# **AUSTRALIAN SCHOOLS FOOTBALL**



### **AUSTRALIAN SCHOOLBOYS**

and

### **AUSTRALIAN SCHOOLGIRLS**

**Invitational Tour of** 

The UNITED KINGDOM



### January, 2014





### **UNITED KINGDOM TOUR 2014**

#### FINAL REPORTS

Hi to everyone for the final time!

The promised photographs and tour reports are finally ready. Many people have contributed and I'm sure you will enjoy this multi-faceted record of the tour.

Enclosed in this package is an array of documents for your perusal.

The team photograph is in a plastic sleeve to protect it both in transit and for your use later.

The disc is a DVD rather than a CD because of the size of everything included on it (you will need a DVD drive in your computer).

The first section of the disc contains the final tour reports, with sections from all officials. A lot of time has gone into each one and I thank all those who have contributed.

The second section contains photographs of the entire tour, listed in order with each day having its own folder. Also contained is a video recording of two boys games and one girls game.

Finally I would like to formally thank all the officials, the leadership groups of both squads and all the players for their work in making this such a successful tour.

Best wishes for the future to all of you who have moved on from school. I hope you will be able to continue with your football at whatever level you aspire to. To those who remain I trust that we will see you back at the nationals in Canberra later this year.

Thanks for a wonderful tour. Now enjoy these memories!

# David Storey Tour Manager





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### **BOYS' TEAM COACH'S REPORT**

Firstly I'd like to thank a number of individuals who have made this trip a pleasure to have been on. The tour has been a real learning experience on an off the field for the players and myself. It has given the boys a realistic picture of what it takes to be involved in football at the highest level.

I am well aware that an enormous amount of effort went into planning this tour for at least 12 months prior to departure and Mr Dave Storey (Tour Leader) and Mr Sebastian Van Der Vliet (Tour Organiser) should be congratulated on all aspects of the tour. I would also like to thank my fellow tour officials, Mr Dean Stafrace (Assist.Coach) for his insightful thoughts and preparation of the team, Mr Brendan Fotheringham (Trainer) who looked after all the injury problems throughout the tour. Thank you guys, as it was great to enjoy your company and your professionalism.

### 14

Australian Schoolboys	Геат 20
1. Jakob Cole	ACT
2. Ryan Scott	VIC
3. Reece Papas	NSW
4. Raimond Colletta	NSW
5. Ben Romyn	QLD
6. Sam Ossatto	ACT
7. Nathan Tidmarsh	ACT
8. Joel Haack	QLD
9. Christian Fleetwood	SA
10. Nicholas Keir	ACT
11. Alex Tilley	ACT
12. Nick Popovich	ACT
13. Jacob Atkinson	SA
14. Jordan Tsekenis	ACT
15. Cameron Davies	VIC

16. Lyndon Dykes QLD

17. Peter Mercurio SA

18. Oliver Zafiridis SA

Mr Pat Marando **NSW** Coach **Assistant Coach** Mr Dean Stafrace VIC **NSW** Trainer Mr Brendan Fotheringham

### **Training Camp**

The squad assembled at Endeavour Sports High School for a day and a half training camp and a trial game against Sydney FC youth Team. The afternoon and morning session was spent looking at roles and responsibilities in defence and attack relating to playing formation of a 1-4-3-3.

Trial Game v Sydney FC Youth Training Squad

Date: Tuesday 7th January, 2013

**Venue: Endeavour Sports High Playing Fields** 

Result: Australian Schoolboys 2 – Sydney FC Youth Team 5

It is always difficult to organise practice matches so early in the preseason but we were fortunately lucky enough to secure a match against Sydney FC Youth Train-on Squad. This team was full of talented players and would be a good test before we went on tour.

Our aim was to work on different combinations, get through the match with no injuries. Unfortunately, even though the game was a very competitive and intense, one of the players Nicholas Keir was tackled from behind and suffered a knee injury.

Game 1: V Welsh Schoolboys CYMRU Date: Friday 10<sup>th</sup> of January, 2014

**Venue: Llanwern High School** 

Result: Australian Schoolboys 2 - Welsh Schoolboys 3

The International fixture was the very first competitive game played on the new ground and was used as an official opening in preparation for the Centenary Shield. The school finished early so all students could watch the match creating a great atmosphere for all players concerned.

From the outset it was obvious that there wasn't much between both teams. The Welsh team played a very direct style while the Australian Schoolboys tried to break the Welsh down through clever passing combinations. Unfortunately, it was the Welsh Schoolboys who took the lead pouncing on a bad pass in the back third to break away and score from close range after a mix up in the 18 yard box. The Australian Schoolboys continued to play their passing game creating several opportunities. Once again it was a defensive error that allowed the Welsh to increase their lead with a free header in the box. Dominating possession the Australian Schoolboys were finally rewarded with their first goal of the tour. Some quick passing combinations and clever movement off the ball allowed Lyndon Dykes to get behind the Welsh back four and slot his shot passed the oncoming goal keeper.

The second half the Welsh team tried to intimidate the Australians with some spiteful tackles. However, the Australian Schoolboys continued to play some attractive football frustrating the Welsh. Finally the amount of possession amounted to the Australian equalizing via some clever passing in the top third and a back heel from Reece Papas releasing Lyndon Dykes to score again. Just as the Australians started

to get on top of the Welsh it would be a set piece that would bring the Australians undone. A Welsh free kick found an unmarked player at the back post to put them back into the lead. The Australians pushed hard in the last ten minuted creating several chances but the Welsh defence stood firm and held their lead winning the match three goals to two. A hard lesson for the Australians after dominating most of the match it would be missed chances and defensive errors that would give the Welsh victory.

Scorers: Lyndon Dykes (35<sup>th</sup> m), (65<sup>th</sup> m)

**Game 2: Welsh Colleges** 

Date: Monday 13<sup>th</sup> January, 2014

Venue: Cambrian & Clydach FC, Tonypandy

Result: Australian Schoolboys 1 - Welsh Colleges 3

The Welsh College team were an altogether more physical team than the Welsh Schoolboys. The game got a little spiteful with a few rash tackles made by both teams. The first 30 minutes was an arm wrestle with no team willing to give an inch. Unfortunately, a very good 30 minutes of football by the Australian Schoolboys would be marred by a back pass gone terribly wrong with Jakob Cole receiving a back pass and passing it into his own net giving the Welsh the lead against the run of play. The game then began to be punctuated by stoppages and free kicks that resulted in the Reece Papas being sent off for a second bookable offence. A little harsh I thought as there were several tackles on the Australians by the Welsh that went unpunished by the referee. The Australian Schoolboys created a couple of opportunities through some quick counter attacks but the goal keeper made some fine saves to maintain their lead. It was on the stroke of half time that one of the Welsh strikers was able to turn on the edge of the eighteen yard box and sent a thunder bolt into the top corner making the score 2 nil at half time.

