



FOOTBALL COMMISSION INC.

Metro North Region
(Claremont, Subiaco & West Perth DFDCs)

Circular 3/2016

Kicking goals for Sarcoma awareness **and raising funds for Sarcoma research**

Audience: Community Club Committees, Coaches, Parents and Players
Date: 11 May 2016
Distributed by/to: Email to Junior and Senior Club Presidents, Secretaries and Executive Committees, WAAFL, Metro Football League, WAWFL, WAFL Clubs, Claremont JFL, Subiaco JFL, West Perth JFL and WA Football Commission CLG.
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Summary:

- Football helps to raise funds and awareness for Sarcoma Research
- Football clubs and teams across Perth's north (Subiaco, Claremont and West Perth District) encouraged to join in and wear odd socks and donate important funds for Sarcoma Research
- When: Saturday 18th & Sunday 19th June 2016 – for the first time during WA Sarcoma Awareness Week
- All money goes directly to Sock it to Sarcoma! to fund sarcoma awareness

Action:

- Clubs are to promote to teams
- Wear odd socks at your games on June 18-19 to help raise awareness
- Players are encouraged to donate (gold coin) to help raise funds for Sarcoma research
- Team Managers to collect donated funds and drop to club canteen (or aligned district's WAFL Club)
- Club committee to deliver funds to aligned district's WAFL Club Office

Kalin Foley was in year seven in 2012 when he was diagnosed with a rare soft tissue paediatric sarcoma called Rhabdomyosarcoma after a suspected injury in a game of football. Kalin had played for **Wanneroo Junior Football Club** for many years & attended **Prendiville Catholic College** with many **Ocean Ridge Junior Football Club** players.

Kalin lost his battle at 15 years of age in September 2014 after an extensive treatment regime and one hell of a fight.

Sarcoma is a group of rare primary bone and soft tissue tumours, given a number of different names depending on the type of tissue from which they arise. The causes of sarcoma, including whether or not there are any underlying genetic links, are not yet established. This is the reason why more research into the molecular biology and etiology is so crucial.

For the past two years the West Perth District has encouraged local football teams to wear odd socks to raise funds and awareness of Sarcoma throughout the local football community. During this time more than \$10,000 has been raised and donated to Sock it to Sarcoma!



In 2016 the program will expand to include the Subiaco and Claremont Districts involving football at all levels. The event will also see a date change aligning the event with WA Sarcoma Awareness Week. June 13-19th 2016 will see the third WA Sarcoma Awareness Week happening

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METRO NORTH





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around the state, with educational and awareness events raising the profile of sarcoma in the community.

Football's involvement in WA Sarcoma Awareness Week aims to raise awareness of Sarcomas and raise funds for Sarcoma research in Western Australia. **WA Football** has a reason close to home to be involved, with Kalin's diagnosis arising following injury in a local football game.

Football Clubs across Perth's north are encouraged to join and support the event by wearing odd socks on Saturday 18th and Sunday 19th June with local players asked to donate a gold coin donation to be collected by Team Managers/Club Officials. Players are encouraged to wear one of their club/team socks accompanied by an odd sock on the other foot – joining the Sock it to Sarcoma! theme.

As part of WA Sarcoma Awareness Week and with the blessing of Kalin's parents Paul and Brigitte the West Perth Football District, Wanneroo Junior Football Club and Ocean Ridge Junior Football Club will again run the annual Kalin Foley Cup, at match honoring Kalin Foley; this year at Heathridge Park on June 19.

On Saturday 18th and Sunday 19th June - have some fun, pull on a pair of odd socks for your footy match and donate to a great cause, helping us **Sock it to Sarcoma!**

Andrew Ridley

Community Development Manager – Metro North



“Anyone’s life can change in an instant, imagine hearing that you have or your child has a sarcoma. The treatment is long, challenging and complex, testing even the strongest of us. The research done by those dedicated in the field have changed the outcome from this devastating form of cancer. You can help change the life of someone by your support lending a helping hand so research can progress towards cure.”

- Dr Fiona Wood



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HOW TO GET INVOLVED?

PARTICIPATE IN WA FOOTBALL'S ODD SOCKS DAY FOR SARCOMA



All Football Clubs across the Perth's north (Subiaco, West Perth and Claremont Districts); including Auskick, Junior and Senior Clubs are encouraged to join and support WA Sarcoma Awareness Week by wearing odd socks on Saturday 18th and Sunday 19th June with players donating a gold coin, or donation of their choice to be collected by Team Managers/Club Officials.

