



THE NOMADS' NEWS

APRIL 2016



DEVELOPMENT SQUAD IN WELSH YOUTH CUP FINAL

Contents

A welcome from Academy Director, Jay Catton	3
Development Squad reach Welsh Youth Cup Final	4
Lloyd Hayes signs for Wrexham	5
Monthly Team Reviews	
- Under 8	7
- Under 9	7
- Under 10	8
- Under 11	8
- Under 12	9
- Under 13	9
- Under 14	9
- Under 15	11
- Under 16	11
- Under 19	12
- Under 21	12
Academy Scholars Win College League	13
Player of the Month Winners	14
The Quay 3G Review from Leighton Sumner	17
Academy Scholars represent Wales Schools in win over Scotland	18
Community Review from Lee Breeze	19
Keepers Corner from Neil Ebbrell	20
Gemma's Top Health Tips	22
Q&A with Jack Chambers	24
Upcoming Academy Events	28
First Team Results and Fixtures	30



A welcome from Academy Director, Jay Catton

Hi all parents and players,

We hope you enjoy our new Monthly Academy Programme addition which will keep you fully up to date with all things gap Connah's Quay Nomads.

This first addition is a trial and if successful is something we will look to produce each month, which will keep all up to date with previous months actions and events coming up also.

Another incredible month for the Academy with Lloyd Hayes of the U10s signing for Wrexham (25th Academy Graduate to sign for a Professional club), four Academy Scholars earning international honours and great games for our sides most notably home fixtures against Wrexham and Shrewsbury Town.

The usage of The Quay 3G and the standard of games we are now able to gain at home is testament to how far the football club has come.

As well as the academy the community and usage of the facility is flying and big credit to Head of Community Lee Breeze and Head of 3G Leighton Sumner for this.

On the pitch we have had some great performances and results. A 3-0 away win for our Academy Scholars B side earned them the league title and our U21 have made the Welsh Youth Cup Final for the first time in over sixty years!

An exciting month of April to look forward to with Academy Cup latter stages, finals for U19, U21, Scholars sides along with Futsal Finals for our U12 and U16s sides .It is a very exciting period ahead.

We hope you all enjoy this programme and as always if anyone has any ideas that feel can be included in this moving forward please let us know.

Yours in Sport

Jay Catton
Head of Youth gap Connah's Quay Nomads FC



The team celebrate following their 3-0 Semi-Final victory over Penybont

The Nomads secure Welsh Youth Cup Final place for first time in 30 years

The Nomads' Development Squad recently secured their place in the Welsh Youth Cup Final against Swansea City following a 3-0 victory over Penybont in the Semi-Finals.

The Semi-Final was held at Newtown's Latham Park stadium and saw The Nomads defeat the south Wales outfit 3-0 thanks to goals from Cai Parry, Luke Blizzard and Joe Johnson.

The victory marked the first time that The Nomads have reached the Welsh Youth Cup Final in over 30 years - a fantastic achievement by everyone involved. The final will see The Nomads face English Premier League side, Swansea City, who defeated fellow Welsh League exiles, Newport County 2-0 in their Semi-Final held earlier in the week.

A proud Jay Catton, Academy Director, took to Twitter following the result; "A great achievement for the club and first time in over 30 years that a Nomads youth side has made the final in the competition. Of the starting 11 today for The Nomads, four players been a club eight years, four players five years, two players two years and one player in first season. Great to see so many players come all the way through The Nomads Academy system. An unbelievable game now to look forward to for the lads as they face Premier League Swansea City in the final."



Lloyd Hayes became the 25th academy player to sign for a pro club

25th Academy player signs for professional club

March saw under 10 player Lloyd Hayes signed for Wrexham AFC's Academy following a successful six week trial.

Lloyd has been at The Nomads Academy since he was seven and is in his third season at the club.

A very talented player who has great dribbling skills and ability on the football how has shown bits of brilliance over the years in games.

A great competitor who has been fantastic since he has been with us and we wish him all the best during his time at Wrexham.

Lloyd becomes the 25th Academy graduate to progress and be signed by a professional club and is yet another example of the great work being done in the academy and the opportunities to progress which are available.

A big well done also to coaches Chris Brooks and Jordan Mapp Jones who have progressed yet another from their side into a professional club.

MONTHLY TEAM REVIEWS

UNDER 8

This month was a bit of a mix bag for the U8's. We had 3 games cancelled last minute, two of those being Newtown and Everton so we only played 3 games in the month.

First fixture was Shrewsbury on a Friday night, Shrewsbury were a very strong outfit but we were the better team, me and Jord were extremely happy with the way the team played, especially passing out from the back. We narrowly lost this game 6-4, this was simply down to missed chances and decision making in the final third. We had far more possession and chances just didn't make the most of it, although the overall team performance was very good.
MOTM- Phoenix Hainsworth.

