

OFFICIAL INGLEWOOD UNITED SC

VOL 5

# MATCHDAY PROGRAMME

IUSC  
Season 2015



**Inglewood United SC  
vs Floreat Athena FC**



**National Premier Leagues Round 7**

**Saturday 16 May 2015 Inglewood Stadium**

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we are ing le wood

IFI offers age-appropriate coaching to boys and girls aged between 5 and 15 in alignment with Football Federation Australia's National Curriculum.

IFI strives to enhance player development in a non-competitive environment through structured training cycles, accredited and experienced coaches (including Goran Stajic and Rodney Njirich) and the application of sports science. Enrolment in IFI includes:

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- Exclusive IFI training jacket, shirt, shorts and socks
- Free entry to all home Inglewood NPL fixtures for 1 Child and 1 Adult
- All sessions will be delivered on the main pitch at Inglewood Stadium



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## INGLEWOOD FOOTBALL INSTITUTE



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# PS4 NPL WA Fixtures

## NATIONAL PREMIER LEAGUES ROUND 7

Sat 16 May 3pm	Cockburn City v Balcatta	Dalmatinac Park
Sat 16 May 3pm	Perth SC v Perth Glory	Dorrien Gardens
Sat 16 May 3pm	ECU Joondalup v Armadale	ECU Joondalup
Sat 16 May 3pm	Bayswater City v Sorrento	Franko Drago Reserve
Sat 16 May 3pm	Subiaco v Stirling Lions	Rosalie Park A
Sat 16 May 5pm	Inglewood United SC v Floreat Athena	Inglewood Stadium

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## Message from the President...



Welcome to Floreat President Stacy Pilkadaris, committee members, coaching staff, players and supporters. A massive welcome to IUSC members, volunteers, sponsors, supporters, players and coaching personnel. I hope today's three fixtures bring with it excitement and great game play with success to Inglewood. We have a tough ask today as Floreat currently sit second on the ladder in the seniors, and have quality throughout their line up. Big shout out to Kris Gate from Floreat for the birth of his child Noah Gate. Best wishes to you and the family from everyone at IUSC. Let me just finish with. I have faith! Faith in our coaching staff. Faith in our players and; Faith in our club. I know our players will give their all to keep the points at the wood! Our players have been showing us they are beginning to gel and after last weeks win, we trust they will continue going forward. All the very best to both clubs.

Luke Martin

President IUSC

## Message from the Junior President...



Hello and Welcome to Inglewood Stadium. The last week has seen our Juniors playing catch up matches as a result of our players travelling to Spain on our annual club tour to Vallodolid. Not only have regular fixtures been played but midweek games, Saturday Cup Rounds as well as the next Sunday Fixture. These teams should be commended for the efforts they have put in to all these games in such a short time with great results. The U15's NPL in particular have been amazing. I also had the privilege of watching all the home games for our clusters, mini roos and development teams on the weekend and was impressed by what I saw. In particular the development 16's team with the way Gary has them playing. This weekend sees possibly the biggest turn out of teams at our club and we will need all hands on deck to get through it. The junior canteen is a big hit and I remind everyone to come along and support it as all proceeds go to your club. The Inglewood Football Institute is also a hit and numbers have swelled to an all time high. This initiative is proving successful and will only become bigger as people will see the benefits for their child's development. Good luck to all teams this weekend and remember to have fun. Onwards and Upwards as "We are Inglewood".

David Ewen

Junior President 0407384407



# Ist Team Squads

## Senior Squads

### IUSC IST TEAM

- 1 Aleks Vrteski
  - 2 Rikki Smith
  - 3 Mark Barnett
  - 4 Shane Pickering
  - 5 Scott Blackmore
  - 6 Matthew Izzo
  - 7 Kenny Keogh
  - 8 Scott Witsche
  - 9 Ryan Clarke
  - 10 David Micevski
  - 11 David Sesay
  - 12 Tim Gould
  - 13 Jovo Pavlovic
  - 14 Jarrad McNally
  - 15 Josh DeMarte
  - 16
  - 17 Logan Crawford
  - 18 Jason Colli
  - 19 Aleks Jovic
  - 20 Adriano Jelenovic
  - 21 Abdul Sesay
  - 22
  - 23 Andrija Jukic
  - 25 Mitchell Pappas
- Coach Michael Garcia  
Ass Coach Michael Baczynski  
Team Manager Ian Dodgson  
Physio Sandro Di Girolamo  
Video & Analysis Alex Bukvic



