the GUFM canteen serves around 1,000 patrons in what is ultimately seven hours of service. The BBQ and the coffee machine generate 80% of our revenue. The coffee machine pumps out around 600 cups of all the coffees, tea and hot chocolates. This equates to 150 litres of milk per day. For the BBQ we special order \$230 worth of bread and rolls each Saturday. We usually do 450-500 sausages, 200 bacon and egg rolls, 100 kranskies, 100 hot dogs, 30 toasties, 30+ chicken schnitties, 50 pies and sausage rolls plus any specials. Additionally we go through quite a load of confectionary, cakes, muffins, chocolates, chips and cold drinks.



600 coffees **100 HOT DOGS**
\$230 worth of bread
150 Litres of milk
200 BACON AND EGG ROLLS **500 SAUSAGES**
30 Chicken Schnitties **100 Kranskies**
30 Toasties *50 pies and sausage rolls*

Has the food changed over the years you've been doing this?

I had to make some changes when I first started; some items weren't selling, we never had enough of other items and certain products needed to be tweaked. We have made some food changes, but for the most part as soon as we hit our strides and started turning over high volumes I was reluctant to change the menu too much. We put on specials from time to time which usually run out the door way before lunchtime.

As far as the canteen equipment goes, we have made some critical purchases over the last few years which has sent revenue soaring. Even during the year that was 2021, the first 8 weeks we were basically setting new community sports canteen revenue records almost every week. The 3 handle coffee machine has seen hot drink volumes double. The commercial-grade bain marie which keeps all our food hot has reduced wait times at the BBQ even with much higher volumes of sales. And BBQ Paul secured a second BBQ this year. The result is that 2 large BBQ's are cranking for 8 hours non stop to produce the food volumes we go through every day.

What else has the canteen done for the broader community and the environment?

We have spent the last few years supporting Lids4Kids (<https://www.lids4kids.org.au/>). All of our milk and relevant drink container lids are collected and repurposed into sustainable recycled plastic products to benefit kids.

When we had the coffee pod machine, the used pods were sent away for recycling. Now that we have the ground coffee machine there is no reliance on individual pods.

Recycled cardboard coffee trays are provided on request. We do ask our patrons to return the trays if they do not intend on keeping them for further use.

With our canteen shopping completed the morning of the Canberra lockdown a few weeks back, we suddenly found ourselves with a stack of food and no patrons to sell it to. Our Exec kicked into gear and contacted Garry Malhotra from Ken Behrens Helping Hands and a van full of food was delivered to help him feed Canberra. With around 8kg of Kranskies, 20kg of sausages, 20kg of bacon, 15 dozen eggs and a stack of hotdogs, pies and sausage rolls we're proud to say we've helped to be part of this fantastic cause.



Your work in the canteen doesn't start on a Saturday. Run us through a typical canteen week for you from the moment you order the food to the minute you close the roller door of a Saturday afternoon.

THE WEEK BEFORE ...

During the soccer season there is no switching off. I am always looking out for products on special. On Sundays I do my personal grocery shop. The trolley is usually half full of my products and half for the canteen. I usually drop off these items Sunday morning to the Harrison clubhouse.

We have eight suppliers which need to be visited during the week to ensure we have the stock required for the weekend. I am usually at Harrison 5 or 6 times a week dropping off stock.

5.00AM ...

I start setup and food prep on Saturdays at 5am and the day is usually 11-12 hours for me. First up the coffee machine is kicked into gear and pies and sausage rolls start their slow cook. The GUFM canteen is packed down at the end of each day, which means a full setup is required for every game day.

7.00AM ...

7am is when the action starts in the GUFM canteen. Eleven crates of bread need to be collected from Gungahlin when the shops open. Simultaneously, I am joined by eight wonderful volunteers, as well as three or four more during the morning. It takes up to 13 staff to run the GUFM community canteen.

Our two commercial BBQ's are both cranking at 7am. Two full time volunteers led by BBQ Champion Paul Murta are required to pump out hot food non stop for 8 hours. They are backed up by several helpers as required. Rolls need to be cut, bread placed on napkins, chicken schnitties, toasties, hot dogs, confectionary, muffins, cakes, etc, all need to be prep'd.

4.30PM ...

3:30pm is when we usually close the roller shutters. For the first time in eight hours the wind is not blowing a gale in our faces. There is usually only three of us left by this stage. After we finish cleaning up and packing down, we leave any leftovers for the referees to devour after the final game and get out of there around 4:30pm. I never have a problem sleeping Saturday night.

This service is simply not possible without some incredible volunteers and wonderful friends.



What do you think is the secret to the GUFM canteen's success and popularity?

Providing consistency has been key. Consistent quality, consistent products and experienced canteen staff have been key to our success. We also have a KPI we measure ourselves against. We attempt at all times to ensure no one waits more than 10 minutes to receive their order, regardless of how many people are ordering at the end of each timeslot. We achieve this almost all the time. Apologies for when our patrons do patiently wait for a few extra minutes from time to time. After some games we will have 200 or more people lined up to order.



This service is simply not possible without some incredible volunteers and wonderful friends.

GUFM is such a great club run by amazing and dedicated volunteers. I am a better person having spent the last 5 years at the club.

The canteen crew have so much fun together. The culture we have created for all these young people always amazes me. The kids make me smile all the time. Not sure if they are ageing me prematurely or keeping me young; probably both at the same time.

2021 has been a really tough year mentally. No Kanga Cup for 2 years running and we didn't have the opportunity to have a final day in the canteen to close out the season. On the Thursday morning I finished all the shopping and then six hours later Canberra was thrown into lockdown.

Let's see what 2022 brings. Hopefully more stability.



I am a better person having spent the last 5 years at the club.

THE GUFC CANTEEN CREW

IN THEIR OWN WORDS



IN HONG'S WORDS

The best part of my job at the canteen is the community that surrounds me. I don't think I'd be as excited to be up at 7am to work if it weren't for my soccer family.

This was my first job and thanks to my experience with GUFC I was able to get another job not long after. Joining the canteen gave my routine a meaningful change.

I like being able to see my soccer family every week where we work and play together and keep our spirits up even in the awful (early) hours of the morning. I enjoy serving the kids and families that come to the canteen and seeing their excitement when they've won a game or earned a treat. I find great purpose in working at GUFC, as I'm giving back to a community I've grown up with for a long time.