Next up we faced Bangor and TNS in a double header on Saturday morning at the 3G.
First of we played Bangor where we got beat 8-3. A disappointing performance where we didn't move the ball quick enough and got punished by a strong Bangor team.
MOTM- Phoenix Hainsworth- A really good attitude and performance shown by Phoenix in a disappointing performance.

Second up on the Saturday we played TNS and the lads showed a great reaction from the previous game winning 8-3 and putting in one of the best performances of the season. There was many positives to take out of this game but mainly the way we finished our chances and moved the ball in the final third. This was especially pleasing after this is what cost us against Shrewsbury only a week earlier.
MOTM- Ben Cronshaw- Ben showed a number of Nomads moves and scored an unbelievable goal Beating 2/3 TNS players, faking one way with a Cruyff and then firing it into the corner.

POTM for March- Phoenix Hainsworth- Phoenix was exceptional in nearly every game we played in March and showed a really good attitude in training.

Ben Nash – Under 8 Coach

UNDER 9

Another really good month for the u9s, they have really worked hard in training ,and have taken this into the games. The team now always play from the back ,are now looking to switch play ,and are really working well for each other.

Our first game was against River Juniors from Liverpool ,as you would expect a very strong team ,C Quay really matched them ,but River were a little too strong and their GK had one of those games lost 1-2
Man of the Match - Jamie Davies

Our next fixture was against Shrewsbury ,with C Quay more than matching them ,we played some really good football ,building from the back ,and also worked hard when they had the ball. Really great seeing the likes of Alex,Conner,Charlie,Niall,so comfortable with the ball at their feet and always looking to go forward, Zak controlled midfield ,switching play when possible.jack and Harry always a threat. We eventually earned a great 5-3 result
Man of the Match - Connor Davies

Our final fixtures involved a tournament with TNS and Bangor ,we continued where we left of ,playing really good football in both games ,Oliver in goal generally starting our moves off with his good distribution.
We won both games 4-1 ,the highlight being Jayden's 10 min hat trick ,also pleased to see the effort players like Jamie and Aaron

put in to get the ball back.
Man of the Match - Jayden Evans

Gavin Bennett – Under 9 Coach

UNDER 10

On a Friday night we had our game against Shrewsbury Town, which turned out to be a closely fought encounter with the visitors coming always with a narrow 2-1 victory. Nomads matched them in all departments and created a number of opportunities especially in the third period.

The goals we conceded were a Shrewsbury counter attack and a mistake playing out from the back, but that's the kind of goal we don't mind conceding as a team. Going into the last period needing a equaliser, we pinned them into their own half and had a couple of great chances including a Harvey D strike from outside the box that rattled the crossbar!

We definitely deserved a draw out of the game but just needed to be more clinical in front of goal.
MOM - Hayden Roberts

Chris Brooks – Under 10 Coach

UNDER 11

First game of the month came in tough opposition Vauxhall Motors, a side that beat us very convincingly at the end of last season. John Nash stepped in place of myself on the sideline and the lads performed admirably for him in getting a 2-2 draw and possibly deserved more. Missing a couple of chances late on and missing a penalty in the final period. Our lads matched the physical battle and played some silky football too, the result shows how far the side has grown over past 12 months
Man of the Match - Jack Williams

Next up was Shrewsbury Town and sadly our numbers for selection were diminished because so many our our boys had Flintshire Schoolboys duties. 2 or 3 of the Under 12s stepped down to help out but it was a game we sadly got outplayed, we were caught on the counter attack on a number of occasions and whenever we put some good moves together we couldn't find that end product we needed. Hitting the woodwork 4 times is enough evidence of this, positive news though is that them Flintshire boys went and won the Welsh Cup that evening for their county.
Man of the Match - Tom Norwood

Last set of fixtures of the month was a home festival vs Bangor & TNS, when things clicked together vs Bangor we threatened and played some attractive attacking football but Bangor's quality & power punished us at the opposite end of the pitch. Anytime we grew into the game more Bangor were able to peg us back and came out 3-0 victors. The TNS game was quite the opposite, we threatened with every attack, played through the thirds with ease and each player oozed confidence. All this resulted in a convincing 4-0 victory for the mighty nomads.
Man of the Match - Will Nash

Hopefully the academy fixture can now be completed with a strong showing in April in some very challenging fixtures as we begin to mould a strong line up that is able to compete in their first year of Academy Cup football next season.

Daniel Mapp Jones – Under 11 Coach

UNDER 12

After a hugely successful January in futsal the 12s where now back to the 9x9 games in the academy cup , a little on the back foot with loosing two games earlier in in the season they had it all to do , the boys where fantastic in training showing eagerness in developing the tactical side of the game .

