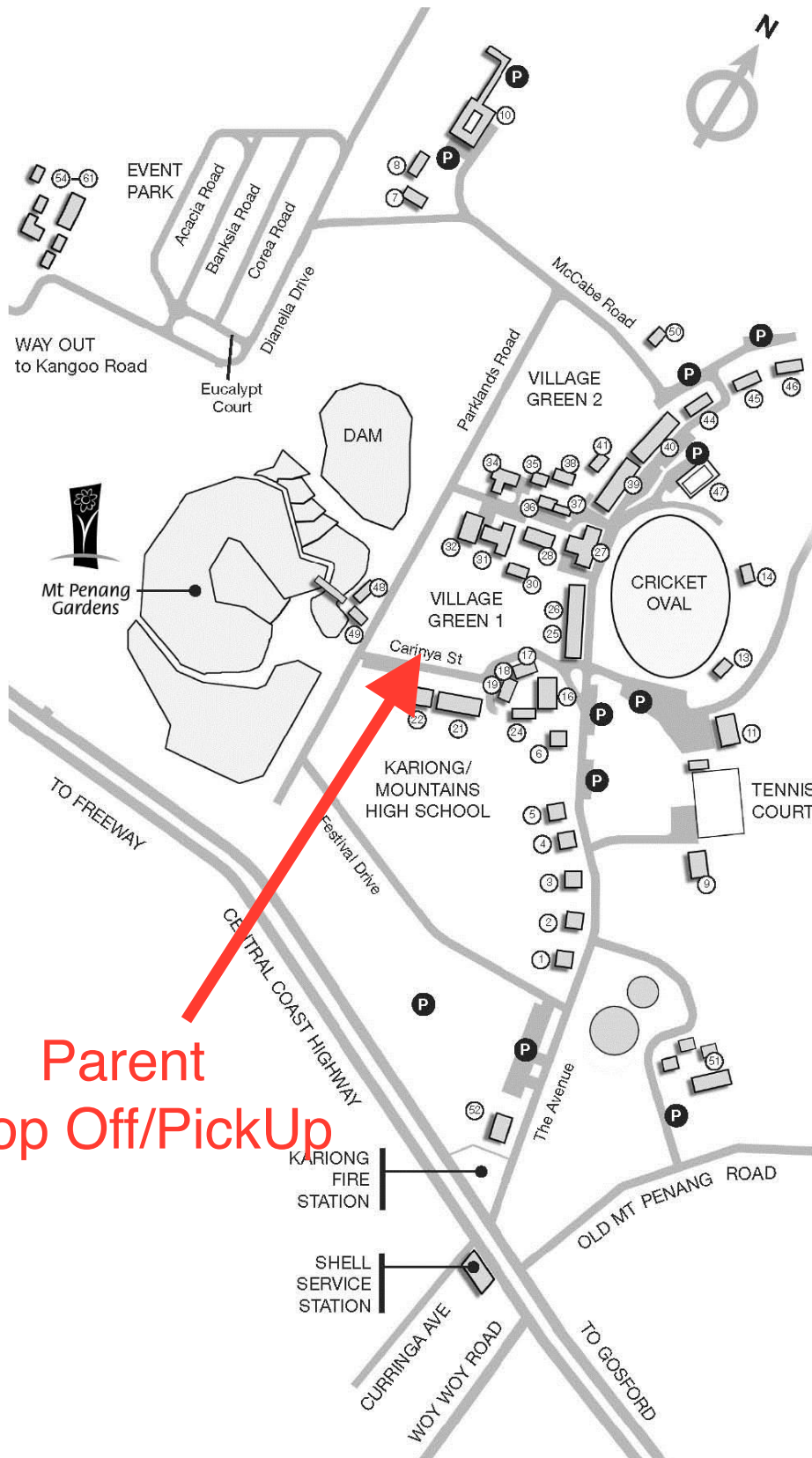




Mt Penang Parklands



1	NAISDA Dance College
2	Cen.Coast Post School Options
3	NAISDA Dance College
4	NAISDA Dance College
5	NAISDA Dance College
6	NAISDA Dance College
7	NAISDA Dance College
8	NAISDA Dance College
9	NAISDA Dance College
10	Sunnyfield
11	International Football School
13	CCCA Admin
14	International Football School
16	CCRDC Offices
17	Coffey Geosciences
18	ADG Architects
19	ADG Architects
21	International Football School
22	Health Infrastructure
22a	Coffey Geosciences
25	International Football School
26	NAISDA Dance College
27a	International Football School
27b	International Football School
28a	International Football School
28b	International Football School
30	Baptistcare
31	NAISDA Dance College
32	NAISDA Dance College
34	Kariong Community Pre School
35	BT Ryan & Associates
36	Storage Area
37	Living Strength Health Services
38a	Travers Environmental
38b	Baxter Building Co (NSW)
39	International Football School
40	Cooper & Co.
41	International Football School
44	KU Children's Services
45	Cen.Coast Post School Options
46	Cen.Coast Post School Options
47	Swimming Pool
48/49	Waterfall Cafe
51	Rotary Club of Kariong
52	Central Coast Tourism
54/61	Youth Connections

Parent
Drop Off/PickUp

As at 02/03/2015

Central Coast Regional Development Corporation operates the Mt Penang Parklands site.

