

My Football Career Newsletter

Welcome to the January 2010 edition of FFA My Football Career newsletter outlining a number of key initiatives and interest stories regarding players off field pursuits in the area of professional development, employment and small business.

My Football Career is a comprehensive player support services program, which has been aligned to the FFA Men's and Women's Football Talented Player Pathway

All Football Federation Australia professional and elite amateur players are encouraged to access the support services and networks available to them through My Football Career.

Kimon Taliadoros Scholarships 2010 www.pfa.net.au

Hyundai A-League players Daniel Mullen and Karl Dodd were recognised by Australia's elite professional footballers when they received the annual PFA Kimon Taliadoros Scholarships at the PFA Alex Tobin OAM Medal ceremony hosted by Professional Footballers Australia (PFA) on Friday 13th November.

The PFA Kimon Taliadoros Scholarships are awarded annually to two players who demonstrate excellence in their development off the field, such as through education, business, charitable or community involvement. One scholarship recognises excellent achievement by a young player (under 23) still forging and building his career as a professional footballer. The second recognises achievement by an experienced player in preparing for life after football.



The PFA Taliadoros Scholarships form an important part of the PFA's comprehensive education programs that assist players with their off-field development and help them prepare for life after football.

"The career of a professional footballer is often short-term, precarious and of constant transition," Schwab said. "Whilst the A-League is only in its 5th season, less than 30% of the competition's inaugural players remain in the League. Daniel and Karl – by committing themselves to excellence on and off the field – have set an example which we encourage all players to follow."

Daniel Mullen has successfully completed first year subjects towards a Bachelor of Human Movement at the University of South Australia. He has been able to do this whilst balancing Adelaide United's Asian Champions' League and A-League commitments as well as Socceroo representation. Daniel has recently been selected into the Australian U/20 squad which also shows his ability to balance his study whilst playing at a high level. He has also been actively promoting a balance between study and sport through the media.

"My education is very important to me as it gives me something to fall back on when my playing days are over," commented Mullen. "This is a great honour and I hope that I can follow in the football and academic footsteps of Kimon in the years to come."

Karl Dodd is a tough tackling defender who recently transferred to Queensland Fury from Wellington Phoenix. While playing professional football, Karl has completed university studies in Education, Arts and is now applying for a Masters in Sports Psychology. He also wants to complete his AFC Coaching Levels.

Karl has a career plan mapped out where his studies are all part of the process of making him highly qualified to take on a coaching role when he retires from football. Karl believes that he not only needs his playing experience but also the knowledge of the science and psychology of the game to be a successful coach.

"Off field education is part of a career development plan that will make my transition to a role in football after my playing days are over much easier," said Dodd. "Planning for that time is something that all footballers should do and I thank the PFA for the contribution that they have made to my progress through the Education Fund and Kimon's scholarship."

KIMON TALIADOROS co-founded the PFA in 1993, and enjoyed an outstanding playing career, highlighted by international honours, the NSL goal scoring award in 1992 and 2 NSL championships. Whilst playing, he served as the PFA's first Chief Executive and then became its second President. Also whilst playing, he achieved educational excellence, marked by the attainment of professional accountancy and business qualifications whilst a young player and a Master of Business Administration later in his career.



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FFA Supports exam players

Football Federation Australia provided significant support to members of the Australian Next Socceroos team and the Womens National Under 16 team when recent tours clashed with end of year exams.

Three players namely Ben Kantarovski, Kliment Taseski and Petar Franjic all had Year 12 exams to sit prior to and during the Next Socceroos tour to Indonesia in November.

Ben has studied his HSC over a two year period at Lambton High School and in order to fit in training sessions with school he decided to take both science classes, Chemistry and Physics, at Hunter TAFE one night per week.

In 2008 he undertook Chemistry and sat an invigilated HSC exam for Chemistry whilst playing for the Australian Under 20's in Saudi Arabia.

2009 was a much busier year for Ben - not only did he play for the Qantas Young Socceroos at the recent FIFA U-20 World Cup in Egypt, but he was also called into his first Qantas Socceroos Camp and starred for the Newcastle Jets in their inaugural AFC Champions League campaign. Ben sat an Assessment Maths exam while in Japan for the ACL.

In 2009 Ben was undertaking Physics through TAFE at night. He recently finished his HSC with the FFA arranging for him to sit his PDHPE exam in Brisbane in the afternoon prior to a HAL game and then he sat his Physics exam at Chatswood High School before taxiing to the airport to fly out to Indonesia for the Next Socceroos tour.



Ben has applied for admission to Newcastle University in 2010 (degree program to be confirmed).