February was always going to be a tough month with games against airbus , new saints amongst the 6 games we played , results where positive sealing victories in all February games , player of the month for February was Toby Gallagher Keenan , showing great versatility , scoring vital goals and a huge impact in the team thus far this season

March again produced some great fixtures , again another 6 fixtures amongst those games we played Shrewsbury a great game in its self resulting in a fine 1-1 draw with Shrewsbury equalising last 5 mins , Wrexham where also a March fixture where we narrowly lost 3-2 in a 11x11 game being 2-1 up with 10 mins to go .

Another great game was Llandudno at home a top of the table clash where we played some outstanding football winning 9-2 , some great football in March which sets us up to hopefully finish the season well , with a great game against Bala in prospect and the national futsal finals in Cardiff .

Dale Johnson – Under 12 Coach

UNDER 13

This month has seen the under 13's play some tough fixtures which included a 7-1 win against an unbeaten u14 Chester nomads side, S hrewsbury and Wrexham also visited the Quay 3G. A 12 match winning streak came to an end when the lads were beaten 1-0 by Shrewsbury in what was a really tight game and 13's should have really at least got a draw but just couldn't convert there chances.

3 days later the boys were beaten again by Marshalls a physical and talented team from south Liverpool. In this game the boys didn't play anywhere near the standard that they have shown all season or what they are capable of.

But with poor performances and defeats this is where we get opportunity to work on things that we observed from both defeats and aimed to work on these things in training before playing Wrexham . The Wrexham game was a totally different performance from the boys they controlled the game superbly and played disciplined and creative football was a very mature performance and the 13's deserved there 2-0 win.

Anthony Weaver – Under 13 Coach

UNDER 14

Our first fixture of the month was vs Newtown in the Academy cup and it was interesting to see how the boys would respond following a unusually dismal performance the week before vs TNS. It was a very slow and subdued start to the game and inside five minutes the away side went 1-0 up.

The reaction was positive though as the boys knew they couldn't put in another unacceptable performance, and Marcus Connor Astreos played a sublime through ball to split the defence finding Sion Evans sprinting into the box, his cross was then delightfully

side-footed home by Lewis Hopwood.

We went 2-1 up following a great delivery into the box from Jack Robinson, which the Newtown keeper dropped and Lewis Hopwood pounced for his second.

We increased our lead just before half time after a quality one-two between Lewis Hopwood and Sion Evans had Sion one on one with the keeper, his shot was parried out and Leo Sumner was on hand to smash the ball into the roof of the net from the tightest of angles.

The Second half saw us dominate possession and after some superb combination play Lewis Hopwood drove an unstoppable shot into the roof of the net from the edge of the box.

The final goal of the game came after some great forward pressing from James Worthington forced the Newtown defence to misplace a pass to Elliot Evans who slipped a through ball for James Worthington to make it 5-1

Man of the match Leo Sumner

Our next fixture was a must win game for both us and our visitors Llandudno Town.

As expected it was a real tight affair and not much happened through the early stages of the game as both teams played with caution.

We took the lead on the half hour mark when Lewis Hopwood fired the ball past the Llandudno keeper from just inside the box. Hopeful of making it to half time our boys kept possession really well without really putting any pressure on our opponents.

Just before the break following some pushing in our penalty area from a corner, the referee pointed to the spot to award

Llandudno a penalty, this was put away and we went into the break all square at 1-1.

The second half saw us play some quality football and we were attacking at every opportunity, and it wasn't long before Lewis Hopwood's long range effort deflected off a Llandudno defender and into the net to put us 2-1 in front.

The remainder of the game was nervous at times for us watching from the bench although we were never really threatened and we managed to see the game out.

Man of the match Lewis Hopwood

Our third game saw English league 1 side Shrewsbury Town visit the Quay 3G on a Friday night under the lights, with a strong u14 side.

This was possibly our best performance of the season.

Right from the first whistle all of our players gave everything, their commitment, quality on the ball and discipline of team tactics was superb.

We created plenty of chances and were kept out by the Shrewsbury keeper, but at the other end we were saved by our own goalkeeping displays from Morgan Bradley and new player Mikey Kinsella.

Mikey was really unlucky when he produced a fine one on one save only to see the ball rebound back off the post for the Shrewsbury forward to tap home.

We really became more and more involved in the game following the goal and were the stronger team in the second half, looking the most likely to score.

There were quite a few real strong performances namely new boys Adam Forest and Joe Johanssen and also Nathan Jones but the pick of the bunch was Marcus Connor Astreos who was outstanding.

Man of the match Marcus Connor Astreos

The final game of the month was back to cup action this time vs Colwyn Bay.

This match was not a test for our boys as we ran out comfortable winners with a 10-0 win.

Our boys put in a strong performance and continued to play the way they had been asked to throughout, often these types of games are hard to play in and it's easy to let your standards drop, however our lads performed very well and scored a mixture of decent goals through:

Lewis Hopwood x4, George Greive, Nathan Jones, James Worthington, Leo Sumner x2 and a rare strike from Jacob Moffatt.