To contact the Corporation, visit us at Central Coast Highway, Kariong, or:

Phone: (02) 4340 1002 Fax: (02) 4340 1115 Email: info@ccrdc.nsw.gov.au www.ccrdc.nsw.gov.au



International Football School - Football Program Briefing Summary 2015

Please find following a summary of the Football Briefing evenings that took place during the week of the 23rd of February 2015.

The nights were split over three evenings to address/communicate to each specific group.

Monday Night 23rd February - Focus Groups were teams playing at Berowra/Kahibah

Tuesday Night 24th February - Focus Groups were teams playing at Kariong

Thursday Night 26th February - Focus Groups were players with external football commitments

What is our Intent at IFS?

- To develop the worlds best development environment
- Provide balance in our family lives which can lead to a healthy social, emotional and physical developmental environment where our children will thrive

What have we learnt?

During the first 2 years of operating the school we have realised that many families commitments regarding football had not changed, except the fact that many children went from playing a small amount of football to a huge amount of football. This has created a different set of issues for us to consider. We were seeing many students, particularly senior students, struggling with their physical workloads which would present in the form of ongoing injuries and low moral to participate in training at school which had a direct impact on their academic performance.

In 2014 we trialled an IFS squad playing out of a local club. The trial went very well and with further review we decided to make playing as an IFS squad available for as many students as possible. In 2015 we launched the IFS squads playing out of Berowra, Kariong and Kahibah. There is also a sub set of students who are playing for external clubs which requires them to train on top of their school load and we have developed a ground breaking individual program to complement their football development (details to follow).

From the pre-season games we have played so far we have seen the benefits of many of players training and playing games together and although 2015 will be a bit of trial and error, we are confident it was the right move forward.

Roles and Responsibilities

Parents - positively support your child and coaches, help with admin tasks, transport and assist one another. Discreetly discuss any issues with their coaches during the week not on game day. Never question a coach in front of children.

Players - proudly represent their club, play fair and do their best at all times.

IFS - facilitate the game experience, communicate with parents in a timely fashion, ensure the students are developing to their potential



Code of Conduct

All players, parents and staff will sign a code of conduct that we can refer to if we ever have an incident to work through.

Will be forwarded in the coming week.

Games Organised

Many games have been played already with plenty more to come for IFS squad members. These games will be against varying opposition in the lead up to the Winter Competition.

Registration Fees

All players who are playing for either Berowra, Kariong or Kahibah should have received an invoice from the school for these fees. The school has already paid the club registrations on behalf of our students who had informed us they would be playing for the school. These payments need to be paid in full prior to the season starting.

Training Load Management

On Thursday evening Matt O'Neil stepped through our individualised program. The underlying philosophy of this program is to acknowledge the fact that these players primary football strategy development is being taken care off by their external clubs and our role is to ensure that our students are at their optimum when they attend their external training and external games. The whole program is designed around ensuring they are at their peak performance in these instances.

Matt had all the players inform him of their training schedules at the start of the year and has developed a training load management program for each individual player. This program requires constant feedback from the player to ensure the program is changed based on any changes to their external program. During a normal session these players would take part in Active Recovery, potentially some skill work and or video analysis work depending on the physical load that individual players is currently under. Although there has been some frustration with this program these students are at a significant advantage of the other players in their external squads in that they should be recovering much more quickly than their team mates and their football knowledge is developing at a very rapid rate.

The Thursday evening had a small number of parents attend and we would consider holding another information evening for these players families to get a true understanding of this program as it is a world class program based on the latest research and when understood is truly remarkable.



Kanga Cup

All IFS squads are expected to attend Kanga Cup in July this year. Kanga Cup is part of the development program for the IFS squad players and is an integral part of their winter competition. The school will be taking all IFS Squad players from the Under 12's and above which includes transport, meals and accommodation. Players in the Under 11's and below are expected to stay with their own families or friends and the fees below cover registration and games at Kanga Cup.

If there is a major issue with the younger ones not being able to attend due to transport/ accommodation please contact julie.dolan@internationalfootballschool.com to discuss. Payment options will be sent to individual families to inform us if you would prefer to pay as a bulk payment or in weekly direct debits (these fees can be added to your normal tuition fees, however, need to be paid prior to Kanga Cup).

The price for Kanga Cup 2015 will be:

Under 11's and below \$250 per person (\$18.50 per week over 18 weeks).

Under 12's and above \$670 per person (\$33.50 per week over 20 weeks).

Players who play for external clubs are encouraged to represent their external clubs at Kanga Cup and request that their clubs look at attending in Canberra.