Playing with ten men the Australians came out in the second half with a new resolve. Even with ten men the Australians created several opportunities catching out the Welsh on the counter. The Welsh frustrated by the defensive tactics and the Australian boys agitated by the officiating gave way to some intense moments and it would be the Australians Schoolboys who would take advantage of a set play to get back into the game. A deep cross into the box and a failed clearance attempt allowed Joel Haack to half volley the ball into the goal. The Australian Schoolboys now brimming with confidence continued to pressure the Welsh looking for the equaliser. The Welsh goal keeper produced a couple of saves and some poor shooting from the Australians kept the Welsh in front on the scoreboard. With the Australians pushing forward searching for an equaliser it was another poor decision in the back third that took the pressure off the Welsh. A back heal in the wrong part of the field gave the Welsh striker the ball and he slotted the ball passed Jacob Cole.

The game ended 3 - 2 to the Welsh Colleges and again it would be poor decisions in the back third that would be the Australian Schoolboys undoing.

Scorer: Joel Haack (70<sup>th</sup> m)

Red Card: Reece Papas (28th m)

Game 3: v Bristol Rovers FC under 18s Youth Squad

Date: Wednesday 15th January, 2014

Venue: Gloucestershire Football Association Playing Field

Result: Australian Schoolboys 1 - Bristol Rovers 2

This was another very competitive match. However, less than 3 minutes it was another poor decision in the back third which again put us behind. A poor pass from the goal keeper put Sam Ossatto under pressure on the edge of the box. He was disposed by the striker who dribbled into the box to score beating the goal keeper at the near post. It wasn't the start the Australians we were looking for and conceding early goals was becoming a common problem. The Australian Schoolboys looked off their game, poor pass selections and touches on the ball gave Bristol their second goal. A long ball and a pin point cross found a Bristol player unmarked on the back post to drive the ball into the back of the net.

The second half began at a very fast pace with both teams passing and movement creating several chances. The Australian Schoolboys started to put some fine passes together which allowed our two wide players Peter Mercurio and Jordan Tsekenis to get in behind to deliver several crosses but to no avail. With ten minutes to go Lyndon Dykes disposed one of the Rovers defenders. One pass later Jordan Tsekenis broke through the defensive line and was on his way to goal only to be brought down just outside the box. The referee awarded a free kick on the edge of the box and no red card was shown. As soon as Reece Papas placed the ball it was obvious he was going to shoot and that he did curling the ball around the wall into the top corner. In the last 10 minutes of the match the Australians continued to push for an equaliser but it was not to be. The game finished with the Bristol Rovers winning 2 – 1. Another poor start resulting in us playing catch up football. Not what you need playing abroad.

Scorer: Reece Papas (79<sup>th</sup> min)

Game 4: v Cardiff City under 18s Date: Thursday 16<sup>th</sup> January, 2014

Venue: Treforest, Pontypridd

Result: Australian Schoolboys 0 - Cardiff City Youth FC 6

The Cardiff City side was preparing for a FA Cup match and had requested that we play a 4-4-2 as the side they were to play used that formation. For the first thirty minutes the Australian Schoolboys looked comfortable and both teams looked evenly matched. The Cardiff side were pressing very high up the pitch, making it hard for the Australian Schoolboys to play out from the back. As a result the Cardiff city players picked off a bad pass and two passes later they were in behind our back four to score from a cut back. From then on the Cardiff City team went into another

gear putting the Australian Schoolboys under a lot of pressure with some nice movement and passing. In the last fifteen minutes of the first half they went on to score three more goals to lead four nil at half time. The Australian Schoolboys looked out of their depth with each goal coming from turnovers in our back third. The Cardiff City team had a number of attacking players who were comfortable on the ball and keen to dribble and take players on. Being four nil down, the Australian Schoolboys were really disappointed with their performance and knew they had to improve all aspects of their game if they were to gain a little respect. To their credit they retained a little more possession building out from the back with patience and composure. In doing so the Australians created a couple of chances but the Cardiff side was solid all over the field making very hard to break them down. It was always going to catch up with the Australian Schoolboys having played the night before. Fatigue started to set in especially playing on a wet heavy pitch. As a result the Cardiff City went on to score another two goals, again mistakes in the back third were clinically punished. In the end the Australian Schoolboys were beaten convincingly by a very talented team.

**Game 5: v England Independent School** 

Date: Sunday 19<sup>th</sup> January, 2014 Venue: The Lodge Repton, Derby

Result: Australian Schoolboys 0 - England Independent Schools 5

This game would have to be remembered for the Australians poorest performance of the tour. From a distance the field looked green and flat. However, once the players stepped onto the field it was evident that it was going to be very slippery under foot due to the rain the previous day. A number of players did not have screw in studs which was obvious with a number of players losing their footing on the wet, muddy ground. It wasn't long, in fact two minutes in that the English took the lead. Again, poor passing out of the back third resulted in another early goal against the Australian Schoolboys. The Australian Schoolboys never really came to grip with the playing surface, with passes not hitting their targets and never first to the ball. It wasn't until the 30th minute that the English scored their second. Again a poor clearance out of the 18 yard box lands at the feet of an oncoming English player who placed the ball in the bottom corner of the goal. The Australian Schoolboys created a couple of chances but poor finishing in front of goals let them down. The English scored their third dispossessing one of our midfielders who was facing the wrong way. From there the player dribbled into the 18 yard box uncontested to score from close range.

The second half was no different from the first half. We spoke at half time about playing simple balls and building momentum by keeping possession and at times you could see some players improving taking the right options and others who just couldn't adapt to the game and the conditions. It wasn't until the 70<sup>th</sup> minute that England scored their fourth goal pouncing on another poor pass out of the back third. The English compounded the Australians woes with a late goal on the counter. A long clearance against the run of play enabled the English striker to roll one of our defenders and race to the goals to score and make it five nil. The only positive to come out of the game was the performance of Raimond Coletta in the last 15

minutes. Playing as a midfielder Ray showed that he had the ability to take control of the game and pick the right passes to get the team moving forward. A poor performance against a side that I personally thought was not as a good as some of the teams we had played.

Game 6: v British Colleges

Date: Monday 20<sup>th</sup> January, 2014 Venue: Sutton Colfield Town FC

Result: Australian Schoolboys 2 - England Colleges 3

This was another extremely competitive match where we most certainly played our best football. It was the complete opposite of the previous game against the English Schools. The Australian Boys seemed to be switched on from the outset dominating possession and winning their 1v1 duels. Finally some nice passing in the middle third released Nick Popovich on the blind side. Nick ran onto the pass and his intentions were clear as soon as he touched the ball. Nick drove into the box and struck the ball hard and low giving the goal keeper no chance to of saving the shot. The Australian Schoolboys continued to attack dictating for long periods of the first half. It was against the run of play that England scored their first goal to tie the game up. Jacob Cole miss judged the cross which hit the crossbar and bounced off his arm dropping into the goals. The Australian Boys continued to play some attractive football that had been missing in the previous game. However it was another defensive error that would allow the English to take the lead walking off at half time wondering how they were in front.

The Australian Boys came out in the second half with every intention to get back into the game. It only took three minutes for Lyndon dykes to get on the scorers sheet with a fantastic volley over the goal keepers head. Both teams had several chances to win the game during the second half and it looked like the Australians were on track to do so. However, it would be another defensive error that would hand the English the game. After some excellent work by Reece Papas and Jacob Atkinson in the middle of the park and Peter Mercurio out wide it was disappointing that we couldn't turn a dominant performance into a win. Talking to the English coach after the game he said," you battered us today, and that the Australian side were a far better football team than his side on the day."

