2021 COUNTRY WEEK























James CurtisFootball West CEO

A message from James Curtis

It gives me great pleasure to welcome everyone to the 2021 Country Week at Yokine Reserve.

It is always enjoyable to see the best of the regional talent come together and represent each region on the big stage.

With the challenges many are facing around the world and what other footballing communities across Australia have had to endure, we in Western Australia appreciate how fortunate we are to be participating in Country Week this year. These tournaments only take place due to the hard work and dedication of the community, our partners, associations, players, coaches, parents and volunteers, and I congratulate you all on your efforts.

Almost one-third of football participants in the state come from the regions and the development of football in country WA is vital to the health of our game. We are proud that Football West has been able to grow our development officer network across the Great Southern, Leeuwin-Naturaliste, Pilbara, Kimberley, Goldfields and Midwest regions and support associations, clubs and individuals on their football journey.

I would also like to acknowledge two of our major partners, Healthway and the Department and Local Government, Sport and Cultural Industries. Country Week would not be possible without their support and Football West is grateful for their ongoing involvement.

Finally, let me wish the competing teams the best of luck and have a great time while you are in Perth.





Julia KnaptonDirector of Health
Promotion,
Healthway

A message from Healthway

Healthway is proud to support Football West to increase awareness of positive mental health through Country Week 2021.

We know that mental health issues can affect anyone. It is so important that we equip children and young people from across our great State with the tools and resources they need, so they know what positive mental health looks like and how to access support if needed. Sport has such an important role to play in not just physical wellbeing, but mental wellbeing as well.

The connection it provides and the regularity of training and playing means that teammates and coaches can support each other and check in if they notice a mate is not themselves.

Healthway commends Football West on taking these steps to care for their players wellbeing.

A message from Jamie Harnwell

Country Week has an important role in Football West's Regional Talent Development framework. This year we will have almost 1,000 junior players from across Western Australia playing at Yokine Reserve and this will provide Football West with a great opportunity to identify talented players from U11s to U15s.

To explain what we consider - accredited Football West coaches will undertake the identification process during the games. Similar to 2020, this is in line with the Football Australia National Curriculum, with a focus on the four core skills of first touch, striking the ball, running with the ball and 1v1, as well as the tactical aspects of the game presented in a 1-4-3-3 formation.

Players identified through Country Week, as well as those seen through Football West's regional development visits, are invited to attend Country Camp. The four-day camp provides an intense training environment under the guidance of Football West coaches as well as selected regional coaches who are mentored during this time.

Country Camp also serves as a selection process for Gold Fields WA Country Sides, which run from U12s to U16s in the boys, and a girls U14s and U16s team.

In previous years, Gold Fields WA Country sides have travelled to Asia to play in such tournaments as the Singa Cup and Phuket Youth Cup. However, as with 12 months ago, the COVID-19 pandemic has currently taken these competitions off our schedule.

Football West does still conduct regional Hyundai Talent Support Programs (TSP) to ensure that players receive extra, high-quality training from our accredited coaches.

Players from the regional TSPs may be invited to take part in talent identification camps in front of State team and National team coaches.

For further information regarding Football West's Talent Development pathways, please contact Youth Development Officer Gareth Naven at gareth.naven@footballwest.com.au

Jamie Harnwell

Chief Football Officer



TEAM INFORMATION

U11B Cahill Division (A)

Albany, Geraldton, CCJSA, LNJSA, Goldfields, Karratha

U11B Jedinak Division (B)

Albany, Carnarvon, Esperance, Geraldton, Hedland JSA, Peel, LNJSA, Karratha, Newman

U12G Foord Division

CCJSA, Albany, Geraldton, Goldfields, Karratha, LNJSA

U13B Milligan Division (A)

Albany, CCJSA, Geraldton, Goldfields, Karratha, LNJSA

U13B Mooy Division (B)

Albany, Carnarvan, Goldfields, Headland JSA, LNJSA, Newman, Peel

U14G Kerr Division

Albany, CCJSA, Geraldton, LNJSA,

U15B Risdon Division (A)