Players are encouraged to wear one of their club/team socks accompanied by an odd sock on the other foot – joining the Sock it to Sarcoma! theme.

Location: Auskick, Junior, and Senior Football Clubs across Perth's northern suburbs
When: Saturday 18th & 19th June 2016

Team Managers/Club Officials are asked to collect donations from team members for the event and for the funds to be dropped off in an envelope, money bag or sealed container to the club's "home ground" canteen following the match or delivered to the West Perth Football Club, Subiaco Football Club or Claremont Football Club Offices between 9am – 5pm during the week starting June 20th.

KALIN FOLEY CUP

Location: Heathridge Park, Sail Terrace, Heathridge
When: Saturday 18th & 19th June 2016 – 10am start - *note: start time may vary*

Local football matches between Year 7 teams of the Wanneroo JFC and Ocean Ridge JFC playing for the Kalin Foley Cup in memory of their friend Kalin Foley.

The event will include raffles, auction and community activities for the whole family.

CLAREMONT v WEST PERTH – CLAREMONT SHOW GROUNDS, SATURDAY 18TH JUNE

Head to Claremont Show Grounds on Saturday 18th June as Claremont take on West Perth. Both league teams will don odd-socks for the event and Sarcoma Awareness events and fundraising will take place around the ground.

DONATE TO HELP FUND CRITICAL SARCOMA AWARENESS



Contact Andrew Ridley on 0402 794 016.

Cash donations will go directly to Sock it to Sarcoma! or goods to auction/raffle on the day at the 2016 Kalin Foley Cup at Heathridge Park are greatly appreciated.



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WA SARCOMA AWARENESS WEEK SARCOMA AWARENESS & RAISING FUNDS FOR RESEARCH

| | |
|----------------------|------------------------|
| Club: | |
| Year Group: | |
| Team Name: | |
| Team Contact: | Contact Number: |

If individuals from your team require a receipt for tax purposes please complete the details below:

| | | |
|----------------|-----------------|---------------|
| Name: | Address: | |
| Amount: | Email: | Phone: |

| | | |
|----------------|-----------------|---------------|
| Name: | Address: | |
| Amount: | Email: | Phone: |

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| Name: | Address: | |
| Amount: | Email: | Phone: |

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| Name: | Address: | |
| Amount: | Email: | Phone: |

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|----------------|-----------------|---------------|
| Name: | Address: | |
| Amount: | Email: | Phone: |

| | |
|--------------------------------|----------------------------------|
| Total Amount Collected: | Initials of Team Contact: |
| Funds delivered to: | Recipient's Initials: |

Thank you for your support in raising funds for Sarcoma Research – a cause close to our hearts.



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FURTHER INFORMATION

ABOUT SARCOMA

Sarcoma is a group of rare primary bone and soft tissue tumours, given a number of different names depending on the type of tissue from which they arise.

Examples of soft tissue sarcomas are: leiomyosarcoma (from smooth muscle); liposarcoma (from fat); chondrosarcoma (from cartilage); rhabdomyosarcoma, angiosarcoma (blood vessels) and synovial sarcoma, whilst osteosarcoma and Ewings Sarcoma arise from bone.

There are over 30 variants of bone cancer, and over 70 variations of all sarcomas. Some varieties most commonly arise in children, adolescents and young adults and in adults over the age of 55.

The causes of sarcoma, including whether or not there are any underlying genetic links, are not yet established. This is the reason why more research into the molecular biology and etiology is so crucial. In the case of Ewing's Sarcoma, it is known that there is a translocation of genes 11 and 22, but the reason for this is still undetermined.

There are approximately 800 new cases diagnosed each year in Australia which account for approximately 1% of all adult malignancies and 15% of paediatric malignancies.

Common symptoms of sarcoma can include:

- a swelling or lump, which may or may not be painful and which changes in size
- a pain in the back or limb that appears to have no cause
- unrelieved pain when at rest, particularly at night
- weight loss
- fatigue

They can often be attributed to a sports injury or other causes. If you notice any changes in your body, go and see your doctor. If you're worried that your concerns aren't being taken seriously, keep going back, go and see a different doctor or find someone else to talk to. With sarcoma, the quicker the diagnosis, the better!

Don't be afraid to take control of your health!



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ABOUT SOCK IT TO SARCOMA!

