

Club Secretary – Greg 9682 7779 President – Peter 9632 9203

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Hi all,

We have the green light for training! We do have some restrictions (see the poster that follows) but happily we can start back. The current restrictions will be further relaxed on July 1 with matches back on for all teams U18 and below from July 4.

This is great news. The restrictions however must be strictly adhered to.

- Players must maintain social distancing
- No contact drills
- No parents are permitted on the fields for training
- No more than 10 at training (including the coach) This means that teams will be split in two.

From July 1 training will look a lot more “normal” but for now, we need to be patient.

We are still waiting to hear about competition start for senior teams.

Greg

# COVID-19

## INFORMATION FOR PLAYERS & TEAMS



## RETURN TO TRAINING > LEVEL 1

### WHAT YOU NEED TO KNOW

Coronaviruses are a type of virus that can affect humans and animals. Some coronavirus cause illness similar to the common cold and others cause more serious illness, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

All football participants including players, coaches, match officials, club officials and any other person at the venue are responsible for stopping the spread of the virus. The following guidelines are designed to assist in understanding ways that you can help.

#### Preparing for training



Prepare and dress for training at home



Shower at home before and after your training



Wash or sanitise your hands before and after your training



Arrive for your training 5 minutes prior



Where possible maintain a 1.5m distance from others



Fill and bring your own clearly labelled drink bottle from home

#### What you can and can't do



Non-contact skill training drills such as passing, shooting, heading



Contact-to-contact playing skills such as tackling are not permitted



10 participants at one time including coach\*

\*Coaches may only coach one squad of 9 at once. They must rotate roles across multiple areas.



NO SPITTING permitted

#### Do not come to training if you exhibit any of these symptoms



Fever



Cough



Fatigue



Sore throat



Shortness of breath

## Training returns!

Team	Coach	Manager	Training start back date
U6 Red	Francois	Mathew	15 or 17/6 – check with manager
U6 White	?	Lina	Mon 22/6
U7 Red	Omar Asst Tahlia	Ola	TBA
U7 White	Tito	Victor	Wed 10/6
U8 Red	Lawrence	?	Wed 17/6
U8 White	Peter	Sharon	Tues 16/6
U9 Red	Alex	Mabel	Wed 24/6
U9 White	Claudio	Vera	15/6
U10 Red	Glenn	Jen	Mon 8/6
U10 White	Henry	Souraya	Wed 17/6
U10 Onyx	Wil Tom Asst.	Samantha	Mon 15/6
U10 Girls	Mika	Nancy	TBA
U11	Sarah	Elise	Wed 10/6
U12	? Mohamed Asst	Sue	TBA
U13	Darren	Michelle	Wed 10/6
U13 Girls	Peter	?	Tues 9/6
U14	Mirwais & Louis	Hendrika	Wed 10/6
U16	Greg	Salma	Wed 17/6
U17	Wil	Tim	Wed 17/6
SC			Tue 16/6
PL	Adem	Wil	Wed 17/6
AAL	Greg	Hendrika	Wed 3/6

## TEAM COACHES AND MANAGERS CONTACT DETAILS

TEAM			Phone
U6 RED	Mathew Lu	Manager	0402 872 478
U6 RED	Francois Azar	Coach	0400 559 966
U6 WHITE	Nina Livingstone	Manager	0414 229 382
U6 WHITE	Volunteer required	Coach	
U7 RED	Ola Hamed	Manager	0405 070 007
U7 RED	Omar Chatila	Coach	0424 874 868
U7 RED	Tahlia McCabe	Assistant Coach	0432 384 048
U7 WHITE	Victor Uno	Manager	0449 670 733
U7 WHITE	Tito Jimenez	Coach	0402 032 858
U8 RED	Volunteer required	Manager	
U8 RED	Lawrence Kurdi	Coach	0400 470 261
U8 WHITE	Sharon Commodore	Manager	0415 140 086
U8 WHITE	Peter Sultana	Coach	0413 318 962
U9 RED	Mabel Chen	Manager	0434 824 555
U9 RED	Alex Chen	Coach	0413 518 123
U9 WHITE	Vera El-Khoury	Manager	0412 283 245
U9 WHITE	Claudio Cicchini	Coach	0412 583 467
U8-10 Girls	Nancy Hadidi	Manager	0414 536 682
U8-10 Girls	Mika Oo	Coach	0431 750 204
U10 RED	Jennifer Griffiths	Manager	0466 099 036
U10 RED	Glenn Dick	Coach	0434 885 877
U10 WHITE	Souraya Farah	Manager	0400 123 484
U10 WHITE	Henry Tangi	Coach	0450 631 567
U10 ONYX	Volunteer required	Manager	
U10 ONYX	William Wark	Coach	0468 311 297
U10 ONYX	Tom Wark	Coach	0410 354 837
U11	Sarah Dubois	Manager	0435 820 232
U11	Elise Burrows	Coach	0419 475 888
U12	Sue Sleiman	Manager	0406 727 199
U12	Volunteer required	Coach	0412 970 249
U12	Mohammed Jaffar Syed	Asst Coach	0431 448 404
U11 – 13 GIRLS	Volunteer required	Manager	
U11 – 13 GIRLS	Peter Sultana	Coach	0413 318 962
U13	Michelle Allen	Manager	0401 653 988
U13	Darren Allen	Coach	0422 083 173
U14	Hendrika Sharwood	Manager	0420 831 960
U14	Mirwais Waseeq	Coach	0411 693 874
U14	Louis Dolores	Coach	0413 646 755
U16	Salma Germanos	Manager	0415 137 733
U16	Greg Wark	Coach	9682 7779
U17/1	Tim Booker	Manager	0425 369 138
U17/1	William Wark	Coach	0468 311 297
Sydney Cup		Manager	
Premier League	Adem Stevens		0405 369 064
Premier League	William Wark		0468 311 297
All Age Ladies	Hendrika Sharwood	Manager	0420 831 960
All Age Ladies	Greg Wark	Coach	9682 7779