Albany, CC|SA, LN|SA, Goldfields, Karratha

U15B Kruse Division (B)

Albany, Geraldton, LNJSA, Newman, Peel

U17B Sainsbury Division

Albany, CCJSA, Geraldton, Karratha, Goldfields, LNJSA

U17G McCallum Division

Albany, CCJSA, Goldfields, Geraldton



er	PITCH	8.30am	9.35am	10.50am	11.55am	1.10pm	2.25pm	4.00pm
qui	Pitch 1	13s Boys Milligan	15s Boys Risdon	14s Girls Kerr	17s Boys Sainsbury	17s Girls McCallum	13s Boys Mooy	END OF DAY
epte		Goldfields v Geraldton	Karratha v CCJSA	LNJSA v CCJSA	CCJSA v Geraldton	CCJSA v Geraldton	Newman v Hedland JSA	
h Se	Pitch 2	13s Boys Milligan	15s Boys Risdon	14s Girls Kerr	17s Boys Sainsbury	17s Girls McCallum		
27t		Karratha v CCJSA	LNJSA v Allbany	Geraldton v Albany	Alabny v LNJSA	Albany v Goldfields		
ay		8.30am	9.35am	10.50am	11.55am	1.10pm	2.15pm	
pud	Pitch 3	14s Girls Kerr	15s Boys Kruse		17s Boys Sainsbury	13s Boys Milligan	13s Boys Mooy	
Ă		CCJSA v Geraldton	Peel v Albany		Goldfields v Karratha	Geraldton v Albany	Goldfields v Albany	
ES	Pitch 4	14s Girls Kerr	15s Boys Kruse	13s Boys Mooy	15s Boys Risdon	15s Boys Kruse		
FIXTURES Monday 27th September		LNJSA v Albany	LNJSA v Geraldton	Albany v Newman	CCJSA v LNJSA	Albany v LNJSA		
X	Pitch 5	17s Boys Sainsbury	13s Boys Milligan	13s Boys Mooy	15s Boys Risdon	13s Boys Milligan	15s Boys Risdon	
Ē		Goldfields v CCJSA	LNJSA v Albany	Hedland JSA v Peel	Goldfields v Albany	CCJSA v LNJSA	Goldfields v Karratha	
		8.30am	9.40am	10.50am	12.05pm	1.20pm	2.30pm	
	Pitch 6	17s Boys Sainsbury		17s Girls McCallum	15s Boys Kruse	13s Boys Milligan	15s Boys Kruse	
S		Karratha v Albany		Goldfields v CCJSA	Newman v Peel	Goldfields v Karratha	Newman v Geraldton	
17s		8.30am	9.40am	10.50am	12.05pm	1.10pm	2.20pm	
3s-	Pitch 7	17s Boys Sainsbury	13s Boys Mooy	17s Girls McCallum	13s Boys Mooy	13s Boys Mooy		
13		LNJSA v Geraldton	Carnarvon v LNJSA	Geraldton v Albany	Carnarvon v Goldfields	LNJSA v Peel		
	PITCH	9.00am	9.55am	10.50am	11.45am	12.40pm	1.35pm	2.30pm
	11/12 A	11s Boys Cahill A	11s Boys Jedinak B	11s Boys Jedinak B	11s Boys Cahill A	11s Boys Jedinak B	11s Boys Jedinak B	12s Girls Foord
		Karratha v Goldfields	Carnarvon v LNJSA	Esperence v Albany	Goldfields v Albany	Karratha v LNJSA	Canarvon v Esperence	LNJSA v Geraldton
	11/12B	11s Boys Cahill A	12s Girls Foord	11s Boys Jedinak B	11s Boys Cahill A	12s Girls Foord	11s Boys Jedinak B	11s Boys Jedinak B