Kliment and Petar, both Melbourne Victory FC NYL players at the time of the tour started their exam timetable later than Ben. The weekend prior to the Indonesian tour Melbourne Victory FC allowed the players to miss the trip to Perth so they could focus on their studies.

Petar sat his first invigilated exam, Further Mathematics, in the Next Socceroos Camp at the team hotel prior to going to the airport. He then sat three other invigilated exams at the team hotel in Bandung in between training and playing in the tournament.

Kliment sat four invigilated exams on tour, including two in one day – Mathematics Methods and Economics. Kliment achieved a University ATAR score of 96.5

Four of the Womens Under 16 team, Hannah Brewer, Tara Andrews, Teigan Allen and Sharni Brown sat their School Certificate Tests at the British Council over a period of three days whilst competing in Bangkok, in order to retain eligibility for their award.

Thanks must go to all Hyundai A-League Clubs and the National teams in allowing flexibility with HAL, W-League, NYL and National team training and match commitments to allow all student players achieve their potential in their end of year exams, in particular, Year 12 exams. Credit must be given to the players for the discipline they showed during this exam period.

Also FFA owes thanks to the respective Board of Studies Authorities in each state for their assistance in providing the players with invigilated exam opportunities and appropriate interstate and overseas exam venues.

FFA Apprenticeship update

For the second season in row all National Youth League players have been undertaking continuing professional development workshops which articulate with the Certificate III in Sport (Career Oriented Participation) qualification.

In season 2009/10 six days within the October/ December and January holiday periods have been dedicated to completing the professional development program. The program has received great support this year from the Hyundai A-League coaching, administration and players with many being involved as presenters.

The workshop topics being completed are:

- Lifestyle & Performance management
- Goal Setting
- Career Planning
- Strength & Conditioning
- Diet and Nutrition
- Media
- Professional Footballers' Australia and Player Agents
- Grassroots Coaching Certificate
- Occupational Health & Safety
- First Aid

First year Hyundai A-League players will also be undertaking a Communications Skills program in January.

All NYL and 1st year HAL players received a FFA Performance diary to assist with time management, goal setting and as an educational record for recognition of learning within the FFA Apprenticeship.



FFA Apprenticeship update - continued

Seventeen 1st year HAL players are currently completing the FFA Apprenticeship qualification in Season 2009/10:

Adelaide United	Michael Marrone, Francesco Monterosso, Matthew Leckie
Brisbane Roar	Luke Brattan, Matthew Mundy, Adam Sarota
CC Mariners	Matthew Lewis
Sydney FC	Kofi Danning, Brendan Gan, Antony Golec, Rhyan Grant, Matthew Jurman
Perth Glory	Howard Fondyke, Brent Griffiths, Andrija Jukic, Scott Neville, Anthony Skorich



You are what you eat www.goldcoastunited.com.au by Ryan Lenegan

Gold Coast United FC extended the FFA Apprenticeship professional development with Sports Nutritionist, Lauren Nugent, taking members of the National Youth League squad shopping at Southport Park followed by a quick-fire quiz on what they picked up from their nutrition expedition.



"To be a truly well-rounded athlete requires different nutrients than other career choices and it was important that the athlete understood what they were eating", Ms Nugent explained.

"Part of the shopping experience is learning how to read within the marketing messages of popular foods and working out what was appropriate or not," she said.

"For example, foods that might be 97% fat-free, and quite healthy for the average person, would just not have enough nutrients to fuel an adolescent athlete."

The shopping visit was also in addition to a cooking course held for the squad at the Queensland Academy of sport prior to season start. According to Gold Coast Youth Head Coach, Mike Mulvey, life skills outside of football have been an important focus when the players are not improving their footballing attributes.

"Part of learning to be an elite athlete is to take a holistic approach to all aspects of life, and part of that is learning how to prepare yourself through diet," Mulvey said.

"Those who have gone through the academy programs are well-versed on nutrition, but it is still a constant process of reminding the players and their parents about how much of a difference a good diet can make."

Involving the parents in the education process was only part of the process, with several of the youth squad players living with team-mates.



Gold Coast Youth player, Steven Topalovic, who lives with team-mates Adama Traore, Golgol Mebrahtu and Mitch Bevan, said the nutritional seminars were essential when it came to looking after themselves.

"We don't have Mum and Dad around to make sure we are eating healthy, so to find out which foods are good for us, as well as cheap, is a big help," he said.

"I think we have all been guilty in the past of visiting takeaway stores for a quick bite, but as we don't know when our next skin-fold test is going to be, the guys stay away from the junk-food."

