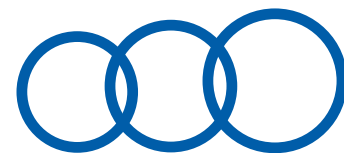


Bristol Ladies Union FC Newsletter

OCTOBER 2021

ISSUE | 9



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Chairman's Piece:

To all players, parents and volunteers,

After a couple of interrupted seasons, I am delighted to welcome back all our players, parents, committee and coaches to what we all hope will be a memorable return to football for BLUFC. The excitement at the start of a new season is always palpable, but was even more so than usual on September 5th, when all age groups kicked off in the first round of 2021/22 fixtures. That having been said, I would still ask you all to be mindful of the Covid protocols that remain in place. Let's all play our part to get back to normality.

I would especially like to welcome players who are new to the U10s, our youngest competitive age group, who are experiencing their first league matches. BLUFC is a competitive club, but we are so much more than that: we are all about enjoying football, learning new skills, staying fit, working as a team, making friends and showing respect to your coaches, teammates, opponents and match officials. I hope that this mind-set will stay with you as you progress through the age groups, like so many of our players in the current senior teams have. And a very big welcome to U10s coach Ellie Haines, BLU's first female coach and also a member of the 1st Team. I am sure you will be an inspiration to your squad and I hope we will see many more female coaches in the future.

Coaches are the hardest working members of our team, and a special word of thanks goes out to them all at the beginning of this season. They all strove to maintain enthusiasm last year and have started this season the same. Their presence on the training field and at the side of the match pitch is only the tip of the iceberg: they also manage the fixtures, communicating

with the opposition before each match, and report results after the match; they make sure the balls are pumped and the vests aren't too smelly; they make hard decisions about squads, dealing sometimes with disappointed players

“And a very big welcome to U10s coach Ellie Haines, BLU's first female coach and also a member of the 1st Team.”

(and parents!); they go through endless FA courses to maintain their affiliation; they manage the subs and payments to refs. All of this and more without asking for or receiving anything in return. So thank you coaches, you are highly valued members of this great football club and your wider community. Parents, please do assist them in any way that you can.

Good luck this season! I look forward to watching some great football.

Justin

Check out our Facebook page <https://www.facebook.com/groups/237169567430828/>



Under 9s – Great photo of training

Under 10s news

We've had 2 games with the U10s, it's our first season and for 90% of the girls it's the first time playing actual competitive games.

The first picture with pink ball in it is Isla and Rosie who both won Star of the Match.

The second one is Zoe and Susie.

(Thanks to Tom Harris)



Under 13s news

Great to be back as we embark on our second season at 9v9. Our first season at this format saw us have a strong finish, winning our last 4 games without conceding a goal and finishing 4th in the league. Over the summer we lost a couple of girls but have 4 new recruits – so welcome to Izzy, Mirre, Isabelle and Grace.

We tried to get a second team up and running to play in Division B for this season, but unfortunately we didn't quite have the numbers to get it off the ground. We currently have 20 girls in the group with interest in the girls' game continuing to remain high.

Division A will be very competitive this season but we have the squad to compete and to play some lovely football so should be a cracker.

Our 2021/22 season has started with an away win against a very physical Longwell Green team, backed up by two further wins. A great start and the girls are buzzing, having been unleashed to play competitive football again. The team has huge potential so we're looking forward to seeing how the girls get on in a very challenging league.

(Thanks to Les Abraham)

In the spotlight

Also, from Les's player group, last year one of the parents put together a few comments from the players about each other. The highlighted comment is from the named player and the other sentences are other players' comments about their teammate. (Great profiling!)

(Thanks to Sharon Davies)



Estelle

"Everyone is so friendly and have helped me get a lot better and the coaches are really nice"

- Estelle is rapid and a great new addition to the team.
- Estelle is really quick and fit.
- Estelle is a very fast and agile player. If she loses the ball she will go and win it back and is not satisfied until the ball is hers.
- Estelle is great at winning the ball back and is very quick.
- Estelle is good in goal and on the pitch she shows good skills and is very quick. She doesn't give up.
- Estelle is great at running with the ball and keeping going.
- Estelle runs a lot and works really hard.
- Estelle is a very skilful player.
- Estelle has great pace on the ball.



Evie

"BLU allows me to play my favourite sport every week. I have also met some great friends through the club which makes it even more fun!"

- Evie is a skilful player and quick on the ball.
- Evie has incredible skills and loves to dribble passed her opponents.
- Evie is very good at running down the wings and working up the pitch using them. She is strong in all positions and is overall a very skilled player.
- Evie has great skills and works hard. Also does not give up!
- Evie is a great dribbler and with determination tackles most players.
- Evie is good at passing and bringing her teammates into the game.
- Evie is strong on the ball (never gives up).
- Evie has great footwork.
- Evie has fabulous skills!



Polly

"Playing for BLU is fun and I have made lots of new friends. The team works together well and we all work hard in training and matches"

- Polly has a really good powerful shot.
- Polly is great at moving the ball up the pitch & always in position to pass.
- Polly is a team player and great goal scorer.
- Polly is a very skilled player and can work the ball up the pitch very effectively. She is probably one of our best shooters in the team. Polly is also very confident when she has the ball at her feet and always knows who to pass to.
- Polly is a superb passer and even better striker.
- Polly is skilful and scores amazing goals.
- Polly has quick feet and is a great finisher.
- Polly is powerful and strong.
- Polly is a powerhouse on the ball.



