



CHARTER STANDARD



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## Chairman's introduction

Welcome to the 4th West Bridgford Colts newsletter. May I wish you and your families a very Merry Christmas. Thank you for your continued support in making us the largest youth football club with 93 teams and over 1300 players.



We've had a good start to the season holding our AGM in September, where we discussed ways we can continue to improve our Club and the recent increase in registration fees. Whilst it is never easy to do this, the Club felt the increased cost of pitch hire, our recent appointment of a paid administrator to meet the increasing admin demands and the loss of income from the Nursery at Regatta Way meant this increase was necessary. Thank you for your support.

One of the issues very much in the news at the moment is whether it is safe for our children to be heading the ball. We have included an article in this newsletter and we will keep you updated with any further developments or new research that comes to light. Please be assured the safety and welfare of our players is of prime importance and so this is a subject we will be re-visiting.

We continue to invest in the facilities that the Club provides and I hope many of you will have seen the improvement to the Car Park at Regatta Way and benefited from the new light weight goals at West Park.

We are looking forward to 2018 and may I wish you all a Happy New Year.

## Improvements at Regatta Way

With a £25k grant from Nottinghamshire County Council together with some of our own funds, we have been able to lay a hard standing surface in the car park together with a tarmac entrance and new gate. This means that cars no longer need to park on the road when the main car park is full and the area is also far more secure.

We'd like to thank Nottinghamshire County Council for their support and also Jamie Lord and his company [Atlas Building & Civil Engineering](#) for completing the work.



We now ask for your support in making sure that you use the overflow car park and **PLEASE DO NOT PARK ON THE ROAD**. Parking on the road is a safety risk for our children and both the Police and NCC have told us not to do this. Many thanks for your help and support.

# News from the Committee

## “Heading for Trouble”

You may be aware of growing publicity and concern about the risks associated with heading a ball and the possible links to Dementia and other long term effects on the brain. Over the last two years articles have been written in many of the leading UK newspapers and Alan Shearer presented a fascinating documentary on the subject which aired in November. These articles draw attention to cases of famous footballers who have suffered from Dementia, and also cite various research studies that suggest a possible link to heading a football.



As a Committee we have done a lot of work to understand what evidence and information is out there. The subject was initially discussed at the Committee in March this year, after which we sent our own research to the FA. The FA confirmed it was conducting its own research on this topic.

On November 23<sup>rd</sup>, the FA announced that their research study will begin in January 2018. We are not clear when this research will be concluded.

Whilst we await guidance from the FA we have looked to other countries to understand other models. For example, in the US, since 2015, they have banned heading entirely for U11 in both practices and matches and restricted it in practices for U12 and U13.

In summary, whilst the emerging evidence is still inconclusive, it is still worrying and we are debating whether it is right to put some protection in place until the FA or others produce more research into the subject.

Please see the research and information on our [website](#). If you would like to contribute feedback and thoughts into the debate, please email [info@westbridgfordcolts.com](mailto:info@westbridgfordcolts.com).

The Shearer documentary was very thorough and touched on many of the sources of research that we had found.

<https://www.bbc.co.uk/iplayer/episode/b09g0gzk/alan-shearer-dementia-football-and-me?suggid=b09g0gzk>

This is available on BBC iPlayer until 26<sup>th</sup> December.

## Grants

Capital One have a provision under social responsibilities in the workplace whereby if any employee volunteers regularly for a local community group then they have a volunteer grant available which is believed to be roughly £250 per year per.

The club would really appreciate it if volunteers/parents could look into whether their workplace offers anything like this. The club is constantly in need of new kit and really appreciates any support we can get!

Further information on Capital One's scheme is on their [website](#) under the title of Giving.

# News from the Committee

## Welfare and Safeguarding

### SILENT SIDELINES RESPECT WEEKEND

Silent Sidelines, a Respect Weekend organised by Nottinghamshire and Derbyshire FA, took place on the weekend of 18th/19th November. The main aim was to encourage all of the adults involved in mini and youth soccer to give some thought to the things they say and shout, whilst watching their young players take part in football.



Coaches were asked to keep their instructions to an absolute minimum. Parents and spectators were also encouraged to applaud good play from both teams.

The whole idea was to let the children play, free from the pressures that can often come from the side-lines.