Man of the match Lewis Hopwood

This sees us qualify in the top four of the Academy cup which is a fantastic effort, so a big well done to all involved.

UNDER 15

U15s have continued to progress this month and whilst good results are still proving hard to come by many positives are apparent. A strong first half display against NW Elite and encouraging second half display against TNS have brought positivity within the group and seen interest from players from other Welsh Academies grow.

Whilst it is clear that group is in transition the future is certainly beginning to look more bright for next seasons a Academy Cup hopefuls.

Sean Regan – Under 15 Coach

UNDER 16

February saw Nomads 16s play the first match of the second phase of the academy cup tournament home to Airbus UK Brought. A hard fought match saw Nomads gain an important victory against one of the leagues top sides. Craig Chisholm was awarded the man of the match with his impressive support play and overlapping from the left back position.

The day later Nomads 16s took on IMG academy of America who boasted 3 players from the national American Under 17s side. The game was played in a very passionate manner but Nomads fast pacey and physical style of play was too much for the Americans and Nomads ran out 2-0 victors.

Nomads then had the next academy cup fixture against Porthmadog. Nomads ran out 12-1 winners in a none contest of a game. Luke Woolley was awarded man of the match after playing well on the right and scoring 4 goals.

The next game was away to TNS. In a very fast game Nomads simply didn't get into their stride and Nomads lost 3-0 in what could prove a costly defeat.

The under 16s had several teams cancel fixtures against them which was frustrating considering they needed match practice. This was more than evident in their next fixture when they gained a disappointing 1-1 draw home to Newtown. A match which they really should have won but poor finishing now made qualification to the academy cup quarter finals difficult.

Nomads next and last academy cup fixture and must win game was at home to Llandudno. With an hour gone Nomads found themselves 1 nil down however they didn't give in and eventually ran out 5-1 victors. Owen Manley was awarded the man of the match with did work rate and scoring an impressive first time 25 yrd curling goal.

In training Nomads 16s have worked hard with high tempo possession sessions and more importantly shooting and finishing. In coming weeks set pieces will be on the menu.

Off the pitch 16 players from the squad had applied and taken part in trials for the up coming scholarship with the Nomads. After 3 trial games playing along side players from Wrexham academy, Airbus, Tranmere and Crewe academies the all 16 players from the academy impressed the scholarship coaches and have all be offered places on the scholarship subject to achieving the required grades.

Kev Manley/Tom Dix – Under 16 Coaches

UNDER 19

A challenging month for U19 has seen the lads compete in two semi finals as well a take on teams competing right at the top of the league. However, the biggest challenge of the month has been some of the difficult pitches they have had to play on which, combined with the physical treatment they have received in the tough adult league, has provided a great learning curve.

The squad mainly comprising if first year scholars went down gallantly in the first semi-final on a horrendous pitch away at Offa but progressed at the second time if asking against Sychdwn on another terrible pitch following a comfortable league win against Flint Mountain.

Unfortunately, the months ended badly with a harsh lesson away to expected league winners Rhosyllen. Having gone 2-0 down in the opening 10 minutes, the youngsters came back and drew level within the first quarter. For the next 50 minutes the Nomads were on top only to be thwarted by 4 dubious offside decisions resulting in 1 disallowed goal and the halting of 2 1v1 opportunities.

Unfortunately, the home side rode the storm and took a second 2 goal advantage into the dying stages. However, with 10 minutes remaining having made all substitutions the Nomads had to go down to 10 men following a horrendous tackle on Joel Griffiths and conceded a further 2 goals in stoppage time. Tough tests and great triumphs in the space of 4 weeks, let's hope lessons can be learnt in time for the final.

POM: Ben Waddilove

Sean Regan – Under 19 Coach

UNDER 21

After a superb February, where our 21s gained 3 wins and a draw, scoring 11 goals and conceding just one goal, and in this month we beat Afan Lido to progress to the Welsh Youth Cup semi final, the month of March was just as exciting.

First up in March were Cefn Druids away, a tough fixture on a poor pitch. We had to come from behind to eventually overpower our opponents 1 – 2 with goals from Jack Riley and Josh Jones, with Jack Chambers as our MOM.

Next game up was the biggest game of our season so far. A Welsh Youth Cup semi final against Penybont which was played at Newtown. This turned out to be a comfortable win for our lads as we ran out 3 – 0 winners after a superb display. Goals came from Cai Parry after just 3 mins, and two second half goals from Luke Blizzard and Joe Johnson. James Kilburn was our MOM

Back to league action next as we faced Airbus at home. Always great games and this game was no different as both teams attacked well throughout the game. Airbus took a first half lead but we made our second half dominance pay off with a well deserved equaliser from an Airbus own goal. We had chances to win the game but couldn't find the net and the game ended in a 1-1 draw. James Kilburn with another MOM display.