Matildas with Style

The Westfield Matildas commenced a national camp professional development program, with the first module of an etiquette program in September 2009, delivered by Alexandra Frampton from 'A Matter of Style'.

The program titled 'Matildas with Style' commenced with the girls being split into two groups (senior and less experienced) with each group undertaking a 90 minute workshop focussing on:

- "first impression", body language and associated perceptions
- presentation do's and don'ts
- correct introductions – formal and informal
- tips for a successful handshake
- conversation tips
- social etiquette and how it can assist to be socially confident
- mobile phone etiquette
- correct function and event protocols

The ongoing modules of the etiquette program will continue at the Matildas January camp.



Superstar Hett achieves his Diploma



Perth player Adam Hett was crowned Australia's first 'Football Superstar' in the reality series filmed in 2008 receiving a contract to play for Sydney FC alongside a one-year study scholarship with Macquarie University.

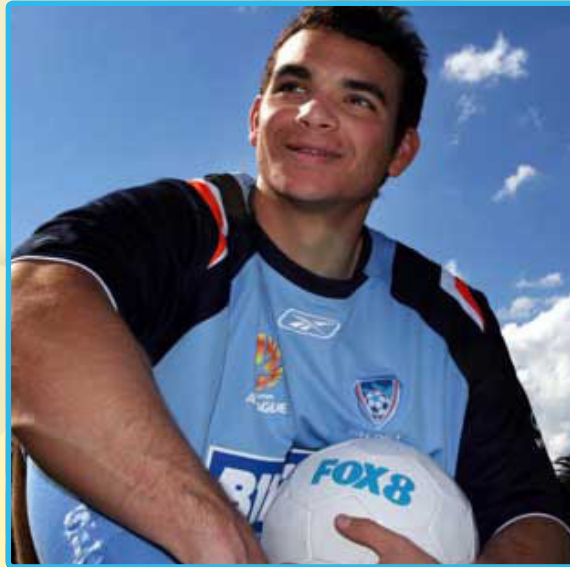
Along with the Sydney FC contract and scholarship with Macquarie University, Adam's prize pool also included a contract to be the new face of Kellogg's Nutri-Grain.

Adam, who worked as a kids' football coach at a Perth recreation centre when he entered the competition, moved to Sydney to live on the Macquarie University campus at Dunmore Lang College in August 2008.

The Perth youngster then saw his season ruined by a knee injury sustained in a training game in the final practice match prior to the Hyundai A-League 2008/09 season.

Adam returned home to Perth for his operation and rehabilitation and worked extremely hard to make incredible technical gains from the reconstructive ACL knee surgery in an attempt to be much stronger & faster than ever before.

When you have to come to terms with an injury, especially one that's going to put you out for a while, it is extremely challenging but Adam adopted a really positive approach to his academic pursuits and his recovery. He liaised with Gabby Ripoll, Sydney FC Career Development Advisor to organise enrolment in a Certificate IV in Personal training which he accessed on line via Fitness Institute of Australia and completed the practical components at his local gym.



Fortunately he also had his Macquarie University academic scholarship and he returned to Sydney to commence his Diploma in Management in 2009 and also to use the Sydney FC medial staff to assist his recovery. Not being a natural student he however returned determined to exploit the educational opportunity offered to him by Macquarie University's pathway college Sydney Institute of Business & Technology, taking him into a new world as a residential college university student.

He was dealt a further blow in August 2009 when he was unable to secure a National Youth League contract for season 2009/10.

Adam will graduate from SIBT early this year with his Diploma in Management which is a fantastic achievement. He now intends to remain in Sydney to play State League football. We congratulate Adam on his achievements.

To quote Andrew Harper 2006

"Things in life do sometimes "just sort of happen" and they often end up being the most rewarding. One's not exactly sure how this matches up with the mantra of "career planning and goal setting". Our lives, in modern, western, developed, civilized societies are basically very ordered. We consider, we plan, we plot, we strategise. Many hours are spent with the "butcher's paper", comparing and contrasting, mixing and matching the "pros and cons columns". And then like a gust of wind through your neatly built house of cards, the entire thing scatters asunder. Random tangents become the new direction. It is surely the stuff of life."

Communications Skills Program



The Sydney FC 1st year HAL players and five Westfield W-League players recently participated in a one day communications skills program at Milan Partners Sydney. The HAL players were completing the professional development as part of their FFA Apprenticeship program and it provided a great opportunity for the Sydney FC W-league players to undertake the same course.

The Program delivered by corporate trainer Kate Horan, was developed to help players become more confident, effective and flexible communicators. The skills players developed were suitable for the players to apply in a range of situations, including corporate events and media interviews. It also provided the players with the opportunity to get a taste of corporate Sydney.



