

St. Mary's FC Newsletter

January 2012



St. Mary's Football Club

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Chat with your team mates and with other members of the club and comment on recent good results and tough upcoming fixtures

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A Special Thanks to our Sponsors



News and Upcoming Events

Night at the Races



St. Mary's are proud to announce that there will be a 'Night at the Races' fundraising event. This is to be held on the 10th of March at the Christian Brothers Club on the Antrim Road. All are Welcome to attend.

Car Raffle

Raffle tickets will go on sale in February for the chance to win a Renault Clio. Tickets will cost only £5, you can also purchase a book of 6 tickets for £25.

For further information please contact a team manager/coach or a member of the fundraising committee.

Gala Ball

The Club is pleased to confirm that there will be a Gala Ball Fundraising event on the 25th of June. The St. Mary's Gala Ball will be held at the Lansdowne Hotel on the Antrim Road. Tickets will cost £25, which will include dinner and entertainment. You will also receive a free ticket for the Car Ballot. All are welcome to attend.

St. Mary's Soccer Academy



The St. Mary's Soccer Academy was established last year and was aimed at developing the youngest members of the club. The Academy has since strengthened in numbers and enjoyed great success before Christmas. The Club would like to thank all those who attended, along with the coaches who have helped make the Academy become a success up to date. The Academy wel-

comes both boys and girls. The main objectives of the academy is to improve the individual ability of each player and to teach them how to become confident and creative on the ball. The Academy will look to commence again in February at Hightown School on the all weather pitch. All those born between 2001-2004 are welcome to join. We currently have three teams at under 9 which are entered in the IFA mini soccer 7 a side small sided games at Olympia Leisure Centre. John Joe Walsh is the Manager and also the club Chairman, along with him are five coaches, Brendan Carlin, Jim McCabe, Neil Maguire, Lauren Moore and Jenny Waide. All of whom have been fantastic. There are also 28 players at this age group. The 2011 season was the first year we have entered the IFA mini soccer programme and we have proven that we are one off the best clubs to have participated. One of the rules of this programme is to promote fun and enjoyment for all players. As a result the IFA don't allow you to keep scores or publicise results within the programme. Aside from the programme we have played friendlies as well and trained very hard from the start of the year. We have got the 2012 season off to a flying start by beating North Belfast United 6-2 in a friendly. This is the first time that North Belfast United have been beaten from the beginning of the IFA mini soccer programme in September so very well done to everyone within the setup.

Venue: Hightown School (all weather pitch) **Times and dates to be confirmed, please check club website for updates.**
Cost: £2 per person