- GK. ALEKSIC Dejan
  2. GOVAN Blair
  3. ALLEN Jack
  4. WILLIAMS Aryn
  5. WILSON Bobby
  6. ARNEZ Clayton
  8. GASPAR Robbie
  9. POTTIER Jason
  10. SCALDAFERRO Andrew
  11. GALAN Dennis
  12. GATE Kris
  14. BOI Ludovic (C)
  17. FRANSZ Callum
  19. BURTON Steven
  20. McMAHON Lewis
  33. STOKOE David
- RGK. FELEKIS Nicholas

- GROSTATE Glenn – Coach  
PSANOUDAKIS Mano – A. Coach  
ALLEN Sally – Team Manager  
VENERIS Con – Property Manager  
CHOW Emmanuelle – Physio  
LAMBETSOS Taki - Team Manager



# 1st Team



Today we welcome Floreat to Inglewood.

Last week we registered our first win of the season with a 2-1 victory over Perth Glory.

Our first win of the season has been a long time coming and it was good to finally see the boys rewarded for the efforts they've put in.

Had we been a little more clinical in front of goal we may have won by a few more.

I have to pay compliments to both Jovo Pavlovic & Scott Blackmore, who have been outstanding lately. Both have displayed excellent leadership traits and have led by example through their actions.

Great individual goals by Scott Witschge & Ryan Clarke gave us the 2-0 lead before another penalty that we conceded gave Glory a faint hope of getting a draw in the last 10 minutes.

All in all it was a win that was needed to kick start our season. With David Micevski recovering from injury and back soon it will give the squad a boost of quality that may help propel us further up the table.

Today we are facing the in-form team of the competition. Floreat have been the benchmark so far this season and their form from the start of pre-season to date indicates we will be facing a quality opposition who are well coached and hard to beat.

We will need to be at our absolute best to match it with them, but we are confident if we take our chances and have the right mindset, we will make it tough for our opposition and hopefully pick up another 3 points..

Best of luck to all teams today..

Thank You,

**Michael Garcia**  
**IUSC Head Coach**



# Under 20's Squads



## Under 20 Squads

1. Mitchell Papas
2. Jett Shaw
3. Hayden Dodgson
4. Joel Martin
5. Rayhaan Adolphus
6. Kia Bako-Kirkpatrick
7. Marc Eldridge
8. Endalk Achamyehel
9. James Atkins
10. Mitchell McClymans
11. Joshua Green
12. Davide Panaia
13. Jaedon Ewen
14. Dario Pavić
15. David Dias
16. Milan Ognjenović
17. Jordan D'Souza
20. Travis Preston

Head Coach Andrija Petrović  
Assist Coach Alex Stanojević  
Team Manager David Ewen  
Trainer John Papadopoulos  
Physio Dhara Sanghavi /  
Sandro Di Girolamo

- ALEXANDER Shakeel  
ANDERSON Cameron  
FRANKEN Matt  
GROSTATE Nathan (C)  
GWATIRINGA Brian  
KAHN Tashrig  
MADER Kevin  
PAPATHANASIOU Geordie  
PSANOUDAKIS Nick  
RIZIDIS Michael  
THEODOSIADIS Sotiris  
VLASICH Michael  
WOOLCOTT Michael  
XYDAS Andrew  
WIKTORA Vincent  
HART Greg  
GELOO Razack  
FELEKIS Nicholas (GK)

TIM KANTOR – Coach  
MARIN VLASICH – A-Coach  
DIMITY HALL - Physio





## Under 20's



I would like to welcome the Members, Sponsors, Players, Coach's & Supporters from Inglewood United and Floreat Athena Football Club to Inglewood Stadium for the seventh round of the 2015 WA NPL season. We had Perth Glory Football Club in round 6 of the league. The final result was 2-2 to us with Davide Panaia & James Atkins scoring one each. It was a game where both sides were trying to get control of the game, with each having their moments. Both sides put on a good display of football and the tight battle was what one would hope and expect from two teams sitting in first & second. On a sad note, Captain of the Inglewood 20's Travis Preston was taken off to hospital after receiving an accidental knock to the side of the head. He is well and recovering. All at Inglewood wish Travis a speedy recovery and look forward to him being back in the yellow and blue. There is still plenty of work to be done with the 20's squad, but with the commitment, work rate and belief in the 20's squad, I believe and look forward to seeing the team and the individuals within the team grow and strive to fulfill the goals we have set. All the best to both teams for the game & for the 2015 season.