Development team – September

Development team news

It really is great to be back. Not only because of the importance of health, fitness and wellbeing (that goes without saying).....but also because we have a truly amazing squad this season who have turned out in great numbers to drive the Dev team to the top of the Gloucestershire Womens Senior league (Div. 3) after 4 games.

Yes, 4 wins out of 4, with the squad working so hard for each other and enjoying the rewards. Naturally we won't be getting carried away, resting on our laurels, game of 2 halves, still a long way to go, and lots of other managerial clichés, but considering the team have never played together before and pre-season was almost non-existent, we have every right to be excited and positive for the season ahead.

From a squad perspective, most of the team from last season stayed on and we were joined by a very talented group coming up from the U16's. We now have a very strong squad of 22 players. 3 of which are already playing in the 1st team and gaining great experience.

So, well done ladies. Let's keep the buzz going and I hope everyone stays fit and we can continue to be the team to beat!

(Thanks to Andrew White)



New player Jess



New player Ruby

1st Team news

We have had three of last year's U16 girls stepping up to the first team and they have all done really well. They are Leah, Keziah and Ruby.

Jess has returned after a spell with Bristol Rovers, which is great for us. Beth, Leah and Reegan have joined our team which will only strengthen our squad.

We started the season with two wins, which is very good, but there is always room for improvement, so we need to keep the good work up.

(Thanks to Steve Price)

Squad Mums Initiative

We're not just creating the next generation of footballers, we're building a generation that will inspire their daughters to play football.

Currently, BLU has 200+ female footballers. 31 male coaches. 1 female coach.

Our players need role models, not just in football but in life. The players need to see the women in their lives volunteering, playing it forward, passing on a passion, proving the power of stepping beyond comfort zones. For life.

So BLUs has a new club initiative to get more women to be a part of the football experience.

Introducing Squad Mums

Definition: women with no idea about football but who enjoy sport and incorporate it in everyday life



What will Squad Mums do?

Lead a five-minute warm up or cool down session (so when you drop off or pick up) at the beginning or end of football training.

How many Squad Mums do we need?

Ideally, each team would have around four Squad Mums. Each team can arrange it to suit you: in pairs every other week or individually once a month, a warm-up squad and a cool-down squad. You decide. The more Squad Mums we have, the fewer sessions you need to take.

Do I need experience?

No. If you have ever run or done any organised sport, you can lead a warm up or cool down. The five-minute sessions are not unique to football. The coach will be available to support if you need them, but working in pairs can help with confidence in your first few sessions.

We'll have a WhatsApp group for Squad Mums both for support and to share the weekly warm up and cooldown plan, with pictures, to help you run the session – or completely ignore.

Do I have to stay for the whole training session?

Not at all. Take warm up and/or cooldown. If you want to stay to assist the coach for the whole session, that's great. You don't need to know anything about football to help with drills and technique training. There's no pressure.

And if you DO want to learn more about football, the level one coaching course – The FA Playmaker – is now completely online and free <https://www.thefa.com/bootroom/learning/qualifications/the-fa-playmaker>

As a Squad Mum, you get a NICE CUPPA AND A SLICE OF CAKE when you pop to harbourside to show the welfare officer your ID for your DBS check (a very easy process), which you need before you start.

Get in touch with your coach who will put you in touch with Lucy Cripps, the welfare officer, and we'll get the ball rolling.

Top 5 Songs Selection

This time, Reegan, one of our 1st Team players, has selected her top songs to share with us. (We welcome any player/coach/parent/committee member to send in their choice for future newsletters.)

1. **Hakuna Matata, The Lion King.** Or any Disney song to be honest (ha ha), but this one is certainly my favourite to blast out on karaoke. <https://www.youtube.com/watch?v=3jQIIXuhsC8>
2. **Dancing Queen, ABBA.** Because ABBA are just awesome and it gets everyone dancing! <https://www.youtube.com/watch?v=xFrGuyw1V8s>
3. **Wunderbar, Tempole Tudor.** Catchy chorus and gets you dancing with a pint in no time. <https://www.youtube.com/watch?v=3bx7QFFIV9M>
4. **Let's Dance to Joy Division, The Wombats.** The line "everything is going wrong but we are so happy" is just very relatable (ha ha). <https://www.youtube.com/watch?v=ayuooYWPEUc>
5. **Flying without wings, Westlife.** There was no way I couldn't put a Westlife song in my top 5 because I love them. <https://www.youtube.com/watch?v=vKPGxGCFgTs>



Bristol City Women

Bristol City Women are in the FA Championship and you can see the results and fixtures here.

<https://www.bcfco.uk/fixtures-results/city-women/202122-fa-championship/>



England Women (Lionesses)

The Lionesses next play on Saturday 23rd Oct, home to Northern Ireland (5.15pm KO at Wembley). This is a World Cup Qualifier.

<https://youtu.be/IsVLYCGukR4> Here is a link to a video of an England women training session by the new coach, Dutchwoman Sarina Wiegman.



Committee members: (and contacts)

Please note new vice chairman

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Vice-chairman

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Thanks for reading – feel free to contact Rob Groves to offer future content or general comments on rob.Groves13@hotmail.co.uk or 07582 437972. All contributions welcome from parents, players and coaches.

Many thanks again to Les Abraham for the final newsletter presentation.

BLU Website

<http://www.pitchero.com/clubs/BLUFC>



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