Being a volunteer at GUFC has helped me grow in many ways

Working during the Kanga Cup in 2018 and 2019 was a definite highlight. It was a gruelling experience having to work four days straight in the winter, but being able to meet people from around Australia and even South Korea, and see them all enjoy soccer in some healthy competitive games was really fun.

Our canteen works well because we're able to provide a great service. Whether it's quick food, good coffees or good conversations. I hope that we are able to make everyone smile with our services.

Being a volunteer at GUFC has helped me grow in many ways. I've grown to have a different responsibility away from school and work that breaks me from a routine that caused me great stress in the past, so to GUFC I'm grateful.



INELLA'S WORDS

I've been working with the GUFC canteen for five years and I got the job because Kevin and my dad (Andrew) are best mates. It was Kev who invited me to come and volunteer.

This was my first job, and when I'm not working at the canteen I'm going to school and hanging with my friends.

What I love about working in the GUFC canteen is talking to customers and cleaning up at the end of the day because we make it fun.

Running the canteen during Kanga Cup is always fun, even though we're volunteering for four days straight and it's tiring, we always enjoy it.

The best part of this job is being able to contribute to the club

Getting everything organised early in the morning each Saturday is really hard for Kev and Nicole, so I think that's something we do really well, (and where we really help out a lot), helping to get everything set up before the day starts.

We cut bread and do confectionary at the start of the day, then we serve people all throughout the day, and at the end we all help pack everything away and clean up.

The best part of this job is being able to contribute to the club and talking to customers is really fun. (Also the red frogs!) The worst part of the job is waking up at 6am.

I really love working for the GUFC canteen.

START OF DAY CHECKLIST



IN CHAERIN'S WORDS

I just started working at the canteen this year and it's my first job. Ella asked me if I wanted to volunteer and I agreed.

The people who work at the GUFC canteen are really fun to be around and it's always so enjoyable. Ella and I often throw bubbles at each other when we wash the dishes.

I think the Gungahlin United canteen does customer service really well. I don't have a lot of experience handling customers, but the people who do are very friendly to them.

Each Saturday I get in early with the others before the customers come and we do confectionery and bread. It's hard waking up at 6am but I love spending time talking with the people I work with.

**The Gungahlin United canteen
does customer service
really well.**



5.00AM



Turn on the coffee machine and coffee grinder

Load pies and sausage rolls into the warmer

Set up the side counter for beverage service

Load hotdogs into the small bain-marie and prepare the large bain-marie in readiness to keep other meat warm

Load drinks into the fridge and prepare lolly bags

Gather all packaged foods and product from the storeroom

Set up the customer service counter including EFTPOS machine and cash register

Prepare the BBQ including sausages, kranskeys, bacon and cut onions.

Prepare the bread, cut tomatoes, organise cheese, ham and salad

Prepare the outside of the canteen including bins, tables and chairs

Open the Clubhouse and start cooking in readiness for the first customers which are the GUFC volunteers who set up the fields.

Get ready for another fantastic and rewarding Gungahlin game day

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JACOB QUINN



**England, Spain, GUFC,
Canberra United,
Skilleroos, GUFC, Sutton
United, Wimbledon and
back to GUFC. There's so
much we can learn from
Jacob!**

JACOB QUINN

Jacob first started kicking a ball at the age of four. Massively inspired by Messi, his football dream was to be a winger, but the football Gods had other ideas.

"Goalkeeping only became an option when I was thrown in goals at eleven competing in the Kanga Cup", says Jacob, "I played very well and loved it and ever since then I've remained between the sticks."

Jacob started playing football in the streets of Spain where football was ingrained in their culture.

"After school finished, we would head to our friend's cafe where we took up the street, setting up goals with our school bags and play", Jacob explains. "It wasn't until we moved back to England (where I was born) when I first played in a match."

"I loved playing and growing up in England and Spain, because both meant that I would be constantly playing or watching football. Once my family decided to make a third move to Australia, that was when my career started."

Jacob's first team was here with us at Gungahlin United at the age of ten where he started in the outfield before moving into the goals the following year.

"It wasn't until under 12s where I started to realise I could have potential," says Jacob.

It was at that age that he commenced with the Capital Football Skill Acquisition Program, under the watching eye of Marcial Munoz.

"I had my biggest moment as a football player where Marcial, who was coaching Under 13s Skilleroos, moved me to play for that team in the upcoming Nationals in Coffs Harbour," says Jacob, "At the age of twelve, I then took things seriously and decided to get some goalkeeping coaching and that is where I stumbled across Paul Jones, who was extremely influential for becoming the keeper I am today."

"I grew year after year and made back-to-back grand finals, one with Gungahlin and another with Cooma FC."

"After those years I joined Canberra United for the season and competed in the age group above with ACT in the NTC Challenge."

"Following the season with Canberra United I returned to GUFC in Under 18s where I was coached by Chris Caggiano. That resulted in a great year for me personally and the team reached a surprising preliminary semi-final."

It was the networking of coach Chris that resulted in Jacob getting to trial in the UK.

"I accepted an offer to join Sutton United", says Jacob, "I played for them for over twelve months and loved every minute."

"At the start I found it difficult to get used to the differences in the style of football," he says, "It was very physical and mentally challenging, but as time progressed I adapted my game and worked hard at the gym to try and match my opposition."

"I loved training so much," continues Jacob, "The goalkeeping sessions with the first team was by far the highlight of my time in England.

"The goalkeeping coach Seb Brown was easily the most likeable and entertaining GK coach I've had. He got the best out of me in training everyday but also the banter on and off the field was great."

We chatted to Jacob about life in the UK in general and what a typical day might look like when playing for an English football club.

"The lifestyle I had included catching the train to the ground every day for at least one session, and on a Tuesday I would have three [sessions]. One with the academy team, one with the academy keepers, and a call up to the first team.

"I found myself in the off season training with goalkeepers from Stoke and Wimbledon, as they were friends with Seb Brown. It was incredible to see the quality they possessed and I was just watching in awe of how they made everything look so easy.

"Just before COVID and moving back to Australia, I had a spell of training with the Wimbledon Under 18s. It was the first time training at a full time professional club and the intensity they demanded of each other was insane." But as with so many international football opportunities right now, the COVID pandemic created havoc and Jacob returned to Australia where he's rejoined both Marcial and Chris with the Gunner's first grade team.