Regards

Andrija Petrović

**Head Coach Inglewood United WA NPL U/20's**



## Physio report Bounce Physiotherapy

Ask The Bounce Physio!!

Q. What is DOMS? What is the best way to recover from it? A. Delayed onset muscle soreness (DOMS), also called muscle fever, is the pain and stiffness felt in muscles several hours to days after unaccustomed or strenuous exercise. The soreness is felt most strongly 24 to 72 hours after the exercise, peaking usually around 48 hrs post exercise. It is thought to be caused by eccentric (lengthening) actions in sport or exercise, which causes micro trauma to the muscle fibres. After such exercise, the muscle adapts rapidly to prevent muscle damage, and thereby soreness, if the exercise is repeated. In football, it is unwise to schedule matches within 2-3 days especially in youth/amateur/ semiprofessional leagues due to the players' high levels of muscle fatigue. Recovery post match becomes critical & is important for players to adopt a professional approach to their recovery between matches & training sessions. To accelerate muscle recovery, scientific evidence suggests the following post match:

- Rehydration with large volume of water & sodium
- Drink flavoured milk &/or berry juice
- Eat a meal within the hour of high GI carbohydrate & protein
- Ice/ Cold Immersion baths
- 20 min per day utilising a high density foam roller
- Adequate sleep

Alcohol intake should be avoided until 4 hrs post match/ high intensity training

THERE IS NO EVIDENCE SUPPORTING EITHER ACTIVE STRETCHING OR POST MATCH MASSAGE For more information please contact either Sandro or Dhara at Bounce Physio on 9344 7476



# Under 18's Squads

## Under 18 Squads

- 1 Jj Godfrey
- 2 Max Burke
- 3 Thomas Pellizzari
- 4 Luke Doyle
- 5 Riaz Kelly
- 6 Ryan Sardi
- 7 Kurt Kouakou
- 8 Paul Zimarino
- 9 Aaron Simpson
- 10 Jordan Fresher
- 11 Mohammad Rezai
- 12 Lachlan Ryan
- 13 Dom Sardi
- 14 Jacob Mustafa
- 16 Bj Grant
- 17 Richard Giorgi
- 18 James Taddei
- 19 Josh Lepore
- 21 Kane Ottobrinio

Coach Dimitri Phylactou  
Assist Coach Danny Perry  
Team Manager Dean Simpson  
Physio Monika Nanda/ Sandro  
Di Girolamo



- AGNEW Haydn  
ABBONIZIO Daniel  
ALANZI Raed  
BENNETT Joshua  
BERLINGERI Michele  
CARE Jordan  
DIMITRIOU Spiro  
DEVLIN Rory  
GUY Jack  
HOLLOWAY Aiden  
KANTOR Steve  
LOGAN Thomas  
MATEEN Alexander  
PSANOUDAKIS Jason  
RILEY Ryan  
RINDEL Devon  
SALDARIS Chris  
SAUNDERS Zachary

MARIOS THEODOSIADIS – Coach  
VALENTINO ION – Asst. Coach  
DIMITY HALL - Physio  
SHANE HALLOWAY - Manager



## Under 18's



Welcome all to Inglewood Stadium, The Inglewood United NPL U18's have had good results in the previous two games to get our season heading in the right direction. A fortnight ago the players put in a sound performance to take a controlled 3-1 win over Sorrento. A first half goal to Paul Zimarino was followed by second half strikes from Dominic and Ryan Sardi to give Inglewood 3 points. It was pleasing for the team to get a win and earn points that weren't forthcoming in earlier games despite some decent performances. The past weekend saw the IUFC NPL U18's come up against the previously undefeated league leaders Perth Glory. In what was an exciting game, the team put in an excellent performance to win the game 5 – 1. After a scoreless first half the scoring was opened by a great run and strike by Jordan Fresher that was the direct result of a turnover caused by some excellent defensive pressure from the Inglewood team. Two scored penalties, first for Glory and then for Inglewood (Paul Zimarino) put the score at 2-1, before goals to Dominic Sardi, Aaron Simpson and another to Paul Zimarino finished the game off. The whole team performed at a great level and as the coach it was great to see the players get a result that is a reflection of how hard they have been working and the high standard they have been setting. The challenge for the team now is to maintain the standard of both their application and their performances for the remainder of the season. The first test of that is today against Floreat. Enjoy the game.

