

THE NELSON COLUMN

The Official Newsletter of FC Nelson

Proudly sponsored by:



DIRECTOR OF FOOTBALL ANNOUNCED

FC Nelson is delighted to announce the appointment of TJ Hansen as our new Director of Football. TJ brings with him an abundance of knowledge and experience, both as a successful player and as a coach.

TJ is well known in our footballing community. He has a proven success record both on and off the pitch, and is passionate about supporting the development of our juniors and youth to be the best players they can be. To achieve that, TJ is looking forward to working closely with all of our coaches to support their development, empowering them to also deliver high quality programmes to FCN players of all ages, playing levels and abilities.

Engaging TJ as our Director of Football is great for our club and community. His appointment enables us to continue the excellent work Martin Delgado has started and put in place, and will help us continue to develop and enhance our WPX PAC Skill Centres, a new look Talent Development Program, and other initiatives.

His experience, passion and commitment will be a real asset to our local community, supporters and volunteers, and most importantly our players and coaches at every level.

Please join us in welcoming TJ back to the club. He will officially start in his new role at FC Nelson in October, but will immediately be engaged with planning for term 4 and for next season.



PRESIDENTS CORNER

Welcome,



It's been a busy few weeks. We have a new First team coach Dave Turner. Dave has been involved in local football for some time, is vastly experienced and highly qualified. This combined with his excellent man management has turned around the First teams season. Great to have him on board.

We have recruited TJ Hansen into the role of Director of Football and he will begin his contract in term 4. He will work alongside Martin and Nicole to develop pathways and plans for all teams across the club. Another fantastic appointment for the club.

Many of our young players have been playing in tournaments during the holidays with great success. I applaud them and the coaches and volunteers for making it happen.

In the last month we have celebrated the 10 year anniversary of FC team Locomotive. The group held a fantastic celebration with the guest speaker being Papa Loco Sean Barker.

It's been a wet wet winter and I thank all members and supporters and players for being so understanding and patient

Thank you PT

CHRISTCHURCH INTERNATIONAL CUP & ALAN FRASER MEMORIAL TOURNAMENT



FC Nelson entered a phenomenal 7 teams from Under 10 through to Under 15 in recent tournaments. Each team represented the club with dignity and respect. Each team thrived on the competition and camaraderie. No doubt making life long friends and memories. Massive thank you to Coaches, Managers, supporters parents and sponsors. Thank you for all the raffle tickets bought and cars left dirty to be washed! We continue to be a remarkable community club full of amazing people and players.

THE SEASON SO FAR ..

Spotlight on ... FC Women's team

FC have improved with every game with new coach Matt Walker. They have been playing some fantastic football, and despite often only playing with 10 players they look composed and determined. They will look to carry this on through the remainder of the season.



CHATHAM CUP

The preliminary round of the Chatham Cup saw our lads take on the mighty Golden Bay Mountain Goats who came out fired up. FC came away with the win but had to put in some hard graft.

We then moved on to the Round One match against Tahuna. It was thanks to the hard work of Rasam Moghimi, Tim Skinner and the generous donation from Design Windows that our Men's team were able to experience playing on Trafalgar Park for this match. Eventually coming out of the match on top with a 3-2 win.

Into Round Two, our team were up against the ever formidable Nelson Suburbs Southern League side. A young team graced the field against a youthful, yet experienced Suburbs side. A fast start from Suburbs set the tone but the boys rallied together and took the game to Suburbs. A considerable increase in possession followed but Suburbs sealed the game near the end. There were many positives for our young team to take from this performance.

And so ended the 2022 Chatham Cup run.

KATE SHEPPARD CUP

Our FC Nelson women's team were in action in the first round of the Kate Sheppard Cup and took on a clinical Nelson Suburbs Football Club side, eventually losing the game 4-0 despite creating plenty of chances and playing well.



FC NELSON LOCOMOTIVE

Recently FC Nelson Locomotive held a party to celebrate ten years as a team with the club.

Established in 2012, Loco was the brainchild of Sean Barker who wanted to play football with a group of friends, compete to good level on the field, but also place emphasis on social activities together and being a family friendly team. Over the ten years so many great friendships have been formed, parties held, masters tournaments entered, and rubbish talked over a beer at the team's main sponsor, Sprig & Fern Milton Street.

One of the proudest things though is the many new players Loco have brought to FC Nelson. The establishment of a second Loco team in the men's competition is testament to this. The active role many Loco players have had, and continue to have, within the club is also extremely pleasing. We also love seeing our 'Little Loco' team playing junior football for the club.