### #LetThemPlay

### RESPECT AND MATCH DAY BEHAVIOUR

There has been a few incidents this season with matchday behaviour within the Leagues and I would like to reiterate the importance of complying with the Respect Codes of Conduct as set out by The FA.

Should I have to be in a position of writing Welfare Reports to the Leagues it is the expectation of the Club that all players, coaches/managers and spectators behave within these codes.

Please follow the link

<http://www.thefa.com/my-football/football-volunteers/helpforparents/respect/codes%20of%20conduct>

to refresh your knowledge of these.

The Welfare team work hard to promote a safe and fair environment for young players and request the full support of all connected to West Bridgford Colts.



### WELFARE OFFICERS

There are a few of us now: Jackie Bradshaw, Kerry Donaldson, Emma Wass. Jackie, Kerry and Emma are mainly based with younger age groups – if you have any enquiries or concerns PLEASE CONTACT [welfare@westbridgfordcolts.com](mailto:welfare@westbridgfordcolts.com)

And Debbie Henthorn who is responsible for criminal record checks. If your CRB/DBS is due for renewal or you have any enquiries about these checks please contact Debbie at [wbccrb@gmail.com](mailto:wbccrb@gmail.com)

### WELFARE OFFICER RECRUITMENT

Are you an advocate of Respect and have the desire to promote good matchday practice. West Bridgford Colts are looking for individuals that can assist in the over 11s age groups.

Please contact Dawn at [welfare@westbridgfordcolts.com](mailto:welfare@westbridgfordcolts.com)



# News from the Committee

## Tom Maccabee Memorial Football Fund

The Tom Maccabee Memorial Fund was established in conjunction with West Bridgford Colts in memory of former club player Tom Maccabee. The fund aims to engage in charitable activities to give people the chance to play the game who might otherwise not have chance to do so.

### Project 1: Olgapuri Children's Home (Nepal) Football pitch



Our first project to build a football pitch serving a children's home in Nepal and the local community is nearly complete now. The photos here show some of the progress of the works plus also some of the children from the home sporting kit donated by Colts.

### Project 2: Girls United Football club, Namuwongo (Near Kampala), Uganda

The new project partners the fund with Hope for Children, fundraising to help change the lives of girls living in extreme poverty in Uganda through football and a new project called Girls United Kampala.

Girls United will work with girls from Namuwongo, a sprawling slum community just outside Kampala where children live with their families in inadequate makeshift shelters and whose lives are limited by poor health, lack of access to education and opportunity. The project will provide 40 girls aged 11-17 years the chance to have fun and play football while at the same time access vital support to protect their health, wellbeing and future opportunities through counselling, life-skills training and support to help them go to and stay in school.

Making double the difference – all funds raised by 23<sup>rd</sup> December 2017 towards Girls United will be doubled by the UK Government through its Aid Match programme as part of Hope for Children's Head Held High Appeal. That means as well as funding Girls United, donations will have double the impact and matched funds will be used to improve the lives of many more children in Africa by improving their access to quality education.



<https://www.hope-for-children.org/news/tom-maccabee-memorial-fund-support-girls-united>

# News from the Committee

## Tom Maccabee Christmas Memorial Match

The usual Christmas match is back for the third year, marking the anniversary of Tom passing away, will this year take place on Saturday December 23<sup>rd</sup> at Regatta Way at 3pm. If you have chance, come along, have a mince pie or some mulled wine.

If you want to play with the rest of your team or just come and take part representing Colts, please contact Tim Maccabee at [tmaccabee@msn.com](mailto:tmaccabee@msn.com) or via the Facebook page - <https://www.facebook.com/maccasfund/>



## News from the Club

### U8s

#### U8s Reds

The U8s Red returned almost immediately to match action after our August month off from training. The kids were brilliant but having a large group of 22 players and 10 coaches split weekly into three and a half teams provides its own unique challenges. Although our performances were pretty good we did lose a lot more games than we had in the previous season.

We decided to play certain boys together hoping they would complement each other, and we made much less changes in personnel from game to game. During training however we decided to stick to our principles of working on passing, touch and transitional play rather than spend time on set pieces or playing certain boys in certain positions. Results wise things have improved markedly, but most pleasing has been the improvement in performances, and our more fluid, open style of play has triumphed.

