

Wakehurst Premier League News

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21st May '05
Issue No. 4

Latest News



FA CUP NIGHT

WIN A PLAYSTATION 2 CONSOLE AND \$CASH\$

Come watch Arsenal take on Manchester United on the **BIG SCREEN** at the Lionel Watts Club House.

WIN A PLAYSTATION 2 CONSOLE by competing in the "PS2 Soccer Competition"

WIN CASH by playing the "Fusbal Competition" (Table Soccer)

WHEN Saturday 21st May (Game Kick-off at midnight)

WHERE Lionel Watts Club House

TIME 7:30pm onwards

ENTRY \$10 Adults \$5 Children (Includes BBQ plus 1 Drink)

See you All There!!!

TIGER TALK BY JOHN O'LEARY

Want to play as good as John? (Ba Ha)

Read below to find out what to eat and drink prior, during and post game

Well its not uncommon knowledge that energy can be derived from two different sources, Carbohydrates and Fats. Both of these are stored in our bodies and are used when the body is put into an aerobic state which is predominately the energy system we would be using throughout our games. Carbohydrates that are stored in the body are stored as glycogen.

This now known, you can understand that you want to consume a lot of carbohydrates prior to match day. However there are two different types of carbohydrates to be consumed. Simple carbohydrates and complex carbohydrates. Simple carb's are the ones that contain a high amount of sugar transferring into your blood stream very quickly and providing an instant amount of energy but not for a long time. The complex carb's are the more starchy types which contain grains and are broken down over a much longer period of time giving you a longer bout of energy. This is called our Glycemic Index or GI for short and all foods are rated on their GI. A high GI food would be a fast consumed carbohydrate made up typically of sugars where as a low GI food would be made up of more grainy foods and be broken down as energy much slower.

So what should you and what should you not consume before a game?

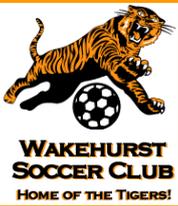
- About 2-3hours before the game you want to consume a big low GI meal containing such foods as brown breads, pasta, rice, potatoes. This wants to be about a 4:1 ratio of protein.
- Remember that per gram of stored glycogen in the body your body holds 2.7grams of water so if you are consuming a high amount of carb's your water intake wants to be high also. 250ml every 15-20minutes up until 30minutes before the game
- Don't eat anything new before a game to stop any stomach upsets.
- Do not consume any sugary foods or high GI foods before the game. This means no lollie's or sports drinks unless it is 10minutes before you start to play.

You should only consume high GI foods 10minutes prior to kick off. This means at this point you can eat sugary foods and drinks such as lollies and sports drinks. However do not consume both of these at the same time as your body can not handle more than 8% of concentration of carbohydrate in the body at any one time. If you consume more than this gastric emptying will be drastically reduced creating stomach problems.

Eating a bag of frogs with a Powerade will do this to you.

When taking in sports drinks ensure you take small sips rather than big gulps.

By eating high sugary foods you send a high rush of energy into your blood system. If this is not used up as energy straight away it will elevate your insulin levels before sending them plummeting down to make you feel very lethargic and tired. Hence **DO NOT CONSUME ANY SPORTS DRINKS OR LOLLIES BEFORE THE GAME UNLESS YOU ARE ABOUT 10MINUTES AWAY**



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FROM KICK OFF.

What should you consume during a game or at half time?

- During the game you are losing a huge amount of water through sweat and therefore sodium, potassium, and magnesium levels are also dropping rapidly
- Drink as much water as you can during intervals in the game to help maintain the top up of hydration levels. Just a 2% drop in your hydration will start to show a drop in performances. Ideally you want to consume about 250ml of water every 15-20minutes, but this is obviously not always possible when playing a game
- At the half time break you can consume another type of simple carbohydrate which is a high GI. This will then top up your energy levels before you attempt to tackle the second half. Lollies, bananas, sports drinks are all expectable here but again don't mix them up due to potential stomach cramping

What should I consume and drink post game?