CCJSA v

Geraldton

12s Girls

Foord

Albany v

LNJSA

Albany v

Newman

11s Boys Jedinak B

Hedland v

Peel

11s-12s

11/12 C

LNJSA v

CCJSA

11s Boys

Cahill A

Geraldton v

Albany

Goldfields v

CCJSA

12s Girls

Foord

Karratha v

Albany

Newman v

Hedland

11s Boys Jedinak B

Peel v

Geraldton

CCJSA v

Geraldton

11s Boys

Cahill A

Karratha v

LNJSA

Geraldton v

Karratha

12s Girls

Foord

Goldfields v

Karratha

3.30pm - END OF DAY

	7	7
(Į
r	7	
	-1	
_	U	7

PITCH	8.30am	9.35am	10.50am	11.55am	1.10pm	2.15pm	4.00
Pitch 1	13s Boys Mooy	17s Boys Sainsbury	13s Boys Mooy	15s Boys Kruse	13s Boys Milligan	15s Boys Risdon	END DA
	Newman v Carnarvon	Karratha v CCJSA	Peel v Albany	Peel v Geraldton	Geraldton v CCJSA	Karratha v Albany	
Pitch 2	13s Boys Mooy	17s Boys Sainsbury	13s Boys Mooy		13s Boys Milligan		
	LNJSA v Hedland	LNJSA v Goldfields	Goldfields v Hedland		Goldfields v Albany		
	8.30am	9.35am	10.50am	12.35pm	1.50pm	2.55pm	
Pitch 3	13s Boys Milligan	17s Boys Sainsbury	17s Girls McCallum	15s Boys Risdon	13s Boys Milligan	13s Boys Mooy	
	Karratha v Geraldton	Geraldton v Albany	Goldfields v Albany	Karratha v LNJSA	Karratha v LNJSA	Carnarvon v Peel	
Pitch 4	14s Girls Kerr	15s Boys Kruse	17s Girls McCallum	15s Boys Risdon	17s Girls McCallum		
	Geraldton v CCJSA	Geraldton v Albany	CCJSA v Geraldton	Goldfields v CCJSA	CCJSA v Albany		
Pitch 5	14s Girls Kerr		15s Boys Kruse	17s Boys Sainsbury	17s Girls McCallum		
	LNJSA v Albany		LNJSA v Newman	CCJSA v Albany	Goldfields v Geraldton		
	8.30am	9.35am	10.50am	11.55am	1.10pm	2.15pm	
Pitch 6	13s Boys Milligan	15s Boys Risdon	14s Girls Kerr	17s Boys Sainsbury	13s Boys Mooy	15s Boys Kruse	
	LNJSA v Goldfields	LNJSA v Goldfields	CCJSA v Albany	Goldfields v Geraldton	Albany v LNJSA	Newman v Albany	
Pitch 7	13s Boys Milligan	15s Boys Risdon	14s Girls Kerr	17s Boys Sainsbury	13s Boys Mooy	15s Boys Kruse	
	Albany v CCJSA	Albany v CCJSA	LNJSA v Geraldton	Karratha v LNJSA	Goldfields v Newman	Peel v LNJSA	

11/12 A 12s Girls Foord Geraldton v Albany Albany 11s Boys Jedinak B LNJSA v Goldfields Foord LNJSA v Holland Karratha v Hedland CCJSA Albany v Goraldton CSPSPerence v Goraldton CArnarvon v Goraldton CArnarvon v Goraldton CArnarvon v Goraldton CArnarvon v Goraldton CARNAR CAHILL A LNJSA v Goraldton Goraldton CANNAR CAHILL A LNJSA v Goraldton Goraldton CANNAR CAHILL A LNJSA v Goraldton Goraldton	PITCH	9.00am	9.55am	10.50am	11.45am	12.40pm	1.35pm	2.30pm
Albany Albany Goldfields Geraldton LNJSA CCJSA Albany 11/12 B 12s Girls Foord Jedinak B LNJSA v Goldfields Carnarvon Regradation v Karratha	11/12 A							
Foord Jedinak B LNJSA v Goldfields Carnarvon Regrathan v Carnarvon Tive Specific								
Goldfields Carnarvon Karratha LNJSA Karratha Albany Newman 11/12 C 11s Boys Jedinak B Foord Cahill A September 11s Boys Jedinak B Karratha v Karratha v Albany V Esperence v Carnarvon v LNJSA v LNJSA v	11/12 B							
Jedinak B Foord Cahill A Jedinak B Jedinak B Cahill A Jedinak B Karratha v Karratha v Albany v Esperence v Carnarvon v LNJSA v LNJSA v								
The state of the s	11/12 C				_			
				•				