The biggest success this season so far has seen a very successful Rossoneri collaboration of players from the red and black teams. Seeing so many talented boys in the black group gives us a lot of confidence that this age group will do well going forward, and supporting the club ethos.

#### U8s Sundays

The Sunday u8s pool are having a great season and with the addition of some new players that have recently signed and new volunteer coaches that have stepped up we are now full! The coaching team would like to offer a HUGE well done to all the players so far this season for adapting to the changes and being really focussed and playing some really great football!! Well done boys!!

#### U8s Blacks

As ever it's been an entertaining season so far for the Blacks and after a tricky start to the campaign we've had some great results. After the half-term break and the lads are starting to show some real confidence on the pitch. As already mentioned the collaboration with the Reds for the Rossoneri fixture has been a huge success and it's been great for some of the Black players to be able to mix with the Reds. It's clear to see that all (coaches and parents included) have really enjoyed it. We've also had a player play for the Whites and it's great to see that the players from all pools just get on with it no matter who they play with, as at the end of the day all they want to do is play football...which is why we're all here.

Of course none of the above would be possible if it wasn't for the hard work and dedication of all the coaches and admins from all pools. All give up their free time and put in hours of work to enable the lads to enjoy training and matches, so a big thanks to all for making it possible.

# News from the Club

## U8s

### U8s Whites

The U8s White group have had a great season so far with all 20 boys developing their skills and appreciation of the game in training and matches alike. White 3 were promoted from Division 7 to Division 5 on account of some fantastic results and all three White group teams have enjoyed a number of high-scoring, close games.

It was especially pleasing to receive verbal and written compliments from opposition managers for the spirit in which games have been played, particularly on the **#LetThemPlay** weekend.



## U9s

Congratulations to the Rangers for being division 1 champions, an outstanding achievement by all those involved. The Flyers are guaranteed a top two finish with a play off against Keyworth still to be played, this will mean two West Bridgford Colts teams in division 1.

Storm Finished 2nd in Division 4 and Pumas Finished 2nd in Division 5 – both will be promoted. Rossoneri and United both finished 4th in division 5. The Braves have a play off and a win will guarantee them promotion to division 6.

The two Sunday teams had a mixed start to the season with the Galacticos finishing 3rd in division 2 and the Scarlets finishing 6th in division 4.

## U10s

On Saturdays, Bullets are guaranteed at least runners up position in Div 4 Red and Rapids are in a three way play-off to be champions of Div 3 Blue. On Sundays, Raptors are runners up in Div 1 and Mustangs are guaranteed at least runners up in Div 5 Yellow.

## U11s

This season the boys faced the challenge of adapting to 9-a-side football which means a bigger pitch, bigger goals and the introduction of the offside rule. All of the teams seem to have coped quite well and two of our teams, Hawks & Red Wings, won their respective leagues. We are looking forward to the challenge of the Spring season and maybe some success in the Cups.

## U12s

U12s have had a mixed half season and are sad to report that Outlaws will be finishing at the end of this year. We would like to thank Simon Lawson and Paul Hussain for managing Outlaws since last summer. The managers are meeting in December to begin the transition ready for 11 a side in September 2018 and so boys from Outlaws will be able to continue to play for WBC.

On a positive note, Titans have had a much better season than the previous one and with one game to go could be involved in a four-way tie for 2nd place in Div 2. They also beat Basford Ravens in November who've not lost for 35 games. Crusaders had a mixed season but their final league game of the season saw them narrowly lose 1-0 to the Division champions who were unbeaten all season.

# News from the Club

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## U13s

We welcomed seven new recruits across our four squads in readiness for the, eagerly anticipated, first season at 11-a-side with some impressive performances in the winter leagues. The final tables are testament to this with Firebolts Red taking top spot in Division 5 with a 100% record closely followed by Arrows in the runners up position that sees both teams promoted. In Division 3 our Firebolts Black squad also secured 2<sup>nd</sup> place to win promotion whilst successfully navigating the first two rounds of the Notts FA shield. In Division 1 our Outlaws squad consolidated their position with a credible mid table finish competing in what is a high standard of football.

In summary a fantastic first half of the season of which all our players, dedicated coaches and admin support, should be proud. We go into the second half of the season in great shape for all to continue to enjoy their football and represent West Bridgford Colts with pride.

