



Lawford Football Club

THE EXTRA TIMES

www.lawfordfc.co.uk

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Finding the Joy in Football

Alfie Joy's parents write "In 2014 our son Alfie started having day to day struggles with his emotions and social skills. By 2016 he had a diagnosis of ADHD. His problems started affecting his confidence and belief in himself, which as parents was heart breaking to see. The frustrations that were shown at school really affected him and we as parents really felt that we needed to help him re build his confidence and channel the endless energy that he had.

As Alfie showed a love for football, we decided to bring him over to Lawford Football Club to see if that could help him but with the worries of his problems we weren't sure of how he would cope in a group situation as previous encounters at school and other activities had proved a struggle. When he first started training at Lawford Alfie found it very difficult and sessions often ended with him

having meltdowns which was either him shouting at others or physically trying to hurt them. However, coaches Jonathan Sly and John Duchars showed patience, persistence and understanding which not only helped Alfie but also reassured us as parents that we were at a football club that cared.

Alfie signed up for LFC U8's Reds in 2017 and with the support from his team mates, their parents and supporters, together with coaches Charlie Garland and Jack Cansdale, helped him to understand the meaning of respect, kindness to others and how to work as a team. With this support Alfie has continued to learn and is close to the end of his second year playing for the club. We as parents feel that a big shout out to the people at Club needs to be shared as the on-going support is amazing. Thank you Lawford for giving Alfie the opportunity to progress and shine."

Forthcoming Events

Senior Awards:
Saturday 25 May

Junior & Youth Awards:
Sunday 9 June

Club AGM:
Thursday 20 June

Junior & Youth Registration:
Saturday 6 July

Five A-Side Tournament:
Sunday 7 July



Lawford FC Five A Side





Short Corner

News from around the Club

Lawford Ladies Manager Si Collinson writes "This season has been challenging for the girls. Starting in a new division within regional football for the first time together with changes in the squad and the management team has not been easy. However, we have now reached pretty much the end of the season and the feeling looking back is one of achievement. The girls are holding their own in the league and are regularly attracting praise for how much improvement they have shown and how hard they are to break down.



The team reached the final of the Essex County Women's Trophy, their first County Final. Although they sadly lost out losing 3-2 on the day, the effort and stubbornness they showed to come back from 2-0 down at halftime to really push the game was commendable. If we had 15 more minutes then they would have forced extra time and who knows what would have happened to them. All in all, a very good season. I am so proud of how they have improved on and off the pitch since Christmas and after a well-earned break, cannot wait to help them push on to the next level in the new season."

U10s looking forward to 9v9 football.

Lawford U10s are currently coming to the end of their season, and also the end of their two seasons playing 7v7 football. They have already played two games in preparation for



the 2019/2020 season, when they change format to 9v9 football. The team have had a decent season, enjoying their football at School Lane. It's going to be a challenge next season, moving up to 9v9 football. But it's a challenge the boys are already looking forward to.

The Brothers Dines

Lawford FC currently have three brothers playing for the club, all at different age groups. The oldest plays for the U16s as an emergency player and has featured several times for Lawford this season. The second eldest plays for the U13s Blues, he's been with the club since he was an U8. The youngest brother is now in his third season at the club. He currently plays for the U10s.



The two eldest also often help their younger brother by refereeing his matches at School Lane with the eldest now qualified as a junior referee. All three boys thoroughly enjoy playing for their teams at Lawford and hope to continue to enjoy their football for many years to come at School Lane.

Goalkeeper Training at School Lane

Over the Easter school holiday, the Club hosted a one-day goal keeping boot camp, organised by Chris Haig. Over 40 youngsters enjoyed a morning of coaching, followed by a "Goalkeepers Wars" tournament and the opportunity to meet West Ham legend, Julian Dicks. The feedback on the day has been very positive. Chris also holds regular Friday keeper training at School Lane.

Would you like to sponsor Lawford FC U18s?

We are seeking a new kit sponsor for our U18s team. This will be a high-profile team as it will be the first time the club has run an U18s squad for a number of years, helping to strengthen the important link between the Senior and Youth & Junior sections. For further information please contact Nick Anderson 07717741552 njfanderson@gmail.com

New Players Wanted

Lawford U10s are looking for new players for next season, when they will be playing 9v9 football. Children who will be moving into school year 6 in September and are looking to play football in a really positive environment. Please contact Dave Dines 07753230744 ddinesdecorating@aol.com

Full size images can be found at -

www.lawfordfc.co.uk



Ninety seconds with James Thompson, First Team Captain, Goalkeeper & Motivator



James Thompson

Sin Bins are Coming

Following a successful two-year pilot, The FA are introducing the use of Temporary Dismissals (known as 'Sin Bins') for dissent offences in grassroots football from the start of next season. A player who receives a yellow card for dissent will be excluded from play for 10 minutes in a senior game and 8 minutes in youth & junior games.

