



MILAN

Soccer School



## E-NEWSLETTER



### - AUGUST 2010 -

-  Welcome Elio
-  Champion of Champions
-  Summer Competition
-  Friendly Matches
-  Welcome back Nicolas
-  School Holiday Camps



**REBEL SPORT BROOKVALE MEMBERS SALE!**

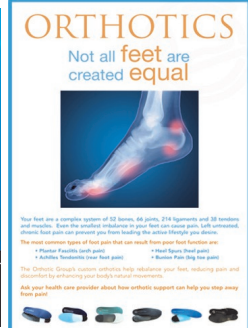
**20% OFF STOREWIDE**

BRING YOUR MVP CARD TO RECEIVE THIS DISCOUNT

**THURSDAY 26<sup>TH</sup> AUGUST 9AM-9PM**

AUSTRALIA'S LARGEST SPORTING RETAILER

**BROOKVALE**  
Shop 516 Warringah Mall, Cnr Old Pittwater Rd & Condamine St  
9958 2500



**ORTHOTICS**

Not all feet are created equal

Your feet are a complex system of 26 bones, 48 joints, 250 ligaments and 33 tendons and muscles. Even the smallest imbalance in your feet can cause pain, left untreated, means that you can never give them the rest they deserve.

The most common types of foot pain that can result from poor foot function are:

- Heel Pain (heel spurs)
- Plantar Fasciitis (heel pain)
- Bunions (toe pain)
- Metatarsalgia (ball of foot pain)
- Morton's Neuroma (toe pain)
- Hammertoes (toe pain)
- Corns and Calluses (toe pain)

Our Orthotics through custom orthotics help reduce your foot's imbalance and discomfort by supporting your body's natural movements.

Ask your health care provider about how orthotics support can help you step away from pain!

# MILAN SUMMER COMP '96/97 - STARTS SEPTEMBER

## Elio Garavaglia

Hopefully by now everyone has had the chance to watch Elio Garavaglia in action on the pitch supporting Icardi and all coaches in the ongoing professional development of all Academy Programmes. Elio, holder of the UEFA 'A' License has spent 20 years with AC Milan, working under Baresi and Capello to name a few.

## Champion of Champions

Congratulations are in order for our U13 and U14 who made it to the Champion of Champions!. The U13's came runners up in their respective league whilst our U14's were claimed league champions. This is the 1st year an U14's team has won the league for North Sydney Bears. The match **should** be on the 19th September but this is to be confirmed. Details regarding travel and organisation will follow to players involved.



## Milan Summer Competition

As part of our dedication to player development and to the provision of ongoing 11 aside match experience, Milan Academy are proud to announce a summer competition targeting 2 categories of players : the Advanced Academy and players born in 97 / 98. It will be held at Sydney Olympic Park from September to December on Sunday mornings. An Email will be sent to all players eligible with further information.

## Friendly Matches

For players born in 01, 00 and 99, as well as Basic Skills, Milan Academy will be organising a series of friendly matches throughout the summer at all venues. Personal invitations will be sent out to relevant age groups Further details of these matches will be posted on our website. The first one is scheduled for the 11th September at the Calabria Club, Manly Vale which will also be a Milan Academy Open Day.

## Welcome back Nicolas

Welcome back to Nicolas after his holidays in France and also aboard as a Milan Academy member of staff. Nicolas in his role of Academy coordinator is available to assist all clients. On a practical note, please send kit requests to Nicolas on his email address [nicolas@acmilansoccerschool.com.au](mailto:nicolas@acmilansoccerschool.com.au)

## School Holiday Camps

Over the next school holidays MAA will be holding a number of Soccer camps. Camps will be held in Sydney and, for the second year running in Melbourne. As usual all MAA clients will receive a 10% discount off any camp. Please see our website for more details.

Look forward to seeing everyone soon  
Warmest Regards

Rosie and the AC Milan Soccer School Team



For your convenience, a PDF copy of your monthly newsletter is available on our website