- Sock it to Sarcoma! is a Perth-based organisation dedicated to raising money and awareness about sarcoma
- It was the brainchild of Abbie Basson, who at the age of 17 was diagnosed with stage four metastatic Ewing's sarcoma.
- Abbie had never heard of sarcoma and after discovering little was being done about the disease, set about raising money for research.
- After a three year battle with the disease, Abbie passed away in 2011 but her family continued her work and Sock it to Sarcoma! was born.
- Sock it to Sarcoma! works in partnership with the Hollywood Private Hospital Research Foundation and the Harry Perkins Institute of Medical Research



Sock it to Sarcoma!

HOLLYWOOD PRIVATE HOSPITAL
RESEARCH
FOUNDATION

Website:

www.sockittosarcoma.org.au

Facebook:

[Facebook.com/SockItToSarcoma](https://www.facebook.com/SockItToSarcoma)

Twitter:

[@sockittosarcoma](https://twitter.com/sockittosarcoma)

OUR VISION

West Australians and their families facing the sarcoma journey will have gold standard holistic care throughout every aspect of their journey: from diagnosis to survivorship or bereavement via quality research, surgical, medical and clinical support services.

OUR MISSION

- Funding research into sarcoma, a rare and aggressive group of primary bone & soft tissue tumours.
- Better understanding for sarcoma patients through community awareness
- Supporting gold standard holistic clinical care for sarcoma patients
- Advocating for Adolescent and Young Adults with cancer

WHERE YOUR DONATIONS GO

Your donations will go towards:

- Sarcoma research initially through the annual Abbie Basson Sarcoma Research Scholarship, conjointly hosted between the University of Western Australia, Western Australian Institute of Medical Research and Hollywood Private Hospital and later through a multi-disciplinary sarcoma research centre
- Community Awareness through information brochures produced specifically around sarcoma, for all age groups
- Community programs designed to inform about the symptoms of sarcoma and the benefits of earlier diagnosis through referral to specialist teams, particularly in relation to the adolescent and young adult age group
- Support of an interdisciplinary translational centre for sarcoma, providing opportunities for the best possible holistic care for sarcoma patients and their families, from diagnosis through to after-treatment services



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MORE ABOUT KALIN FOLEY



At the start of his fifth season for the Wanneroo Junior Footy Club in 2012, Kalin was 12 and in his first year of high school. He suffered an injury during training. He fell heavily onto his lower back. Over the weeks that followed the injury was causing him more and more pain to the point he could no longer sit down. Numerous trips to health professionals including GP's, paediatricians, physiotherapists, and chiropractors confirmed nothing more than bruising to his tail bone. Meanwhile Kalin's health worsened, as did the

pain. He played his last game of football on Mother's Day 2012, against a team full of his new high school friends from Ocean Ridge.

Three weeks later he was admitted to the oncology unit at PMH and we were delivered the worst news a parent could possible hear. Kalin was diagnosed with a rare soft tissue paediatric sarcoma called Rhabdomyosarcoma. The pain Kalin was experiencing was not a result of his fall at football at all, but a rockmelon sized tumour that was pressing against his nerves and invading his pelvis and abdomen. The disease was so advanced it had also taken over his bone marrow and lymph nodes. Sarcomas are traditionally difficult to diagnose early and this gives the disease time to spread.

Kalin's treatment started that same day and involved 20 cycles of intensive high strength chemo over 54 weeks, 29 rounds of radiation, multiple bone marrow aspirations, PET, MRI and CT scans and many other procedures too numerous to count.

He handled his treatment with strength, determination and grace far beyond his years and by July 2013 he was declared to be in remission.

Unfortunately sarcoma has a high relapse rate and his remission was short lived, by late October 2013 Kalin became unwell again. By the beginning of November we were hit with the terrible news that Kalin's disease had returned. He is now nearing the end of a 12 cycle relapse treatment with pleasing results.

Kalins journey inspired his local footy club and his new school mates at Ocean Ridge to stage the Kalin Foley Cup in the middle of the 2012 season. The next time the two teams met after his diagnosis a day was planned to support us as a family. It was a great community event and provided us with the strength and positivity to get us through those first initial months. An annual event was proposed the following year in 2013 with a specific request by Kalin to support research into sarcoma and provide awareness for such diseases. Again this was a huge success with great community involvement.

We have been overwhelmed by the support we have received from these events and would love to see it continue as an ongoing tribute to Kalin's battle with sarcoma while adding much needed exposure to this rare and under-funded cancer.

Paul & Brigitte Foley