

# EXTRA TIME



The Official Magazine of the McDonald's Kanga Cup  
Issue 4, Thursday 7 July 2022  
Canberra, ACT



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KEEP AN EYE OUT EACH MORNING FOR THE NEW EDITION OF EXTRA TIME, THE OFFICIAL MAGAZINE OF THE MCDONALD'S KANGA CUP AND SEE IF YOUR TEAM IS FEATURED!

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# ROCKDALE CITY SUNS STRIVE TO BE THE BEST



A proud community club that represents the St. George district, and the local community, in the highest level of football in NSW, Rockdale City Suns was formed back in 1969 and continues to strive to be the best at everything that they do.

The growth of the club over the years has seen the Suns expand to include their senior set-up, who compete successfully in the NSW

National Premier League top tier, and the youth who take part in the NSW NPL Boy's 1 competition.

At Skills Acquisition Level they boast over thirty-five teams in the locally sun St. George Football Association competitions. Based out of the Illinden Sports Centre within Bicentennial Park, a football specific complex, the Suns compete in the famous red and black stripes that have been the hallmark of Rockdale teams for decades, a strip that the youngsters at the Kanga Cup aspire to play in at senior level.

"We entered the Cup to expose the boys to a tournament that has a finals format," Head Coach Samer Nicola commented. "They have been performing well throughout the season and we are looking forward to the challenge. It is a well-established and an internationally recognised tournament."

Nicola, alongside his assistant Jim Koutsouklakis, is utilising the unique format of the week-long competition for his team to experience the event and come together as a team in a competitive environment, during matches and beyond.

"The Cup will provide us with a team bonding experience and a competitive tournament that has a finals," he said. "We will also visit a few of the tourist attractions with the team and enjoy our time together as a team. I would like to thank the Club for supporting us to enter the tournament, the management and coaching staff, parents, and players. Without them this trip would not have been possible."

# **MID COAST FC EXCITED TO BE IN CANBERRA**

Mid Coast Football Club Boys, the high-performance club for the local area of Foster, Nabitac, Taree, Lauriton, Lake Cathie, Camden Haven, Port Macquarie, Wauchope, and Kempsey, are competing in their first McDonald's Kanga Cup in 2022 with an amalgamated group of their north and south squads.

The team plays in the local National Premier League competition based in Newcastle with squads in the U13-16 divisions. Larry Budgen is the technical director and heartbeat of the club and has been keen to get his team to the tournament for the 2022 edition, the 30<sup>th</sup> Anniversary.

“Our boys as a team building exercise before the season began travelled to Bathurst for the Bathurst cup,” Adam Scutts commented. “They went there as strangers having trained together a couple of times. This event helped galvanise friendships and combinations which has proved incredibly strong for the season. After placing third we decided to test the squad again, with some fierce competition at the Kanga Cup and expose the players to more intense competition. The more our team plays the stronger they are becoming. We are hoping to get good game time in the cup and make relationships stronger on and off the field.

“Our team is spread up and down the mid north coast and we travel long distances for training and games. Having a solid week in Canberra will give the team new experiences and great exposure to other teams, structures, and abilities. Kanga Cup is special as we have never competed in it, and we are a proud regional team representing Mid Coast Football”

As well as the Boy's team, there is a Girls Development Squad making the trip to Canberra. The U12 Girls Development selected the best Girls players from four girls' development squads on the Mid Coast. This squad is then able to learn how each other play and gives Mid Coast FC coaches the opportunity to scout players for the NPL Womens U13 team next year.

“Mid Coast FC Girls are attending to learn more skills in playing on a full size field and further develop as a team ready for the 2023 NPLW season,” Rachel Bax told Kanga Cup. “The up is so special to our club as it is an opportunity for players to play against a variety of teams from all over Australia. It gives them a perspective on how they are progressing as a footballer and what they need to achieve their football goals.

“Kanga Cup is very enjoyable and relaxing due to all officials, volunteers and organisers being so supportive of all teams. Mid Coast FC players will go sightseeing at Parliament House, Questacon and walk down Anzac Parade. We will also have team BBQ and dinners whilst in Canberra.

“Mid Coast FC would like to thank Larry Budge, their TD for supporting the teams heading to Canberra. Their biggest shout out is to Dean and Eloise Pepper for supporting the U12 Girls Development teams each year. They were the biggest advocates for attending the Kanga Cup.”



# LEGENDS SOCCER THRILLED TO BE AT KANGA CUP

Legends Soccer has been providing advanced level coaching to players in the Eastern Suburbs area of Sydney since 2016. Formed to provide high quality soccer coaching to junior players, their soccer philosophy is to use positive reinforcement to encourage players to develop their football ability, teamwork, and confidence.

“Through our footballing knowledge and passion for the game we dedicate ourselves to deliver a football program which inspires future generations to love the beautiful game.,” Dan Pyke Director of Legends Soccer told Kanga Cup.

“We nurture a team environment which benefits our players immeasurably. By teaching the core values of sportsmanship and team play we take responsibility for improving our juniors both on and off the field.”

Legends Soccer have a very simple aim and that is to improve all players abilities regardless of the players’ starting point. It’s that effort to improve everyone that means that players enjoy their time with the program and have enjoyed their Kanga Cup experience.