The core learning areas covered during the day included:

- Introduction to persuasive presentation skills – the critical communication elements
- Overcoming nerves – how to build confidence and impact in front of an audience
- The need for structure – how to prepare a logical and persuasive flow of information
- Personal Brand – building awareness of personal style
- Delivery skills – projecting positive impressions through core communication behaviours
- Behavioural coaching – self awareness and individual feedback
- Media messages – techniques for responding clearly and confidently to media questions
- Video – footage burned to DVD for you to self-evaluate on completion of the program.

Communications Skills Program - continued

At the end of the day the players walked away with heightened self-awareness about their communication style, improved flexibility in different presentation situations and tools and techniques to communicate effectively with the media.

In the future My Football Career will be looking at options whereby HAL &/or National Youth League and Westfield W-League players can undertake continuing professional development programs in the same forum.

All first year HAL players will be undertaking a Communications skills program within their FFA Apprenticeship prior to the end of the 2009/10 season

Westfield Employment Opportunity program

The Westfield Group and Football Federation Australia (FFA) are partners in support of the fastest growing team sport for women in the country - women's football.

The Westfield Group's support involves women's football ranging from the Westfield Championship for Girls, the Westfield W-League, and the national women's team, Westfield Matildas. The Westfield W-League comprises teams from each of the seven Australian Hyundai A-League clubs as well as Canberra.

Westfield extended its partnership in Season 2009/10 by providing access for eligible Westfield W-League players to flexible employment opportunities via :

- link to the Westfield 'Job Board' re applying for Concierge positions at Westfield Centres
- link to 'Jobs in Retail' within Westfield Centres
- link to 'Resume Capture' for future employment opportunities

This extension of the partnership with the Westfield W-League players is designed to assist players to secure an employer friendly environment whilst they are working towards their W-League and national football career with the Matildas or Young Matildas.

The program recognises the commitment which Australia's top female footballers are now expected to make to their football careers, and allows for a balanced approach to the demands of employment, training and competition. The Program will assist eligible players to achieve their off field and on field career potential.

The program also places meaningful work with the opportunity for career development as a high priority. This support will help extend players competitive careers and prepare for them for life after football. All W-League players have been provided with the procedure for applying for positions at Westfield. Westfield W-League players who have any queries regarding this opportunity please contact National Consultant, FFA My Football Career, Glenn Warry on glenn.warry@footballaustralia.com.au



Stonefish - From the pitch to the vineyard for Caravella www.goldcoastunited.com.au

The PFA PwC Business Scholarship was launched in September 2008 and is awarded to a PFA member who demonstrates a substantial commitment to starting a business plan and is ready to take a business plan and bring it to life.

The inaugural winners of the \$ 20,000 scholarship were Football Tennis Australia, the brainchild of David Tarka, James Robinson and Mark Lee and after 12 months of planning their business came to life with the launch late last year.

The PwC Scholarship application process is now open for 2010. Players should contact the PFA or your Career Development Advisor for detail.

One player who is successfully running a business along with his football career is Zenon Caravella, Gold Coast United FC.

ZENON Caravella is renowned for his high work ethic and shrewd eye on the pitch, but away from football he is quickly gaining a reputation for finely-tuned taste buds and a sharp business brain.

When he's not winning tackles for Gold Coast United, the midfield dynamo is winning orders for the wine distribution business he runs with wife Kat from their Varsity Lakes HQ.



And thanks to a sponsorship from entrepreneurial pair, lucky United fans will soon be able to sample the fruits of their labour with two of Caravella's boutique brands, Stonefish and Shell Bay, set to be the official Gold Coast United match-day wines at Skilled Park.

The husband and wife team kicked off their new venture late last year and as Kat Caravella explained, it soon dawned on the pair that a partnership with United would be another perfect marriage.

"Stonefish and Gold Coast United are both exciting new brands for Queensland and with Zenon playing for the club there is lots of synergy between the two," Kat told goldcoastunited.com.au



She continued: "My father started the Stonefish brand in NSW about 10 years ago and last November we brought it up to Queensland to expand the footprint of the product.

"Naturally we want visibility for Stonefish and with our logo being so distinctive we know lots of people will get to see it at Skilled Park.

"Once people have tasted the wine we're confident they'll remember it because it's a well packaged, boutique wine that over delivers in quality and represents great value for money, which is what people are looking for these days."

'Australian to the bone' as the tagline says, Stonefish is sourced from the legendary Margaret River region in Western Australia, while Shell Bay heralds from the famed vineyards of South Australia.

Working on the principle of providing exceptional customer service to deliver a great product, the Caravellas have focussed their sales strategy on the local restaurant market and are already prominent in many local eateries.

