



Welcome to the first edition of our league newsletter. Each edition will tell you a little bit about one of the league committee members, an introduction to the teams that play in our league and anything that you need to be kept up-to-date with....

A little bit of question and answer time with our Chairperson - Alison Moore

How long have you been on the NWGFL committee? Around 11 years

What motivated you to be on the committee and to have been committed for such a long time? I had been running a girls team for around a year and was approached by a committee member about taking on the role of Welfare officer. I'm very passionate about safeguarding and respect in the game, so I decided that this role would give me both an insight into the running of the league and be able to support in the event of welfare issues. I stayed in this role for many years until I became Chairperson in 2017. I continue to support the current Welfare officer when needed. I have stayed on the committee for a few reasons, the first being and one of the most important is that I still enjoy having a big involvement in the female game & working alongside a group of the same minded people, who always want to ensure that every player/coach/manager/supporter have the best possible experience of the game in Norfolk.

In your time on the committee what would you say has been the biggest change? The growth of the girls/ladies game over the last 10 years has been amazing, but I would say especially the amount of players when they reach 16 that have joined a ladies team and become very successful.

What has been your most memorable moment? For me it has to be this years cup finals held at Aylsham. I was just blown away by the venue and the atmosphere of the whole day. The committee members at Aylsham went out of their way to provide all the teams with a day to remember. The moment they played the music as the girls walked out onto the pitch was just fantastic!

On a personal note for me it has to be when I joined the committee many years ago, on the same evening Netti also joined. We knew straight away that we had the same views and visions for the female game. Netti has become one of my closest friends & we are both very excited that this season our own daughters who have played against each other for the last 11 years will now finally be playing on the same team.

If you could change one thing what would it be? For the girls/women's teams to get more publicity.

Team talk....

Our first teams to tell you a little bit about themselves are Sprowston and Gorleston Rangers U14's



Sprowston Girls - Steven Marney

Why did you choose to manage a team?

I brought my daughter along to the very first training session Sprowston put on for the new under 10's girls team and got asked to help in training sessions and next thing I knew I was involved in managing the team and have enjoyed every min of it.

What is your ritual before a game?

I don't really have a ritual as I'm usually rushing straight from work to get to the game, via Mc Donald's to get a breakfast meal so you could say grabbing a bacon roll meal is my ritual.

What is the best thing about your team?

The willingness to keep learning and improving all the time from every player in the squad.

I have a great bunch of girls that all get on with one another which is the most important thing as they are always supporting each other.

If you could take away one positive thing from coaching/managing a team what would it be?

It has to be watching each player improving all the time as your guidance and advice has played a part in that.

I have had the privilege of watching the majority of the team grow and develop from the under 10 age group.

Which player keeps the team going when things are a little tough out on the pitch?

I don't have a single player who does this as I have very good core in the squad that all pull together and keeps everyone going if we ever hit a tough period on the pitch.

Who is your biggest support, that special person who makes your job as a manager/coach a little easier?

I have three major supports at Sprowston, I have Craig Rudd who helps manage the team alongside me and having his support makes the job a lot easier and we share the responsibilities.

The second is Krissie Hailes who helps manage the club accounts, having her help allows me and Craig to put all our efforts into coaching and managing the team.

The last support is the parents who all chip in from time to time to help with refereeing, being a linesman and any other little jobs that allows the girls to play.

A few words from the Lauren Hailes, Captain.....

My managers inspire me on match days by involving me in the format of play and encourages me to talk to other team players they also show us different ways of playing and how to keep the play going and keep possession of the ball.

They encourage the team, and when we are not playing our best they will push us to do so. Even with a win they will show us how we could have done better, and what we did really well.... I love our team as we all play together as a team and focus on getting the results we want and all look forward to playing. We work together and try hard to achieve our best, individually and as a team....When you lead your team on the field, it helps you see where you could improve as a team and individually, then you help your teammates out and push them into the right direction. Talking to your team and helping them out is very important because without it, everyone wouldn't know their surroundings and what to do next.

[A brief history about the team...](#)

The team was put together back in the summer of 2014 when Sprowston again looked to set another under 10 team up.

Since then the team has continued to improve and grow season by season, when we first went competitive at under 12's we finished runners up in both the league and cup and managed to go one better the following season when we again stepped up to 9 aside and this time won the league and cup which I am massively proud of.