## U14s

The U14s age group are in the process of forming a new Sunday team. If anyone knows any current year 9 players, who would like to play on a Sunday, please contact the year group rep, [annemckinlay@me.com](mailto:annemckinlay@me.com).

## U15s

The U15s have made a good start to their first season in the Notts Youth league. Pirates black are currently fighting for top spot in division 1. Hurricanes are through to the next round of the U15s Saturday league cup. The Tornadoes and Red Buccaneers have also both had a number of wins in both league and cup games.

## U18s

The Colts (formerly Predators) have made a good start in the U18 Premier Division and are still unbeaten in the League. They are through to the quarter finals of the Notts FA Challenge Cup and are in the quarter finals of the NYFL League Cup. Their only defeat has come in the national FA Youth Cup when, after convincingly beating Lincoln United 3-0 in the first round, they lost 4-3 in the last minute of extra time to a very strong Long Eaton United.

The Knights have had a steady start to the season. With 3 league wins on the bounce and a favourable fixture list over the next few weeks there is still time to mount a title challenge. The performance in the cup competition has been mixed: a poor defeat to local rivals Ruddington in the NYFL League Cup being countered by the team having a quarter-final match in the Notts FA Challenge Cup against Bilborough.

The Lions lost four players at the end of last season but these were replaced by four new lads who have all fitted in very well, both on and off the pitch. Being 16-17 year old young men the banter bus has truly taken off and the team spirit that has developed is priceless. Moving over to the Sunday league has introduced us to teams (and places) that we've never been to before. In terms of results, 6 wins, 1 draw and 3 losses leaves us 4<sup>th</sup> in the league. The most irksome loss was against our older West Bridgford Colts brothers, the Eagles. Amigos : we truly do look forward to the return leg when we will have a full squad. Hopefully!

The Eagles entered the 17-18 season on the back of a difficult first year during which we only won one game. A much improved performance followed and our first goal of the season in a 3-1 defeat. A narrow extra time cup exit followed a sterling performance. Since then to our great delight we have played four won four. A couple of new players have added to what was already an excellent team spirit and growing confidence. We enter the end of the year keen to test ourselves against the sides at the top of the league and look forward to continuing into 2018.

# News from the Club

## Fundraising

The U18 Colts are in full fundraising mode in order to raise money to take the squad to compete in the 2018 World Youth Championships in Gothenburg, Sweden next summer. Their first fundraising event was a huge success raising just over £8,300 thanks to mid-November's An Audience With Stuart Pearce.

Manager Chris Norris was delighted with the amount and said "It was a huge success and we have probably raised about 50% of what we need from this one event". Assistant Manager Nathan Corden said "We are extremely grateful to Stuart for keeping his commitment as the week before he accepted a coaching role at West Ham, he drove straight up to Nottingham from their training ground and straight back home after.

We have our flights booked to Gothenburg already thanks to Just Journey - the West Bridgford travel agent and team sponsors of U9 Flyers, U9 Rossoneri and U7 Sunday Pool.

The U18 Colts will be holding additional fundraising events throughout the season including An Audience With Stan Collymore on Thursday 22nd March 2018 plus a golf day at Ruddington Grange on Friday 18th May 2018. For further information please contact Nathan Corden: [nathan.corden@btinternet.com](mailto:nathan.corden@btinternet.com) or 07885 493887.



Nathan Corden, Stuart Pearce & Chris Norris

## Think you know your offside?

The dreaded offside! Nothing's straight forward though is it?! You can sometimes be in an offside position and STILL not be offside! What's all that about it? Don't panic help is at hand. A player is in an offside position if they are nearer to the opposition's goal line than both the ball and the second last opponent. You can't be offside if:

- you receive the ball directly from a goal kick, a throw-in or a corner
- you are in your own half of the pitch
- you are level with the second last or last two opponents



You can be deemed on-side even if you are offside! It's quite a new rule and is all down to interpretation. If a player is not offside when the ball is played but then runs forward too soon and is nearer to the opposition goal than the second last opponent this is offside. It's all about timing that run! If the player had timed his run perfectly and not moved past the second last opponent until after the ball was played then he would not have been offside.