Ser	PITCH	8.30am	9.35am	10.50am	12.35pm	1.50pm	3.05pm	4.00pm
mk	Pitch 1	13s Boys Milligan	15s Boys Risdon	17s Boys Sainsbury	15s Boys Risdon	17s Girls McCallum		END OF DAY
pte		Geraldton v LNJSA	CCJSA v LNJSA	Geraldton v LNJSA	Karratha v Goldfields	Geraldton v Albany		
n Se	Pitch 2	13s Boys Milligan	15s Boys Risdon		17s Boys Sainsbury	17s Girls McCallum		
29tl		Goldfields v CCJSA	Goldfields v Albany		Albany v Karratha	Goldfields v CCJSA		
<u>``</u>		8.30am	9.35am	10.50am	11.55am	1.10pm	2.15pm	l
ssd	Pitch 3	14s Girls Kerr	15s Boys Kruse	14s Girls Kerr	17s Boys Sainsbury	13s Boys Milligan	15s Boys Risdon	
gu		LNJSA v CCJSA	Peel v Albany	LNJSA v Geraldton	CCJSA v Goldfields	Goldfields v Geraldton	Karratha v CCJSA	
\ We		8.30am	9.35am	10.50am	11.55am	1.00pm		
S	Pitch 4	14s Girls Kerr	15s Boys Kruse	14s Girls Kerr	13s Boys Mooy	13s Boys Milligan		
FIXTURES Wednesday 29th September		Geraldton v Albany	Newman v Geraldton	CCJSA v Albany	Carnarvon v Albany	Karratha v CCJSA		
E	Pitch 5	13s Boys Milligan	17s Boys Sainsbury	13s Boys Mooy	13s Boys Milligan	15s Boys Risdon		
Æ		Albany v Karratha	Albany v Goldfields	Newman v LNJSA	LNJSA v Albany	LNJSA v Albany		
		8.30am	9.40am	10.50am	12.05pm	1.20pm	2.30pm	
	Pitch 6	17s Boys Sainsbury	13s Boys Mooy	17s Girls McCallum	15s Boys Kruse	13s Boys Mooy	13s Boys Mooy	
-17s		LNJSA v CCJSA	Albany v Hedland JSA	Albany v CCJSA	LNJSA v Geraldton	Goldfields v LNJSA	Headland v Carnarvon	
	Pitch 7	17s Boys Sainsbury	13s Boys Mooy	17s Girls McCallum	15s Boys Kruse	13s Boys Mooy	15s Boys Kruse	
13s		Geraldton v Karratha	Peel v Goldfields	Geraldton v Goldields	Newman v Peel	Newman v Peel	Albany v LNJSA	
	PITCH	9.00am	9.55am	10.50am	11.45am	12.40pm	1.35pm	2.30pm
	11/12 A	11s Boys Cahill A	11s Boys Jedinak B	11s Boys Jedinak B	11s Boys Cahill A	11s Boys Cahill	11s Boys Jedinak B	12s Girls Foord
		Geraldton v Goldfields	Newman v Peel	LNJSA v Albany	CCJSA v Goldfields	Peel v Esperence	Newman v Karratha	Geraldton v Goldfields
	11/12 B	11s Boys Cahill A	12s Girls Foord	11s Boys Jedinak B	11s Boys Cahill A	12s Girls Foord	11s Boys Jedinak B	11s Boys Jedinak B
<u>5</u> 2		Albany v LNJSA	LNJSA v CCJSA	Karratha v Carnarvon	Albany v Karratha	Albany v CCJSA	Albany v Geraldton	LNJSA v Esperence
-12s	11/12 C	11s Boys Cahill A	12s Girls Foord	11s Boys Jedinak B	11s Boys Cahill A	12s Girls Foord	11s Boys Jedinak B	12s Girls Foord
11s		CCJSA v Karratha	Albany v Goldfields	Hedland v Geraldton	Geraldton v LNJSA	Geraldton v Karratha	Hedland v Carnarvon	LNJSA v Karratha
'							3.30pm -	END OF DAY

