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NUTLEY FC NEWSLETTER NOV '24

SPONSORS

Sponsors help keep this show on the road. If it weren't for them we'd have no kits as well as other important items. A huge thank you to James Child at CEC Electrical Specialists Ltd for the very generous sponsorship of the U10s and U11s home and away kits! And a big thank you to Robin Scott for his most excellent donation of £250 which is helping to pay for the Wildcats use of Cumnor House Sussex sports hall through the winter.



TEAM REPORTS

U10s - match report 10 November

What a team!!! Nutley continued their incredible run, adding another two wins to their unbeaten season! The boys were

absolutely amazing out there, showing true grit and teamwork. Every player gave it their all and left nothing on the field, playing their socks off from start to finish. The energy was electric, with both matches packed full of skilful play, relentless effort, and smart strategies that kept Tonbridge on their toes. Nutley's teamwork shone through as each player contributed to the win. The defense held strong, the midfield controlled the pace, and the forwards kept the pressure on, sealing two more victories in style. Well done, boys! Keep up the hard work and let's keep this winning streak alive!



U9s - match report 17 November

Nutley under 9 girls had their first win 🏆. The girls played Bexhill Utd at home today and had a terrific win. Player of the match went to Georgia Mackay. Goals scored by Charlotte, Lillie, and Belle.





U12s match report 16 October

On a cold and dreary morning, Nutley U12 faced Sedlescombe U12 in a challenging cup match. The pitch, reminiscent of a cow field, made for difficult playing conditions, especially for Nutley, who were up against a high-flying League A team.

From the first whistle, Sedlescombe came out strong, pressing hard and finding ways to navigate the tricky surface with confidence. Their quick and aggressive play through the midfield caused early problems for Nutley, and it wasn't long before Sedlescombe's pressure paid off, with an early goal giving them the lead.

Despite the setback, Nutley didn't drop their heads. They stuck to the passing style that has served them well in the league, but the poor pitch slowed down their game, leading to intercepted passes and turnovers. However, Nutley's resilience began to show as the match progressed. George and Jamie led the charge, driving the team forward with determination and grit. Harry, Bradley, and Freddie supported brilliantly, showing great vision and distribution as they started to ask serious questions of the Sedlescombe defense.

Sedlescombe only had their best chance of the second half coming from a counter-attack, only for Nutley's goalkeeper, Cooper, to pull off a world-class save, denying Sedlescombe. Jamie, in particular, was relentless, covering every blade of grass and creating opportunities with his tireless work rate.

In the end, Nutley's efforts fell just short, as time ran out and Sedlescombe held on for the win, knocking Nutley out of the cup. However, Nutley left the field with their heads high, having shown real determination and spirit.

Men of the Match: Jamie and George for their tireless effort and leadership throughout the game.





Men's match report 23-Nov-24

Yesterday our adults relocated their home match to the 3G pitch in Uckfield due to the weather. In recent weeks the team has been performing well with not the points to show for their hard work. On Saturday the team got the 3 points due to their dominant performance. Over the last couple of years the squad has consisted of juniors that have come up through the youth teams. One of them was Hamish Paisley who scored a hat-trick and Hayden who scored his first goal for the season. One of our senior players and coaches for our U12's Mark H also got his name on the score sheet along with our skipper Jack R. The team is not short on ability and was a pleasure to watch as they've shown on many occasions. The team will now look to build on this and find another 3 points as they host "The View" at home next Saturday.

VOLUNTEERS

Lauren Butson has joined the committee as Youth Secretary with a remit to work with junior members to ensure their voices are heard. Thank you very much to her.



James Child, Stijn Lambrecht and Scott McLeary have joined as

parent helpers - thank you very much to them for doing their DBS checks and working through the Safeguarding training.

THE GREENER GREEN

As part of our Greener Green project to improve the biodiversity of Fords Green we've been hard at work with the shade underplanting between trees on road boundary of Fords Green. We've planted 75 native shrubs that are good at supporting wildlife (common dogwood, dog rose and guelder rose). These plants should be low maintenance and should not grow too big - we are not trying to create a "hedge" that requires regular maintenance. Big thanks to AM Skips who have very kindly paid for the plants and to Claire Sullivan for the planting and expert guidance.