Our final game of the month seen a goal fest as we demolished Conwy Borough 11 – 0. Goals from Jack Riley(2), Jack Chambers, Jamie Roberts, James Kilburn(2), Joe Johnson, Ben Forshaw, Tom Bibby(2) and Jake Jones Ben Forshaw was our MOM

Mark Rowlands – Under 21 Coach



Academy Scholars crowned League Champions!

Our first year Academy Scholars have won the North West Colleges Category Three league following a three nil away win to Reaseheath College.

A fantastic achievement by our Coleg Cambria Scholars B side which is made up of predominantly first year 16/17 year olds. The side have had a fantastic league campaign playing against sides A teams against older opposition in a very good league and to date have played and won all 14 of their league fixtures.

A win in mid-March saw them go seven points clear with just two games remaining and have been crowned league champions! A tough fixture away to a very strong and physical college side saw our scholars take a one nil lead thanks to Jack Aitken goal.

The lead was extended when man of the match Aitken made it two with a fantastic finish into the top corner after cutting in from the left hand side and finishing well. Andrew Ely grabbed the third with a very well taken finish being one on one with the keeper.

A great achievement by our first year side who have also made it to the Semi Final of the National Category 3 Cup also.

The success of our scholarship programme on the field is evident with our A side also who are currently top of their league and have also made the category one national semi final also.

Along with the U21 side making the Welsh Youth Cup Final it has been a great work for our Academy Scholars.

A great season to date and a huge well done to first year players on gaining the league title!

PLAYER OF THE MONTH WINNERS

UNDER 8 - PHOENIX HAINSWORTH

Phoenix was exceptional in nearly every game we played in March and showed a really good attitude in training. (Ben Nash U8 Coach)

UNDER 9 - CONNOR DAVIES

Connor has developed very well in the month of March with some very good performances. (Gavin Bennett U9 Coach)



UNDER 10 - COREY ANDERTON

Been working hard on becoming the leader of the group! His encouragement towards other players has been first class and it has improved his own performances! Captain material in the Making (Chris Brooks U10 Coach)



UNDER 11 - WILL NASH

Will is finishing the season so strongly and his application towards training and any game is a real example to any gunning footballer. His goal and assist tally has rocketed over last 2 months and I personally think you'd struggle to find a more improved player in the academy over the last 2-3 years. (Daniel Mapp Jones U11 Coach)



UNDER 12 - THOMAS MCCARDLE

Player of month for March tom mccardle , after a stop start season with injury he has shown great attitude and commitment and is now producing some mom performances on a regular basis , credit goes to both tom and his parents fir keeping positive throughout the season , fantastic example. (Dale Johnson U12 Coach)

UNDER 13 - ADAM GUNNERY

Adam is a tireless disciplined midfielder and has put in some brilliant performances during the month Adam's tough tackling and work rate has been evident during recent games helping the team produce some impressive performances. (Anthony Weaver U13 Coach)

UNDER 14 - LEWIS HOPWOOD

Lewis has had a terrific season all round and has finished it off this month superbly, his goals have been crucial in particular in the Llandudno game, and also two in the previous month vs Airbus.
His pace and power is frightening for any defence and he is developing more and more into a great centre forward. (Leighton Sumner U14 Coach)

UNDER 15 - TOBY LAWLESS

Toby has come a real leader in the U15 squad and has been showing desire and commitment in every performance. His ability to switch the play has been particularly impressive and we hope to see him continue to develop.

UNDER 16 - KARTER CUTLER-EVANS

Karter has worked well all season and is always eager to improve. He has a great presence on the pitch and is a true team player. (Kevin Manley U16 Coach)

UNDER 19 - BEN WADDILOVE

Ben has been outstanding this month, showing confidence and leading the team admirably since becoming captain. His superiority in aerial duels has been particularly noticable.



UNDER 21 - JAMES KILBURN

Been top class over last two months with some exceptional performances in midfield with a number of good goals also. (Mark Rowlands U21 Coach)



THE QUAY 3G REVIEW
from Leighton Sumner

November saw the official opening of our half a million pound 3G facility that we had all been waiting so desperately for. Not only does this give our players a fantastic surface to play on and our coaches a terrific environment to nurture our young players, it also gives us a place we can call 'our home'.

We now have a facility that we can manage and maintain ourselves to make sure we have this base for years to come. Huge praise must go to all the people involved behind the scenes who worked tirelessly to ensure that this facility was made possible.

Inside four months the Quay 3G has been widely used from various teams at all ages across Flintshire, so whilst it's 'our home' it's also been a very popular venue and very much a community hub for Flintshire.