“Our coaches are trained to recognise that all players improve through knowledge, practice, confidence and enjoyment of our beautiful game,” Pyke commented. “Our U9s and U11s have won several local tournaments and were keen to seek a new challenge.

“We are hoping for players to all have fun, compete strongly and challenge for the cup. The tournament is an opportunity for our families to socialise and explore Canberra.

“Our parent group have arranged several evenings out socialising. We will also spend time sightseeing. The Kanga Cup has a strong reputation and has attracted Eastern Suburbs Football organisations for several years now. Legends Soccer looks forward to getting involved in 2022.”

With an overarching passion for improving every player that pulls on a Legends Soccer jersey, there is no doubt that the players selected to represent the program at the McDonald’s Kanga Cup will do home all the better for the experience, having created memories to last a lifetime.



# AROUND THE GROUNDS



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# ADELAIDE CROATIA READY TO SHAE UP THE COMPETITION



Adelaide Croatia Raiders are looking to challenge themselves and develop their football skills further against a more prestigious pool of competition in the 2022 Kanga Cup. After years of the tournament not being able to go ahead, Adelaide Croatia have been eager to play against more competitive teams compared to their opposition in their regular season.

Raiders U13 Coach Nick Budin believes the competition in Adelaide is nowhere near competitive enough for the players as they win every other game by five goals or more.

Budin hopes that a tournament such as the Kanga Cup will present a challenge for them and place them in a professional environment to excel as young players.

“In Adelaide, in our age group, there will probably be one other team that is competitive so it’s just not competitive enough for the kids,” Budin said. “We were just looking for something to be more competitive because it’s only two games a year where we have something competitive in our age group.

“We wanted to put them in a professional atmosphere, so they get that feeling of what it is like to be in week-long soccer. We hear about the Kanga Cup quite often every year and we thought why not bring the boys here and have some fun.”

And they are doing just that, after kicking off the tournament with a 1-0 win over Kanga Cup Football Club Academy of Sierra Leone Africa. The lead up to the inaugural Kanga Cup was filled with excitement from the young team as they were urging to get out there and play some good quality football together.

“They really like to enjoy it and put on a show and sometimes with the pressure and all of that they get a bit worried, it is just funny the emotional rollercoasters that they go through,” Budin said.

Adelaide Croatia carried out a vast amount of fundraising for the team to travel from Adelaide to the capital as a result of many of their parents not being able to attend. Budin aims to see his team play some good competition and see some development in his players, with the ultimate goal being to win it all.

The Raiders are over the moon to be participating in the Kanga Cup and are determined to show the competition what Adelaide can do. “My younger brother was in one of the first Kanga Cups, and I know how much his team enjoyed it,” Budin said. “It is talked about across Australia so for us to be here, if they did do really well then, they are the best in Australia so why not feel like that if you can for a little while.”



# RIVERSIDE AIMS TO PUT TASMANIA ON THE PLATE

Riverside Olympic have come up from Tasmania to participate in this year's Kanga Cup and hope to prove to their teams back home that they can put on a performance and put Tassie on display. Assistant Coach Meg Connolly is passionate about showing the competition what Riverside can achieve and believes that the team can achieve some good results.

"We were a rep team to begin with, but we split out into our club which is called Riverside Olympic so it's something that we've pushed to do over the last couple of years. We are excited to come this year," Connolly said.

There is a mixture of players in the squad varying from those that play in the mixed competition, U14 Girls, and U16 Girls. "All those teams are doing pretty well in their own leagues which is always good to see," Connolly said. "I think what we're most looking forward to is just getting out there and proving that we can do it as a club and prove ourselves to the other teams back home."

Riverside Olympic is very keen to get the tournament underway and get out there to hopefully achieve what they came here for. "We aim to work together as a team and hopefully get a win at the end of it but it's just seeing how we go," Connolly said. "It's a Cup we really enjoy going to, so it's good to be back."



# WAIT FINALLY OVER FOR LINFIELD FOOTBALL CLUB AT CUP



Lindfield Football Club have been waiting to get their shot at a Kanga Cup but with the interruptions the past couple of years seeing the tournament not go ahead, they are excited that they have finally gotten their time to shine.

Lindfield U14 Girls Coach Andrew Jenkins believes that it has been a really good bonding experience for the teams so far.

Jenkins is hoping to see a development in the players on a personal level but also to work on certain skills and aspects of cooperation to progress as a team.

“It will be really good for the younger girls to play at a tournament like the Kanga Cup and bring them to a tournament of the highest standard,” Jenkins said. “I think it’s really cool that we will be able to play National Premier League teams from around the country.”

The Lindfield players could not be more excited to be in the capital but are a little nervous as anyone would be. They are pleased with the week away that combines the things they love most, football and friends. The team is doing well in their regular season and hopes to bring that energy to the Kanga Cup stage. Jenkins aims to achieve a tighter knit squad to take that into the normal season and going forward into future competitions too.

“We’re actually playing some teams that we would play in our normal season here as well, so we are excited to hopefully get one-up on them away from home too,” he said. “I think it’s a great week away for all the girls to develop and get to know each other a bit better and become better footballers. We are very excited to be here in Canberra and are enjoying the tournament.”

# AROUND THE GROUNDS



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