Despite a heavy training and game schedule, Zenon says he still finds time to focus on the venture that will provide him with a new direction once his playing days are over.

"I don't feel like I want to stay in football once I've finished playing so this business is something I can focus on when I hang up my boots," he said.

"The opportunity came along and it's a good business to have after football, but also manageable during the football season because we can work flexible hours.

"It also gives me something else to do outside of training hours because I'm not one for sitting around, I have to be busy or I get bored.

"It's not a hobby though, it's a business. You have to put the effort in otherwise it's not going to work."

And it's not as if life is set to slow down for the hard-working Caravellas with Kat expecting the couple's first child in September and Zenon facing a busy season in United's midfield.

With the new addition to their family only a matter of weeks away, Kat says the enterprising pair have already made plans to fit their growing business around their introduction to parenthood.

"Having a new baby will be an opportunity for me to take a more creative role in the business and develop our strategies rather than heading up sales," she smiled.

"It's a great career for me to have because the nature of the business allows me to balance work and family life much more easily than if I had to keep regular hours. It's very flexible so I can enjoy having our new baby and continue to work at the same time."

To view the Stonefish selection, check out www.stonefishwines.com.au

"Looking after your mates"

Daily telegraph By John Taylor



A story that was highlighted in the Daily Telegraph, August 11 2009 brings to life the motto that needs to be followed by all in professional football in regards to supporting the welfare of fellow players & coaches.

AT THE tender age of 20, Sean Rooney faces more responsibility than most of his peers in the game will ever have to deal with.

Dealing with the death of both his parents to cancer, and providing solace to his three sisters, might make the hype and artificial glory of soccer seem less than important.

In fact Rooney's burgeoning career at the Newcastle Jets has provided a sanctuary from the grief of recent months - a place, in his own quiet words, to "get away from it all".

In contrast with the scores of footballers who never seem to grow up, Rooney has had to mature fast, to the extent of providing financial support for his three sisters.

Their father died four years ago and their mother lost her battle with cancer in May.

"It has been hard because of my sisters especially. I have a younger sister (Sinead) and it's pretty hard with her. But the two older ones (Elizabeth and Alana) are taking care of her," Rooney said yesterday.

It undoubtedly helps that Rooney has a friendly face in the Jets camp, in the form of best mate Jason Naidovski - the similarly youthful striker who scored a dramatic winner from Rooney's cross late in Sunday's game.

"He's a real conservative guy that keeps things in," Naidovski said. "After his mum died I just said to him that I am here as a mate, as a brother and I am here for a chat, a laugh or whatever you want."



Rooney and Naidovski were close friends in junior soccer 10 years ago in Sydney, but didn't link up again until last season when Rooney became an injury replacement for - ironically - Naidovski at the Jets.

He was later offered a two-year deal and now coach Branko Culina plans to give Rooney every opportunity to make it in the Hyundai A-League.

Player Mentoring

www.footballaustralia.com.au

Port Said, Egypt 23 September 2009

Younger players entering the game are strongly encouraged to seek out senior Hyundai A-League players as mentors for advice and to assist with the transitions and challenges within their professional career. This article outlines how Luke DeVere developed his mentor relationship with former Brisbane Roar teammate Craig Moore.



Brisbane Roar defender Luke DeVere didn't need to look far in his search for inspiration when selected for the Qantas Young Socceroos which played in the FIFA U-20 World Cup at Port Said in September.

Qantas Socceroo, Craig Moore was a key member of the 1993 side that went all the way to the semi-finals on home soil.

It was the first time Australian football fans had the pleasure of watching then Australian Institute of Sport (AIS) member Moore, who's gone on to serve Australia outstandingly for 16 years – and counting.

Moore played 21 games for the Qantas Young Socceroos; a mixture of qualifiers, friendlies as well as his four appearances at the FIFA U-20

World Cup, which held him in good stead for the future.

He made his Qantas Socceroos debut just over two years later, against Ghana in Adelaide, and has gone on to make on to make 43 appearances (scoring 3 goals), with that number possibly set to grow with the 2010 FIFA World Cup in South Africa coming up.

DeVere revealed that Moore gave him some timely advice prior to departing for the FIFA U-20 World Cup in Egypt.

"He spoke to me briefly about the Under 20 World Cup and mentioned a few of his experiences. He said it was a great time for him being a young player and a great platform to try and launch yourself from," said DeVere, ahead of the Qantas Young Socceroos opening match against Czech Republic.

"He told me about some of the games they played and how exciting it was to reach the semi finals.