St Mary's under 9's unbeaten at Play Ball Tournament

On a cold and frosty winter's morning at the Stormont Play Ball Arena, both St Mary's teams were placed in tough groups. St Mary's Boys were grouped with Rosario, Ards Colts, Hillsborough Boys and Civil Service. St Mary's Colts were put in a group with Ards Youth, Civil Service, Rosario and Sydenham United. The first thing to be decided was whether or not the tournament would go ahead as the pitches were covered in frost; much to the relief of the players and the coaches, it was confirmed that the surface was safe and we could play ball at Play Ball. The St Mary's Boys squad was made up of Dominic McAuley, Deaglan McDiarmid, Dylan Magill, Rory McCabe, Jack Maguire, Omar Beydilli and Deaglan Burns, whereas the St Mary's Colts had Ben O'Reilly, John Joe Walsh, Jude Stewart, Conor Carlin, Caolan McBrien, Jamie McClarnon and Ethan Deery. Both teams had four 12 minute matches to play; one against each of the other teams in the group. St Mary's Boys first match was against Rosario, a team with a big reputation in youth football and when we were warming up we could see they looked like a strong and well organised team; We knew we would have a game on our hands. Within 2 minutes of starting our worst fears were confirmed and Rosario scored directly from a free kick. Possibly we could have done better at defending the free kick but the boys took a bit too long to get organised and the free kick taker took advantage of our hesitation and scored. The coaches feared the worst, however what a response from the team. From the restart we created an opportunity to score and we converted it clinically, we then started to dominate the game and scored a second to take the lead. A special mention must go to our goalkeeper Dominic McAuley who made some fine stops to keep us in front for much of the match. Just as the game was drawing to a close Rosario scored the equaliser from a well worked move and the game ended 2 each. Despite going a goal down early on, St Marys got to grips with the opposition and our defence dealt with Rosario very well. Everybody was pleased with our efforts in the first game against a good team and we had a feeling we would go from strength to strength in the remaining matches. St Mary's Colts kicked off their campaign with a match against Ards Youth. This was a hard fought affair with neither team prepared to give an inch. None of the boys were holding back and some of those watching the game were covering their eyes as both teams tackled hard in order to get control of the ball. Ards Youth scored first but within minutes St Marys finished a great move with the equalising goal. After that both teams had chances to win the game but no-one could apply the finish and the match ended in a draw. After a short break for some fruit and water (or was that coke and chocolate) St Mary's Boys went in against Ards Colts. The team set to work immediately and very quickly built up a big lead, goals were being scored from all over the pitch and the match eventually finished St Mary's 11 Ards Youth 1; a score which could have bigger had it not been for the efforts of the Ards' keeper.

The boys were deservedly happy with the result, however the comments after the game of “bring on Barcelona” were maybe a bit over the top. Dylan Magill scored a spectacular goal in this game which was worthy of winning goal of the tournament. Next up was St Mary’s Colts against Civil Service; by this stage the Colts had got rid of any early nerves and were raring to go. Very quickly it was apparent that there was only going to be one winner and we raced into a solid lead. The match finished St Marys Colts 6 Civil Service 1 and whilst there were some impressive individual performances, what stood out most was how the boys worked hard for each other and performed as a team. Almost straight away the Colts team were up against Rosario. Despite conceding an early goal the Colts responded in style to run out convincing 4.1 winners. St Mary’s Colts final match was against a tough well drilled Sydenham outfit. Goals were exchanged as the match went to 2 each and St Marys coaches had to use the rotation system to good effect as 2 of our boys were injured and had to come off. As the saying goes “when the going gets tough the tough get going” and despite the injuries the Colts chalked up 3 further goals to run out 5.2 winners. After a short break St Mary’s Boys then took on the challenge of Hillsborough Boys. By this stage St Mary’s tails were up and it was a very confident team that took to the pitch. Some of the football played by the boys in this match was brilliant and they moved the ball around easily and quickly before finally running out 12.0 winners with several players scoring hat tricks. It was great to see Deaglan Burns getting on the score sheet in this match as he had been an unselfish stalwart defender throughout the day. At one point I’m sure I saw a bulldozer trying to get past him but Deaglan sent it packing without the ball. After the game against Hillsborough we were pressed back into action immediately against Civil Service, however, such was the level of the boys’ confidence at this stage that none of them were concerned about being tired. St Mary’s grabbed the game right from the whistle and soon had established a healthy lead, again the football was impressive and the individual ability of the boys note worthy. This final game of the day ended St Mary’s 10 Civil Service 0. So the final statistics across both St Marys teams were 6 wins, 2 draw, 51 goals scored and 8 conceded. In addition to their impressive results the boys behaved impeccably and were a credit to the club and their parents. Well done under 9’s on a great performance and a great day for the club.

This Months Team Stats



Under 11



The U-11's 2-2 draw with Doyle meant they were unbeaten in the last 3 games. A great result on the back of two wins before Christmas, one of which was against the team second in the table. A good sign going into the new year.