With the long winter and awful weather that we've had over the last few months many pitches in Flintshire have suffered and many games deemed unplayable due to the condition of the grass pitches. The Quay 3G has accommodated and hosted over 150 matches and around 80 different teams from the Flintshire Junior league at mini level through to 11 aside games over the past four months alone. As well as junior games we have hosted senior games both Saturday and Sunday teams plus a handful of Veteran's matches.

Touring sides from the USA and Germany have enjoyed our facility and we have also had the pleasure of hosting a women's Welsh Premier League fixture between Rhyl Fc and Port Talbot. Along with the matches there are our regular bookings where by junior and senior sides across Flintshire use the facility for their training sessions. We have also accommodated casual bookings and bookings for charity events at short notice. We have held tournaments and soccer camps and also community programmes with junior schools through our Gap in the Community programme.

In recent weeks we have made Contact with 2 companies who will be hosting 6 aside and 7 aside leagues on Thursday and Sunday evenings, again more great community use.
Finally going forward we have plans for summer leagues and summer tournaments to take place at our extremely busy and popular 3G facility, so keep your eyes peeled for these and continue to enjoy our fantastic 3G Facility.

For future bookings contact
Leighton Sumner: 07811469531.



L to R: Thomas Bibby, Chris Boyes, James Kilburn, Ben Nash

Academy Scholars represent Wales Schools in win over Scotland

Four Academy Scholars including Ben Nash, Thomas Bibby, Chris Boyes and James Kilburn represented Wales Schools last week in a win over Scotland.

All four had represented Wales Schools vs England last week where the side narrowly lost 2-1 to a last minute winner by England at Bangor City Stadium.

Last Wednesday the side travelled up to Scotland for the second game of the competition and won the fixture by one goal to nil in front of a 1000 plus crowd with all four scholars playing in the fixture.

Well done to all four Academy Scholars and we wish them and the Welsh Schools team all the best in the final fixture of the campaign when they play host to Ireland in April, with the game being played at Llandudno stadium.

Community Review by Lee Breeze

The month of March saw 'gap in the community' continue to make great progress in our 'Get In The Game' initiative where we are helping increase participation of girls taking part in the beautiful game we all know as football.

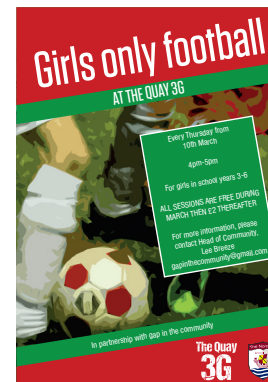
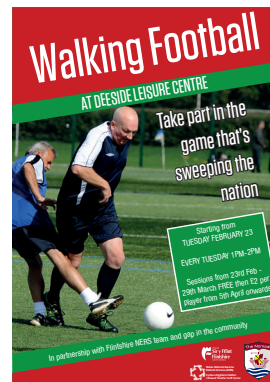
Through March we have been lucky enough to be able to deliver coaching sessions at schools across Flintshire. Schools - Ewloe Green, Cornist Park, Bryn Deva & Caer Nant. Following on from these sessions and sessions we have carried out in numerous other Flintshire schools since September we have been able to set up a girls only coaching session every Thursday 4pm till 5pm at our brilliant facility The Quay 3G.

All this means we have been able to create just over 220 playing opportunities for the young people of Flintshire. We are still offering Flintshire schools the chance to have free coaching sessions, for more information on this please see our Head of Community Lee Breeze contact details below.

It's not just children our 'Get In The Game' initiative has been aimed out. We have started Walking Football to help encourage adults to get back playing the beautiful game regardless of age or physical ability. These sessions run every Tuesday 1pm till 2pm @ Deeside Leisure Centre and are run in partnership with Flintshire national exercise referral team (NERS).

For more information on everything 'gap in the community' please contact Head of community Lee Breeze on either 07876760246 or gapinthecommunity@gmail.com

Lee Breeze
Head of GAP In The Community
@breleeze
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Keeper's Corner

with Neil Ebbrell

The 10 C's of Goalkeeping

For the start of Keepers Corner I wanted to touch on some very important aspects of goalkeeping and coaching around being a keeper. These are some of my thoughts and some borrowed!

Contrary to what people believe, goalkeepers are not mad, we're just a different breed.

Goalkeeping is a very specific position that needs plenty of attention and constant polishing.

I'm sure you've heard expressions like 'a part of the team, not from the team', 'it's a team game until the goalkeeper makes a mistake'.

It's our role as coaches to ensure our goalkeepers receive the right training in the right environment with the right delivery.

There can be huge pressure on goalkeepers and no matter what the age you need to develop the ten c's.

CHARACTER

Adopting and maintaining a strong mental strength is important. Keepers need to be strong, able to take criticism (constructive), take responsibility for mistakes, recover from mistakes and accept to a degree there is going to be a failure rate.

COMMITMENT

Like any sportsperson it takes a lot of commitment to reach your potential. Most keepers in general strive on training and are committed to work hard and learn. It is no good having the talent without the right attitude.