The 10th anniversary celebration was held at Club Italia and consisted of nibbles, wonderful Mikey Musso pizzas, drinks, a beautiful Matt Bouterey meal, a celebration cake, live music from Billy Benson, dancing and impromptu Davey Ball karaoke. The festivities were a lot of fun, but the highlight was seeing old Loco friends from seasons past, as well as many partners, supporters and sponsors.

Three current Loco players have played every season since Loco was established and they were honoured with a purple 'Loco Legends' blazer. Congrats to Rowan Satherley, Andy Weaver and Martin Chandler. Many more Loco players will be celebrating ten years of service over the coming seasons and we look forward to awarding more 'Legends' blazers.

Thanks FC Nelson for having us as part of this awesome club. Here's to ten more years, and beyond.



By Marty Chandler

PLAYER PATHWAYS



MCCANN LINKS UP WITH PRIDE & NZ U17 CAMP

We are excited to announce that talented U17 girls player, Ella McCann has been selected for the Canterbury Pride Youth team for the 2022 season, and also selected to participate in the NZ Womens U17 training camp.

Ella has been a standout player for the U17's and has continued to demonstrate a high level of technical excellence. A big congratulations to Ella and we look forward to seeing where she goes. We hope to see many more of our talented girls entering this arena and others as the year progresses.

NZ U17 CAMP ATTRACTS FC TALENT

FC Nelson is ecstatic to be the only club within the region to have not one, but two U17 representatives in the recent NZ U17 Camps held in Canterbury.

A big congratulations to Jayden Smith and former FC player Yuto Yamamoto who are excelling on the National Stage.

We look forward to seeing where these three end up in the coming years. A big hand for all the FC coaches that have nurtured and developed these wonderful talents.



YOU ARE THE REF

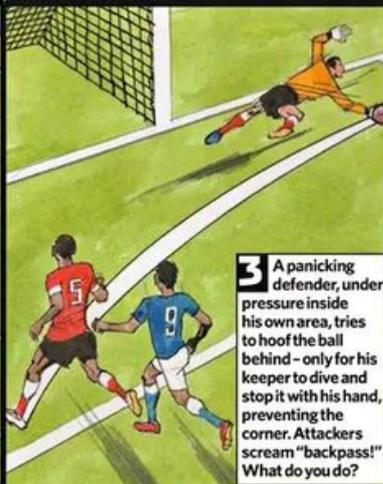


by Keith Hackett and Paul Trevillion

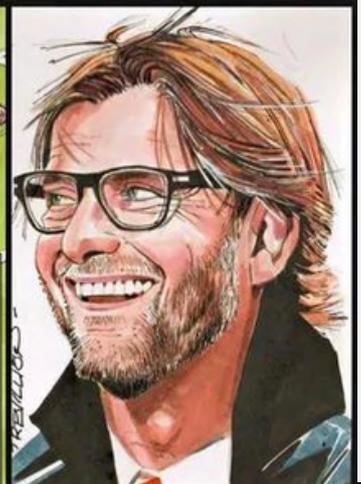


You give permission for a substitution to take place on the halfway line where the ball is out for a throw. The incoming sub, before running on, takes the throw - releasing the ball with his toes on the touchline. Do you intervene?

2 A winger trips and falls over the touchline. As he climbs to his feet, still off the pitch in an offside position, the ball is punted upfield towards him - so he lingers just long enough to be onside when he re-enters play, then races on and scores. Goal or no goal?



3 A panicking defender, under pressure inside his own area, tries to hoof the ball behind - only for his keeper to dive and stop it with his hand, preventing the corner. Attackers scream "backpass!" What do you do?





Bodyfix Nelson

Physiotherapy.Massage

Hi Team's!

Hopefully everyone is in the full swing of Football season. A few injuries have come through the clinic and it has been great to meet some of you.

A quick reminder now that we are in the thick of winter. Don't forget to warm up well. A good six to ten minute light jog around the car park before you play will set the muscles up for the game. Stretch out the legs before you play! Many strains and sprains can be avoided if the muscles are warm and pliable from a good old fashioned stretch.

It is cold but don't forget to drink water and stay hydrated. It is really cold some days but it does not mean we don't need water. Get some of those water flavour drops from the supermarket if you don't like bland water or stick a slice of lemon or orange in the water – every little bit of Vitamin C helps keep the bugs at bay.