Φ	PITCH	o.svaiii	9.40aiii	10.50a111	11.55aiii	i. rupini	z.zupiii	4.00pm
qui	Pitch 1	17s Boys Sainsbury	13s Boys Mooy	14s Girls Kerr	15s Boys Kruse	13s Boys Milligan	15s Boys Kruse	END OF DAY
pte		Geraldton v CCJSA	Hedland v Albany	LNJSA v Albany	Peel v Geraldton	CCJSA v Geraldton	Geraldton v Albany	
h Se	Pitch 2	17s Boys Sainsbury	13s Boys Mooy	13s Boys Mooy	13s Boys Mooy	13s Boys Milligan		
30t		LNJSA v Albany	Newman v Goldfields	Peel v LNJSA	Carnarvon v Goldfields	Albany v Goldfields		
Š		8.30am	9.40am	10.55am	12.00pm	1.15pm	2.05pm	
ırsda	Pitch 3	17s Boys Sainsbury	17s Girls McCallum	14s Girls Kerr	15s Boys Kruse	13s Boys Milligan	13s Boys Mooy	
Thu		Karratha v Goldfields	Goldfields v Albany	CCJSA v Geraldton	LNJSA v Newman	LNJSA v Karratha	Newman v Carnarvon	
M		8.30am	9.40am	10.55am	12.05pm	1.10pm	2.25pm	
FIXTURES Thursday 30th Septembe	Pitch 4		15s Boys Kruse	15s Boys Risdon	17s Boys Sainsbury	17s Boys Sainsbury	13s Boys Mooy	
2			Newman v Albany	Karratha v Albany	Goldfields v LNJSA	CCJSA v Karratha	Peel v Albany	
×		8.30am	9.35am	10.50am	12.35pm	1.50pm	2.25pm	
	Pitch 5	13s Boys	17s Girls			17s Boys	13s Boys	
		Milligan	McCallum			Sainsbury	Mooy	
		Geraldton v Karratha	CCJSA v Geraldton			Albany v Geraldton	LNJSA v Hedland	
		8.30am	9.40am	10.50am	12.35pm	1.50pm	2.55pm	
	Pitch 6	15s Boys	13s Boys	15s Boys	17s Girls	14s Girls	15s Boys	
		Risdon	Milligan	Risdon	McCallum	Kerr	Risdon	
		Albany v CCJSA	Goldfields v LNJSA	LNJSA v Goldfields	Goldfields v Geraldton	Albany v CCJSA	Goldfields v CCJSA	
7 s		8.30am	9.35am	10.50am	12.35pm	1.50pm	2.55pm	
3s - 17s	Pitch 7	13s Boys Milligan	15s Boys Kruse		17s Girls McCallum	14s Girls Kerr	15s Boys Risdon	
38		CCJSA v	Peel v		CCJSA v	Geraldton v LNJSA	Karratha v LNJSA	
		Albany	LNJSA		Albany	LNJOA	LNJOA	
	PITCH	9.00am	9.55am	10.50am	11.45am	12.40pm	1.35pm	2.30pm
	11/12 A	12s Girls Foord	11s Boys Jedinak B	11s Boys Cahill A	12s Girls Foord	11s Boys Jedinak B	11s Boys Cahill A	11s Boys Jedinak B
		Goldfields v Albany	Albany v Carnarvon	Goldfields v Geraldton	Goldfields v LNJSA	LNJSA v Newman	LNJSA v Goldfields	Carnarvon v Geraldton
	11/12B	12s Girls Foord	11s Boys Jedinak B	11s Boys Cahill A	12s Girls Foord	11s Boys Jedinak B	11s Boys Cahill A	11s Boys Jedinak B
<u>-S</u>		CCJSA v LNJSA	LNJSA v Peel	LNJSA v Albany	CCJSA v Karratha	Albany v Hedland	Karratha v Geraldton	Peel v Karratha
11s-12s	11/12 C	12s Girls Foord	11s Boys Jedinak B	11s Boys Cahill A	12s Girls Foord	11s Boys Jedinak B	11s Boys Cahill A	11s Boys Jedinak B
11 s		Geraldton v Karratha	Newman v Geraldton	Karratha v CCJSA	Albany v Geraldton	Esperence v Karratha	CCJSA v Albany	Esperence v Hedland
							3.30pm -	END OF DAY