Scorers: Nick Popovich (25<sup>th</sup>m), Lyndon Dykes (48<sup>th</sup>m)

Game: v Sheffield United Youth FC Date: Tuesday 21<sup>st</sup> January, 2014 Venue: Hallam FC Crosspool, Sheffield

#### Result: Australian Schoolboys 1 – Sheffield United 0

We were informed that the field we were playing on was the oldest pitch in the world. The boys walked out onto the field to see a field that was lop sided and patches of sand to cover up holes in the pitch. The Australian Schoolboys won the toss and decided to run up hill. After surviving a couple of early chances from the Sheffield team the Australian boys became a little more comfortable on the ball. The game became a war of attrition as it was our third game in three days. The opposition pushed and prodded and the game had a few rash challenges as the referee allowed some tackles that previous referees had picked up. Ryan Scott was solid in goal and the whole back four covered each other well. The first half of the game was very even and there were few flash points as we approached half time. During the break we spoke at length about personal discipline and not being distracted from the game plan.

In the second half the Australian Boys came out with their minds made up. It was obvious from the outset that they believed this game was theirs. With the Australian Boys having more possession and looking more dangerous out wide it was only a matter of time before they would take the lead. It wasn't until the 70<sup>th</sup> minute that the Australian Schoolboys scored the first and only goal of the game. Nathan Tidmarsh sent a corner kick to the back post which was head back in by Joel Haach. The Sheffield team failed to clear the ball and Lyndon Dykes took full advantage of this too volley the ball into the back of the net. The next 20 minutes would test the Australians spirit with the Sheffield team throwing everything at the Australian team without success. After a terrible tackle on Lyndon Dykes the Sheffield United central defender was sent off leaving them with ten men for the remaining time in the match. Right at the end of the match in injury time it took a great save by Jacob Cole to deny Sheffield United an equaliser and hand the Australian Schoolboys their first win of the tour.

Scorer: Lyndon Dykes (70<sup>th</sup> m)

Game 8: v England Schoolboys Date: Thursday 23<sup>rd</sup> January, 2014

Venue: Evans Park, Stafford Town Football Club

Result: Australian Schoolboys 0 – England Schoolboys 5

The game started at a blistering pace with both teams intent on playing football the right way. However, it went horribly wrong as a goal kick went straight to the England number 9 who struck the ball into an empty net to give them the lead. It all went pear shape after that with the Australian boys looking flat and uncomfortable on the wet muddy pitch. The English scored their second from a corner that was poorly defended. A poorly headed clearance was picked up and volleyed into the bottom corner of the goal to increase their lead. Again, a poor clearance inside the box goes straight to an England player who passes the ball into an unguarded goal adding to the embarrassment of the Australian Schoolboys. England dictated the first half pressing and defending with intent of inflicting more pain to the Australians. A nice diagonal ball allows the English winger to beat two players and beat Jacob Cole at

the near post to make four nil. To make things even worse on the stroke of half time England scored their 5<sup>th</sup> from a free kick that went around the wall and under two players' legs into the goal.

After a stern talking to at half time the Australian Schoolboys went out with intent to regain some pride and respect. To their credit the boys stepped up and played with a little more commitment and bravery. The Australian Schoolboys managed to create a couple of chances but the English defence stood firm. If only the boys had started the first half like the second the result may have been different. The game came to an end with the English winning five nil which was a disappointing knowing personally that the Australian Schoolboys were capable of much better.

**Reece Papas** was voted as player of the tour by the coaching staff and officials.

### **Conclusion:**

I would like to thank the players for their effort on and off the field. This tour has been a great eye opener for the players. Even though most of the results didn't go the way we wanted, it's all about the experience and what you can learn from it that will make you a better player.

I would also like to thank the parents who attended the tour. The support that you gave to the players and the coaching staff was very much appreciated. It is always great to hear cheering and clapping when you are a long way from home. Thank you for your support.

Yours in Football

Pat Marando Coach

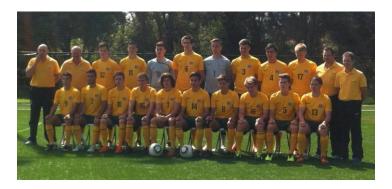
### **BOYS' TEAM MANAGER'S REPORT**

This was an amazing, privileged and memorable tour that will always be an honour to have been a part of. The incredible organization, the great opportunities, the education and experience is something that SSA and the boys should be proud of. I would like to thank Mr Seb Van der Vliet (Tour Liaison Coordinator) and other members for their exceptional organization of the tour.

The preparation and organisation was fantastic for such a new tour to United Kingdom and many thanks must also be attributed to the team of officials that worked in maintaining an impeccable tour. David Storey (Tour Leader) must be clearly noted for his incredible preparation for the tour, with many months of emails, paperwork and professionalism. The smooth running of the tour was directly influenced by David's standards. I would also like to thank Pat Marando (Boys Coach) for his dedication, depth in the game and guidance throughout the tour. Pat made my second tour as an official extremely comforting and educational. A thank you also to Brendan Fortheringham (Boys Trainer) for his attendance to the boys injury needs and organisation of equipment throughout the tour.

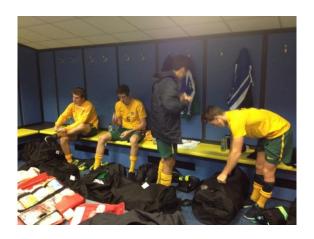
### 8th January

After a 2 day training camp, the squad departed Sydney at 5pm on 747-800 Thai Airways. There was a transit stop in Bangkok.



# 9<sup>th</sup> January

We arrived at 6am at Heathrow Airport, with a 3 hour drive to Swansea Hotel. The players then had a training session in afternoon at 4pm. Reece Papas was named as captain by his peers, Ryan Scott and Jacob Cole were named as Vice Captains.



The boys had their first game against Welsh Schoolboys. Boys were down 2-1 at half time, but drew level 2-2 after the break. Unfortunately, the final result was a 3-2 loss. Best on ground were; Reece Papas, Lyndon Dykes with both goals for Australia and Nick Popovich





# 11<sup>th</sup> January

We had a day of recovery and went sightseeing and shopping in Cardiff. Later that evening we watch our 1st EPL game; Cardiff City vs West Ham United. Final score was 0-2.







The squad undertook a long drive from Swansea to Stoke to see an amazing EPL game of Stoke City vs Liverpool.

Score was 2-2 at half time and full time was 3-5. Liverpool were far too powerful, of course.

We were lucky enough to have walked the ground at half time and sat near the players' race.

The roast carvery on the way home at a Hotel for dinner was a nice touch to finish the day.





Our second game was against Welsh Colleges.

Hail was pouring down at the pre-game ceremony.

The team started well, but a back pass turned into an own goal. No doubt a red card to Reece Papas for second caution made it really hard for us.

A great shot from Wales, put the boys down 2-0 half time.

A second half shot from Joel put the boys 2-1, but shortly after a mistake in defence led to us conceding a third goal leaving us 3-1.

Final score was a 3-1defeat, but it was a well fought game with plenty of effort from the boys.