How's the nutrition going? A good breakfast will get you through the morning. If you have afternoon games try some bland pasta. This will avoid the burps and pops exiting the body when you take off to score that winning goal. Don't forget to re-fuel after the game as well, particularly if you have been running around defending or scoring goals. Replace by "Horleys" is in the supermarkets and puts the electrolytes back into the body. It is a pretty generic brand but if it is bought in the bulk container it is cheaper than the pre-mixes in the long-run. Failing that good old fashioned RARO is pretty good. A little more sugar in it but will replace a lot of glucose if you have run around a lot.

Exciting news. We have a new clinic in Richmond as well as the Nelson branch. BODYFIX RICHMOND PHYSIOTHERAPY launches on 8 August 2022!

5 McGlashin Ave in Richmond (by Waimea print). Bookings are available on line. Both sites have links to ezybook at

WWW.Bodyfixnelson.com or WWW.Bodyfixrichmond.com – register with some details and you will get to our site, then book your space.

Ashleigh Turnhout and myself are switching between clinics. You will notice Ash Lindup on our booking site as well. He is our new sports physio and great at his job. He does not do the discounted surcharges however – so if you book with him he is on normal rates!

Go well from the team at Bodyfix Nelson!

BODYFIX NELSON PHYSIOTHERAPY - 50% OFF

Marissa and her team, the physiotherapists for FC Nelson, continue with their work with the club. Marissa brings a wealth of experience having worked with professionals across numerous sports (incl. the All Blacks).

To top it off she is offering all FC Nelson members 50% off on any ACC treatments.

So, if you've got a niggle, don't delay, book in now at www.bodyfixnelson.com.





COMMUNITY ON SHOW FOR CLUB DAYS

Photos by Cindy Rigg / Nicole Cooley



#OneClubOneCommunity



UPCOMING

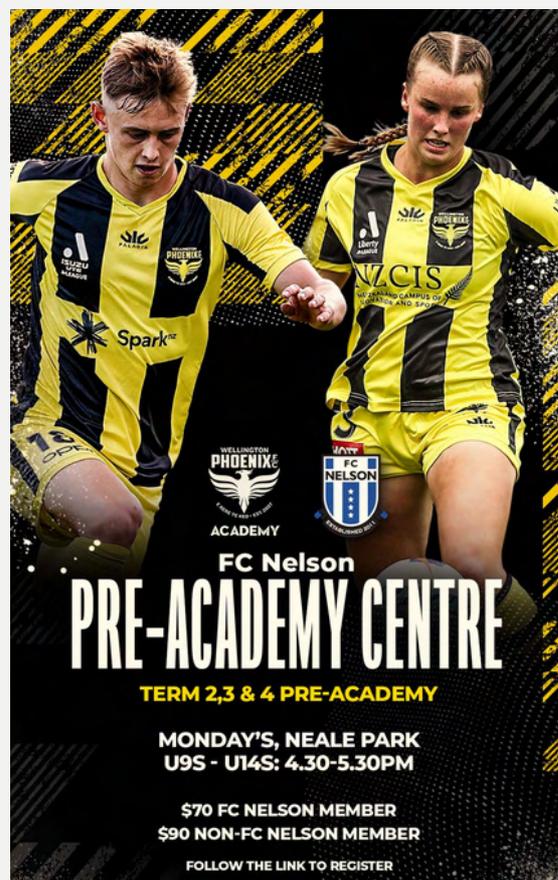
WELLINGTON PHOENIX PRE-ACADEMY CENTRE TERM 3

The Wellington Phoenix Pre-Academy Centre focuses on game-based training aimed at developing skillful and independent players, who are able to problem solve effectively on and off the pitch. Fundamental skills include, scanning, space preparation, deception, disguise and execution, all of which embody the FC Nelson footballing philosophy.

The centre for Term 3 begins Monday 25th July, from 4.30 - 5.30pm and is available to all abilities aged 8 to 14 or below, regardless of club.

The centre costs \$70.00 a term for FC Nelson members or \$90.00 for those from other clubs.

If interested you can register your child on the FC Nelson website.