POS		P	W	D	L	PTS
1	<u>Sirocco</u>	14	12	1	1	37
2	<u>Bloomfield</u>	15	8	2	5	26
3	<u>Ballynahinch</u>	10	8	0	2	24
4	<u>Doyle</u>	10	6	3	1	21
5	<u>Dungoyne</u>	13	6	1	6	19
6	<u>St Mary's</u>	12	4	2	6	14
7	<u>Ardoyne</u>	12	4	1	7	13
8	<u>Comber</u>	12	3	0	9	9
9	<u>Ulidia</u>	14	0	0	14	0

Games Played	1
Points	1/3
Goals Scored	2
Form	W/W/D
Win %	33%



This Months Team Stats



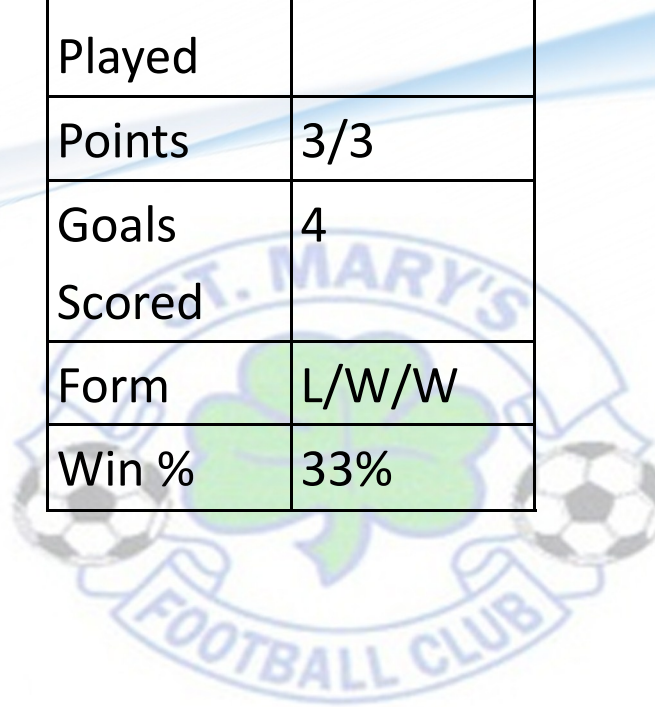
Under 12



The U-12's 4-1 win over the second in the table side Aquinas gets the side off to a great start following the Christmas break. This win shows how strong the U-12's can be, hopefully this form continues onto the next fixture.

POS		P	W	D	L	PTS
1	<u>Carryduff</u>	11	10	0	1	30
2	<u>Aquinas</u>	10	8	1	1	25
3	<u>Holywood</u>	12	8	1	3	25
4	<u>Bloomfield</u>	11	7	1	3	22
5	<u>Sporting Cromac</u>	12	7	0	5	21
6	<u>Red Star</u>	13	5	0	8	15
7	<u>St Mary's</u>	12	4	1	7	13
8	<u>Sirocco</u>	12	1	0	11	3
9	<u>Ulidia</u>	11	0	0	11	0

Games Played	1
Points	3/3
Goals Scored	4
Form	L/W/W
Win %	33%



This Months Team Stats



Under 13



POS		P	W	D	L	PTS
1	<u>Rosario</u>	15	13	1	1	40
2	<u>Newhill</u>	13	12	0	1	36
3	<u>Carryduff</u>	16	11	2	3	35
4	<u>Immaculata</u>	18	10	3	5	33
5	<u>Hollywood</u>	14	8	1	5	25
6	<u>Cliftonville</u>	16	6	4	6	22
7	<u>Aquinas</u>	16	6	2	8	20
8	<u>Dungoyne</u>	15	6	1	8	19
9	<u>Ballynahinch</u>	16	4	4	8	16
10	<u>Stone Bridge</u>	14	2	2	10	8
11	<u>St Mary's</u>	13	0	4	9	4
12	<u>Shankill Utd</u>	16	0	2	14	2

This has been a tough month for the U-13s as they experience two back to back defeats. That being said, the side have shown some great spells of football in the Premier division which shows that a good run of form is only around the corner.