Best on ground: Lyndon Dykes, Nathan Tidmarsh and Joel Haack Presentations and food were provided after the game.



# 14<sup>th</sup> January

A relaxing day on the bus and enjoying the scenery after a hard game the night before.

The squad went to Stonehedge, a place of amazing scenery, followed by a trip to historic Bath and a tour of the Roman Baths and town.



Boys played Bristol Rovers, and saw a much clearer and structured effort.

The boys went down 2-1.

Scorer: Reece Papas with a great free kick Best on ground: Reece Papas, Lyndon Dykes.



# 16<sup>th</sup> January

The squad were out of their depth when they played Cardiff City, a very organized and well drilled team. The team lost 5-0. Cardiff were preparing for their FA cup round on the weekend.

Best on ground: Reece Papas,







We transferred from Swansea to Birmingham having the opportunity to shop at the Bull Ring shopping mall and the Nike Factory outlet

We watched the girls' team play a fantastic game which was thoroughly enjoyable. The squads checked into the Hotel in Birmingham.

### 18<sup>th</sup> January

A trip to Warwick Castle and then onto watch Birmingham vs Yeovil in the Championship League.

Yeovil won 2-0

# 19<sup>th</sup> January

The boys struggled against England Independent Schools in sloppy conditions losing 5-0 at picture perfect Repton College.

Best on ground: Reece Papas, Raymond Coletta



A truly Inspirational game vs British Colleges saw the boys pick up their game. One goal up with a great combination play, going in half time down 2-1, but an equalizer by Lyndon with a volley from 30 yards out saw us 2 all. Unfortunately, lost 3-2 due to a last minute goal by British Colleges.

Scorers were Nick Popovich and Lyndon Dykes with a stunner Best on ground: Lyndon Dykes, Reece Papas, Jakob Atkinson



That evening we watched West Bromwich Albion vs. Everton at the Hawthorns Stadium.

Score was 1-1.





The squad had the opportunity to see the Man United Tour then play a game against Sheffield United Youth FC.

Boys won 1-0 with a great effort of courage and discipline.

We were lucky enough to play on the oldest ground in the world, Hallam United FCin Sheffield.

It had a HUGE sloping ground. 10m drop at one end, but worth the experience.

Scorer: Lyndon Dykes

Best on ground: Lyndon Dykes, Ray Colleta





### 22<sup>nd</sup> January

A well deserved free day in London, there was a tour around London which seemed to take forever. There was sightseeing and shopping



### 23<sup>rd</sup> January

We departed London for home and plenty of memories.

### **BOYS' TEAM TRAINER'S REPORT**

### **Pre Tour Training**

The team met at Endeavour Sports High School for a two day camp comprising training sessions and a practice game prior to departing on tour.

No players came into the training camp with existing injuries.

#### Training Camp Mon Jan 6 and Tues Jan 7

Warm up - undertaken by Manager/Assistant Coach Dean Stafrace.

Warm down – players led through appropriate dynamic and static stretching to be employed at the conclusion of all training sessions and games.

Practice game (pm) v Sydney FC Youth

Nicholas Kerr sustained a knee injury during the game which was treated immediately with ice (RICER) following his withdrawal from the game. Nicholas sought medical advice with the injury diagnosed as a lateral sprain. Unfortunately the injury did not respond to treatment whilst on tour and prevented Nicholas from playing in any of the games.

### **Tour Games**

The tour provided a very busy schedule, with 8 games in 14 days. Players employed a combination of dynamic and static stretches as part of their warm up and warm down regimen. Both hotels in which we stayed had pool and gym facilities which were used for recovery sessions when time allowed.

#### Game 1 Fri Jan 10 v Welsh Schools

No injuries were sustained in the match.

#### Game 2 Mon Jan 13 v Welsh Colleges

No injuries were sustained in the match.

#### Game 3 Wed Jan 15 v Bristol Rovers Youth

No injuries were sustained in the match.

#### Game 4 Thurs Jan 16 v Cardiff City Youth

No injuries were sustained in the match.

#### Game 5 Sun Jan 19 v England Independent Schools

No injuries were sustained in the match.

#### Game 6 Mon Jan 20 v England Colleges

No injuries were sustained during the match.

Rai Coletta did not play due to hip flexor soreness Christian Fleetwood did not play due to illness.

### Game 7 Tues Jan 21 v Sheffield United Youth

Lyndon Dykes sustained an impact injury to his calf which was immediately treated with ice (RICER) and he was withdrawn from the game.

Jordan Tsekenis did not play due to hamstring soreness.

### Game 8 Thurs Jan 23 v England Schools

Jakob Cole sustained an impact injury to his wrist which was treated with ice (RICER) following his withdrawal from the game at half time. Lyndon Dykes was replaced at half time due to soreness from the calf injury sustained in the previous game. This was treated with ice (RICER).

I would like to thank the players for the professional manner in which they conducted themselves throughout the tour and the support provided by the coaching staff and tour leader.

Brendon Fotheringham Sports Trainer

### **GIRL'S TEAM COACH'S REPORT**

#### Australian Schoolgirls Team 2014

NSW
NSW
NSW
QLD
QLD
NSW
NSW
NSW
QLD
NSW
ACT
NSW
QLD (withdrew due to illness)
QLD
NSW
NSW

Coach	Mr Peter Broadfoot	QLD
Assistant Coach	Ms Sarah Walker	QLD
Trainer	Mrs Elizabeth Sculley	NSW

ACT NSW

### January 9<sup>th</sup> 2014

#### **Training Game v Swansea University**

17. Nicole Jalocha

18. Jessica Urquhart

Starting team: Urqhuart, Watson, Rose, Johnson, Doro, Clayton, Keen, Jalocha,

Stoddard, Pobar, Cootes.

Subs: Davis, King, Palombi, Kuntz, Woods, Daymond.

The game was played on a synthetic hockey field due to grass pitch being sodden from recent rain. Despite 26 hours of travel the girls played a fresh energetic brand of football. The comfortable 2-0 win (goals from Kuntz and Stoddard) was great introduction to the conditions that the squad will be facing on the tour. The short passing game of the squad meant that the girls retained the majority of possession throughout the fixture.

### January 10<sup>th</sup> 2014

#### Game 2 v Gloucester and Stroud College Women's Academy

Starting team: Daymond, King, Davis, Doro, Rose, Woods, Kuntze, Jalocha, Keen, Palombi, Stoddard.

Subs: Clayton, Urghuart, Watson, Cootes, Johnson.

This game against National college champions Bristol Academy was sure to provide a stern test. Again on synthetic the girls found themselves under the pump with Bristol playing a pressing game and playing a lot of direct football into the strikers. After surviving the first 20 minutes unscathed the girls began to find their Rhythm and started to control possession. The girls should have been in front at half time but a missed opportunity to the ever willing Eden Stoddard after good lead up from Brittany Palombi and a brilliant save to deny Ellie Pobar saw the game go in to the sheds all tied up.

The 2nd half saw the Aussie girls dominate the match in every aspect. Clare Woods showed her class and physicality to run the match from the back of the midfield. Poor finishing meant the game score was closer than in reality. The girls finally scored through Georgia Keen after a lightning counter attack from deep in their own half. Despite continual pressure the 1-0 score line remained at the end of the 90. The game provided an excellent introduction to English Football and all girls came through the match unscathed.