PITCH 8.30am 9.40am 10.50am 11.55am 1.10pm 2.20pm 4.00pm



FINALS FIXTURES Friday 1st October

13s - 17s

PITCH	8.30am	9.45am	11.05am	1.00pm	1.30pm
Pitch 1	17s Girls McCallum	15s Boys Risdon	17s Boys Sainsbury	PRESENTATIONS	END OF
	3 v 4	1 v 2	1 v 2	FRESEIVIATIONS	DAY
Pitch 2	15s Boys Risdon	15s Boys Kruse	17s Girls McCallum		
	3 v 4	1 v 2	1 v 2		
	8.30am	9.45am	11.00am		
Pitch 3	15s Boys Risdon	17s Boys Sainsbury	14s Girls Kerr		
	5 v Metro	5 v 6	1 v 2		
Pitch 4	15s Boys Kruse	17s Boys Sainsbury	13s Boys Milligan		
	5 v Metro	3 v 4	1 v 2		
	8.30am	9.35am	10.40am		
Pitch 5	13s Boys Milligan	14s Girls Kerr	13s Boys Mooy		
	3 v 4	3 v 4	1 v 2		
Pitch 6	13s Boys Milligan	13s Boys Mooy	13s Boys Mooy		
	5 v 6	5 v 6	3 v 4		
	8.30am	9.45am			
Pitch 7	15s Boys Kruse	13s Boys Mooy			
	3 v 4	7 v Metro			

11s -12s

PITCH	8.30am	9.25am	10.20am	11.15am	12.10pm
11/12 A	11s Boys Cahill 5 v 6	11s Boys Jedinak 5 v 6	11s Boys Jedinak 1 v 2	11s Boys Cahill 1 v 2	END OF DAY
11/12B	11s Boys Jedinak 7 v 8	12s Girls Foord 3 v 4	11s Boys Jedinak 9 v Metro	12s Girls Foord 1 v 2	
11/12 C	12s Girls Foord 5 v 6	11s Boys Jedinak 3 v 4	11s Boys Cahill 3 v 4		



Department of Local Government, Sport and Cultural Industries

The State Government through the Department of Local Government, Sport and Cultural Industries and Lotterywest is a major supporter of Football West.

Sport and recreation build stronger, healthier, happier and safer communities.



MEET THE FOOTBALL WEST COMMUNITY PARTICIPATION TEAM



Tanya Amazzini Mid West

tanya.amazzini@footballwest.com.au

0432 523 648

Throughout my life, I will always appreciate and enjoy my family and friends whilst striving to achieve my personal goals with integrity and credibility. When I am not working I enjoy playing squash and golf, retail therapy and having coffee with friends. If I was given the opportunity to meet and have lunch with one celebrity it would be with the hugely talented Dutch violinist and conductor Andre Rieu. What I want to achieve in my regional areas – I want to work closely with local Associations, Clubs, Stakeholders and Volunteers to make the game accessible and a great experience for all who want to play.