Managers View:

It's been a very frustrating season to date for the St Mary's U13 squad. The goals scored column reads 16 in all competitions but against 55!! Which perhaps paints the true picture.

Whilst January hasn't secured any better results than 2011 there have been some individual successes. Special mention in particular to Conor Maitland who didn't always get a lot of game time in recent months but has battled away and now taken his recent chances back in the team to impress everyone with a couple of great all action performances.

Top goalscorers to date

Gerry Girvan: 6

Owen McGrath: 3

Conor Corry: 2

The Premiership has proved much tougher than Division 1 and fixture schedules have unfortunately seen the team mainly play all the top teams but very few of the lower placed competitors.

It's now hoped a more level playing field against the latter teams will help see an upturn in fortunes as the boys move into February. Here's to a great second half of the season!

Brian Byrne

Player of the Month: Conor Maitland

Conor has been outstanding this month, he has had some great performances and was the stand out player for January. He has shown great determination to get back into the team and has raised the overall team performance as a result. Great work Conor, well done.



This Months Team Stats



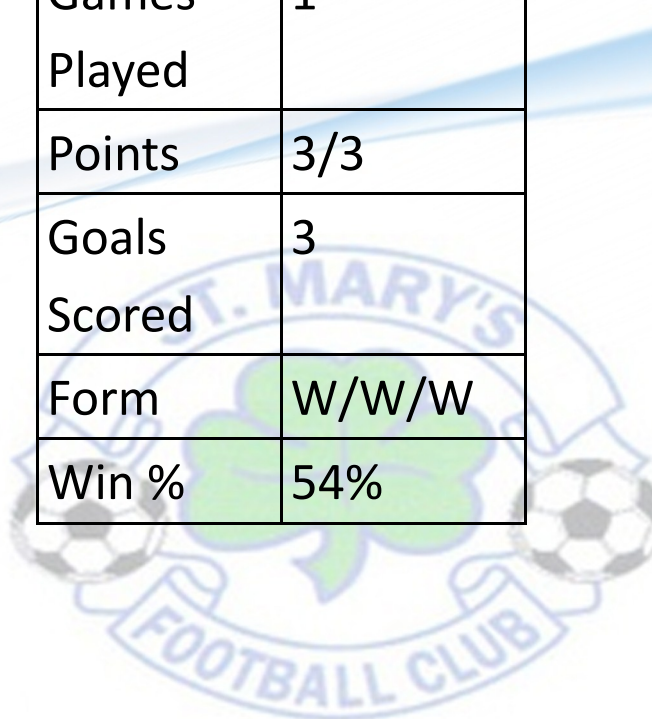
Under 14



The U-14s started the new year with a great 3-2 win over Carryduff. This continues the good run they had started before Christmas. Only 4 points off the top of the table the U-14s are in a great position to compete for the title. Still a long way off, but very encouraging signs so far.

POS		P	W	D	L	PTS
1	<u>Ards Youth</u>	13	8	2	3	26
2	<u>Solway Star</u>	14	8	2	4	26
3	<u>Rosario</u>	12	8	1	3	25
4	<u>Hollywood</u>	13	7	2	4	23
5	<u>St Mary's</u>	13	7	1	5	22
6	<u>Carryduff</u>	12	5	2	5	17
7	<u>Sirocco</u>	11	4	2	5	14
8	<u>Cliftonville</u>	11	1	1	9	4
9	<u>Shankill Utd</u>	11	0	1	10	1

Games Played	1
Points	3/3
Goals Scored	3
Form	W/W/W
Win %	54%



This Months Team Stats



Under 15



The U-15s are having a great season, continued by the 4-1 win they enjoyed over Aquinas in the first game of January. The side sit at the top of the table and will be amongst the favourites for the title this year. As the team appear to be growing stronger the season is shaping up nicely for them.