<p>10th 7-a-side MIXED TOURNAMENT Friday 7th - Sunday 9th October Cost \$350-551 per team</p>	<p>11th & 12th 9-a-side MIXED TOURNAMENT Thursday 6th - Saturday 8th October Cost \$350-551 per team</p>
<p>15th-17th 11-a-side MIXED TOURNAMENT Thursday 13th - Saturday 15th October Cost \$450-551 per team</p>	<p>13th-14th 11-a-side MIXED TOURNAMENT Monday 10th - Wednesday 12th October Cost \$450-551 per team</p>

HOSTED IN NELSON BAYS
TO REGISTER: Email Val
NBFAAdmin@mainlandfootball.co.nz

HOSTED IN MARLBOROUGH
TO REGISTER: Email Andrea
marlborough@mainlandfootball.co.nz

Registrations close Sunday 7th August 2022

www.nelsonbaysfootball.co.nz

www.marlboroughfootball.co.nz

South Island Junior & Youth Championships 2022

- 10th Grade Boys & Girls - Selwyn**
7th - 9th October
- 11th Grade Boys & Girls - Nelson**
2nd - 4th October
- 12th Grade Boys & Girls - Blenheim**
Boys & Girls - 2nd - 4th October
- 13th Grade Boys - Dunedin**
5th - 7th October
- 14th Grade Boys - Dunedin**
11th-14th October
- 14th Grade Girls - Waimak**
9th - 11th October
- 15th Grade Boys - Timaru**
2nd - 4th October
- 16th Grade Girls - Waimak**
9th - 11th October
- 17th Grade Boys - Timaru**
2nd - 4th October





PRIZEGIVING

SENIOR

Book out your calendar and get your glad rags on for the premier event of the Club season!

Date: 17th Sep
 Venue: Trafalgar Park Pavilion
 Time: 6pm-11pm
 Semi-Formal Black & White theme
 Cash bar (eftpos available)
 Tickets \$20pp, partners encouraged *

* Ticket price covers venue hire, canapes and entertainment costs

JUNIOR

Date: 10th Sep
 Further details TBC

Quiz fundraisers

Second quiz night held on June 26 raised another \$600 to support the CIC U15 team - thanks to Nicole Cooley for organising team/raffles/food etc,

About 40 people again which indicates that if we can get to 60 people at these events we can probably hit \$1000.

Happy to explore more quiz nights and bingo evenings before the South Island tournaments in October.

We need to encourage more people other than parents to attend - senior team players and workmates!!

Email quiz@fcnelson.co.nz to book your team



Proudly brought to you with the support of the



COMING SOON ...
 FC NELSON & SUJON

BLUEBERRY ETHNIC CUISINE COMPETITION

DEVELOP AN ETHNIC DISH INVOLVING BLUEBERRIES, MAKE IT, TAKE PHOTOS OF THE FINISHED PRODUCT AND ENTER THE COMPETITION!!

ADULT DIVISION - 16 YRS+ /
 JUNIOR DIVISION - U15 YRS
 PRIZE MONEY SPONSORED BY
 SUJON





2022 TEAM PHOTOS

9.20am	FCN Committee	12.10pm	U17 Development
9.30am	9th Grade Aces	12.20pm	U17 FC College for Girls
9.40am	9th Grade Lightning	12.30pm	U17 FC College Sky Blue
9.50am	9th Grade Sparks	12.40pm	U17 FC College Navy
10.00am	10th Grade Koalas	12.50pm	FC Nelson Karenni
10.10am	10th Grade Little Loco's	1.00pm	FC Nelson 1sts
10.20am	10th Grade Racoons		
10.30am	11th Grade Bandits	1.20pm	Loco & Loco Steamers
		1.30pm	FC Nelson 3rds
10.50am	11th Grade Raiders	1.40pm	FC Nelson NMIT
11.00am	12th Grade Raptures	1.50pm	FC Nelson 4ths
11.10am	12th Grade Rowdies	2.00pm	FC Nelson Masters
11.20am	13th Grade Storm	2.10pm	FC Nelson Womens
11.30am	13th Grade Thunder		
11.40am	14th Grade Juventus		
11.50am	16th Grade Spartans		

SUNDAY 14TH AUGUST
 GUPPY PARK

IF WET, POSTPONEMENT DATE 21ST AUGUST

Thankyou again to Tim Cuff Photography who, as always, is happily providing their time free of charge to the club.



FC Nelson are involved in the NZ Football Foundation's World Cup Lottery – buy your tickets and support the club!!!

**SUPPORT
YOUR CLUB**
**AND YOU COULD WIN A ONCE
IN A LIFETIME FOOTBALL
EXPERIENCE IN QATAR 2022!**

**Purchase a \$20 ticket to be in to WIN,
with \$10 of your purchase going back to your club!**

Enter at www.footballfoundation.org.nz

The logo for FC Nelson, featuring a shield with a blue and white striped background, a blue star, and the text 'FC NELSON' and 'ESTABLISHED 2011'.The logo for the New Zealand Football Foundation, featuring a stylized green and blue soccer ball with a white swoosh and the text 'NEW ZEALAND Football FOUNDATION'.The logo for 'Football for good', featuring a stylized blue and green soccer ball with the text 'Football for good'.