- After the game you can consume most things, High GI foods low GI foods. Your metabolic rate will be at its highest point and your body will be craving carbohydrates. You should consume about 30grams of carb's in the first 30minutes after stopping exercise and continue this on for the next 2 hours
- Your body will be highly dehydrated so you will need to consume a lot of water. How much is an individual thing. Weighing your body weight pre game and post game and working out your weight lost will give you a rough individual idea. 1 Kilo of weight lost will equate to about 1 Litre of water. At least 600ml needs to be consumed as soon as possible to help remove debris from the body and flush it out as the stomach is very acidic at this point
- Try not to drink alcohol; this is not good for replacing carbohydrate stores! It will only make you more dehydrated due to its diuretic effects
- If you have any injury you want to avoid alcohol for up to 3 days as alcohol slows glycogen synthesis and inhibits the healing of any injured tissue.

Any further questions feel free to ask... john@getpersonal.com.au You can also check out John's website at www.getpersonal.com.au

Match Report – First Grade

Hard Work Undone

Score: 2-3 Goal Scorer(s): Nick Sheather (2)



A disappointing result against Manly Vale has undone some of the hard work of the past three weeks. After clawing our way back up the table to be within one game of the leaders, and with the top teams all playing each other over the next few weeks, it was vitally important we got a result but it was not to be.

After probably playing the best half of soccer for the season and completely dominating Manly Vale in the first half, we fell asleep in the second term giving away some soft goals to go down 3-2. After keeping clean sheets against quality opposition in the last three games some defensive lapses cost us dearly.

We played some excellent soccer in the first half with Tim Smithies making an outstanding return to first grade at right half and Nick Sheather, up front, running rings around former Socceroo Alan Hunter. We had a mountain of possession with Dill and Tim Smithies seeing plenty of ball in the midfield and Nick Sheather wreaking havoc up front.

We took a deserved lead after sustained pressure on the Vale defence. A pin point Dave Sutherland cross from the left hand side saw Nick Sheather catch a hesitant Vale defence napping. Sheath cut in behind Alan Hunter, and with a superb first touch, easily beat the keeper resulting in a tap-in for a 1-0 lead. We had several other chances with the keeper somehow saving a Tim Smithies thunderbolt from outside the box. Another goal mouth scramble somehow stayed out and hit the woodwork to rebound to safety.

The signs were on the wall in the second half as we seemed to sit off the ball too much thinking that we'd done enough in the first period to win. Inevitably, Vale came back at us and was only a matter of time before they scored. We gave the opposition way too much time on the ball and their first 2 goals were a result of not applying enough pressure. A succession of several passes down our right allowed Vale to cross the ball. After losing the subsequent one-on-one tackle, the attacker only had the keeper to beat and finished well. Vale's second was another case of the striker having too much time to shoot and smashed his shot into the top right corner of the net. Their third was from a defensive lapse leaving Benny exposed and the attacker calmly lifted the ball over his head giving him no chance. A late penalty gave us a sniff of getting back in the game but was all too late.

Man of the Match: Nick Sheather



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Match Report – Reserve Grade

Hope for a Goal

Score: 1-0 Goal Scorer(s): Nathan Hope



After changing the starting line-up a thousand times on Saturday morning due to players being ruled out/in we finally settled on the starting eleven about two minutes before kick-off. Darren “Playmaker” Leach started at right half after a layoff due to heart problems (left ventricle) and Dwayne was a late inclusion up front after a week on the work bench due to illness. The game was crucial in the lead up to next week’s top of the table clash with Pittwater and a win would see us jump 8 points clear of fourth place instead of just 3.

Some innocuous shots in the first half almost led to goals as the opposition keeper was having troubles holding onto the pill. A cross/shot from Dwayne wide left seemed easy enough for the keeper to save but went straight through him and rebounded off the upright. Several other balls that should have easily been cleaned up by the keeper were fumbled but unfortunately didn’t lead goals.

Chris Charlton was having one of his best games of the season and made several good runs out of defence down the right hand side. He linked up well with Leachy and a majority of our attacking raids originated from the right.

Andrew Reid was replaced by Burls in the second period and created some good opportunities with his long throw-ins. Our first and only goal came from a throw-in with Nathan Hope slotting the ball home at the near post from close range. After going up 1-0 we had a multitude of chances to seal the game but couldn’t finish some good one-on-one chances.

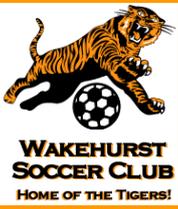
The boys were solid once again in defence and it showed on the scoreboard. Vale never threatened and the lone goal was enough for victory.

A good result against Pittwater this weekend will see us in a great position with only the bottom two teams to play until the end of the first round.