"In terms of Australian players, you couldn't ask for a better mentor I suppose. The experience I've gained from him has been invaluable to me as a player and how I progress from here."

DeVere has described Moore as the biggest influence on his short career, but hopes to emulate his 33-year-old teammate who played for Rangers, Crystal Palace, Borussia Mönchengladbach and Newcastle United before returning home.

"If he feels he can give some advice to me he'll let me know. If I think I need some advice I'll ask him and pick his brains for his take on things," DeVere said.

"And watching him you pick up a lot of things you wouldn't pick up playing with anyone else I suppose.

"He's well and truly been the most influential person I've worked with," DeVere said.

"I've improved a fair bit in the last two years. I'm bigger and stronger but in terms of my technical ability, it's come a long way and hopefully it will continue to develop a lot more.

"Playing in the Hyundai A-League, training with the Qantas Young Socceroos and learning from Craig (Moore) and the senior boys have all helped me."

Former national player appointed Assistant National Technical Director

The new generation of 'home grown' technical appointments in Australian football continued in September with the Football Federation Australia (FFA) appointment of former Socceroo Alistair Edwards as Assistant National Technical Director and Assistant Coach of the Qantas Next Young Socceroos.

Announcing the appointment FFA CEO Ben Buckley said "Alistair will assist Han Berger [FFA National Technical Director] in implementing all elements of the National Football Development Plan.

"This includes the roll out of the new national curriculum and assisting with talent identification of elite players."

Buckley said FFA has an objective of encouraging and developing former players in key technical roles.

Edwards holds an MBA, a Graduate Diploma in Sport Management, has an 'A' coaching license and is currently undertaking the Pro Diploma (coaching) course.

Buckley said that Edwards will also be assistant coach of the Qantas 'Next Generation' Young Socceroos under Head Coach, Jan Versleijen, who will be aiming to qualify for the 2011 FIFA U-20 World Cup starting with an AFC qualifying tournament in Jakarta later this year.

"Alistair is one of many former players who have put in the effort to obtain appropriate skills, coaching qualifications and experience, with an aspiration to work at the highest level possible.



"We are delighted to have another 'home grown' appointment to such an important role, under Han Berger's and Jan Versleijen's combined expertise and tutelage," Buckley said.

As a player, Alistair made 19 'A'-International appearances for the Socceroos scoring three goals between 1990 and 1997 and also represented the Young Socceroos at the FIFA World Youth Cup in Chile in 1987.

At club level, Edwards played for Rangers (Scotland), Millwall (England), as well as Johor, Selangor, Sarawak and Singapore Armed Forces in the Malaysian League, and Sydney Olympic and Perth Glory in the former Australian National Soccer League.

His coaching career includes positions such as the head coach of the Westfield Young Matildas taking them through to the FIFA U-20 Women's World Cup in Russia in 2006, and as assistant coach of the Westfield Matildas.

Alistair also held the position as head coach at the WA National Training Centre in Perth from 2002-2007.

Ante: How I Got Heart

Aidan Ormond



EXCLUSIVE: New Melbourne Heart assistant coach Ante Milicic has described the exhaustive selection process the club undertook to head-hunt their latest club additions.

The retirement transition from a full time professional playing career presents many challenges. The following article regarding Ante Milicic's provides a brief insight into his transition, as he prepared for his coaching career in football, by completing his Coaching Licence courses, coaching at a State League level and securing an assistant coaching role with the Australian Under 20 team.

Heart unveiled Milicic and former Denmark and Manchester United star Jesper Olsen as their inaugural assistant coaches under new head coach and former Ajax Amsterdam assistant mentor John van't Schip.

It capped a roller-coaster 12 months for former Socceroo Milicic. Around a year ago he returned to Australia club-less after the contentious decision to ban foreign players from the Malaysian leagues.



Too late to find an A-League club and with his career up in the air, Milicic was soon offered a player-coach role at one of his former clubs Sydney United.

There the 35-year-old former Dutch Eredivisie, Croatian First Division and A-League player showed his qualities taking the side to the NSW premier league minor premiership.

He also won the 2009 New South Wales Premier League Coach of the Year award. That

proved a springboard for a stint as assistant to Young Socceroos boss Jan Versleijen at the U20 World Cup in September.

The Sydney United coach moves to Melbourne in January with his family. We spoke with him moments after he arrived back in Sydney today en-route to United's home ground.

Ante, congratulations, what do you think got you over the line?