"Being a junior here [at GUFC] meant that playing for GUFC first grade was my very first choice for when I returned to Australia," says Jacob. "The coaching staff has also been a massive reason for rejoining, as I've previously played under Marcial and Chris, and love doing so."

Obviously COVID has been a major challenge for many and put a real dent in Jacob's professional football career, but he takes it all in his stride.

There've been other challenges in his career including missing out on Nationals as a teen which has helped him to grow in both football and as a person.

"Being left out of Nationals was due to me being too confident at trials and not giving my all," he says, "It was a huge wakeup call for me at the age of fifteen. It hit me hard and the best way to overcome this was to get straight back on the pitch and try to move on as quickly as possible."

Being back with the GUFC first grade team brings with it another challenge, with multiple goalies vying for game time on match day.

"At first I found this extremely tough because it's a position I have never found myself in, but after a couple of matches instead of taking it personally I turned it around, by working to improve my game at training to ensure if I do get the chance on the pitch, I make the most out of it.

JACOB QUINN

When it comes to sport in general, Jacob has only ever focussed on football. That may have quite a bit to do with the fact he's English and both his parents are football fans.

"Being English we are a huge football family with my Mum's side [of the family] supporting Liverpool, and my Dad's side all supporting Everton," explains Jacob. "I'm stuck in the middle and chose to support Manchester City. After watching them lift the 2011 FA Cup, I fell in love."

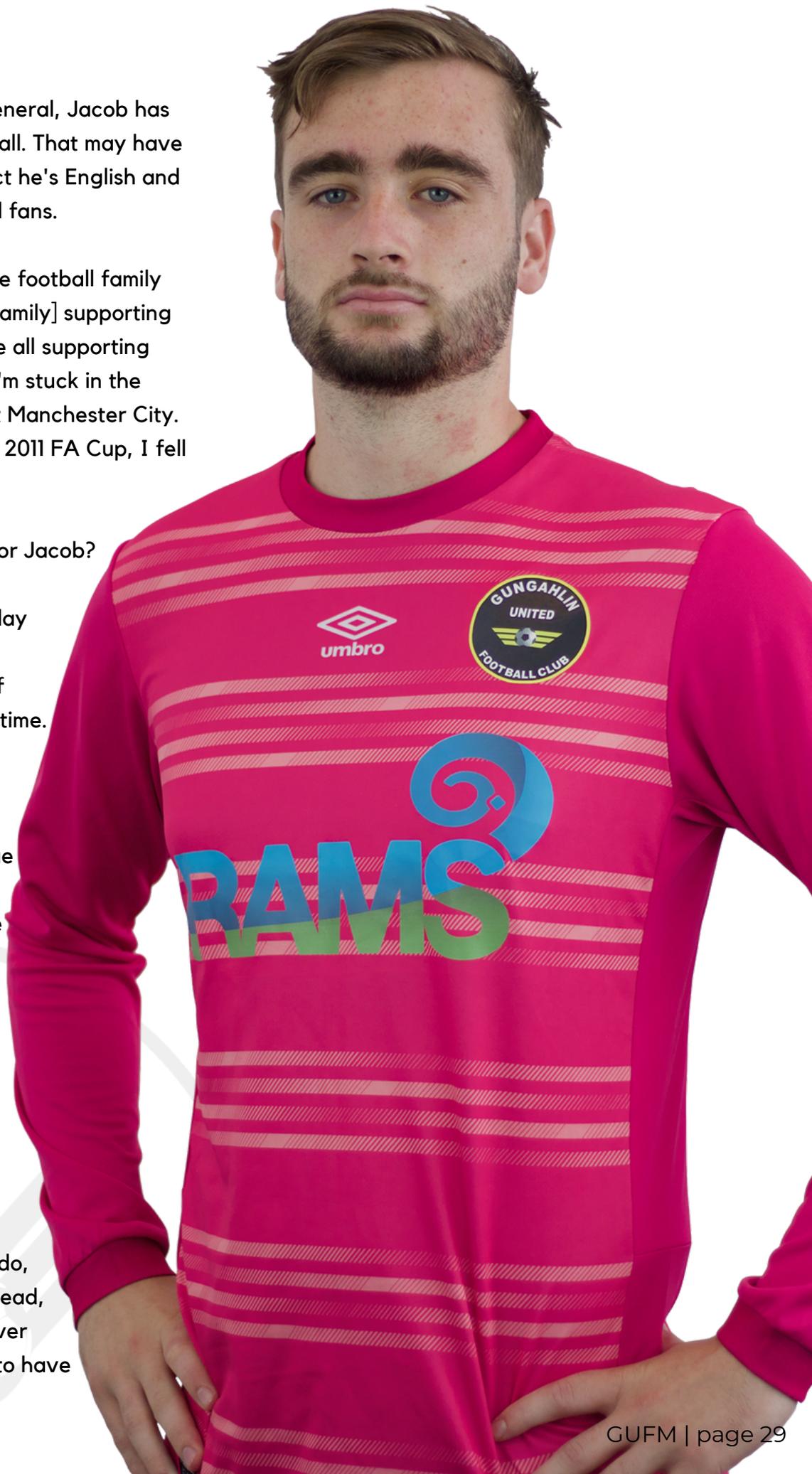
What does the future hold for Jacob?

Right now he continues to play for Gunners, while studying Nutrition at the University of Canberra and working part time.

"I would love to have my degree in a couple of years, but also a potential A League move would be the dream as I still aspire to play at the highest level possible."

"I would love to set up a coaching academy because I really enjoy coaching and seeing young keepers come through the ranks."

We have no doubt that whatever Jacob decides to do, or wherever his path might lead, he'll give it his all and whoever he's with will be very lucky to have him on their team.



Best piece of advice?

" From my GK Coach [Seb] in England who reminded me I am here for a reason and I am good enough to play here."

Who inspires you? "My Mum and Dad inspire me the most because of how much they have done for me growing up. It's their sacrifices that I am so grateful for, and inspire me the most."

What motivates you?

"To one day play professional football"

Do you remember what it felt like when you first had the opportunity to play at a higher level? "The moment of being called up to represent ACT in my first nationals was a special moment for me because it was the first time in my career where my skills had been recognised and rewarded. It felt so special to me and it felt like a start of something big."







