

**MILAN****Soccer School****E-NEWSLETTER****- SEPTEMBER 2010 -**

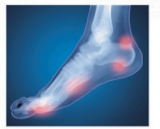
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Log on with « Milan »
Promotion Code and
get your discount !

ORTHOTICS

Not all feet are
created equal



Your feet are a complex system of 33 bones, 48 joints, 214 ligaments and 33 tendons and muscles. Even the smallest imbalance in your feet can cause pain, left untreated, chronic foot pain can prevent you from leading the active lifestyle you desire.

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

- * Plantar fasciitis (heel pain)
- * Heel Spurs (heel pain)
- * Achilles Tendinitis (heel pain)
- * Bunions (big toe pain)

The Ortho-Steps custom orthotic help realign your feet, reducing pain and discomfort by allowing your body's natural movement.

Ask your health care provider about how orthotic support can help you step away from pain.

MILAN ACADEMY CUP HAS KICKED OFF !!!**Zeljko Kalac visits our Academy !**

After retiring from a successful career including 4 years as AC Milan Goal keeper, Zeljko returned to Sydney, his home town. The giant goalkeeper (202cm) came to Narrabeen to visit us at training last month. Milan Academy welcomes Zeljko and looks forward to his technical input for our goalkeeper players.

**Champion of Champions and Gold Coast Cup**

North Sydney Bears U13 and U14 team will this month have the opportunity to participate in the Champion of Champions competition and the Gold Coast Cup. All details regarding travel arrangements and other organisational matters will follow to all players involved.

Milan Academy Cup

Milan Academy kicked off the first round of the inaugural **Milan Academy Cup** on Sunday 5th September. Well done to all players who took on this challenge following the invitation of the Director of Coaching. Your efforts and sacrifice will be rewarded by the progress you make, and thank you to all parents for understanding the vision of Milan Academy in this significant step forward and for helping players reach the venue. Prestigious facilities, tough competition and professional referees will undoubtedly contribute to the success the 1st edition of the Milan Summer Competition - the **Milan Academy Cup** which will be presented to the winners.

Meanwhile, friendly matches will be also be organised for players in our other age groups. The first will be for players born in 99-00 and Basic Skills group on **11th September 10h30-1h30 at the Calabria club, Manly** - more details to follow.

Announcement

Please note that roadworks on Wakehurst Parkway this month could cause some traffic delays. Athletics carnivals continue to affect the Sydney Olympic Park venue, please make sure you that you have the updated timetable available on www.acmilansoccerschool.com.au in the red box (note that 15th September training session originally planned is cancelled).

Upgrades to P2 Car Park at the Athletics Centre, Homebush is now complete. Please use these facilities as they are free for MAA clients (4h free parking on validation of the ticket on the hour every hour with a staff member of the Centre). Fines applies for cars parked on forbidden or reserved places.

Promotion Card - Merchandising

Milan Academy Australia is delighted to announce the arrival of our new Promotion Card. These will be distributed as soon as possible to all clients with information on how they can best be used. Thank you to all our sponsors, partners and supporters who made this all possible.

Pens, USB's, shin pads and balls will soon be available as part of Milan Academy's merchandising. As per kits, requests should be addressed to Nicolas and the payment on site.

School Holiday Camps

Milan Soccer Camps will be held at the end of the month in Homebush and Manly Vale (Sydney Area) and in Kew (Melbourne area). 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