CONFIDENCE

It's our role as coaches to goalkeepers build confidence through realistic training sessions. It's a massive psychological part of the game that can affect the most experienced of players. Confident goalkeepers tend to make good, positive decisions and have a good effect on the rest of their players.

COMPETENCE

Though recreating realistic issues our keepers will face in a game and also by providing them with the knowledge and tools to deal with them, then maybe goalkeepers become capable. Building confidence and being philosophical to mistakes along with positive feedback also helps.

CONSISTENCY

Like most sports there must be a degree of consistency in training and matches. Consistent good practice along with desire makes for a good learning environment.

CONCENTRATION

Usually lapses of concentration lead to mistakes. It is easier to perform well when goalkeepers are involved in the action rather than being called on once in a while. However goalkeepers have to learn how to overcome complacency, to be able to reach the top you have to be even more alert when not so busy.

COMMANDING

Goalkeepers can be a reserved, quiet sort of person off the pitch but on it they need to be assertive and create a strong presence. They need to have an understanding of other player's roles and responsibilities and be confident in giving correct information. Like the conductor of an orchestra they need to be able to organise.

COMPOSURE

It's a state of mind. Can goalkeepers under pressure remain cool and calm. As coaches we can simulate chaotic scenarios in training to help goalkeepers learn what, how and when. Recreating defending free kicks, corners etc where keepers need to focus on the job in hand is an example of keepers need to be composed and ready.

COMMUNICATION

Coaches should encourage keepers to use short commands so players can understand quickly. We can teach them certain words to help them communicate more effectively, again what, how and when to do so.

COURAGE

This is one of the hardest attributes to teach and generally comes from within. However as coaches we can again recreate scenarios where we can guide and teach the correct techniques to help the keeper within this situation. Then the keeper can feel more confident to perform their duties without injury (fingers crossed).

GEMMA'S TOP HEALTH TIPS

Keeping fit is essential for our players here at The Nomads, from our Academy up to our First Team, but being 'fit' has different meanings to everyone.

To be able to carry out daily activities, you have to be physically and mentally fit - both are as important as each other. If you look after your body, you look after your mind, and vice-versa.

Below are some top tips on how to look after yourself to keep your body and mind in tip top condition.

REST

Rest is actually an integral part of keeping fit. It allows the body to recover and re-energise - physically and mentally. Without it, immune function decreases making us more susceptible to injury and illness. I would always recommend at least one complete rest day a week.

MIX IT UP

Different types of training are a great way to keep fit. Exercising in a variety of ways uses combinations of muscles which ultimately makes us stronger, in turn, reducing the risk of injury. I would recommend strength and conditioning training by a qualified coach 2-3 times a week. You can check out a great local facility at www.numberonehsp.co.uk

TREAT YOURSELF

Regular physio and sports massage is a great way to keep yourself fit and injury free. Massage helps the body recover quicker, meaning you can train harder for longer and more often. It also helps with relaxation as it's GREAT for relieving stress. My contact details and prices and in the advert opposite should you wish to book an appointment.

NUTRITION

80% nutrition 20% training - that's the general rule for any fitness goal, meaning what you eat has a massive impact on keeping fit. Eating a balanced diet with good sources of protein (meat, fish, eggs), carbs (vegatables, sweet potato) and fats (nuts, coconut/olive oil) provide the right types of energy needed for physical and mental activities.

HYDRATION

Simple - drink more water. Minimum for adults is around two litres a day, but more if you are training - why? It is vital for normal brain function and it helps wash out toxins, therefore aiding the body's recovery, ultimately keeping your mind and body fighting fit.



**Gemma Bamford,
The Nomads' Sports
Therapist gives her top
tips on keeping fit in
2016**



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Name: Jack Chambers
Team: Under 21 (Development)
First Team Squad Number: 25

First Team Statistics		
Competition	Apps	Goals
Welsh Premier League	0 (12)	0
Welsh Cup	1 (2)	0
theWord Cup	0 (1)	0
Friendly	1 (5)	1
Competitive Debut		
Aberystwyth Town 1-1 The Nomads Friday, 12th September, 2014		
Jack came on as a second half substitute.		

How long have you been at The Nomads Academy?

I've been at the Academy for five years now.

Who are your top five players?

- Steven Gerrard
- Neymar
- David Beckham
- Gary Cahill
- Lionel Messi

Who do you support?

Liverpool

What's the biggest game you've ever played in?

The biggest game I've ever played in would have to be the U16 Welsh Cup Final at Newtown. We beat Merthyr Tydfil 3-1 and I scored two on the day.

What is your best moment at The Nomads?

Best moment at The Nomads so far would be making my first team debut aged 16 away at Aberystwyth Town.

What are your future goals in football?

I'm looking to hit the ground running in my scholarship in America where I've been accepted to attend Thomas University in Georgia. I'm just looking to get to the highest level of football I can by the time my four years there have finished.