Thirty-one leagues from across the country participated in the pilot with a significant reduction in dissent recorded. The vast majority of players, managers and referees involved in the trial wanted to continue with the scheme. Lawford managers are attending Essex FA training sessions on the new rule but obviously it will take some time for everyone to get used to it.

How did you first become involved in the Club?

The gaffer offered me a lucrative deal that I just couldn't turn down

Other than Lawford FC, which team do you support?

Man United (unfortunately)

What has been the highlight of your time at the Club so far?

Promotion was a fantastic achievement, winning & then retaining the charity trophy against Dedham another. Also the league double over BAFC & the astounding comeback against Alresford having been 2-0 down at HT.

What is your all time football highlight?

Probably saving two pens in the school cup final and leading the side to victory

If you could change one thing about the game what would it be?

The size of the goals (too big!)

Who is your football hero?

Zidane

Half-time oranges - good idea?

Love it - with a jelly baby

Bacon sandwich or ham & cheese panini?

Bacon sandwich

Do you have a football nickname?

Rio

Outside of football how do you spend your time? Gym, socialising & drinking

What is the best advice you've been given?

'Just do the right things right!' (Young A, 2017)

What was your favourite children's TV programme?

Sooty & Sweep

How many pairs of football boots you own?

Two, both pairs are Nike Vapors to suit my game i.e. Out & Out Pace

If you could choose one piece of music to be played as you come on to the pitch what would it be?

Champions League Music

Thank you, James

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Doug Rogers

A full version of Doug's article can be found on the Club's website.

All-weather update

Our project to build an all-weather pitch continues to build momentum. In February, we presented an outline of our plans to Lawford Parish Council, who own the site at School Lane. The Council has been a good friend to the Club and their support will be vital in this endeavour. In March, Essex FA and the Football Foundation (the leading funder of 3G facilities) visited School Lane.

Recently the Foundation has agreed to assist with a feasibility study, which should begin soon. What is clear from our interaction with Essex FA and the Foundation is the importance placed on a Club's commitment to both fund raising and the wider community when assessing the merit of funding projects. If you can help with either in any way, please contact the Club.

Welcome Back Mykie!

Doug Rogers, U13s Reds Manager writes "Many of you will know that U13s Reds player, Mykie, was diagnosed with bone cancer in October 2017. A few weeks later he started his first of many cycles of chemotherapy treatment which resulted in him spending nights and weeks away from home. Addenbrookes became his second home. While the side effects of chemotherapy which made him a very ill little boy at times, Mykie also picked up many infections along the way and had to have several blood transfusions too. Throughout all this though he kept positive, along with his family, and dealt with this unexpected and devastating journey like a real trooper. Shortly before Christmas 2017 Mykie and his family got the news they were hoping for – the treatment was working, and his tumour had significantly reduced in size.

After further cycles of chemotherapy Mykie was ready for surgery in April last year. While surgery went well Mykie had to have the main nerve in his leg removed which could result in a limp and drop foot; his family expressed this was a small price to pay though to have their boy with them. Still within four days he was up in his wheelchair, out in the gardens of the hospital and playing with a football full of smiles, even if it was just heading it.

In May 2018 Mykie and his family learnt that his tumour was 95% dead and he wouldn't need radiotherapy, he was on cycle ten of his chemotherapy treatment now with only another five needed to get him cancer free. The following month Mykie was excited to be joining

his team mates for Lawford's Football Awards, where he picked up his participation trophy and the seasons well deserved 'bravest player' award. It was lovely to see Mykie, making the day that year even more special. The boys, parents and manager were overjoyed to have him back as part of the team and couldn't wait to have him on the pitch with them in the near future.

On 6th July 2018 Mykie rang the bell to say he was now cancer free. A very emotional day for Mykie and his family. The strength that little boy showed throughout was amazing and a testament to him and his family and this was the moment they were hoping and waiting for.

Throughout this unexpected and emotional journey Mykie's family said he has been a real warrior and made them proud every single day with the strength, determination and courage he showed. Just 18 months after his diagnoses, to the delight of everyone, Mykie was back with his teammates on the pitch. In a friendly game against Coggeshall U13 Reds, Mykie amazed us with his performance coming very close to scoring several times in the team's 3-1 win. It was a proud and unforgettable moment to see him running around the pitch with his team mates. The smiles on everyone's faces, after the toughest 18 months he had experienced, expressed just that."

Mykie's family add "We would like to say a Big Thank You to Doug Rogers and Lawford Football Club for their support throughout."