CONGRATULATIONS

The 2021 season ended abruptly with the ACT going into a snap lockdown due to COVID, but there's still plenty to celebrate at Gungahlin United with these great Capital Football results.



NPL1 1st Grade Player of the Year
Philippe Bernabo-Madrid



NPL Youth Boys Under 14s
Premiers



NPL1 1st Grade Golden Boot
Philippe Bernabo-Madrid



Junior League Open Under 18s
Premiers Division 3



Cadet Referee of the Year
Harrison Cracknell



Junior League Open Under 16s
Premiers Division 1



Capital Chemist Volunteer of the Year
Kevin Keane, Canteen Manager



Junior League Open Under 15s
Premiers Division 1



Masters League over 45/55
Premiers



Junior League Girls Under 14s
Premiers Division 2



NPL Youth Boys Under 16s
Premiers



Junior League Open Under 12s
Premiers Division 1 and Division 6

Congratulations!



CAPITAL FOOTBALL 2022 DECLARATION OF LEAGUES

At the end of each season we await to hear where the Club sits within the performance competition landscape for the following year. Will we remain in the National Premier League? Or will we be relegated? The outcome depends on the results of the season, with all results taken into consideration across multiple teams.

It is with great excitement that all Gungahlin United Football Club Premier League teams in Men, Women, Boys and Girls, will once again be playing in the NPL.

2022 National Premier League Men	
Belconnen United FC	Monaro Panthers FC
Canberra Croatia FC	O'Connor Knights SC
Canberra Olympic FC	Tigers FC
Gungahlin United FC	West Canberra Wanderers FC

2022 National Premier League Women	
Belconnen United FC	Gungahlin United FC
Canberra Croatia FC	Tuggeranong United FC
Canberra Olympic FC	Wagga City Wanderers
Canberra United Academy	West Canberra Wanderers FC

2022 National Premier League Boys	
Belconnen United FC	Gungahlin United FC
Canberra Croatia FC	Radford College
Canberra Olympic FC	Wagga City Wanderers
Griffith FC	West Canberra Wanderers FC

2022 National Premier League Girls	
Belconnen United FC	Gungahlin United FC
Canberra Croatia FC	Tuggeranong United FC
Canberra Olympic FC	Wagga City Wanderers
Canberra United Academy	West Canberra Wanderers FC

Clubs invited into the NPL are required to field teams in every age grade within their stream, Failure to do so results in disciplinary action which may include exclusion from the competition.



CONTINUING OUR COMMITMENT TO YOUTH DEVELOPMENT

We are excited to announce our new relationship with the Western Sydney Wanderers (WSW). This new relationship will provide discounted WSW memberships to all members of GUFC, talent identification opportunities for GUFC players and transport to and from WSW home games.

PATHWAY

Our involvement with WSW, will give our players a training and talent identification opportunity with the WSW academy. Throughout 2022, our Pathways and NPL programs will visit Sydney to train with the WSW academy coaches. For any player who takes up this offer, it gives them an opportunity to participate in a training session hosted by WSW Academy coaches. As always, any player identified by the WSW Academy coaching staff may be invited to train with the WSW Academy. We can't wait to see how our players fare with these opportunities and we wish everyone that goes up all the best!

Furthermore, this relationship will benefit everyone, from our Miniroos to our Masters, with WSW offering discounted memberships to the entire GUFC community. WSW will be organising a user-pay bus service between Gungahlin and Commbank Stadium for WSW home games, thus making regular attendance at A-League games both affordable and accessible for all, giving our members easy access to high-quality football.

We'd like to take this opportunity to thank WSW for providing us with this opportunity. We can't wait to see the Gungahlin United family attend a WSW game together and we look forward to seeing how all our high-performance players go when they travel up to Sydney.



TALENT IDENTIFICATION

DISCOUNTED WSW MEMBERSHIPS AND EASY ACCESS TO
A-LEAGUE GAMES



PATHWAY

Register your interest in a GUFC discounted WSW membership
via the GUFC website

GUFC.ORG.AU



A-LEAGUE

Support the Sponsors who support us:

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.

Would you like to become a GUFC Sponsor?

Email: sponsorship@gufc.org.au



A promotional poster for lunch specials. At the top left, there is a red circle with the price '\$15' in white. Below this, the words 'LUNCH SPECIALS' are written in large, bold, black capital letters. Underneath that, 'Monday to Friday' is written in red, with 'excluding public holidays' in smaller black text below it. On the right side, there is a hexagonal image of a burger with bacon, cheese, and lettuce. Below the burger image is another red circle with the text 'New Specials Everyday' in white. At the bottom right of the poster is the Eastlake Group logo, which consists of a red triangle with a black swoosh and the text 'Eastlake GROUP'.



Grease Monkey



Support the businesses who support us
Grease Monkey Gungahlin
Hibberson St, Gungahlin ACT

HAS LOCKDOWN RAISED SOME FITNESS CONCERNS?

Our friends at SportsCare and Physiotherapy have shared these great tips to recognise any problems we may be experiencing due to lockdown. Thanks team!

We're all experiencing lockdown fatigue in one way or another. Frustration is building and many of us are struggling with motivation at this point, however the good news is you still have time to work on achieving some positive outcomes during lockdown.

As Physiotherapists and Exercise Physiologists, we have been working throughout lockdown with our clients in the clinics of via telehealth and safe face-to-face consultations.

This is a great opportunity to finally rehabilitate that old niggling injury and be fighting fit for next season and whatever else 2022 may bring.

Better yet, you could try a new type of exercise under the guidance of a trained health professional and help to keep your physical and mental health in good shape for the rest of lockdown.

During this lockdown, we've been able to help our patients in the clinic and via telehealth with a few common injuries and issues that we have noticed popping up. Here are some of the common concerns and the ways SportsCare and Physiotherapy can help:

Lower back pain

Possible contributing factors

- Tight glutes and hamstring muscles.
- Sub-optimal home desk set up.
- Increased sitting duration.
- Decreased core strength.
- Weight gain.

How we can help

- Manual therapy and flexibility programs.
- Ergonomic desk set up advice.
- General exercise advice.
- Core strength program.

Potential positive outcomes: Ability to keep working without pain, improved posture, increased general strength and wellbeing, improved sleep, ability to exercise.

Sore and stiff neck and upper back

Possible contributing factors

- Posture.
- Sub-optimal home desk set up.
- Lack of regular exercise classes.
- Tight and tense muscles due to stress.