### January 13<sup>th</sup> 2014

#### Game 3 v Welsh Colleges

Starting team: Urqhuart, King, Davis, Doro, Rose, Woods, Clayton, Keen, Kuntze, Palombi, Pobar.

Subs: Stoddard, Cootes, Daymond, Jalocha, Watson, Johnson.

The girls began their first International of the tour with confidence and it quickly became apparent that they were faster and technically superior to the Welsh outfit. The girls passing game soon found its groove with Ellie Pobar providing a strong presence up front. Some if the interplay in the opening 30 minutes created a multitude of chances yet it was a piece of individual brilliance that created through first goal. Cutting in from the right foot Shanaye Kuntze struck the ball with her weaker left foot over the keeper from 25 yds. 14 minutes in 1-0.

The game continued in the same pattern for the rest of the half and it was 32 minutes in when Brittany Palombi doubled the advantage with a well-taken strike. The second half saw a different complexion come over the match. The Welsh girls were gifted possession as the Australian team played loosely and turned the ball over on a continual basis. Despite this the Welsh team didn't manage to create a

telling chance. The Australian team finished off the game the way they started it and Kuntze delivered her second header on a Palombi corner in the 88th minute. The final score 3-0.

### January 15<sup>th</sup> 2014

#### Game 4 v Swansea City

Starting team: Daymond, Watson, Johnson, Rose, Cootes, Clayton, Palocha, Keen, Palombi, Kuntz, Stoddard.

Subs: Davis, Pobar, Doro, Woods, Urqhaurt, King.

The match was played in what can only be described as a bog. Torrential rain in the days leading up to match turned the pitch into a slippery quagmire. In order to combat these conditions the warm up and pre match talk centred around being a lot more direct in their passing game. Essentially playing the game in Swansea's half of the pitch.

Annika Clayton was given the captains armband even though she wasn't named in the leadership group initially. The senior players were initially rested as we had one eye on our hectic fixture list.

In a scrappy affair the two goalkeepers Jess Daymond and Jess Urqhuart, stood tall. In slippery, cold conditions they were brave and technically very sound.

The match finished 0-0 with the aforementioned surface bringing us down to Swansea's level.

### January 17th 2014

#### Game 5 v Cardiff City - Abandoned

### **January 18<sup>th</sup> 2014**

#### **Game 6 v Shropshire Schools**

Starting team: Urqhuart, Rose, Davis, King, Cootes, Woods, Doro, Palocha, Keen,

Stafford, Pobar.

Subs: Clayton, Palombi, Watson, Johnson, Daymond, Kuntz.

Following the called off game against Cardiff the Shropshire match was an excellent way to get back into the football groove. In a 5-0 thumping the girls were simply too fast, too well structured and far hungrier than the other team.

It was good match to work on our movement and possession in the final third. The fast pitch allowed the girls to bring their natural games out and the score line would have been much worse save for some naïve play and poor finishing. Ellie Pobar

scored 2 and both bullets from outside the box. Annika Clayton also picked up a brace with Georgia Keen rounding off the scoring in fine style.

### January 19<sup>th</sup> 2014

#### Game 7 v England Independent Schools

Starting team: Daymond, Watson, Davis, Johnson, Cootes, Clayton, Palombi, Kuntz, Rose, Palocha, Stafford.

Subs: King, Doro, Urqhuart, Keen, Pobar, Woods.

Our second International was played at the picturesque surrounds of Repton School. The pitch was again very muddy and our experience from the Swansea game gave us good preparation for this fixture.

It was shock to concede the first goal of the match inside 2 minutes when a defensive mix allowed the English striker to finish in an unguarded net. Unperturbed the girls pushed forward and created a multitude of chances with Eden Stafford tormenting the English defence. The equalizer finally came with Brittany Palombi rifling the ball into the roof of the net from 20m out. Georgia Keen added another on the stroke of half time and this seemed to break the English spirits. 3 more 2nd half goals to Ellie Pobar, and Shanaye Kuntz with a double put the issue well beyond doubt. Despite not scoring herself Eden Stafford was superb. Her strength and movement off the ball created space for all those around her. It was also pleasing for Isobel Cootes and Nikki Palocha who seemed to on their way to full fitness following some niggling injuries.

### January 20th 2014

#### Game 8 v British Colleges

Starting team: Urqhuart, Rose, Davis, King, Doro, Woods, Clayton, Kuntz, Keen, Palombi, Pobar.

Subs: Watson, Stafford, Cootes, Daymond, Palocha, Johnson.

Quite simply this was the game of the tour. Playing a much older and physically stronger team the girls were in for a torrid affair. The British team was probably the most tactically aware team that we played against.

In an even contest both teams had chances in the first half hour. Jess Urqhuart looked very safe and showed the form that she had been displaying all tour. On the half hour mark, though, we lost Shanaye Kuntz to a tour ending ankle injury. Her hunger and mobility would be sorely missed.

Directly after this Clare Woods hit a pile driver low into the corner and the British keeper allowed it sneak under her body to give the Green and Gold the lead. A valuable 1-0 lead was taken into the break.

At half time the team suffered another blow with Annika Clayton succumbing to illness. To her credit she put the team first in opting to come off even thought the coaching staff offered her more than half time to get back on. 2 starting midfielders gone inside the first half! A reshuffle saw Talitha Doro come into the midfield and Bec Johnson into an unfamiliar role as holding midfielder.

The 2 centre backs of Steff Davis and Taren King were immense all game and this trend continued throughout the 2nd half, continually putting their bodies in the way of British attacks. The Colleges team was gifted a way back into the game when in the 83rd minute the received a penalty even though there seemed to be minimal if any contact made. Jess Urqhuart who was like a colossus all game saved the penalty but the rebound landed straight at the British girl's feet and she tapped in to equalize. The game seemed destined for a draw despite the Australian team throwing everything at the Brits in the dying stages of the match. In a finish worthy of such a gripping contest the Green and Gold were given a corner in the 89th minute, Ellie Pobar, who been battered all day, scored from a demon corner which beat the keeper on the near post which sealed a well deserved victory for the girls. This provided the girls with a clean sweep of the internationals and a moment for them all to savour in their relatively young careers.

### January 22<sup>nd</sup> 2014

#### Game 9 v Blackburn Rovers

Starting team: Daymond, Watson, Rose, Watson, Woods, Palocha, Cootes,

Johnson, Stafford, Palombi, Clayton

Subs: Urghuart, Pobar, Doro, Clayton, Davis, Kuntze.

Cold, Wet and rainy! With a temperature of 2 degrees the torrential rain and howling wind surely saw that dip well below zero. To their credit though the girls were the ultimate professionals and prepared as best they could. It will surely be remembered as the worst conditions any of the girls (including those from Canberra) have ever faced.

The subs were kept in the change room until required and then once a player was subbed they sought the warmth of the showers.

The game started brightly enough with Clare Woods scoring another screamer in the first half. The order of the day was high work rates and this created a multitude of chances. The missed opportunities though finally caught up with them and they trailed at half time 2-1. Credit goes to Jess Daymond in goal as how she managed not to night freeze to death is still unknown.