The next challenge for us now is to keep improving and dealing with the pressures of being successful as our opponents will see us as the team to beat now.

[Team Sponsors](#)

The playing kit is sponsored by Dovetail Furnishings on Sprowston Rd and 2C Holidays sponsor our club tracksuits, they specialise in caravan rental across most local holiday parks in and around East Anglia.



Gorleston Rangers -Sean Morley

[Why did you choose to manage a team?](#)

Me and my wife Karen coach/manage the team as our daughter plays in the team.

[What is your ritual before a game?](#)

My ritual every game is to warm all of the girls up, then give the goalkeeper a separate warm up whilst the outfield players do a different drill. I then get all of the girls in a huddle to let them know who is starting/sub.

[What is the best thing about your team?](#)

The best thing about our team is the togetherness from everyone including the players, parents and coaches.

[If you could take away one positive thing from coaching/managing a team what would it be?](#)

The best thing about coaching/managing a team especially at youth level is to give the girls the experience of being part of a team and to become a better player/person on and off the pitch.

[Which player keeps the team going when things are a little tough out on the pitch?](#)

The one player who keeps the team going whilst on the pitch is our Captain Marlie. All the girls look up to her and especially in the last 12 months has encapsulated how to be an inspirational player and captain on the pitch.

Who is your biggest support, that special person who makes your job as a manager/coach a little easier?

My biggest support comes from my wife who supports me with the ups and the downs of running a football team.

A few words from Marlie, Captain

Our manager praises us at all times during training and match days and guides us using his experience within the game.

The one thing I love about my team is we all love playing football no matter what the result is.

I feel that I have a responsibility leading my team out on a match day and I try to be a role model to our younger players.

Team Sponsors...

SBC Groundworks are a small family run business specialising in drainage, driveways and vehicle accesses. Contact: 07769 665568

Brief history about the club....

GRFC was formed in 1984 with only one team and has developed over the years to its present size with over 35 youth sides, training groups, ladies and men's sides. Our Under 14 Girls were formed only 2 ½ years ago and have gone from strength to strength to inspire other girls to join the club and form new teams, which has expanded once again this year to 5 teams. We have some fantastic volunteers within the club from our Chairman, Vice-Chairman, Secretary, Treasurer, Welfare Officer, Managers, etc and especially love all getting together at our Christmas Raffle, Presentation Evening and Annual Five a Side Tournament. Did you know the boat in our badge represents a lifeboat which used to be called the Gorleston Ranger manned by the Gorleston Rangers Lifeboat Men!!!



Sprowston v Gorleston on the opening day of the season.

News from Norfolk FA



They are looking for enthusiastic individuals to join their Inclusion Strategy Advisory Group!

Please contact Rachel Cossey for more details Rachel.cossey@norfolkfa.com

Don't forget to check out the free in—service workshops for 2018-19

- ◆ 'Lino' Workshop
- ◆ Introduction to Coaching
- ◆ Transition Support

And many more..... Visit norfolkfa.com for more details.

We are proud to work closely with Harry Diggins from Norfolk FA to promote girls and women's football.

Harry is the Football Development Officer (Girls & Women's) at Norfolk County FA and can be reached at Harry.Diggins@norfolkfa.com

In the words of Bill Gates.....

We all need people who will give us feedback. That's how we improve.

Do you have something to say about a great player, fabulous coach, superb venue. Or do you want to thank someone for their continued exceptional help, maybe a volunteer or league committee member. The [new feedback form](#) has been implemented for this purpose. This will feed into the Newsletter and be celebrated on the Website. We also encourage constructive feedback, so if you have an idea that will assist in improving a service then feel free to submit. All feedback is read, and shared with the League committee.

Call out to all U9 teams!

There is still time to enter an U9's side into our new U9's division with matches commencing in early November. Please get in touch with Netti Champion if you would like to enter a team.



A big thank you to Alison Moore, Steven Marney and Sean Morley for taking the time to answer our questions.

We will be regularly sending a newsletter out and would love to hear what you think of it!

We will be interviewing different teams and look forward to reading all about you, so start thinking about your answers!

If you would like us to include anything in our future editions please contact Louise by email @louisenwgfl@gmail.com