How we can help

- Postural exercises.
- Ergonomic desk set up advice.
- Online physiotherapy or exercise physiology classes.
- Manual therapy, massage, exercise for relaxation.

Potential positive outcomes: Ability to keep working without pain, improved posture, increased general strength and well-being, improved sleep.

Wrist/hand and elbow pain

Possible contributing factors

- Desk/mouse and keyboard position.
- Lifting weights.
- Gardening.
- Repetitive home renovation injuries.

How we can help

- Ergonomic desk set up advice.
- Weight-lifting technique correction.
- Splinting, bracing, referrals.
- Bracing, taping, home exercise programs.

Potential positive Outcome: Ability to keep working without pain, quicker and more effective recovery from injury. A beautiful spring garden!

Knee and hip pain

Possible contributing factors

- Increased running or walking.
- Increased cycling.
- Lack of gym.
- Tight muscles from sitting.

How we can help

- Running, gait assessments, or training advice.
- Strengthening or stretching.
- Bikefits.
- Bodyweight or home equipment-based strength programs and online classes.
- Massage, manual therapy, flexibility programs and classes.

Potential positive outcomes: Better lower limb biomechanics and less chance of re-injury. Ability to continue to train and perform.

Decreased general fitness

Possible contributing factors

- Sport cancelled.
- Lack of motivation.
- Children at home.
- Lack of routine.

How we can help

- Sport-specific conditioning programs.
- Monitoring of compliance and checking in with you to update your exercises.
- Children or parent/child exercise programs.
- [Online classes](#).

Potential positive outcomes: Increased fitness, strength, easier pre-season when sport goes back, less stress on family time.

So, instead of feeling lockdown fatigue, let us help you use lockdown to help you achieve some more positive outcomes. Want to find out more? Get in touch with the SportsCare and Physiotherapy team on [1800 001 500](tel:1800001500) or [visit our website](#).

For more information about SportsCare and Physiotherapy, including where to find them, head to www.sportscarephysio.com.au



DID YOU KNOW WE'RE A GOOD SPORTS CLUB?

What is Good Sports?

Good Sports is Australia's largest community health sport program. It helps to build stronger community sporting clubs by providing resources to help clubs ensure a healthy mindset and good role modelling.

Run by the Alcohol and Drug Foundation (ADF) Good Sports is a not for profit organisation committed to building strong communities and limiting harm caused by alcohol and other drugs. It's been around for over twenty years, has more than 10,000 member clubs and is backed by state and federal governments.

Why did GUFM get involved?

Gungahlin United became Gold Medal Accredited with Good Sports around three years ago as a way to ensure we're able to deliver the healthiest approach to sport possible. Being part of Good Sports shows our community that we're doing everything we can to look after our members.

Being a Good Sports Club means we've now got a policy that covers alcohol and tobacco management, illegal drugs, mental health, and a safe transport plan.

What Good Sports measures did we put in place?

The first thing we did was to ensure the club was family-friendly and a role-model to healthy behaviours by removing the sale of alcohol at GUFM hosted games, having healthier food and drink options in our community game-day canteen, and systems in place to create a positive and friendly values based culture. By using Good Sports free resources, we're ensuring continual improvement in this space.



WANT TO FIND OUT MORE ABOUT GOOD SPORTS?



Head to the Good Sports website

The Good Sports website has a whole host of great articles and handy resources. Articles range from tips for parents, to new Australian alcohol guidelines, right through to how to talk to your mate if you're concerned he/she is drinking too much. You'll also see articles about other Good Sports clubs and what they're achieving in the Good Sports space such as road safety initiatives, mental health matters, getting proactive about illegal drugs and more. Additional resources found on the website include ready made policies and posters.

www.goodsports.com.au

Spotted! GUFC on Good Sports!

Who did Good Sports come to when they wanted some tips to help clubs get through COVID-19? Us! See if you can find Gungahlin United on the Good Sports website.



Good Sports — 31 Aug 2021

COVID-19 Support for your club

We understand that right now, you may not be able to operate as usual. Many clubs out there have moved their business online, conducting committee meetings through virtual chats or via email. These are great ways for your club to continue operating while you can't be out there playing. Now more than ever, it is important to make sure your alcohol and drug management policies are in order, for when the season re-commences.

Now is a great time for your Good Sports Club to:

Use social media: Reach out to your community (make sure you are following the Good Sports Facebook page for stories, new resources and inspiration for what you can share online)

Get ahead of the game: Spend time planning future activities or innovative ways to deliver your programs, such as through social media or online.

Check your policies are up to date: Take the time now to develop – or review – your club's alcohol and other drug policies and procedures.

Access resources: Check out the many free Good Sports resources.

Coping with COVID-19

As the social restrictions of COVID-19 unfold, the potential for harms associated with alcohol and other drugs may increase. To find out more and access the Alcohol and Drug Foundation's support services, visit adf.org.au/covid-19.

Tips to help your club through COVID-19

The below resources and stories have been compiled to help you and your club get through these uncertain COVID-19 times.

How Redpa and Gungahlin stayed social online while clubs were closed: We spoke to Gungahlin United FC and Redpa FC who took to social media to encourage their members and guests to stay socially connected and physically active. **Find out how they did it**



umbro



**OFFICIAL GUFC TEAM
WEAR PROVIDER**



INTEGRITY IS EVERYTHING



Member protection and Safeguarding our children



Providing a welcoming and inclusive culture



Ensuring everyone is treated with respect and dignity

Sport is for everyone. Every member of our sport deserves to be treated with respect and dignity, safe from abuse of any kind. Children have the right to take part in sport in a safe, positive, healthy and enjoyable environment with good role models.

In late 2020, Gungahlin United Football Club conducted a Reputation and Integrity Review as part of our focus on continuous improvement. As a result of that review a number of initiatives were put in place to ensure GUFC remains a safe, inclusive and respectful space for our members, and the broader Canberra football community.

One initiative coming from the Review is the appointment of a dedicated Integrity Officer at GUFC. Our Integrity Officer will be overseeing our working with vulnerable people checks and is also available to receive any concerns you might have in relation to member protection and child safeguarding. Our Integrity Officer has a background in this area and works independently of our Executive. All concerns are handled with the strictest confidence.