Juan Propato South West

juan.propato@footballwest.com.au

0434 605 733

Hola! My name is Juan Bautista Propato and I'm originally from Argentina with a Kiwi touch. I'm a Professor of Physical Education, have a Master Degree in Sports and completed the Oceania A Licence course. I have been working for Football West - the Leeuwin Association for almost 3 years. Country Week is the best week of the year. Good luck to all the Regional Teams! Funny facts: My wife used to vacuum when I was watching Football games on TV. Now I hide the vacuum cleaner when an important game is on so I can listen to the commentators and enjoy the game.



Pawel Pyrz-Brown Great Southern

pawel.pyrzbrown@footballwest.com.au

0431 024 835

I was born in Poland, grew up in Canada and travelled back to Europe to chase my passion, which is football. I am a UEFA A licensed coach and have extensive experience coaching players at all levels of the game. I have only returned to Australia in November last year and am keen to share and impart my knowledge throughout not only my Great Southern region, but also the rest of our beautiful state. Although participation in our beautiful game is very important to me, my passion lies in developing players and helping them reach their goals. In my spare time, I love the outdoors, motorcycling and travel, amongst others. Fun fact about me: I have visited exactly 50 countries on our beautiful planet and hope to visit many more in the future.



Sarthak Mishra Pilbara

sarthak.mishra@footballwest.com.au

0434 605 565

About me: Born and raised in Rajasthan, India. I've been involved in football for over a decade. I have a Masters degree in Sports Management and am in the process of acquiring AFC B Licence. I have been involved working with FIFA in U17 World Cup. I'm passionate about developing communities through football and I've been fortunate enough to do that in two beautiful regions of WA – Pilbara and The Great Southern. I want to contribute towards a strong regional pathway that enables our talent to be showcased on a global level.



Tui Winetti Kununurra

tui.wineti@footballwest.com.au

0411 695 537

My passion lies in the development of female sports and female athletes. I have completed a Bachelor of Sport Science & Football at Edith Cowan University and spent a year abroad at the prestigious university of Deutsche Sporthochschule in Cologne, Germany studying Football Performance. I have travelled extensively throughout Europe and Africa which has added to my wealth of knowledge and cultural understanding around sports development. My experience in elite sport as well as having grown up in regional Western Australia, has highlighted the importance of a strong foundation for development and commitment to solidifying talent pathways.



Gabby Moran Goldfields

gabby.moran@footballwest.com.au

0481 994 115

I grew up playing football for Kalamunda & Perth Hills since I was 7 years old and have always had a strong passion for all sports since I was young. I have completed sport development diplomas through TAFE when I left school but have only recently decided to pursue a career in sport in 2021. My goals are to make football accessible for everyone across my region and to increase participation in young females, especially in male dominated sports. I want to provide kids living in regional WA opportunities to play the sport they love for as long as they are physically able to.



Kamil Chetty Broome

kamil.chetty@footballwest.com.au

0431 559 285

My ethos in the Kimberley – Football can change how we see Western Australia and Australia as a whole. This can be through the physical and mental strength it gives to individual athletes or teams, the joint passion that connects families from many backgrounds and cultures and a vehicle to deliver life skills and learnings that help communities to grow stronger. Football is a growing sport across the Kimberley and has the power to transform individuals, teams and communities, working to break down barriers and build opportunities, that might not otherwise have been possible.

Talking and listening are powerful.



JUST ONE CONVERSTATION CAN MAKE A DIFFERENCE

You don't need to be an expert to talk to someone who isn't going so well and be reassured you will not make things worse.

By talking and listening you can create an opportunity to encourage someone to seek help if needed. Everyone experiences mental health issues at some time in their lives, and it is vital not to underestimate the importance of just being there for someone.





Talking

Start the conversation by telling them that you have noticed that they don't seem their usual self and describe the changes you've noticed in their mood or hehaviour

Tell them you are worried about them and ask about what is bothering them. Some phrases that might help you get started: · You don't seem yourself lately,

- what's going on?
- · Tell me about what is going on?
- · What's happening for you?
- · I've noticed you haven't been going out lately, is there anything you'd like to talk about?



Listen carefully to what they are saying. Encourage them to talk about what is really going on for them and how they are feeling. Try not to interrupt while they are talking and leave any comments or queries you may have until they have finished.