The second half saw Blackburn score a 3rd and at that stage the girls had every right, given the conditions, to stop trying. To their everlasting credit they chose to fight. In a measure of their application, courage and hunger for the green and gold they pulled a goal back.

The final 20 minutes saw the girls finish all over the top of the Blackburn ladies. Isobel Cootes and Clare Woods returned from the dressing room to give a rest to Bec Johnson and Bronte Rose. Jess Daymond was finally given a reprieve after a gutsy 70 minutes.

On any other day they should have finished with the points. The girls hit the post twice and had a stonewall handball penalty denied them. The score line finished against us yet there was no doubt they finished winners in the end.

#### Peter Broadfoot



### **GIRL'S TEAM MANAGER'S REPORT**

### Day 1 and 2: Sydney Training Camp

All players, their families and officials arrived at Endeavour Sports High School, nervous and excited. After introductions and Liz got the girls to take selfies (so she could remember their names), we headed out to the field for our first session. Peter, Liz and I were impressed with the talent of the players and how well they gelled. This was even evident during our break with the whole team sitting together in a circle playing games.

All players and officials were very excited to receive their gear. Thank you to Dave and Ron Pratt for organising it all. Dave discussed our plans for tomorrow and the girls headed off for the night with the Qld girls being billeted with Annika and Taren (thank you to these girls and their families).

The next day everyone arrived bright and early. Dave sprung on me the format for the jersey presentation and the fact that I had to read out the player's names. With a multicultural team, pronunciation of surnames was a challenging task (sorry Shanaye, Nicole and Brittany). We then had team photo's, which took many takes thanks to the wind and the girl's hair. Thank you to Greg Best for his patience and work on the photos.

We took to the field for another great session, seeing many combinations starting to emerge. Lisa Warrener arrived and provided some valuable insight into the players. The afternoon session involved a game against Lisa's Sydney FC youth girls team. The Aussie girls started slow then found form and started linking up to create some great football.

We ended the day with a briefing from Dave and then an important team discussion and fashion lesson on what to wear on the plane.

### Day 3: Departing Sydney and flight to England

We all had a sleep in as we didn't have to be at the airport until 12. Peter and I spent the morning packing and sending home our dirty washing to ensure our bags met the weight restrictions.....just!

All players and officials arrived at the airport on time and excited. Many stressing about the weight of their bags though thankfully the staff were very, very lenient. The first leg of the flight to Bangkok, after a rocky start with the pilot clipping the wing on the run way and Jess freaking us all out, was relatively comfortable with many movies watched and some sleep. Once in Bangkok we were 'herded' like cattle through customs then had half an hour to relax. While waiting at the airport we asked the girls to have their vote for our leadership team. A very close ballet with many players from the team nominated. Steph was given the honourable role of captain with Ellie and Woodsy vice captains. All three proved to be positive leaders both off and on the field.

The second leg of our flight was ideal with what seemed the whole plane going to sleep for the majority of the flight.

### **Day 4:**

We arrived at Heathrow airport at 6.20am. Annika was still half a sleep and realised when she was at the front of the line that she hadn't filled in her declaration. We waited on the other side watching her talk with customs for what seemed a life time. She had filled made many mistakes on the form, however her Australian charm got her over the border.

All officials went straight to the coffee shop while all the players bought sim cards and hooked into the free Wi-Fi. For 'the busiest airport' it was very quiet. We all jumped onto our bus and met Guy our bus driver. We also met the tour mascot a soft and cuddly koala named Karl. Dave explained the rules and passed the koala onto Bec (our baby for the tour). Guy gave us a guided tour to Swansea. Three hours later we arrived at the Village Hotel Swansea which was home for next 8 days. Seb, our fabulous Tour Organiser was there to greet us along with the friendly and helpful reception staff.

The hotel was amazing with a full gym, pool, restaurant, star bucks and bar. The rooms had no fridge, which was strange for us Aussies though Liz with her initiative improvised and stored our milk on the windowsill proving to be a genius idea. We had a beautiful buffet lunch then Liz and I took a few girls down the street to the local store. Liz and I rugged up before leaving the hotel while Taren walked out in her shorts......made for a quick walk down the street.

On our walk we came across a mobile police station with three Welsh Police Officers. Liz and I convinced the girls to go up and ask for a photo. They ended up playing dress ups with all of the traditional helmets and battens.

That night the girls played their first game on British soil against Swansea University. We kicked off at 7pm so got to experience the true conditions. The girls were a little slow to start with getting use to the temperature and the synthetic pitch. By the 10<sup>th</sup> minute the team started to find their game and combined well for Eden to score off Ellie's corner. The game continued and allowed for the Aussie girls to experience the physical style of football of the Brits. Shanaye scored in the 59<sup>th</sup> minute securing the first win of the Tour.

### Day 5: Game v Gloucester and Stroud College

The girls took off to Bristol after breakfast while the boys had a relaxing morning before their first International game. Upon arrival at the college we were greeted and shown around. Us officials were then offered a tea or coffee (it all seemed rather strange at first though became a common experience).

The game was very close with no goals until the 81<sup>st</sup> minute where Georgia blasted one into the back of the net. All girls played well though special mention needs to go to Clare Woods who was named player of the match by both referee and team officials

After the game the college kindly invited the team and our parents inside to have lunch with them. We all got to experience a traditional English lunch and meet some lovely people.

After the game we went to watch the boys play against the Welsh Schools. The boys played well though could not come away with the win. While watching, quite a few of the girls made friends with the local boys before meeting some local passionate older supporters.

### Day 6 and 7: Cardiff City and Stoke Leisure Days

The next few days were our leisure days with many highlights.

We went to Cardiff and enjoyed our first of many shopping trips. We were all introduced to Sports Direct with many going a little silly buying over their luggage quota in the first visit. Cardiff had a lot to see and do with castles, shops, restaurants and entertainment in the street. This is where Dave met the "Golden" version of himself.

We then got to go to our first EPL game, Cardiff City vs West Brom. For many (including myself) this was a first ever EPL experience. When we arrived Seb had organised for us to park at the venue. When we got off the bus a flash car pulled up with bodyguards lining up. Out stepped a man in a grey suit. Even though she didn't know who it was Liz took the opportunity to introduce herself and get a photo with 'this celebrity' who turned out to be the CEO of Cardiff City.

The next day, thanks to Seb, we got to go to another EPL game – Stoke vs Liverpool. This game wasn't on the Itinerary though ended up being one of the highlights and making the trip extra special for the Liverpool supporters amongst us. This was an amazing game with 8 goals scored, a line-up of some of the world's best players and a very special surprise organised by Seb in which we all of the team got to walk along one side of the stadium as we were welcomed and introduced to the crowd.

### Day 8: Game v Welsh Colleges

The girls were anxious and excited to play their first International against the Welsh Colleges. From the whistle the girls were in the game with Shanaye scoring her first of two in the 14<sup>th</sup> minute. Brittany (Giggsie) scored a cracker with her left foot in the 31<sup>st</sup> minute to go to the break two up. The girls continued in great form second half with many shots at goal. Finally Shanaye slotted her second in the 78<sup>th</sup> minute to secure a 3 -0 victory.