RUN 5K

Get fit - running is good for the head and body (including knees). We're targeting a group run at Uckfield Parkrun on 05-Apr-25. All are invited to get involved - players, coaches, helpers, spectators, parents, committee members, friends, family, locals, etc. More details [online here](#).



NUTLEY FC 5K RUN

GET FIT - RUNNING IS GOOD FOR THE HEAD AND BODY (INC KNEES)

**WE'RE TARGETING A GROUP RUN AT UCKFIELD PARKRUN ON 05-APR-25
COME ON - GET INVOLVED - IT'LL BE FUN!**



SUGGESTED TRAINING PLAN - BUILD IN SPARE WEEKS - IF YOU MISS TOO MUCH ONE WEEK THEN JUST REPEAT THE WEEK

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Day 1	Run 1 min, walk 1 min, repeat x10	Run 2 min, walk 1 min, repeat x 8	Run 4 min, walk 1 min, repeat x 5	Run 6 min, walk 1 min, repeat x 4	Run 8 min, walk 1 min, repeat x 3	Run 10 min, walk 1 min, repeat x 3	Run 15 min, walk 1 min, repeat x 2	Run 25 min, walk 1 min, run 5 min	Run 30 min

Day 2	Strength	Strength	Strength	Strength	Strength	Strength	Strength	Strength	
Day 3	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Run 18 min, walk 1 min, run 12 min	Run 30 min	Run 20 min
Day 4	Strength	Strength	Strength	Strength	Strength	Strength	Strength	Strength	
Day 5	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Run 20 min, walk 1 min, run 10 min	Run 30 min	Run 5K

STRENGTH IS IMPORTANT - FOCUS ON YOUR CORE, GLUTES AND HIP FLEXORS

MORE INFORMATION AVAILABLE ONLINE AT WWW.NUTLEYFC.CO.UK/RUN (OR FOLLOW THE QR CODE) STRETCHING. STRENGTH ROUTINES. KNEES OVER TOES. LOCAL RUN COACH. STRAVA GROUP.

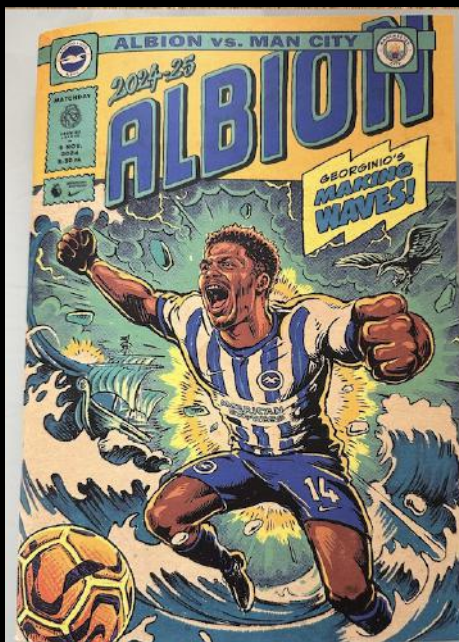
GRASSROOTS GROUNDS TEAM OF THE YEAR AWARD

We're super proud to have received the Sussex FA's Grassroots Grounds Team of the Year award 2023/24. As a result of this Brighton & Hove Albion invited our grounds team along for a match day. We were given a tour, time to ask advice of their grounds team and helped with the divots on the pitch before the game and at halftime. Also, NFC made the match day programme.



24 BEN SCOTT
Club Secretary

Because of the quality and yeah it's been a massive impact over the last few years.



EQUALITY CHARTER AWARD

We are going to try to achieve the Sussex FA's Equality Charter Award Level 1. This will require us to:

- Sign the Kick It Out Equality Charter
- 10 officials to attend equality workshop
- Dedicate a weekend of matches to raise awareness of Race
- Dedicate a weekend of matches to raise awareness of Football v homophobia

We've made a start. More details to follow soon.



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