First and foremost, I played in Holland which helps. I work now with a Dutch coach Jan [Versleijen] in the Young Socceroos and I'm sure that played a part. I also prepared myself very, very thoroughly for the interview process which was quite a demanding one - I'm not sure how many other clubs would have gone to such lengths to do that for assistant coaches. And on top of that in the A-League, the amount of players I've played with or against or more recently coached, I think there are a few factors going in my favour. And he [van't Schip] wanted a young assistant coach and I'm at that stage right now, I know where I stand, I know I'm an assistant coach. So it's probably a combination of those factors.

You said it was exhaustive, can you tell us more about the process?

Initially there was just a meet and greet but then when it became serious I was given a couple of tasks to do...

What tasks?

Look, to be honest I don't think it's fair for me to say what they were but I guess the club will want to keep them in-house. All the candidates had to do a presentation and I know when I was given the task I had four days before my presentation and I put a great deal of time and effort into that. My interview took a long time to prepare and the interview went for a substantial amount of time. If you weren't prepared or didn't know what you were talking about, you'd probably come unstuck.

So I'd guess the task would've been along the lines of presenting your coaching game-plan for a certain type of game, hinging on a given result and playing against and with a given formation? Was that roughly it?

Yeah, they were all football related situations. What I'd do. How I'd go about it. It was more of a way that they wanted to see how you think, your ideas and philosophy. It was really putting your ideas forward and why.

So clearly, it's not a political process where the coach picks someone they know won't undermine them, it sounds more like how do we find the best and brightest....

Well, yeah. Look, that's the way they saw it. They've gone for two assistants and you can imagine how many candidates. They have had a process of identifying the two coaches. In saying that, the chance to work with Jesper and John who've done so much in their careers that's what made it very appealing for me. I'm honoured. I know that in my time with John and the club I will definitely improve as a coach.

Any nerves?

[Laughs] Mate, not really. If you believe in your ability and you're confident and you do your homework which I always do as a player and a person and are willing to learn... But the Dutch are renowned for not only coaching their players but he will coach us too. The main thing is we have similar ideas to him [van't Schip] and with Jesper playing at Ajax and even I've played against Ajax a couple of times, I know the Dutch way of thinking as well which probably a big factor was. It was a big decision and to be honest I wouldn't move my family for any job but this ... you don't even think about it.

You must be buzzing...

I am. There aren't many coaching opportunities like this in Australia. To be given one at Melbourne Heart is a great opportunity. I'm really just in the apprenticeship stage as a coach. For me it's something I have to do to learn. Just like my players.

How did Sydney United take the decision?

They've been great to me. And it's one of the reasons why they attract coaches and players, they understand what the next level is and they wish me all the best. It's also about building relationships in this game for these state league clubs having good players and coaches. The president I'm sure will find a very suitable replacement for what is a very talented squad.

Any regrets leaving Edensor Park?

I've even said to my players when they've left me during the season, like Karl Dodd, Sam Munro and Vedran [Janjetovic] who had a few chances. Players, and I really mean this, players should only leave Sydney United if it's for A-League or overseas. And as a coach I feel the same way.

2009, it's been a pretty good year for one A. Milicic...

It has and football's like that. You have a lot of ups and downs and you have that with your playing and coaching careers. It's not a smooth ride but I've been working hard and I'm very fortunate and honoured to be given this role. And now I plan on working even harder to make the most of it. And I also appreciate the support of au.fourfourtwo.com.

FFA Advanced Coaching Courses



Ante Milicic's recent appointment as assistant coach at Melbourne Heart saw him join the growing number of former HAL players who have progressed their football careers into the coaching ranks. A number of players have now completed FFA Advanced Coaching course licence courses and been employed at HAL clubs or State Institute /academy level:

- **Richie Alagich**, Adelaide United W-league
- **Tony Vidmar**, South Australia Institute of Sport and AUFC Assistant Coach
- **Carl Veart**, Adelaide United Assistant Coach
- **Michael Valkanis**, Adelaide United FC Football Academy
- **Aurelio Vidmar**, Adelaide United FC Coach
- **John Crawley**, Central Coast Mariners FC Goalkeeping coach
- **Daniel Beltrame**, North Queensland FC goalkeeping Coach
- **Craig Deans**, Newcastle Jets FC National Youth League coach
- **Damien Brown**, Central Coast Mariners FC NYL Coach
- **Wayne O'Sullivan**, NNSW Institute coach and Newcastle Jets FC W-league coach
- **Poul Okon**, Gold Coast United FC Assistant Coach
- **Tony Popovich** (UEFA licences), Sydney FC Assistant Coach

C-Licence Introduction

The course is designed to educate coaches how to organise, direct and conduct youth coaching practices and is targeted mainly to develop the fundamental techniques, skill and understanding of youth players.

Each student will be examined in his/her practical coaching ability, knowledge of the laws of the game and knowledge and understanding of the theory content of the game.