Man of the Match: Chris Charlton

Fines

Lenny Sorbara	Great first touch... Out on the full	\$1	
Kane Matthews	Showing skills of an U6 and can't trap a slow dribbling ball	\$1	
Tim Eaton	Out on the full	\$1	
Gary Fitzsimmons	Backing Brooky last week to score first goal	\$2	
Oggy	Peroxide, streak or wash. It doesn't matter	\$2	
Nathan and Joe	Playing bumper cars on the field	\$2	
Mel Sheather	2 Girls looked at Mel & thought she was too old for the Stein & said "Over 30's at the Shark Bar"	\$2	
Adam Townsend	Caught crying at the Ivanhoe. Was it Norwich losing or was it over a girl	\$1	
John O'Leary	Variety is the spice of life. New girl each week – Miss round 7	\$1	
John O'Leary	Not turning up to training this week for having a sniffle	\$1	
John O'Leary	"I am the lynch pin of the team", "The game revolves around me", "The team is nothing without me"	\$2	
Nick Sheather	Requiring a vanity mirror before the game for his mascara	\$1	
Nick & Mel Sheather	Bringing out a bottle for dinner on Sat night that was given as a house warming gift, then giving as raffle prize, won by Liz. Given back to Nick & Mel and was agonizingly last bottle to be open on the table	\$1	
Tim Smithies	Nice white boots. \$1 for each boot	\$2	
Ash Mathieson	Saying he will organise raffle and calls up Sat morning saying he's forgotten	\$1	
Rochelle Sorbara	Allowing Mathew to run riot and almost blow up the BBQ with the gas bottle	\$1	
Benny Molyneux	Yellow Card	\$5	
Benny Molyneux	Giving away penalty. (then saving it, but there is no credit)	\$1	
Dwayne Beazley	Yellow Card (plus Vinyl jacket)	\$5	
Kane Matthews	Air-swing almost leading to goal	\$2	
Ash Mathieson	Shocker when shooting for goal	\$1	
Rob Rainey	"Who scored that" No it was Tim Sheather not Nick Rainey	\$2	
Dwayne Beazley	Going to "Wispering Jack" tribute	\$1	
Guy Halpin	Buying flowers for Fred	\$2	
Justin Rainbird	Yellow Card	\$5	
Peter Doc	Hasn't lost it. Nice stack on the sidelines trying to catch the ball	\$2	
Kane Mathews	1-0 Wakehurst and Kane calls "we need another goal because it's 1-1"	\$1	
Fred Verduin	Breaking umbrella while trying to stick it in the hard Lionel Watts turf	\$2	



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Stinker of the Week

Justin Raindbird

1. Slipped over... Goal Manly Vale
2. Dummy spit... Throw the Ball Away... Yellow card
3. Header... Goal Manly Vale (with some assistance from Tim Sheather)



Player Profile – Joe Kotevich

Nickname(s):	Joey, Kotto, Super
Position:	Centre Midfield
Favourite Team/Player:	Liverpool/Steven Gerard
Most Despised Team:	Arsenal, CC Strikers
Favourite Junk Food:	Wedges with sweet chilli sauce and sour cream
Favourite Beverage(s):	Cooper's, Nastro Azzuro
Hobbies:	Mucking 'round with mates and cars and washing my car. Tina loved it when I washed her in a G-String. She was like Herbie, only a female car...and god was she sexy!
Favourite Sportsman:	Valentino Rossi, Pavel Nedved and Possum Bourne
Favourite Movie/Actor:	Scarface/Al Pacino
Favourite Band/Song:	Beastie Boys: Johnny Ryall, Shake your Rump
Best Sport Moment:	Winning GF in u13/1 to u16/1, anytime Arsenal lose
Worst Sport Moment:	Breaking my arm and dislocating my hand in the dieing minutes of the 2002 semi final whilst being 4-0 down.
Personal Motto:	"I don't do losing", or failing that: "It's just a game"
Comments:	Last season with the AL/1's was a disappointment. Despite having a great team we somehow managed to lose more than our fair share of games (we suspect this may have been due to our incredibly good looks after satisfying all those women we often lacked energy for the games). So, despite the violent protests by my throngs of female supporters, I cut off my semi-mullet mop of golden curls, renounced all worldly goods and spent the summer meditating in the holy sports gear container next to the clubhouse. 6 months later and I've emerged a changed man, fighting fit and looking forward to leading my team mates down the path to soccer enlightenment