FC Nelson are involved in the NZ Football Foundation's World Cup Lottery - buy your tickets and support the club!!!

Be in the draw to win 2 return flights to Doha plus 13 nights' accommodation with match tickets to attend three pool play matches.

8 double packages up for grabs giving 16 New Zealanders the opportunity to win a trip of a lifetime.

Purchase a \$20 ticket to be in to WIN, with \$10 of your purchase coming back to our club!

Enter at www.footballfoundation.org.nz and you could WIN! For more info please contact lottery@footballfoundation.org.nz.

Ensure you choose Mainland Football/FC Nelson when purchasing so our club gets the support!!

Winning tickets drawn on 1 October 2022.

KEY DATES

DATES	EVENT
25 JULY 2022	Wellington Phoenix PAC Term 3 begins
26 JULY 2022	Nelson School of Football Term 3 begins
14 AUG 2022	Club Team Photos
3 SEP 2022	Senior Cup Finals Day
10 SEP 2022	Junior Prizegiving
17 SEP 2022	Senior Prizegiving
6-15 OCT 2022	Tasman Club Rep Tournaments
2-14 OCT 2022	South Is. Junior & Youth Championships

CLUB HUB UPDATE



STAY TUNED an update on the Club Hub is coming soon ...

IN MEMORY



Some very sad news recently with the passing of an old friend Trevor Thomson. An ex Nelson United player with legs like bloody tree trunks. Never saw him play but loved his stories of football in the 1970's when tackles were tackles! My first football mate in Nelson, he was an incredibly kind and hugely generous man. Always always had time to talk about football, always consider your opinion and politely correct you!

He invested many years as coach of the Nelson College team with such pride and passion. Every year he developed a new crop of talent. He told me once his greatest pleasure was an old boy stopping him in the street to say "Thank you Trev, you helped me become a better person". Super bloke , super friend, super coach.

I'm sorry fella I didn't get say goodbye but we will miss you. Will never forget your advice to develop good people first and football second.

God bless RIP TT

By Phil Thompson





EXCLUSIVE DEALS

SUJON - 10% OFF

As a part of FC Nelson's partnership with Sujon, both members and non-members are entitled to a 10% discount on Sujon powder products when they use the FC Nelson discount code: "FCNELSON"

We particularly recommend their Blackcurrant powder which has been proven to help athletes recovery, improve energy levels and circulation. Find out more at www.sujon.co.nz.



CHIA SISTERS - 25% OFF

Wellness requires both the right diet and exercise. FC Nelson is proud to have partnered with Chia Sisters to offer a healthy alternative to standard energy and cognitive performance drinks.

The club understands that members often may be priced out of these alternatives and as a result we have arranged an exclusive 25% discount for FC Nelson members. Simply use the following discount code:

Become an FC member to access this code



BENJAMIN BARKERS BARBERS - 15% OFF

Needing to look sharp for Saturday is now even easier with FC Nelson's partnership with the locally owned and operated Benjamin Barkers Barber.

No bookings are necessary and all club members are entitled to a 15% discount. So if you need a trim head down and see Craig at 22/1 Achilles Avenue, Nelson.





Mike Greer Homes have recently opened their new Showhome at 35 Hart Road, Richmond and would love to show you around. Open every day from 1 – 4pm, the four bedroom, two bathroom home has spaces and places for everyone to live and relax in. Owners of the company, Ben Malthus and Trevor Lineham have known each other and worked together for years. Both have extensive building backgrounds, which has followed through to project management and now company ownership together. The tight-knit local team provide full support from sales, design, construction, through to completion and very home built is designed site specific. Clients have detailed meetings with kitchen, wardrobe, lighting and electrical designers along with an in-house colour consultant, resulting in every home being individually tailored to the client’s style and needs. The Mike Greer Homes rule is “it’s your home”. The Company also have a Blenheim showhomesituated at 17 Rose Manor Drive which is open Sunday-Friday 1-4pm. Visit the showhomes, see the difference for yourself, and talk to one of the sales people about the sections available now. For further info call Mike Greer Homes on 03 544 7873 or email nelson@mikegreerhomes.co.nz

THANK YOU TO OUR SPONSORS AND DONORS