Target Candidates

This course is aimed towards coaches or prospective coaches of elite youth players and gives a solid foundation for entry to the B Certificate. The course also provides sound preparation for coaching Senior Community Football Teams.

Pre-Requisites

- Minimum age 18 years old
- Significant playing experience
- Physically fit to participate in all practical sessions
- Proficient in written and spoken English
- It is recommended that candidates complete one or more Community Coaching Courses as ideal preparation for Advanced Coaching Courses
- Enrolment is subject to the approval of the National Coach Education Manager

Assessment

- Pass 2 out of 3 practical coaching assessments
- Pass both the General and Specific Theory Papers

Duration

- Two weeks.

In 2010 Football federation will conduct another full calender of Advanced Coaching Courses including a Professional players only C Licence course to be held at the Australian Institute of Sport form 2nd May to 18 th may 2009.

A Licence (Part 1)

Macquarie University
4th April to 17th April, 2010

A Licence (Part 2)

Part 1 coaches from 2007, 2008, or 2009.
Macquarie University
4th April to 17th April, 2010

C Licence

(Professional players only)
Australian Institute of Sport
2nd May to 15th May, 2010

Pro-Diploma (Part 1)

Macquarie University
2nd May to 15th May, 2010

B Licence

Macquarie University
14th July to 31st July, 2010

C Licence

Macquarie University
18th July to 31st July, 2010



NAB@work



Football Federation Australia continues to provide Worklife NAB as an exclusive and direct service to you as an elite amateur or professional FFA or Hyundai A-League football player via My Football Career.

Worklife NAB offers a range of preferential retail banking and wealth management benefits.

Worklife NAB can help you select financial and banking solutions to suit your lifestyle and ensure the money you earn is working for you. With personal bankers, a user friendly website and a dedicated hotline, Worklife NAB is easy to access.



Make an appointment with your personal banker or financial planner who have been dedicated to represent your A-League Club or representative team.

The full lifestyle benefits available under the Worklife NAB program is available online. Use your card passwords to access site.

The Elite Athlete Mental Health Strategy

The Australian Institute of Sport (AIS) has developed The Elite Athlete Mental Health Strategy (TEAMS) in partnership with the Australian National University Centre for Mental Health Research.

The TEAMS project is designed to study and improve the wellbeing and mental health of elite athletes.

Football Federation Australia has agreed to align with the AIS and ANU to participate in TEAMS to assist us with the ongoing development of relevant support networks and education for elite amateur and professional footballers in Australia.

The more the FFA knows about footballers' experiences with mental health problems, the better support we can provide now and in the future.

TEAMS is completed online and players will need access the internet to participate. **The information players provide will be completely anonymous.**

We seek the assistance of all Hyundai A-League, Westfield Matildas and National Youth League players by having you complete the online survey which will be forwarded to you by email. To participate click on the link that is sent to you:

www.teams.anu.edu.au/welcome and answer the questions. It will take about 20-30 minutes.

Thankyou to all players for your assistance with this important project.



AUSTRALIAN
INSTITUTE OF SPORT



FOOTBALL
FEDERATION
AUSTRALIA

FFA Support Services - Relationships Australia

Relationships Australia has been engaged by Football Federation Australia for the past four seasons as the provider of confidential counseling to all elite amateur and professional players. Relationships Australia is also currently developing a series of proactive workshops to commence in Season 2010/11 focusing on 'Building Better Relationships'.

In 2009/10 the FFA provided every HAL, NYL, Matilda and Young Matilda player with an **'Athlete at Risk'** welfare card and fridge magnet outlining the support networks available.

Over the past three years MFC has also provided confidential support for players suffering from depression, utilizing the services of qualified psychologists. Depression amongst athletes, particularly those retiring after long careers, is a well recognized problem.

It is important for football as a code to recognize the importance of increasing player awareness of depression, anxiety and related substance misuse disorders and addressing the stigma associated with these health problems.



Confidential Counselling



Independent and confidential advice and support to **players and partners in all welfare, counselling and life management areas including alcohol & drugs, gambling, relationships, depression and dealing with grief.**

Relationships Australia

Tel: 0401 289 065



Responsible Drinking Strategies



Always have a meal before you start drinking
Always have a designated driver
Make sure you are with people you know and trust
Don't leave your drink unattended
Walk away from confrontations
Look after your mates

PFA Legal Contact Tel: 0408 122 933
www.myfootballcareer.com.au

Contact:

Glenn Warry

FFA My Football Career National Consultant

Mobile: 0417 346 312

Email: glenn.warry@footballaustralia.com.au

Or your Hyundai A-League based Career Development Advisor