The new interpretation of the offside rule says it is not necessarily an offence to be in an offside position. As you can see in this picture, that means that as the ball is played in, an attacker can stand in an offside position so long as they are NOT involved in active play in the three following scenarios. Until either scenario occurs, the flag will stay down.

**Scenario 1** - Interfering with play (e.g. receiving the ball directly or courtesy of a flick on from any player). If the ball is cleared then that phase of play is over. That means that the attacker's initial offside position no longer stands. If the ball is then played into the box again the attacker's new position is the one that counts.

**Scenario 2** - Interfering with an opponent (e.g. blocking the goalkeeper or their line of vision)

**Scenario 3** - Gaining an advantage by being in that position (e.g. if ball is played and then rebounds off either a post, the crossbar or an opposing defender, then the attacker is offside.)

The full article: [http://news.bbc.co.uk/sportacademy/hi/sa/football/rules/newsid\\_3632000/3632335.stm](http://news.bbc.co.uk/sportacademy/hi/sa/football/rules/newsid_3632000/3632335.stm)

## Join our Facebook group

The West Bridgford Colts [Facebook](#) group now has 180 members.

This is a closed group for all West Bridgford Colts parents, coaches, volunteers and players over the age of 18. It is a place for teams to promote good practice, celebrate fair play and for welfare support.



## Sponsors and Member Offers

### Mad Dog Sports

As it was so successful last year, our kit supplier [Mad Dog Sports](#) on Exchange Road, West Bridgford have a fantastic special offer on sale at the moment.

For £22.50, the offer includes a kit bag, scarf, drinks bottle and a pen. Perfect for Christmas!

### Sponsor profile – The Herbert Kilpin

*Did you know AC Milan was founded by a Nottingham lad? And that he now has a pub in town named after him? With owner Nigel Garlick (also the man behind Junkyard & Boiler-maker) coaching West Bridgford Colts U8s and the red & black striped kit connection, a great sponsorship marriage was born, as Nigel explains...*

Nottingham's Herbert Kilpin Pub Kitchen is proud to support grass roots football by sponsoring the coaches of the West Bridgford Mini Colts for the second successive season.

Herbert Kilpin was a man of humble means, born on Mansfield Road and played football on the Forest Rec.

He later shared his love of the game with the Italians whilst working in Milan and went on to form the mighty AC Milan. His story is truly amazing and has recently been made into a book and a film.

The pub's continued support of those Mini Colts parents who volunteer to coach the Maldinis and Van Bastens of the future, would certainly have been appreciated by Herbert himself.

You can discover more about the Herbert Kilpin here, including more details on the man's amazing story...

<http://thekilpin.co.uk/>





**NGA**

**Classes in West Bridgford**

**NGA (No Girls Allowed)**  
– a boys only dance crew.

Each week the crew will explore different styles including Street, Hip Hop and Break Dance.

NGA dance crew is for boys aged 6–11

Running Tuesday evenings  
Junior Crew 5.45–6.45pm  
Senior Crew 6.45–7.45pm

The Dance Studio, Emmanuel School  
Just £6 per class.

To book a place email  
[enquiries@rattleandrollperformance.com](mailto:enquiries@rattleandrollperformance.com)  
or ring 07884116942

[www.rattleandrollperformance.com](http://www.rattleandrollperformance.com)



**RATTLE  
ROLL**





**THE DORSET ARMS**  
Compton Acres, West Bridgford




'Tis the season to be jolly so why not celebrate Christmas the Mediterranean way at Ego at The Dorset Arms in West Bridgford. Enjoy freshly cooked Mediterranean food, wine, cocktails and cask ales in a beautifully refurbished pub and restaurant in Compton Acres Shopping Centre, nestled between Clifton, Edwalton and West Bridgford.

For those that haven't been, Ego at The Dorset Arms is a must visit for its family friendly dining, al fresco terrace (for the summer months) and outside kid's playground. It's the perfect location for Christmas parties, gatherings and get togethers.

We are hoping to be working with Ego in the New Year as a supporter of the club. Why not head over to their [website](#) to view their menus, see their offers or book in a table for Christmas.

**Finally, we'd love to hear from you!**

We'd like to know what you think of our newsletter and you can email us at [info@westbridgfordcolts.com](mailto:info@westbridgfordcolts.com)

If you have any stories you'd like us to feature then please send us the information, together with pictures and we will consider it for a future issue.