What's the best bit of advice you've received in football?

The best bit of advice I got was when I went on trial at Stoke City. I was told "On time is late... early is on time!" Since that day, I've always made sure I'm early.

What is your favourite type of music?

House music.

What other sports are you interested in?

Boxing and Ice Hockey.



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07765 676072



Upcoming Events at The Nomads Academy

UNDER 8

Friday 8th April – Tranmere Rovers – The Quay 3G – 17:00
Saturday 9th April – Airbus UK Broughton – The Quay 3G – 9:30
Saturday 16th April – Rhyl – Ffordd Derwen Playing Fields – 11:00
Saturday 23rd April – The New Saints – The Quay 3G – 9:30

UNDER 9

Friday 8th April – Tranmere Rovers – The Quay 3G – 17:00
Saturday 9th April – Airbus UK Broughton – The Quay 3G – 9:30
Saturday 16th April – Rhyl – Ffordd Derwen Playing Fields – 11:00
Saturday 23rd April – The New Saints – The Quay 3G – 9:30

UNDER 10

Friday 8th April – Tranmere Rovers – The Quay 3G – 17:00
Saturday 9th April – Airbus UK Broughton – The Quay 3G – 9:30
Saturday 16th April – Rhyl – Ffordd Derwen Playing Fields – 11:00
Saturday 23rd April – The New Saints – The Quay 3G – 9:30

UNDER 11

Friday 8th April – Tranmere Rovers – The Quay 3G – 18:30
Saturday 9th April – Airbus UK Broughton – The Quay 3G – 11:00
Saturday 16th April – Rhyl – Ffordd Derwen Playing Fields – 11:00
Saturday 23rd April – The New Saints – The Quay 3G – 11:00

UNDER 12

Friday 8th April – Tranmere Rovers – The Quay 3G – 18:30
Saturday 9th April – Cardiff City – Cardiff – 11:00
Sunday 10th April – Futsal Finals – Cardiff
Sunday 17th April - TBC
Sunday 24th April - TBC

UNDER 13

Friday 8th April – Tranmere Rovers – The Quay 3G – 20:00
Sunday 10th April – Airbus UK Broughton – The Quay 3G – 12:00
Sunday 17th April – Rhyl – Ffordd Derwen Playing Fields – 11:00
Sunday 24th April – The New Saints – The Quay 3G – 12:00

UNDER 14

Saturday 9th April – Cardiff City – Cardiff – 11:00
Friday 15th April – Tranmere Rovers – The Quay 3G – 17:00
Sunday 17th April – TBC
Sunday 24th April – TBC

UNDER 15

Friday 8th April – Tranmere Rovers – The Quay 3G – 18:30
Sunday 10th April – Airbus UK Broughton – The Quay 3G – 14:00
Friday 15th April – Tranmere Rovers – The Quay 3G – 18:30
Sunday 17th April – Rhyl – Ffordd Derwen Playing Fields – 11:00
Sunday 24th April – The New Saints – The Quay 3G – 14:00

UNDER 16

Friday 8th April – Tranmere Rovers – The Quay 3G – 20:00
Sunday 10th April – Futsal Finals – Cardiff
Sunday 17th April - TBC
Sunday 24th April - TBC

UNDER 19

Saturday 2nd April – Connah's Quay Tigers – The Quay 3G – 14:00

UNDER 21

Sunday 3rd April – Flint Town United – Away – 14:00
Tuesday 5th April – TNS – Away – 19:30
Thursday 7th April – Flint Town United – Away – 18:00
Sunday 17th April – Airvus UK Broughton – Away – 14:00
Wednesday 20th April – Bala Town – Home – 19:30
Sunday 24th April – TNS – Home – 14:00

All Fixtures are subject to change and exact weekly fixtures will be published on Nomads Academy Website every Monday morning.

First Team Results

THE NEW SAINTS 5-0 THE NOMADS

JD Welsh Cup Semi-Final
Saturday, 2nd April 2016



MBi LLANDUDNO 1-2 THE NOMADS

Dafabet Welsh Premier League
Saturday, 26th March 2016



THE NOMADS 2-1 THE NEW SAINTS

Dafabet Welsh Premier League
Saturday, 19th March 2016



BALA TOWN 3-1 THE NOMADS

Dafabet Welsh Premier League
Friday, 11th March 2016



Upcoming First Team Fixtures

The Nomads vs Airbus UK
Friday, 8th April - 7:45pm
Deeside Stadium

Newtown vs The Nomads
Saturday, 16th April - 2:30pm
Paveaways Latham Park

The Nomads vs Bala Town
Saturday, 23rd April - 5:15pm
Deeside Stadium





gap Connah's Quay Nomads Football Club

www.the-nomads.co.uk

www.nomadsacademy.com