POS		P	W	D	L	PTS
1	<u>St Mary's</u>	13	10	1	2	31
2	<u>Rosario</u>	12	9	3	0	30
3	<u>Ardoyne U15</u>	13	9	3	1	30
4	<u>Newhill U15</u>	12	7	4	1	25
5	<u>Aquinas</u>	15	8	1	6	25
6	<u>SOPFC</u>	15	4	0	11	12
7	<u>Brynsburn</u>	14	3	0	11	9
8	<u>North Belfast</u>	14	2	2	10	8
9	<u>Bangor</u>	12	1	0	11	3

Games Played	1
Points	3/3
Goals Scored	4
Form	D/W/W
Win %	77%



This Months Team Stats



Under 16



The U-16s have had a great season so far in all competitions. This continued this month with some great individual performances but most importantly a sensational team performance in both games this month. This month the side continues its great run with the 6th win on the bounce. Hopefully this is continued into the next month.



Teams	PL	W	D	L	Pts
Premiership					
St.Mary's	14	11	1	2	34
Ballyclare Comrades	14	11	0	3	33
Newington Youth	15	10	1	4	31
Willowbank	13	10	0	3	30
Comber Rec	13	8	3	2	27
Carrick Rangers	13	8	2	3	26
Crewe United	14	6	1	7	19
North End United	14	5	3	6	18
Championship					
Barn United	4	3	1	0	10
Larne Youth	2	2	0	0	6
Ballynure OB	4	1	2	1	5
18th Newtownabbey	3	0	1	2	1
Loughside	3	0	0	3	0

Games Played	2
Points	6/6
Goals Scored	5
Form	W/W/W
Win %	79%

Player of the Month: Ross Mackin



Ross won the January player of the month award after two great performances against Comber and Newington in the league. The month of January has seen Ross come into great form both in training and in the friendly played against Willowbank. This month Ross has combined all aspects of his game and is currently on top form showing both skill and determination on the pitch.

This Months Team Stats



Under 17



POS		P	W	D	L	PTS
1	<u>Rosario</u>	7	7	0	0	21
2	<u>Hollywood</u>	7	6	0	1	18
3	<u>Albert Foundry</u>	8	5	1	2	16
4	<u>St Mary's</u>	7	5	0	2	15
5	<u>SOPFC</u>	7	2	0	5	6
6	<u>Crumlin</u>	7	2	0	5	6
7	<u>Carryduff</u>	7	1	2	4	5
8	<u>Ulidia</u>	7	1	1	5	4
9	<u>Bloomfield</u>	7	1	0	6	3

Games Played	2
Points	6/6
Goals Scored	5
Form	W/W/W
Win %	%

Player of the Month: Conor Magee



January's Player of the Month is Conor Magee for his tremendous form as of late. Conor has been excellent this month showing great desire on the pitch. He has been instrumental in the teams good performances this month with some great passes and brave tackles. Conor has set a high level for his team mates to strive to match. Hopefully this form continues into next month. He has also scored 3 goals in 2 matches.



In the Spotlight

Question and Answer



With **Ben Price**
Under 10 Coach

What Team do you support?

Liverpool F.C

Who is your favourite player of all time and why?

My favourite player of all time would have to be the ex-Liverpool player Steve McManaman, I remember when I was playing he played in the same position as I did. I based my game on his, especially how he kept the ball and attacked defenders. He was definitely my favourite player.

What is your greatest St. Mary's memory?

My greatest memory would have to be as a St. Mary's player when we travelled to Scotland and won the plate. I remember putting an end to our goal drought in the group stage by scoring against Ayr United. We won that game 5-0, that's my greatest memory.

What is your favourite game during your time at St. Mary's?

Again it has to be as a player against Newhill FC in the Semi-Final of the League Cup. I scored the last minute winner from right back. It was a great game for me. The goal took us to the final at Solitude where we were unfortunately beaten by Celtic Boys when Ryan Byrne (U-17 coach) scored a fantastic own goal from around 30 yards out at 2-2 to lose us the match. They were great times, but the semi final was definitely my best game.