New governance documents are being developed within the integrity space to support policies already supplied by our national and state governing bodies. These guidelines will specifically target child safeguarding and member protection and are being developed in consultation with our new Integrity Officer, and being guided by the National Integrity Framework which was launched this year by Sport Integrity Australia.



IF YOU HAVE CONCERNS OR WOULD LIKE CONFIDENTIAL ADVICE,
YOU CAN CONTACT HELEN AT INTEGRITY@GUFC.ORG.AU

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



Roy Anderson

NPL1 MEN'S FIRST GRADE



Ruby Gambale

NPLW FIRST GRADE



Ethan Penton



Charlie Cramp



Chloe Fogg



Kiki Aleksic



Eva Ellenberg



Michael Onyike



Ivy Stevens



Ella Hall



Tino Ison



Roy Anderson

NPL1 MEN'S FIRST GRADE

How long have you been playing football?

Ever since I was 6 so around 12 years now, I started properly playing around 9.

How long have you been with GUFU?

2021 was my first year at GUFU.

Which clubs have you played for?

I have played for Sports Beijing, Woden Weston FC, Canberra United, Canberra FC and now playing for Gungahlin united.

Most memorable game?

I would say when I was 12 playing overseas, we played the u12 Bayern Munich academy team in Germany in which I was able to score.



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

Honestly I would have to go with Cristiano Ronaldo, simply because he is a true goat on and off the pitch

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

Well I want to pursue football and see how far I can go, you could say I am living the dream right now.

Who is Roy outside of football?

Another passion of mine is sneaker collecting/reselling. Jordans, Yeezys, Dunks etc. I also run a couple businesses around this area as my job.

Best advice you've ever been given?

It's pretty cliché but "hard work beats talent"

Best coach and why?

I think we all know the best coach of this era is Pep Guardiola. The way he plays football is really entertaining to watch and as we know very effective with getting results

Who inspired you and why?

Once again I would have to say Cristiano Ronaldo, he was definitely very talented but what took him to the top was his work ethic and the fact he worked harder than every other player. That really inspires me and motivates me to work harder everyday.

Favourite boots?

Although Nike boots are known to not last, I couldn't wear anything other than Nike Mercurials

Do you think you'll ever stop playing football?

At some stage I think everyone gets too old to pursue football as a career but if it's just a kick and having fun I don't think I will ever stop playing!



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

I'm in my dream job at the moment (early childhood educator), but who knows where I'll want to be in a couple of years!

Who is Ruby outside of football?

I'm a dedicated dog mum to Sassy, my West Highland White Terrier, and an early childhood educator in a nursery room, where I work with little babies all day. Compassionate and caring work Ruby is certainly very different to the fierce and physical centre defender on the field!

Who inspires you and why?

Many of my current and previous NPLW teammates have inspired me in their commitment and dedication to play the sport they love despite how busy they are with work, study and family etc. Ex-gunners' girl Patto always had me in awe with how she could turn up to train or play after an Emergency Department Night shift!

Favourite boots?

I wore adidas for years, but my teammate Eri recently got me onto Nike Tiempo's and I'm never going back! (they did shred all the skin off my heels for like two weeks but now they fit perfectly ahaha)

Do you think you'll ever stop playing?

Sadly I think I will, life just seems to get busier! I would not hesitate to pick it up again later down the track though!

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

Try to focus on your own game, which can be really hard to do when it's competitive within the team and you have to fight for your position, but try not to spend too much time comparing yourself to others. Try focus on executing your strengths and working on the individual weaker parts of your game Your confidence and game play concentration will thank you! Also, chocolate milk and pasta, lots of pasta.



Ruby Gambale

NPLW FIRST GRADE

How long have you been playing football?

16 years!

Which clubs have you played for?

Monaro Panthers, Majura FC, CUA and I've been with GUFC for the past five years

Your most memorable game.

On that one Sunday a few years ago when it snowed in Canberra during my reserves game, and I then had to bench for first grade absolutely drenched and unable to feel my legs.

Best advice you've ever been given?

Don't get so caught up planning and thinking in the future that you forget to enjoy where you are now.



PLAYER PROFILES



Ethan Penton

NPLY UNDER 13S

RIGHT BACK

SPONSORED BY GREASE MONKEY

How long have you been playing football?

I was 5 years old when I started playing football, so I have been playing for 7 years.

Which clubs have you played for? When I was younger I played for Belwest Foxes Soccer Club and then I moved to Gungahlin United FC 3 years ago.

Most memorable game? For my 11th Birthday my parents took me to a game between the Socceroos and Nepal here in Canberra. The Socceroos won and the atmosphere was amazing. I got to meet some of the players after the game. That was my most memorable soccer moment to date.

If you could hang any jersey on your wall, which would it be? I would hang a Liverpool jersey on my wall. I have followed the team for many years now and my favourite player is Virgil van Dijk who plays Centre Back for Liverpool FC.

What do you want to be "when you grow up"? Professional football. I know not many people make it but I am going to continue to train and play to the best of my ability and hope to get somewhere with it

Best advice you've ever been given? By whom? Over the years I have received lots good of advice from different coaches. I guess the one that stands out the most is "Don't Give Up"

If you could play football anywhere in the world, where would it be? In England for Liverpool FC and also represent Australia for the Socceroos

Who do you think is the GOAT? Lionel Messi. I like that outside of Football he finds ways to be generous with his charity work. He has also won lots of awards (6 Ballon d'Or and 6 European Golden Shoes)

Tell us something about yourself that other people may not know? I enjoy cake decorating and won first place at the Royal Canberra Show

Favourite thing about Gungahlin United? My favourite thing about GUFC is the development programs that have been provided as well as the coaches & training.



Valentino Ison

NPLY UNDER 13S

WING

SPONSORED BY GREASE MONKEYS

How long have you been playing football?

I started when I was five years old.

Which clubs have you played for?

Canberra Deakin and Gungahlin

Most memorable game you've either played or watched?

Last season grand final in Futsal

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

Drogba

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

Still thinking

Best advice you've ever been given? By whom?

My dad, on dribbling

Worst piece of advice you've ever been given?

Chase the ball

If you could play football anywhere in the world, where would it be?

England

Who do you think is the GOAT?

Didier Drogba

Tell us something about yourself that other people may not know?

I'm kind of shy

Your favourite thing about Gungahlin United?

Friends and great club.