### Day 9: Bath and Stone Henge

Guy took the day off and Kevin took us on a challenging drive through the country side and flood waters to Stone Henge and then Bath. A great day exploring some of

England's historical wonders. To answer Jess Daymond's question....... There is no WiFi at Stone Henge!

### Day 10: Game v Swansea City

The morning consisted of more shopping and lunch at our favourite Italian restaurant. We then had a late game against Swansea City. I was very impressed with the attitude and conduct of the girls. It was a very cold, wet night and with kick off at 7pm I thought this game may have been difficult to motivate the girls however quite the opposite. The girls were itching to play all day and considering the conditions played another great game of football coming away with a nil all draw.

### Day 11: Cardiff City

At breakfast it was my job to tell the girls that the game against Cardiff City had been called off. I had never seen so many girls disappointed and frustrated as all they wanted to do was play. Again this was a true reflection of the professional attitudes of these girls.

### Day 12: Moving to Birmingham and game v Shropshire Schools

We said goodbye to the staff at Swansea Village Hotel and piled onto the bus for the move to Birmingham. Guy took us on a guided tour through Birmingham then we had a few hours to kill so had some time exploring Birmingham city centre in which many decided to do some more shopping.

That afternoon the girls played a game against the Shorpshire Schools. Upon arrival at the school I was amazed by the high standard of facilities in a state school. We got the opportunity to play on the schools brand new synthetic pitch. The girls were very excited and the Shorshire girls wore the blunt of the enthusiasm with the girls winning 5 nil. The game started out a little frustrating with the Aussie girls having all the possession and no goal that was until the 40<sup>th</sup> minute in which Ellie got her first goal of the Tour. Once she got one she wanted another scoring her second in the 65<sup>th</sup> minute. From there Annika scored two in the 70<sup>th</sup> and 83<sup>rd</sup> minute then Georgia blasted one past the keeper in the 88<sup>th</sup> minute. This was a great game and a rewording game for Broady and the girls as they had adjusted to the English style of Football and implemented the tactics and style we had been working on.

# Day 13: Warrick Castle, shopping and Championship Game Birmingham City v Yeovil

Broady, Pat and Deano took off early to Liverpool to watch their beloved team play at home. For the rest of us it was another rest day though a busy day! We spent the morning at Warrick castle which was one of the biggest castles in England. Bec was in her element and dragged Jess to the Merlin show while most of the others climbed the towers and played dress up with the medieval costumes.

That night we witnessed the passion of the home and away supporters at the Champions League game. A real experience into the culture and traditions of football in the UK with many enjoying a Bovril or chips with curry sauce. Thankfully we meet some Aussie church workers who helped us out with parking and getting in and out of the venue.

### Day 14: Game v England Independent Schools

This was the business end of the tour with two big games in a row. First up were the English Independent Schools. Upon arrival it felt like we entered Hogwarts with the big old buildings and surrounding sport fields. Once again our hosts put on exceptional hospitality and facilities. The girls continued in their great form with a strong 5 -1 win in very muddy and tough playing conditions. Goals went to Brittany, Ellie, Georgia and Shanaye who got two. Our player of the match was Eden who played her heart out setting up many goals and creating many opportunities.

### Day 15: Game v British Colleges

When we arrived at the field there was ice covering the pitch!! One of the colder mornings experienced. This didn't slow the girls down with all girls dancing up a storm to warm up in the change room.

This game proved to be our toughest and closest. The battle was tight with possession even across both teams. Clare Woods scored in the 32<sup>nd</sup> minute to give us the upper hand going into the break. The second half was a tough battle across the park with a few injuries and players out of the game. The British Colleges were given a penalty in the 82<sup>nd</sup> minute in which Jess Urquhart made an awesome penalty save though the opposition followed it in to take a second shot and getting it past Jess this time. With 10 minutes left of play the girls dug deep and with the support of the vocal bench and crowd Ellie scored from the corner to secure the game with a 2-1 victory.

This was the last international game for the girls so many spent the time after the game organising to swap gear.

### Day 16: Tour of Old Trafford and game v Blackburn Womens FC

My childhood dreams came true as we entered Old Trafford Stadium. The tour was amazing and allowed us to take an in depth tour of all areas of the stadium including the change rooms and team benches.

That afternoon we spent time at the Trafford Centre then headed up to Blackburn for a game. We got to experience traditional English weather with wind, rain and below zero temperatures. The weather was that extreme that we kept our substitutions in the change room only coming down to the field to go on. Poor Jess Daymond turned into a Popsicle freezing in goals first half. The girls played extremely well considering the conditions though were unlucky to give away a penalty that lead to Blackburn taking the game 2 -1. Girls had their bodies under the hand dryers trying to get warm, though with no hot water in the showers it took the heaters on the bus and a round of hot chocolates to feel some kind of warmth.

### Day 17: Sight Seeing

The majority of the crew went to London for the day and had a great day visiting Trafalgar Square, Big Ben and the specialty shops. Seb was able to work his magic and secured 4 tickets to the Manchester and Sunderland cup final in which Seb, Fotho, Guy and I went to. Thank you Seb for such an amazing experience and fulfilling my long dream of watching Man United play at Old Trafford.

### Day 18 and 19:

The boys had one more game to play against the English Schools and then the business end of the trip was done. That night we had our presentation in which we gave out our player of each match, player of the tour and some funny awards. Day 20 The journey home

The journey home allowed for everyone to reflect on the tour and catch up on needed sleep. Jess Daymond decided to add a bit of an adventure to our stopover in Thailand when she left her passport on the plane. After a tour of the airport and me planning my week to be in Thailand, Jess's passport was found. It was evident all of the players were tired when Ellie and a few of the boys had their bags checked due to having too many toiletries inside their back packs.

As we arrived on Australian soil we thought all the adventure was over when Claire Urquhart-Watson realised she had left her passport on the plane....lucky for Claire and us the staff were still on the plane and allowed her to go back on to plane to retrieve her passport.

We all said our goodbyes except the Queenslanders who stayed with Broady and I until we could fly home the next day.

### **Summary Organisation**

- The planning and logistical preparation before and on tour by Dave and Seb was exceptional.
- The accommodation facilities and food was of a top standard.
- Our bus driver Guy was excellent going above and beyond to ensure we made the most of our experience.
- All of the host teams were extremely accommodating and hospitable.
- We were very lucky in both accommodation venues to have the support of staff with laundry.
- All officials shared responsibilities and worked well together

#### **Matches**

- All matches were against quality opposition
- A big thank you to Seb for his organisation of games and effort in arranging some last minute games so players got the most out of the tour.
- Playing on the synthetic pitches allowed games to go ahead regardless of the weather
- The late night games were a challenge with below zero temperatures and rain
- All players were rotated evenly unless injured

#### Staff

- All staff got on well and supported each other throughout the tour
- Dave as Tour Manager and Seb as the Tour Organiser must be congratulated on a well organised and fantastic Tour that included so many different elements and experiences for players and staff
- Pat, Broady and I as the rookies were supported and guided very well by Dave, Dean, Liz and Fotho teaching us many of their tricks and tips
- It was a privilege to work with such professional and skilled people

I would like to thank Dave and Seb for all of their work in organisation, planning and providing me with the opportunity to be a part of such an amazing experience. I would also like to thank Pat and Dean for their support and guidance throughout the tour.

