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## NUTLEY FC NEWSLETTER DEC '22



The season is continuing to go well with all our teams enjoying their football. The pitches have held up really well so far. A huge thank you to Hamish Norris for all the work he's put into them. At this halfway point we should also say a huge thank you to the coaches and committee for their dedication, the players for their team spirit and effort, and the parents and spectators for their wonderful support. Happy Christmas to you and we hope you're enjoying the break!

### **U13s SEASON UPDATE BY OLI SCOTT**

The team has started off very well, we have won three of our four matches. This season we have joined two cups, one being the league cup and the other being the county cup. In the county cup we struggled against our opponents and got knocked out early on, however in the league cup we have reached the semi-finals and are playing a local team Crowborough.

Last season we played on a much smaller pitch to the one we are

playing on now. In my opinion playing on the bigger pitch is much more enjoyable because we have more space to use, and I find it easier to apply our training drills into the matches. I look forward to playing the rest of the season and playing with my friends.



### GIRLS FOOTBALL

We want to start primary school age, girls only, drop in football sessions. We are hoping to start these in the Spring. We are delighted to have been awarded a grant from the Barclays Community Football Fund, being delivered in partnership with Sported, to enable us to buy the equipment needed.

We will start delivering these sessions using our existing coaches. However, these coaches are all very busy and as such we will need to find someone else to volunteer to take over the sessions. If you fancy this extremely rewarding role then please get in touch with Ben Scott ([secretary@nutleyfc.co.uk](mailto:secretary@nutleyfc.co.uk) / 07886 270219) or Gavin Paisley ([chair@nutleyfc.co.uk](mailto:chair@nutleyfc.co.uk) / 07884 435639). We will of course provide lots of support and pay for your FA training.



**BARCLAYS**



### PAVILION SPRUCE UP DAY

The Fords Green Pavilion is looking a little tired and in need of some tender loving care. All it needs is some sanding and painting, and a small bit of fixing and mending. We're planning on having a "Spruce up day" sometime in Spring 2023. Please volunteer. If we get a lot of people then we'll get loads done and set the place in good order for many years to come.

Please sign up now and we'll be in touch closer to the day (hopefully it will work for you). You can sign up by:

talking to any of the Fords Green Committee members (Bert Keeys, Carol Brown, Ian Ritchie, Gavin Paisley, Lisa Bills, Chris Siddons, Andy Tester, Trisha Thompson, Roger Kosh, Birgit Smith)

or by emailing Gavin at [chair@nutleyfc.co.uk](mailto:chair@nutleyfc.co.uk)

or by filing in this sign up form:  
<https://forms.gle/JvavS6yq2uLjsBzr5>



#### **VOLUNTEER SPOTLIGHT - PETE RIDLEY**

We want to celebrate the brilliant volunteers that keep Nutley FC going. Pete has been lino for the adults for many years now. He was recently awarded linesman of the season 21/22 by the Gray Hooper Holt LLP Mid Sussex league. This wasn't just for Nutley's division last season, this was across all the divisions and was the result of the feedback from all the referees. Well done Pete! It makes it so much easier for the manager, players and referee if there is someone who can do a great job as lino and is prepared to do it regularly - the club gets a good reputation for being fair and even, and the manager doesn't have to harass the substitutes to run the line. So a big thank you to Pete!



#### **GET INVOLVED**

**We've got some new volunteers!** Yeah! Hannah and Shona, U8s parents, are going to provide safeguarding cover. Charlie Stevenson is going to help Hamish with the groundskeeping. A massive thank you to these three. This is the stuff that keeps the club going. The roles below are still to be filled so do please consider volunteering for them.

**Youth Secretary** - work with junior members to ensure their voices are heard. Perhaps you could set up a youth group with

regular meetings and suggestions box, and to bring these ideas to the committee. These meetings could be a couple of times per season for each junior team.

**Community Secretary** - responsible for organising social events to bring all club members together to enhance relationships within the club and with the local community (perhaps parties, quiz night, end-of-season do).

**Fundraising Secretary** - obtaining additional funds, such as grants or sponsorship.

**Environmental leader** - suggest ways of identifying, reducing & offsetting resource usage.

We are a friendly and supportive bunch of volunteers. Please do think about joining us. You will be rewarded by a sincere thanks from the club, a warm glow for yourself and some good karma coming back your way! If you are interested then please contact our wonderful secretary Ben Scott on [secretary@nutleyfc.co.uk](mailto:secretary@nutleyfc.co.uk) or 07886 270219.

**FREE FA COURSES** - the following courses are a great way to improve your knowledge of the game and to get involved.

- [Safeguarding Awareness for Parents and Carers](#)
- [Playmaker](#)
- [Refereeing - Guide to the laws of the game](#)

**OTHER FA COURSES** - the following courses are chargeable but if you want to get involved with coaching at Nutley FC then please speak to us and the club will likely pay for them.

- [Safeguarding Children](#)
- [Introduction to Coaching Football](#)

## STAY FIT!

**Running** is a fabulous way to improve your fitness. You could join our Strava exercise group, [Nutley FC All Stars](#). You could run / walk 5km at [Uckfield Parkrun](#) - this is a super positive, friendly and free event which takes place every Saturday morning. There are many other local running events if you fancy challenging yourself further - have a look at [findarace.com](http://findarace.com) or [sussexraces.co.uk](http://sussexraces.co.uk). Running plans are always very helpful especially if you're new to running. You can find plenty [here](#) including an excellent couch to 5k plan.

**Nike Training Club app** is a free phone app which is full of excellent stretching, yoga, strength, HIT, etc, routines. A great one for after a run is the "Runner Cool Down" routine.



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