Use positive body language to express that you truly empathise and can understand what they are telling you. Body language

- Maintain upright posture whether sitting or standing
- · Keep comfortable eye contact with them · Nod your head occasionally to show you
- have understood what they are saying
- · I've noticed you haven't been going out lately, is there anything you'd like to talk about?



Providing Support

What do you do once you've started the conversation? Or what if the person isn't ready to talk to you?

- · Focus on spending time with them so that they don't feel alone. If they haven't opened up, it can take time for someone to feel comfortable enough to talk about how they are feeling.
- · Let them know that you are concerned about them and are there if they want to talk. Reassure them with phrases such as "call me if you ever want to talk" or "I am here for you if you decide you want to talk".
- · If the person you're concerned about is in a life threatening situation or is at risk of harm to themselves or others, call 000.
- · Getting help early can make a difference. A good place to start is:
 - > Talk to your GP or someone you trust.
 - > Call a support line.
 - > Contact a support service.





KICK IT. FOOTBALL

KICK IT. FOOTBALL: offering fun, social and easily accessible small sided competitions and programs to the WA Football Community.

- New and current players welcome
- A program to suit all ages
- Social and fun environment
- Cost effective way to play sport
- Small sided competitions and programs

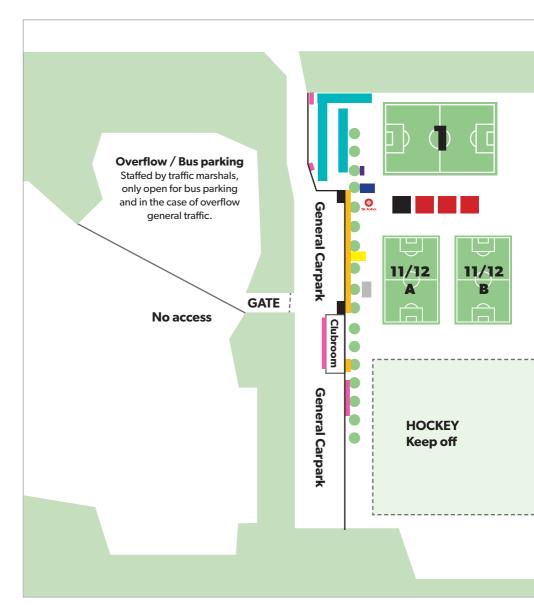
For more information and to express your interest, please visit www.kickitfootball.com.au

For all other football enquiries in the your region, please contact your Community Participation Officer.

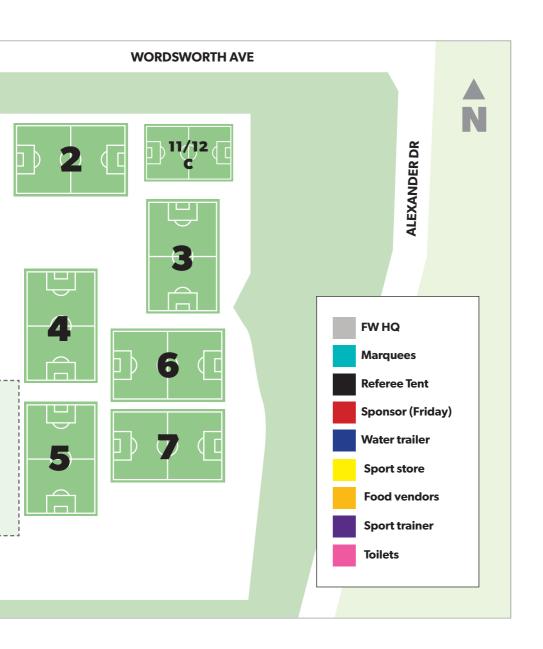




MAP







2021 COUNTRY WEEK

Thank you to our participating Associations



























COUNTRY WEEK PHOTOGRAPHY

Book your team and action photography through Football West's official photographer Vince on 0412 813 162 or www.fotoenzo.com