PLAYER PROFILES



Charlie Cramp

NPLW UNDER 13S
STRIKER/MIDFIELD
SPONSORED BY WARATAH PUPPIES

How long have you been playing football? I've been playing soccer for 8 years. I started when I was 4 years old.

What clubs have you played for?

Crookwell, MBK United, Southern Branch SAP program and Gungahlin United.

Most memorable game? Cowra Cup u12 girls winners 2019.

If you could hang any jersey on your wall, which would it be? If I could hang any jersey on my wall it would be Cameron Murray's.

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

When I grow up I would like to work with wool, for Australian Wool network.

Best advice you've ever been given?

Best advice I've been given-From my coach Rob Scott-Always draw out the fullbacks away from the goal.

Worst advice you've been given?

Hold off and let the attackers in.

If you could play football anywhere in the world, where would it be?

If I could play football anywhere in the world it would be here in Australia, I don't like being away from home and I don't like travelling.

Tell us something about yourself that other people may not know?

I live on a farm, I ride horses and I like fishing.

Favourite thing about Gungahlin United?

My favourite thing about GUFC is my coach Rob, the community of people, our home ground.



Chloe Fogg

NPLW UNDER 13S
MIDFIELD
SPONSORED BY WARATAH PUPPIES

How long have you been playing football?

I have been playing football for 9 years. I started playing when I was 5.

Which clubs have you played for?

I've always played for GUFC.

Most memorable game you've either played or watched.

The most memorable game I've played was when we beat the top team this year.

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

A Matilda's jersey

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

Professional soccer player

Best advice you've ever been given?

"Never give up" by my dad

Worst piece of advice you've ever been given?

Luckily I haven't been given any bad advice yet.

If you could play football anywhere in the world, where would it be and why?

England because I'd love to play in the women's super league

Who do you think is the GOAT?

Sam Kerr

Tell us something about yourself that other people may not know?

I broke my leg playing soccer in Merimbula.

Your favourite thing about Gungahlin United?

It's like a big family.

PLAYER PROFILES



Kristian Aleksic

NPLY UNDER 13S

MIDFIELDER

SPONSORED BY GREASE MONKEYS

How long have you been playing football?

I have been playing for 9 years. I started playing when I was 4 years old.

Which clubs have you played for?

QCFC and GUFC

Most memorable game you've either played or watched?

Watching Chelsea vs Sydney FC in Sydney

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

A Maradona Jersey

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

A football player

Best advice you've ever been given?

By whom? Best advice I have been given is never give up, by my Dad.

If you could play football anywhere in the world, where would it be and why?

England because that is where the Premier league is.

Who do you think is the GOAT?

Ronaldo

Tell us something about yourself that other people may not know?

Not many people know my full name Kristian, they know me as Kiki.

Your favourite thing about Gungahlin United?

It's a great club where I have learned so much and met some great friends.



Eva Ellenberg

NPLW UNDER 13S

RIGHT CENTRE BACK

SPONSORED BY WARATAH PUPPIES

How long have you been playing football?

I have been playing football for 7 years since the age of 6.

Which clubs have you played for? I have only ever played for Gungahlin United, and I would love to continue my journey to play 1st grade for them as well.

Most memorable game you've played

When GUFC NPLW U13's finally beat Olympic in a head-to-head battle that resulted in a 2-1 victory. Plus when I made my debut for NPLW at the Merimbula tournament.

If you could hang any jersey on your wall, which would it be? Probably a Sam Kerr

Matildas jersey. I have always looked up to her as she has been my favourite player since the beginning.

Best advice you've ever been given, by whom? If you want to be good at something you must work hard for it. My dad has always given me the best advice and that is why he has been the best coach I have had.

Worst piece of advice you've ever been given? If you want to be a leader you shouldn't show your emotion. I disagree with this, as long as it isn't over the top, emotion shows that you truly care about something.

If you could play football anywhere in the world, where would it be and why?

Europe. Even though the women's football doesn't get as much recognition as the men's, there are so many top-class teams in Europe that it would be a dream to play for.

Who do you think is the GOAT? Ronaldo 100%. He is not only an incredible player and inspiration, but he made a great career decision to come back to Man United!!

Tell us something about yourself that other people may not know? I have done 5 sports: dance, swimming, Oz-tag, Futsal and Football.

Your favourite thing about GUFC? It doesn't matter whether you play NPLW or NPLY you are going to get treated equally, which other girls around the world don't have the opportunity to experience.

PLAYER PROFILES



Michael Onyike

NPLY UNDER 13S

LEFT WING

SPONSORED BY GREASE MONKEY

How long have you been playing football?

For seven years, I started at the age of five.

Which clubs have you played for?

Kissing Point, Canberra United, GUFC

Most memorable game you've either played or watched?

2019 lightning cup final against Dynamo

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

A Southampton jersey.

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

Soccer player

Best advice you've ever been given?

Focus on your game by my brother

Worst piece of advice you've ever been given?

Nothing matters

If you could play football anywhere in the world, where would it be and why?

I would play in England because my family is from there

Who do you think is the GOAT?

Ronaldo

Tell us something about yourself that other people may not know?

I was born in the Sultanate of Oman

Your favourite thing about Gungahlin United?

The friendships and coaching



Ivy Stevens

NPLW UNDER 13S

LEFT DEFENDER/WINGER

SPONSORED BY WARATAH PUPPIES

How long have you been playing football?

I started in 2015 when I was 7 years old.

Which clubs have you played for?

The best club - GUFC!

Most memorable game you've either played or watched?

This season we beat the top team on the ladder - they had been undefeated until this game and this was the only game they lost the whole season.

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

Ellie Carpenter's 21 Matildas jersey

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

I really don't have any idea yet :)

Best advice you've ever been given?

To always back myself and trust my abilities by my coach Chris.

Worst piece of advice you've ever been given?

I haven't been given any bad advice.... yet!

If you could play football anywhere in the world, where would it be and why?

Australia because its my home and I would be proud to represent my country.

Who do you think is the GOAT?

Neymar

Your favourite thing about Gungahlin United?

My Team - my girls are the best!

PLAYER PROFILES



Ella Hall

NPLW UNDER 13S
CENTRE FORWARD/STRIKER
SPONSORED BY WARATAH PUPPIES

How long have you been playing football?

I have been playing for five years. I started when I was 7 years old.

Which clubs have you played for?

Yass redbacks and GUFC

Most memorable game you've either played or watched? When we played Olympic, they challenge us.

