

# The RAGER

Edition 5

March 2010

## CHAIRMAN' S REPORT

*“The only place you can win a football game is on the field, the only place you can lose it is in your hearts”*

Well the time has finally come for the real games to begin. A big thank-you to the extended Rage community for their passion and assistance getting to this point much more smoothly than we have in the past. Let's keep up this passion and make this the best year yet for the club and us as individuals!! Let's all be proud to be members of the mighty “Rage Family”.

**Dale Brooks – an English based football coach who works with clubs like Chelsea to get them mentally prepared for their matches - has sent me this article to share with yourselves:**

“Hi guys just a quick question I would like you to give some thought to.

If your coach told you that you would never be asked to do any kind of fitness work, that you could eat junk food and you only had to attend training when you really felt like it and as for tactics you could do what you wanted:

How confident would you be about performing well on match days?

I would imagine that everyone answered honestly and said something like ‘not very confident at all’.

Well as crazy as the scenario sounded above, for someone like me to hear that players spend no time on mental skills coaching, something I call ‘training your brain to play the game’ is also as crazy if not more crazy.

All performance either in sport, school or life is a mind and body combination. Performance starts by first thinking about something that then affects what you say to yourself, how you feel and then how you perform. What you focus on gets bigger!

Just for the next few minutes I would like you to recall a time when you didn't perform very well and then a time when you were at your best.

(1) Think about how you feel and the type of things you think about when you have performed poorly? And

(2) Think about how you feel and the type of things you think about when you have performed to your best?

Make two lists number them (1) and (2)

Notice the type of things you say to yourself, what others say, how you feel, how you walk and talk, what you did before your performance, what you focused on before and during performance etc, you get the idea.

Now list (2) is what I call your PPS- Premiership Performance Script.

It's the script (list) you need to follow before and during your training and games. It's the things you say to yourself, the things you think about, see in your mind, the way you walk it's all those things which gives you the focus and confidence to help you perform to the best of your ability.

You now have your two lists: (1) is a list of all the negative things not to do because they don't put you in the right mind to perform well and list (2) is a proven list of things you know work for you and puts you in the best state of mind to perform well!

Follow your PPS before and during all your future performances be creative and find new things that work for you. It may be a new piece of pre-game music; it may be a mantra that you say to yourself to help with your focus when things are not going to well during a game.

Remember the mind drives the performance. So if we feed the mind with positivity and honesty we get Premiership Performance.

Premiership Performance is not being perfect it's being the best you can with the ability you have!

Oh one last question before I go, do you perform better in training than you do in games?

If you answered yes then the simply solution is 'Train your Brain to play the Game'!

Good Luck and play with a smile ☺

Dale Brooks"

Cheers  
Mark Southey

## **SPONSORSHIP MANAGER**

We are still looking for team and ground sponsorships, if anyone can assist or know of anyone who is able to sponsor please contact me ASAP and I will follow it up and discuss the packages available with them.

Sam Giancotti  
0414 612 982

## **OPERATIONS/FOOTBALL MANAGER**

Season 2010 has begun and after two rounds “The Granville Rage Family” has never looked more settled and professional. A big thank you to all for their time and patience over the past weeks preparing, there have been a few sleepless nights but all is looking good and falling into place.

We have played two strong clubs in the past weeks although the results don’t justify some of the games our season looks to be positive and strong. Good luck to all teams.

The opening of Garside will now be on 10 April 2010, **ALL PLAYERS** are to be present on this evening by 5.30 pm dressed in their black pants, shoes, polo’s and jacket. There will be dignitaries invited and the media present (more information will be given to team managers next week).

## **MARKETING & WEBSITE MANAGER**

The website is now almost fully functioning. There are still a few kinks to iron out, but for the most part the player pics are up-to-date, and the match reports are coming in pretty much on time. The next bit to work on is the electronic store – hopefully within a few weeks you’ll be able to order and pay for gear online.

Please keep the articles and pics coming. The more up-to-date the site is, the better it is for our members.

Cheers  
Bill Cashman

## **SOCIAL COMMITTEE CONVENOR**

A BIG thank you to Tony Yawanis from the U/16's he has organized a barrage of prizes for us including a four-day holiday to the beautiful Mantra Resort at Kingscliff, mobile phones from vodafone, plus many other exciting prizes.

If there is anyone out there who can donate to our major raffle to be drawn at our 10-year celebration on 3 July 2010 at Roma Classic, Liverpool please contact your social committee member. Even small prizes of fruit baskets; meat trays/seafood trays would be appreciated. If you have a favourite restaurant you visit regularly you might like to ask them for a gift voucher. The more prizes the more chances of winning.

"Family Trivia Night" will be held on 1 May at Guildford Leagues Club, there are only 120 spots available, so please book your tickets with your team co-ordinators ASAP.

The date for our Poker night has been confirmed, Friday 28th May at Wetherill Park Community Centre Stocklands Shopping Centre 7pm for a 7.30pm start. Cost \$25.00, which includes, first buy in, bbq and salad plus lucky door prize. Drinks will also be available for purchase on the night. Please contact Tony on 0400-229 996 to pre-book your tickets.

I would also like to take this opportunity to thank our two new members, Michelle Francich, (U/13s) and Grace Cavasinni (U/20's) to our sub-committee who have offered their time for our club.

Thanks Mel

## **HOUSEKEEPING**

Just a reminder to all if you cannot work in the canteen on your schedule day can you please advise your team co-ordinator.

# APRIL 2010 SCHEDULE

| ~ April 2010 ~  |                               |     |     |                               |                  |   |
|-----------------|-------------------------------|-----|-----|-------------------------------|------------------|---|
| Sun             | Mon                           | Tue | Wed | Thu                           | Fri              | Sat   |
|                 |                               |     |     | 1<br>SCHOOL<br>HOLIDAYS BEGIN | 2<br>GOOD FRIDAY | 3<br>Dulwich Hill at<br>Arlington Oval<br>U/13's – 1 <sup>st</sup><br>Grade   |
| 4<br>EASTER DAY | 5<br>EASTER HOLIDAY           | 6   | 7   | 8                             | 9                | 10<br>Mounties<br>Wanderers at<br>Garside U/13's-<br>U/18's<br><br>Mt Druitt Rangers<br>U/20's-1 <sup>st</sup> Grade<br>VIP NIGHT |
| 11              | 12                            | 13  | 14  | 15                            | 16               | 17<br>Schofields at<br>CSI U/13's-<br>U/18's<br><br>St George at St<br>George FC U/20's<br>– 1 <sup>st</sup> Grade                |
| 18              | 19<br>BACK TO SCHOOL          | 20  | 21  | 22                            | 23               | 24<br>Macarthur Rams<br>at Garside<br>U/13's – 1 <sup>st</sup><br>Grade   |
| 25<br>ANZAC DAY | 26<br>ANZAC PUBLIC<br>HOLIDAY | 27  | 28  | 29                            | 30               | Notes:<br>VIP NIGHT<br>10 APRIL<br>5.30PM<br>ALL AGES   |



Shop 8  
43-45 Smart Street  
9726-9777

Official Newsletter of Granville Rage Football