A big thanks to Liz for looking after me, being my roomie, making me laugh and offering advice and guidance throughout the Tour. To Broady, thank you for sharing your wisdom, coaching knowledge and life and travel experience with me. I thoroughly enjoyed working with both you and Liz and felt I learnt something every day.

Thank you to all parents for your support before during and after the tour. And finally a big thanks to all the girls. You made the trip an enjoyable and memorable experience. You are too proud of the way in which you conducted yourself throughout the tour on and off the field. You are all amazing players and people and I know you will be successful in your football and future pathways.

Take care

Sarah Walker

Australian Schoolgirls Football Team Manager 2014

### **GIRL'S TEAM TRAINER'S REPORT**

The squad came together for the first time on Monday 6<sup>th</sup> January, for a couple of training days at Endeavour Sports High School, before heading off to the United Kingdom.

During these training days we talked to the girls about maintaining their health, in particular, addressing the climate they would be playing in. We also discussed the management, of not only their injuries, but their rest and maintaining their energy levels in this cold climate.

Most girls came into camp with a clean bill of health, other than their preventative taping they would maintain throughout the tour. Two were suffering from the 'flu', but this did not hinder their performance too much.

From the experiences of our training camp in 2013, where many girls suffered from blisters due to the heat and the synthetic pitch, we were pro-active and many girls taped their feet to prevent the blisters. This was a success and none of the girls ended up with blisters.

Before leaving Sydney, we advised the girls to bring multi-vitamins to help ward off any cold symptoms that may come on due to the cold and wet environments. A few of the girls (who didn't have their vitamins) came down with flu like symptoms, but this didn't hinder performances too much.

Nicola suffered a muscle strain and 'stud marks' in Sydney before we left, and unfortunately carried this through most of the tour. This limited her participation over the course of the 8 games. She was again unfortunate to sustain a sprain to one of the fingers on her left hand.

The only other major injury we had was to Shanaye, who sprained the ligaments in her left ankle in the game against Sheffield United. We were fortunate that the Physiotherapist from the boys English Schools team was able to assess her injury and recommend treatment.

With the weather being sub-zero in our last game against Blackburn Rovers, and the sleet coming in at 45 degrees, we had to be strategic in how to keep the girls warm. We had decided that we would leave our subs in the change room under warm showers, and then have them put their boots on and take the pitch as we needed them. However, this didn't work out for us as there was no hot water....., so the girls stayed warm in the change rooms until we sent for them. This was the coldest night I have ever experienced.

Throughout the tour there were a couple of pool recovery sessions, but girls did a comprehensive cool-down after the game and were requested to have hot and cold showers, when there was no pool session.

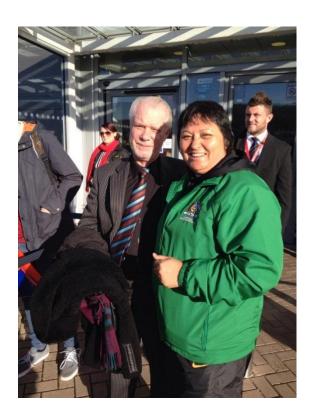
With a lot of time spent on the bus travelling, continued walking and light flexibility work was a feature in our tourist activities, for example our visit to Warwick Castle and walking around Bath.

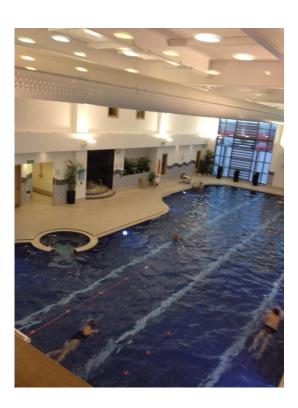
I am proud to say that the experience and the professionalism of the girls made my role a lot easier. Most of these girls are experienced at playing a high level of demanding football, and have been advised on how to prevent and treat injuries. Contributed to this was their commitment to their game preparation to prevent

injuries. Many girls did their own preventative strapping and RICER management of any muscular issues they felt beginning.

This was a most enjoyable experience for me, not only for the quality of football played, and professionalism by both squads, but also the teamwork shown by the officials to produce a successful tour. I would like to thank all the officials, players, parents and tour organisers for contributing to a successful tour.

### Liz Sculley





### **MATCH RESULTS**



#### **AUSTRALIAN SCHOOLS FOOTBALL**

#### UNITED KINGDOM TOUR

January 2014

Game 2 13/1/14

Boys Girls

Game 1 10/1/14

Australia 2 v Welsh Schools 3
at Llanwern High School, Newport
Scorers: L. Dykes 35m, 65m

Game 1 10/1/14 **Australia 1 v Bristol City FC 0**at **Gloucester and Stroud College, Bristol**Scorers: G. Keen 75m

Game 2 13/1/14

Australia 1 v Welsh Colleges 3
at Cambrian & Clydach FC, Tonypandy
Scorers: J. Haack 70m

Australia 3 v Welsh Colleges 0 at Cambrian & Clydach FC, Tonypandy Scorers: S. Kuntze 14m, 88m, B. Palombi 32m

Game 3 15/1/14

Australia 1 v Bristol Rovers FC U/18 2
at Gloucestershire Football Association

Scorers: R. Pappas 79m

Game 3 15/1/14

Australia 0 v Swansea City FC 0
at Swansea University, Swansea
Scorers:

Game 4 16/1/14

Australia 0 v Cardiff City FC U/18 6
at Cardiff City Training Field
Scorers:

Game 4 16/1/14

Australia v Cardiff City FC at cancelled

Scorers:

Game 5 19/1/14 Game 5 17/1/14

Australia 0 v England Independent Schools 5 Australia 5 v Shropshire Schools 0 at The Lodge Repton, Derby at Thomas Telford School, Old Park, Telford

Scorers: Scorers: E. Pobar 39m, 48m, A. Clayton 55m, 78m, G. Keen 78m

Game 6 20/1/14

Australia 2 v British Colleges 3
at Sutton Colfield Town FC

Scorers: N. Popovic 25m, L. Dykes 48m

Game 6 19/1/14

Australia 5 v England Independent Schools 1
at The Lodge Repton, Derby

Scorers: P. Palombi 21m, G. Keen 44m, S. Kuntze 51m, 68m, E. Pobar 81m

Game 7 21/1/14

Australia 1 v Sheffield United FC U/180 at Hallam FC Crosspool, Sheffield

Scorers: L. Dykes 70m

Game 7 20/1/14

Australia 2 v British Colleges 1 at Sutton Colfield Town FC

Scorers: C. Woods 35m, E. Pobar 89m

Game 8 23/1/14

Australia 0 v England Schools 5 at Evans Park, Stafford Town Football Club Scorers:

Game 8 21/1/14

Australia 2 v Blackburn United FC 3 at Darwin Aldridge Community Academy

Scorers: C. Woods 23m, G. Keen 59m

**Summary** 

**Boys P W D L GF GA**8 1 0 7 7 27

Girls P

**D** 2

**GF** 18

**GA** 5

\* One game cancelled

W

5

