



Norfolk

## Women's & Girls' Football League

#WeAreNWGFL

# #WEARENWGFL Newsletter

www.nwgfl.net

Issue 1 - October 2019

## Latest News

Hello and welcome to the first (of many hopefully) NWGFL Newsletter of the 2019/20 season!

### NCFA Chairman's Bulletin

To read September's Chairman's Bulletin from Norfolk County FA, click [here](#)

### Women's and Girl's Growth

Norfolk FA have recently commented how pleased they are that our league has seen a growth in player numbers overall this season. There has also been an increase in the number of participating clubs within our adult divisions this season which is great for local female football in our region

### Sports Glasses

The NWGFL have agreed from the 9th October until the 31st March 2020 (funding dependent) to offer **up to the value of £50** towards the cost of a pair of sporting glasses for players playing in Norfolk Women's and Girls Football League. Please note this will be paid once proof of purchase (payment receipt) has been forwarded to the League from a reputable opticians.

Please note, the league have a capped amount of money so if you have players who require sporting glasses to play football please let them know of the offer and to purchase these as soon as possible, because once the pot of money runs out then the offer will no longer be available.

### Hemp Makes England Lionesses Debut

Ex-North Walsham Youth FC player Lauren Hemp made her senior England debut this month on 8th October 2019, coming on as a substitute in the 86th minute in a 1-0 friendly win against Portugal.

### Critchell Called Up to England Women's Walking Football Team

Kathryn Critchell plays for Long Stratton womens & is a very keen sportswomen taking up walking football at Long Stratton this season, she was invited to a two day trial for England Womens Walking Football squad at Solihull & Romford. Just a few days later she received the news that she had been selected for England to play against Wales on Saturday Nov 2nd at Merthyr Tydfil. Well done Kathryn!

### Change to Rule 20 (C)

An Officer of the home Club must give notice of full particulars of the location of, and access to, the Ground and time of kick-off to the Match Officials and an Officer of the opposing Club at least **5 clear days** prior to the playing of the match. This replaces the **3 clear days** from last years rules.

## NWGFL Committee Members

### Management Committee

#### Chairperson

Alison Moore

#### General Secretary

Netti Champion

#### Treasurer

Louise Riseborough

#### Welfare Officer

Julie Hutchin

### Committee Members

#### Charge Officer

#### Media Officer

Ben Binder

#### FA Council Member

#### Social Media Officer

Caroline Aldous

### Divisional Secretaries

#### U9 / U10 / U11 / U15

Louise Riseborough

#### U12A / U12B / Ladies 7's

Julie Hutchin

#### U13A / U13B / Ladies Division 2

Caroline Aldous

#### U14 / U16

Alison Moore

#### Ladies Division 1

Netti Champion

#WeAreAllVolunteers

## Youth and Adult Team of the Month

### Sprowston U16's

**Home ground:** Sprowston Community Academy, Sprowston, NR7 8NE

**Team Colours:** Orange and Black

**How long has the team been going?:** Since 2010. Entered the NWGFL league at U10 stage in 2012 alongside long serving teams of Firsides, Waveney & Thorpe. The team have a mix of aged players in which a handful will continue into ladies football for the 2020/21 season pending.

**Longest serving players:** Sophie Overton, Molly Ryan and Holly Warman



### Freethorpe Ladies

**Home ground:** Freethorpe Village Hall, NR13 3NZ

**Team Colours:** Yellow and Black

**Background to team formation:** The team started out with a bunch of girls who wanted to play football to have fun and keep fit.

**How long team has been going?:** Freethorpe Ladies FC was formed in 2009 by the late Karen Wyatt and Michelle Hunt, part of Freethorpe FC which was founded in 1912.

**Longest serving players:** Tanya Wrycraft and Louise Watts who have played since the team was founded, Tanya even stepped in as interim manager in 2014.



**Want your team to feature in future newsletters? Email your Divisional Secretary!**

## Norfolk County FA Corner

I am Harry Diggins, the Women's & Girls' Football Development Officer at Norfolk County Football Association. It's my job to support the Norfolk Women's & Girls' Football League during each season. Each month I will be highlighting some key information that either relates to my work programme or opportunities the County FA are currently offering.

This month I thought it would be a great chance to share with you an opportunity that more grassroots clubs can get involved in. The FA's 5-11 girls programme; **Wildcats** will be open for new applications this November. I have already had several clubs expressing an interest, to support the growth of female football by providing further opportunities to their local community.

Wildcats is an FA initiative, to give girls 5-11 the best possible first experience of football, with the outcome of the new participant staying involved and growing their love for the game. The application portal isn't open until November, so if you think you would like to join the other 24 Wildcat centres in Norfolk, please email or phone me so I can support you once the application window opens.

Best of luck with your fixtures for the rest of month!

*Harry*

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**THESE WILDCATS  
JUST LOVE  
TO PLAY**

**Have fun. Make friends. Play football.**

## We Only Do Positive



We only do positive.

**RESPECT**



This October, together with Norfolk County FA and the four other Norfolk Youth Football Leagues, we are working together to tackle negative behaviour within Norfolk Football with a localised campaign - **Norfolk Football is Positive**.

Our campaign's aim is for every young person to enjoy the game within their own environment. Young people choose to play our game and this campaign is only going to highlight the positives of playing football.

Football is a game which is For All and everyone should get an opportunity to play, enjoy the game, have fun with friends and grow their love of the sport.

We have highlighted four key areas from The FA's National Campaign of We Only Do Positive that we feel can improve the behaviour on the side-lines across Norfolk.

- **Developing an anything possible attitude**
- **Understanding your players better**
- **Creating the right environment**
- **Leading by positive example**

Our four key areas will be highlighted in further detail every Friday through October, prior to games taking place on the Saturday or Sunday.

Football Development Officer (Women's & Girl's) Harry Diggins said, *"This is a fantastic initiative and something which I'm very passionate about. I have been working with all five of our Youth Leagues as well as our Youth Council over the past 10 months to develop this localised campaign. We are wanting to reach out to every youth team playing Norfolk Football and are wanting to make sure the game is played in a fun, safe and enjoyable environment."*

*"My challenge to Norfolk Football's coaches, parents, spectators and club officials is to make your football environment the best it can be for the players."*

**Can you get involved in Norfolk Football is Positive this October? Show of your displays of positivity on social media – tag @NorfolkCountyFA and use the hashtag #NorfolkFootballisPositive.**

For more information about October's 'Norfolk Football is Positive' month as well as some customisable digital assets to get involved in the campaign, please contact us.

## Links to Leagues on Full Time

<a href="#"><u>Under 12's A</u></a>	<a href="#"><u>Under 12's B</u></a>
<a href="#"><u>Under 13's A</u></a>	<a href="#"><u>Under 13's B</u></a>
<a href="#"><u>Under 14's</u></a>	<a href="#"><u>Under 15's</u></a>
<a href="#"><u>Under 16's</u></a>	<a href="#"><u>Ladies 7's</u></a>
<a href="#"><u>Ladies Division 1</u></a>	<a href="#"><u>Ladies Division 2</u></a>