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

Ellie Carpenter's Matildas jersey.

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

I want to play football for the Matildas.

Best advice you've ever been given? By whom? My parents have always taught me to thank everyone involved in the game, my coaches, the team manager, players, ref's, the people running the side line, my grandparents for helping me get to training and games when my parents are busy, I couldn't play the game I love without the help of others.

If you could play football anywhere in the world, where would it be and why?

Europe, because I would love to travel and experience football in another country.

Who do you think is the GOAT?

Cristiano Ronaldo, Sam Kerr.

Tell us something about yourself that other people may not know?

I have tried many sports over the years, netball, baseball, touch football, as well as playing football but decided that football is what I want to excel in.

Your favourite thing about Gungahlin United?

We have great coaches and people that support and encourage us to be the best we can be.

THANK YOU TO OUR YOUNGEST PREMIER LEAGUE
PLAYERS FOR CONTRIBUTING TO OUR
PLAYER PROFILES!

KEEP AN EYE ON YOUR EMAILS AND GUFC SOCIAL MEDIA TO SEE
WHICH AGE GROUP AND STREAM WE'RE GOING TO PROFILE NEXT!



MY FOOTBALL JOURNEY

NAME:

YEAR:

**A PRINTABLE KEEPSAKE TO HELP OUR YOUNGER PLAYERS
REMEMBER THE BEST BITS FROM THEIR SEASON**



THIS YEAR I PLAYED FOR:

MY COACH WAS:

OUR TRAINING DAY WAS:

MY FAVE POSITION WAS:

Draw a picture or stick a photo in this space to remember your season:





MY TEAM MATES WERE:

MY BOOTS WERE:

**MY PRE-GAME MEAL
WAS:**

**MY POST-GAME
CELEBRATION WAS:**

**MY CHEER SQUAD WAS
MADE UP OF:**



**MY MOST MEMORABLE
GAME WAS:**

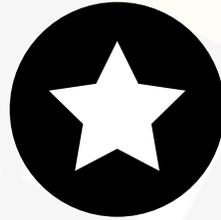
A large empty rectangular box for writing the answer to the question above.

**THE BEST PART OF THE
SEASON WAS:**

A rectangular box for writing the answer to the question above. The background of this box features a faint soccer ball graphic and horizontal stripes.

**THE BIGGEST CHALLENGE
THIS YEAR WAS:**

A rectangular box for writing the answer to the question above.



THE BEST ADVICE I RECEIVED WAS:

THE BEST THING I LEARNED WAS:

THE THING I'D MOST LIKE TO IMPROVE ON IS:

THE THING I'M MOST PROUD OF IS:



**WE CELEBRATED THE END
OF THE SEASON BY:**

Empty rectangular box for writing.

**NEXT SEASON MY
FOOTBALL WISH IS TO:**

Empty rectangular box for writing.

**THE PERSON I'D MOST
LIKE TO THANK IS:**

Empty rectangular box for writing.

**WELL DONE ON A FANTASTIC SEASON.
WE LOOK FORWARD TO SEEING YOU BACK AT GUNGHLIN UNITED AGAIN NEXT YEAR!**

#IPLAYFORGUGC



#GUFAMILY



A REMINDER FROM OUR YOUNGEST PLAYERS

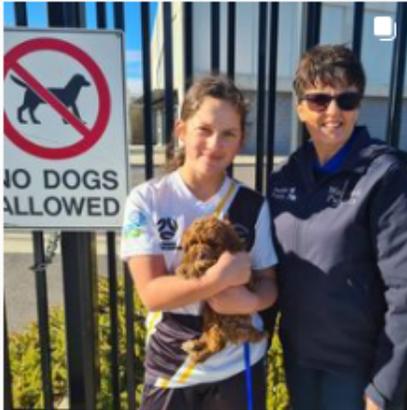


LET KIDS BE KIDS

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Read our previous issues on ISSUU or the GUGC website

GUNGAHLIN UNITED FOOTBALL CLUB

GUNGAHLIN UNITED FOOTBALL MAGAZINE

THE ISOLATION ISSUE

APRIL 2020

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HEAR FROM BAR TV AND M&M PODCASTS

FIFA TOURNAMENT & MORE WITH RUSS GIBBS

SPOTLIGHT ON PHILIPPE: PLAYER. COACH. MENTOR

PLAYER PROFILES

CHATS WITH LOCAL BUSINESSES

TIPS TO HELP IMPROVE YOUR HEALTH AND FITNESS

HOME WORKOUTS

PUZZLES, ACTIVITIES KIDZ BIZ AND MORE!

BRIGGSY

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ISSUE 2: THE RETURN TO FOOTBALL ISSUE

AUGUST 2020

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RUSS GIBBS: 'HOW GUNGAHLIN CLAIMED GRAND FINAL GLORY'

FROM GUNGAHLIN PEEWEE TO REPRESENTING AUSTRALIA: GEORGE TIMOTHEOU

LACHLAN GRIFFITHS: CANBERRA UNITED NYL & GUGC

GUGC PLAYER PROFILES

KIDZ BIZ

OUR VOLUNTEERS: THE HEART OF GUGC

INTRODUCING: SESSION PLANNER

O&A WITH CANBERRA UNITED PLAYER EMMA STANBURY

ACTIVITIES

PHONE WALLPAPERS

TOM

MADDIE

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ISSUE 3: THE SUMMER ISSUE

LEO 2020

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KIDS' STUFF P.40

WRITE YOUR FOOTBALL STORY

SET GOALS THEN KICK THEM IN 2021

DRAWING & COLOURING ACTIVITIES

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NPL COMEBACK QUEEN RACHAEL CORBETT P.29

SOP 2020 WITH ROB McLAUGHLIN P.37

WIN DA BROWN PIZZA VOUCHERS

STERI

NICK

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LEARN MORE ABOUT ERKA, MIKO AND A WHOLE BUNCH OF OUR GORGEOUS NEW-KIDS!

WITH THANKS TO OUR MAJOR 2021 SPONSORS

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**GUNGAHLIN UNITED FOOTBALL
MAGAZINE**

***OUR CLUB
OUR COMMUNITY***

GUFC.ORG.AU

RESPECT, PROFESSIONALISM, COMMITMENT, INCLUSIVENESS, COMMUNITY, ENJOYMENT

NOV 2021