Thanks

Dimitri Phylactou.

**Head Coach Inglewood United WA NPL U/18's**

## Technical Director



Welcome to Inglewood Stadium, 2015 so far continues its unwavering commitment to grow the game of football throughout Australia. Football Federation Australia recently released the Whole of Football Plan which emphasises continuous coaching education and player development amongst other things, ultimately aiming to reach 15 million football members within 20 years. We at Inglewood United complement those points in the area of player and coach development □ the popular IFI program, the traditional NPL system (U12□U20) along with the Future Stars upstart in our Mini-Roos & Development teams.

Inglewood United currently reaches over 400 players whom hail from every corner of metropolitan Perth, Western Australia which is creating the IUSC footprint.

The Future Stars initiative, introduced this year has blossomed under Aldo Aliphon (Development), Rodney Njirich and John Papadopoulos (Mini Roos, Joeys etc) providing wide ranging levels to advance the development of both players and coaches, while also

# Technical Director cont'



assuring that all young players and new coaches have a positive introduction to our sport and club.

I would also like to commend Club President Luke Martin, Junior President David Ewen and their respective Committees leadership who have worked diligently to get out and meet our members and learn how we can better assist them and promote our great club. The Coaching Education Program deserves a mention also as it continues to evolve under Football West, in ways that will help us to better serve all of our vast and varied coaches.

Finally it's fair to state that the above evidence is developing my unofficial club policy of "Club of Choice" outside and within the WA football community. As club Technical Director I will continue providing the technical support to our coaches and players and I can confidently say that I have been able to interact with more of our membership this year than in the previous year. It bears repeating each year, but I would again like to acknowledge and applaud the exceptional work that our volunteers and our fine coaching staffs do, in continuing to develop talented players within the IUSC footprint.

Yours in football,  
Goran Stajic  
NPL Technical Director



# PS4 NPL WA Current Ladder



PS4  
NATIONAL  
PREMIER LEAGUES



## LEAGUE

TEAM	P	W	D	L	F	A	GD	PTS
Bayswater	6	5	1	0	16	6	10	16
Floreat Athena	6	5	1	0	15	5	10	16
Stirling Lions	6	4	0	2	16	5	11	12
Perth SC	6	3	2	1	10	6	4	11
Sorrento	6	3	1	2	13	9	4	10
Balcatta	6	2	2	2	9	10	-1	8
ECU	6	2	1	3	7	12	-5	7
Inglewood Utd	6	1	3	2	7	12	-5	6
Cockburn	6	2	0	4	9	16	-7	6
Subiaco	6	1	1	4	7	10	-3	4
Perth Glory	6	1	1	4	8	13	-5	4
Armadale	6	0	1	5	3	16	-13	1

## UNDER 20s

TEAM	P	W	D	L	F	A	GD	PTS
Perth Glory	6	5	1	0	33	5	28	16
Inglewood Utd	6	4	2	0	22	12	10	14
Subiaco	6	4	1	1	15	15	0	13
Bayswater	6	4	0	2	20	15	5	12
ECU	6	4	0	2	15	13	2	12
Perth SC	6	3	1	2	22	9	13	10
Floreat Athena	6	3	0	3	11	18	-7	9
Sorrento	6	2	1	3	11	13	-2	7
Cockburn	6	1	1	4	15	22	-7	4
Stirling Lions	6	1	1	4	7	22	-15	4
Balcatta	6	1	0	5	10	23	-13	3
Armadale	6	0	0	6	8	22	-14	0

## UNDER 18s

TEAM	P	W	D	L	F	A	GD	PTS
Perth Glory	6	5	0	1	22	9	13	15
ECU	6	4	0	2	20	8	12	12
Cockburn	6	4	0	2	15	17	-2	12
Subiaco	6	3	2	1	11	6	5	11
Perth SC	6	3	1	2	18	14	4	10
Stirling Lions	6	3	0	3	15	15	0	9
Armadale	6	3	0	3	10	12	-2	9
Bayswater	5	2	1	2	14	8	6	7
Inglewood Utd	4	2	0	2	11	8	3	6
Floreat Athena	6	1	1	4	6	20	-14	4
Balcatta	5	1	0	4	4	14	-10	3
Sorrento	6	0	1	5	4	19	-15	1

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