



Established 2002

# FLUFC NEWSLETTER

SATURDAY 3<sup>rd</sup> DECEMBER 2016

GAME WEEK 13

Welcome to another week of football at Flitwick Lower School. Details of last weeks and this week's upcoming training sessions/matches are included.

This weekend see's only Year 1 and Foundation in attendance at the school for training and a match and unfortunately the Tuck Shop will not be up and running.

Details of the club badge competition we have launched are included once again.

As always, any comments or feedback are welcomed and if you would like to contact us regarding sponsorship, volunteering, coaching opportunities or for any general enquiry the please contact us via the following e-mail address;

**EnquireFLUFC@gmail.com**

#### **Year 4 Training/Match Report:**

**There was no match or training for Year 4 last week.**

**Coach: Neil Hanman    Players(s) of Match: n/a**

**NEXT FIXTURE: Away match v Silsoe at Wrest Park. Kick off at 9am, arrive for 8.45am.**

#### **Year 3 Training/Match Report:**

Yet another fantastic performance from the whole team this week finishing the year unbeaten and with a hard earned 6-0 victory over Wooton.

Some lovely football was played throughout with a slick one-two between Josh and Finley to produce one of the best goals of the season so far.

Man of the match was Finley Canning, not just for his hat trick but for his work rate and determination in winning the ball back and a brave stint in goal when called upon.

Thanks to everyone for their efforts this year, really looking forward to what next year will bring. Merry Christmas everyone, see you in the new year. Steve Headland will be taking the training session this week.

**Coach: Russell Hilton / Steve Headland    Players(s) of Match: Finley**

**NEXT FIXTURE / TRAINING: Training on 3G Pitch B at Redborne School from 11am to 12.**

***YOUR COMPANY NAME COULD BE HERE. PLEASE SUPPORT US IN 2017***

PLEASE CONTACT US IF YOU WISH TO SPONSOR A SECTION IN THIS NEWSLETTER

EMAIL: ENQUIREFLUFC@GMAIL.COM

## Year 2 Training/Match Report:

If this sounds a bit repetitive then I apologise but Saturdays game against Harlington was simply brilliant. Pete and myself were both in ore about the way we played.

The passing, the running, the way we kept our shape and positions and, best of all, the way the players looked so happy enjoying their football and celebrated the goals was great and at one point the players were so excited that we were slipping all over the place.

As for man of the match I have to give it to all the players as everyone of them give it their all. We ran out 7-2 winners with Aren and Lucas scoring a hat-trick each and Max "Roy Keane" VDM popping in with 1, Joel run things at the back being comfortable under pressure and his passing from the back also under pressure shows that he is making good decisions and his improvement is very satisfying to say the least, Jack, Max Med and Adam all made great decisions and tackled their hearts out and drove into space with their heads up.

The best performance to date by far, well done all.

**Coach: Steve Tavinor and Peter Nemeth    Players(s) of Match: Adam & Amber**

**NEXT FIXTURE / TRAINING: Training on 3G Pitch B at Redborne School from 11am to 12.**

## COMPETITION TIME!!

From the 2017/18 season onwards, we are looking to update and refresh the football team badge and who better to design it than our very own players and fellow students. There are a few rules which are detailed below and the winner will be announced during the spring of 2017. Entrees can either be drawn by hand or computer generated and must follow these guidelines:

The badge must contain the full name of the club somewhere on it – Flitwick Lower United FC.

The badge must be predominantly coloured yellow and black.

A link to the school badge / logo.

The badge should show the club year of formation (2002).

The badge can be any shape, but please use the clear area on the next page.

Entrants must be a current student attending the school.

Please use the form on the next page

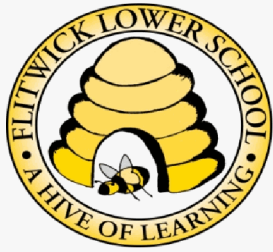
## PRIZES

**1<sup>st</sup> – The winners logo will be professionally converted to a high resolution PDF and used on all FLUFC products, kits, training wear and correspondence from 2017/18 onwards**

**2<sup>nd</sup> – A family ticket to watch MK Dons this season**

**3<sup>rd</sup> – A £10 Gift voucher**

All entrees must be submitted by 4pm on Saturday 7<sup>th</sup> January and can be handed in to the tuck shop, emailed to the club or handed to your coach. The judge's decision will be final and announced in spring 2017.



## COMPETITION ENTRY FORM

HAVE FUN, BE CREATIVE AND STAMP YOUR MARK ON YOUR CLUB

A large, empty rectangular box with a thin blue border, intended for students to draw or stamp their mark on their club.

Name:

Class:

Contact No & Email address:

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# Flitwick

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### Foundation/Year 1 Training Report:

#### Training:

Rumble in the Jungle for Year one and foundations in this week's training. We started nice and light with some short sprints, dribble sprints and then moved on to a new drill that saw one team in bibs, and one non bibs, they stand in the middle back to back and depending on who I call they are to run to the end before getting caught. The idea is all about being alert and aware of your surroundings and keeping up with your marked player. We then moved on to a 3 on 3 drill led by Jose, in which if a player kicked the ball out they would have to stand to the side which can create 3 on 2s. As soon as a team scored it went back to full strength. We then finished with a training match where the team had to pass before scoring, the game was quite competitive and the players put great effort into. The man of the match was Nathan Graire, stood out and massively improving since joining us, was clever throughout, listened and scored a few great goals in training and was very impressed.

**Coach:** Dene Walsh and Jose Sanchez **Players(s) of Week:** Nathan Graire

**NEXT MATCH/TRAINING:** Year 1 Match at 9.30am with training following on at 10.30am.

IF YOU WOULD LIKE TO RECEIVE AN EMAIL COPY OF THIS NEWSLETTER PLEASE EMAIL US AT [ENQUIREFLUFC@GMAIL.COM](mailto:ENQUIREFLUFC@GMAIL.COM) AND ASK TO BE ADDED TO OUR NEWS LETTER MAILING LIST.

THANK YOU FOR TAKING THE TIME TO READ THIS NEWSLETTER AND WE LOOK FORWARD TO SEEING YOU AT A FORTHCOMING MATCH SOON.

THE COACHES, CHAIRMAN & SECRETARY AT FLUFC.