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NUTLEY FC NEWSLETTER SEPT. '23

NEW SEASON

We all enjoyed the Summer break but we're very excited to get going with the new season. We have the following teams:

- Men's playing in Mid Sussex Division 3 South;
- U11's mixed playing in the Crowborough Development Group H;
- U9's mixed playing in the Crowborough Mini Soccer league.

The squads are all a healthy size and spirits are high. We hope they all have a lot of fun. You can watch some recent matches recorded on the VEO on the links below.





Nutley v Rotherfield 16-Sep-23

OUR TOURNAMENT

Our annual junior football tournament was a huge success. We hosted about 400 players from 45 teams across four age groups. The weather was fantastic, the pitches looked superb, the food and drinks were great, but best of all was the welcoming and friendly vibe (this was a consistent theme in the feedback we received). On top of that we raised an amazing £3500! A massive thank you to all the volunteers - it would not have been possible without you. We've donated 10% of this total to local community groups. We'll be reinvesting the rest in equipment and facilities.



WILDCATS

Our other football offering is Wildcats which is our primary school aged girls only sessions. These are drop-in sessions on Fords Green from 10 to 11am on Saturday mornings. They are going from strength to strength. We have a regular group of about 10 girls turning up. We have a huge amount of fun.

Donna and Diana, relatives of two of the regular girls, have very kindly done their DBS checks to provide cover should it be needed. Thank you very much to them.



Girls only non-competitive football for ages 5-11

FOR GIRLS WHO WANT TO GIVE IT A GO FOR THE VERY FIRST TIME OR WANT TO PLAY WITH OTHER GIRLS THEIR OWN AGE

IT'S ALL ABOUT HAVING LOADS OF FUN AND MEETING NEW AMAZING FRIENDS

RUN BY FA QUALIFIED COACHES AND VOLUNTEERS

Hosted at Fords Green, Nutley, TN22 3LH
Saturdays 10 to 11am (re)starting 2nd Sep

If you'd like to come along then please book a space using this link:
<http://faevents.thefa.com/bookevent?eventID=7548>

**MORE DETAILS AVAILABLE AT
[HTTPS://NUTLEYFC.CO.UK/WILDCATS.HTML](https://nutleyfc.co.uk/wildcats.html)**

PITCH UPDATE

The pitches are looking lovely. The Spring and Summer provided some excellent growing weather. We have the usual works planned for this season: grass cutting; grass grooming; vertidraining; fertiliser; seeding.

We did apply a selective herbicide called Holster in August. Hoslter is a safe amenity herbicide designed to be used in public areas like the Green. We were, and still are, reluctant to use chemicals on the Green. However, we felt that the

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mower. They create large patches of shade that kill the grass. So with the agreement of the Fords Green committee and the Forest Conservators, and the encouragement of the Grounds Management Association, we employed a certified contractor to do the job. It has proved most successful. We hope that the standard cultural methods will now be sufficient to keep the plantains at bay.

QUICK PLEA FOR THE SEASON

It would be very helpful if you could please:

- be positive and encouraging towards the players and coaches (including the opposition);
- not coach your child from the sidelines as this may well confuse or contradict;
- wait until the day after the game to get in contact with the coach if you have an issue to discuss.

Coaches and committee members spend four or five hours a week for 30ish weeks a year on football. This is all done on a volunteer basis. We do it because we love it. The club tries to make football as accessible as possible by keeping the fees low. The coaches and committee members cannot do this all on their own. This has got to be a partnership with the players and parents. Coaches and the club will need help from parents / players to:

- ensure the players are on time to games and training;
- setup the pitches and break them down after home games;
- run the lines occasionally;
- volunteer for fundraising events;
- make themselves familiar with the club rules / policies set out on the Rules page of nutleyfc.co.uk/rules.html.

I realise that not everyone is going to be able to help on everything, some people will be working at weekends, some will already be volunteering lots of time for some other organisation, however, if you can lend a hand (eg setting up before or tidying up after a game maybe or at a fundraiser perhaps) then it would be most appreciated.

VOLUNTEER SPOTLIGHT - MIKE FRANCIS

Mike Francis is Mr Nutley Football Club. He's played for the club, coached for the club and is currently treasurer for the club. He's been treasurer for over 40 years! Now that is dedication and commitment! All that time he has helped shape and direct the club and helped hundreds of people (it has got to be pushing 1000) to play football. Thank you Mike!

**GET INVOLVED: IT'S FUN (AND GOOD FOR YOU!)**

There are small regions in the world where people regularly live to 100. Studies of these Blue Zone communities have found common healthy habits of which three are:

- knowing your sense of purpose
- connecting with your community
- choosing social circles that support healthy behaviours

Volunteering in your local community is a great way to form these habits. Engage with your community and join groups of positive people who support and encourage each other.

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environment for people of all ages, genders and backgrounds to play, volunteer and support football in our local community. We welcome all. You might want to coach, help with the administration, serve teas and baps on match days, help with the facilities or do something else entirely.

Fords Green is also looking for a chairperson.

Please think about volunteering. We are more than happy to hear about what you would want and need to volunteer and will do our best to accommodate these things.

If you are interested then please contact Gavin on chair@nutleyfc.co.uk or 07884 435639.

The NetFlix series "Live to 100: Secrets of the Blue Zones" is a very interesting watch. Here's a youtube trailer.



BLAST FROM THE PAST

Nutley's Second Eleven from 95/96. Note Ian Francis son of Mike.

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