If you could have one dream come true in football, what would it be?

I'd love to one day manage Liverpool. I think I've lost my chance at playing for them so the next step has to be to complete my coaching badges and hopefully become a world class Premier League manager.

What are your thoughts and predictions on this season?

When we got back after the Christmas break I was pleasantly surprised at how well we passed the ball. That's certainly our aim, ball retention is at the heart of our game. I really want us to continue playing as a team which we are doing really well at the minute. If I was to have one prediction for the team it is that they will gradually become more positionally aware as we are already starting to show some positive signs of this. But I believe the only way is forward for this team, there are some great years ahead.

Players Corner



sbyl.leaguerepublic.com

For information on the South Belfast League get to League Republic. This covers all the Fixtures, results and league tables for your team. St. Marys are competing in the South Belfast League at U-11, U-12, U-13, U-14, U-15, U-17 and U-18 level.



belfastandeantrim.com

For information on the U-16's get to the Belfast and East Antrim Invitational Youth Leagues Website. A great site which keeps you up to date with all League news, Cup draws, League table, Fixtures and Results.

Nutrition

Make Yourself the Ultimate Pre-Match meal. This months pick is the Pre-Match Kebab. Made with Chicken, Red Peppers, Red Cabbage, Courgettes, Garlic and Chilli all wrapped in Pitta Bread. This Kebab contains everything you need before setting out to your game. High in protein and Vitamins C and A this meal contains the right amount of energy you need for a hard working game of football. You can also save this meal for after your game. As Re-Hydrating is a very important part of your game, why not try diluted orange juice with a pinch of salt. This replaces all the sweat you have lost



Be a Better Player in 2012

Set yourself some goals from now to the end of the year. Most teams train only 2- 4 hours a week, why not get an advantage over your team mates and opposition by doing some training yourself. Don't just work on fitness, although its an increasingly important part of the game, work on your 5 yard sprint, your first touch and even your jump. Why not get the right sleep before your games (8hours). Focus on your weaknesses and mentally set yourself right correct them. Be the player you want to be!!

Editors Pick

St. Mary's Football Club Monthly Newsletter

Boots

Boots play a crucial part in your game, at the end of the day the game is called football, therefore what equipment your using on your feet will play a key part. The best advice anyone can give a young player is to wear boots that are comfortable. Don't worry about how flashy the boots are as long as they are comfortable. However, if you want to stand out why not try a bright boot, something colourful that no-one else has, be original. Different boots suit different positions and playing styles. If you're a fast player, lighter boots might suit you, if your needing to tackle and kick the ball far then you'd be best going for a boot that's thick and strong, one designed for distance. Also take into consideration where you train and where you play. Whilst the traditional boot comes with metal studs you will not get away with this on most 3g or 4g pitches. You might want to try plastic blades or mouldies which most pro's claim are more comfortable than studs. There is also usually no need to buy boots at over £100, statistics show that dearer boots rip easier and most of the time a cheaper version of the same boot will do the same thing. So shop around and buy whatever feels right for you.



This Months Pro Tip

With Sebastian Larsson

How to Hit the Perfect Free kick - "Practice is crucial, I practise after every training session for about half an hour. It's not just about mastering technique, it's about confidence. You've practised so many times you know you can take a good Free Kick when it matters. When it comes to the game and you have a Free Kick in a dangerous position, you have a good feeling and that's very important. I visualise the ball going where I want it to go and I don't hold back. Relax your body and strike through the ball. I hit my Free Kicks with the inside of my foot, connecting at a low point on the ball, bringing my foot up over the top. This creates topspin and dip."



For Info on NI Cup Draws and Youth Soccer Get Online to
the NIBFA Website @ www.nibfa.org