

**ARMY**  
FOOTBALL

# THE SOLDIERS' GAME

THE MAGAZINE OF THE ARMY FA  
ISSUE 3 - MAY 2009



**COVER STORY:**

3 UK Div wins Army Challenge Cup 2009

**ALSO FEATURING:**

42 Engr Regt Tour

Refereeing in the Army

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## THE ARMY FA WELCOME

**At the time of going to press for this, our 3rd edition of "The Soldiers Game" The Army Football Association draws to close another hectic season and preparation is well under way for the season 2009-10. I would therefore like to take this opportunity to thank all the staff and those involved in the running of Army Football in whatever capacity, for their hard work and professionalism throughout the season.**

Team sports play a vital role in maintaining the military ethos, but Football is the most popular game within the Army, both in terms of interest and participation. Football is played wherever soldiers serve and the Army Football Association has a responsibility to create the conditions for all Army Football, whether it is a simple 'kick about' or a formal competition.

Season 2008-09 saw 74 teams enter the Army Challenge Cup and 28 teams enter The Army Minor Units competition. The Major Unit competition was won by 3 UK Div HQ & Sig Regt who, in the final beat 7 Air Asslt Bn REME 2-1. The minor unit's competition was contested between ATR Bassingbourn and AFC Harrogate, with Harrogate winning 3-1. Congratulations go to all finalists.

Our representative teams have endured mixed fortunes during the course of the season, which has unfortunately left the trophy cabinet rather bare. The senior and women's team did not win the Inter Service Competition, however the U23 team for the 4th successive year retained their Inter Service winners title.

Volunteers or as is known in the Army "secondary duties" plays a vital role in the organization and administration of football at all levels. The Army FA is always looking for individuals to assist with the administration of their representative teams. If you believe you have the time to fulfil a role within these teams please contact us.

Finally, I would like to publicly thank our sponsors and The Football Association for their continued support. Without the generosity of our sponsors particularly during this present economic climate Army Football would not be able to function in the way we do.

**Major (Retd) W T E Thomson**  
Secretary Army Football Association

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# AROUND THE ARMY FA

## 3 UK ARE ARMY CUP VICTORS

**The 109th Army FA Cup Final was played on Wednesday, 22 April 2009 at the Aldershot Military Stadium which saw 3 (UK) Div HQ and Sig Regt defeat 7 Air Assault Bn REME 2-1. It is the second time in three seasons they have won the competition having defeated 5 Scots in the 2006-07 season.**

The Army FA Guest for the day was Wilf Dixon. Wilf started his career in the Army in 1938 at Aldershot. In a prestigious career he was Coach at Aldershot, Southend United, WBA, Blackpool, Everton (where The Toffees won the Football League championship in 1970), Hull City, Tottenham Hotspur and Arsenal (where they reached the FA Cup Final three years in succession).

Talking to 'The Soldiers' Game', Wilf said, "I enjoyed the game which was competitive but fair. It was an excellent afternoon all round and I was honoured to be invited as the guest of the Army FA.

"Aldershot is where I started in the Army and Aldershot is where I started my football career as a player in 1938 before going onto coach the team. When people say to me to point out the highlight of my career I always say 'Aldershot' because of my Army and personal connections as it is where I met my wife, 71 years ago.



**3 UK Div leap to victory in 2009 Cup Final.**

"I have enjoyed my career immensely and the Army played a big part in that."

Wilf also made the award for the 'Bill Wilson' Trophy for Man of the Match. He chose 3 (UK) Div HQ and Sig Regt's LCpl Bates.



## WOMEN END SEASON ON A HIGH

**The Army women's team concluded the 2008-09 season on a high with a convincing 5-0 win in the South and West Counties Championship versus Guernsey. The goals were scored by Cpl Krissie Wright (3), Cfn Jess Moran and Cpl Helen Lee.**



**Cfn Jess Moran in attack.**

### ARMY FOOTBALL ASSOCIATION Women's Team Fixtures, 2008-09 Sponsored by: TRINITY INSURANCE

|            |          |                 |               |     |
|------------|----------|-----------------|---------------|-----|
| Thu 9 Oct  | Fr       | London          | Home          | 3-2 |
| Thu 23 Oct | Fr       | Middlesex       | Mil Stadium   | 0-4 |
| Thu 13 Nov | SWCC     | Gloucestershire | Away          | 1-1 |
| Wed 26 Nov | SWCC     | Royal Air Force | Away          | 2-0 |
| Thu 05 Mar | SWCC     | Devon           | Away          | 1-4 |
| Thu 19 Mar | Int Serv | Royal Navy      | Portsmouth RN | 1-1 |
| Tue 24 Mar | Int Serv | RAF             | Mil Stadium   | 1-1 |
| Sun 26 Apr | SWCC     | Guernsey        | Home          | 5-0 |

FR - Friendly • SWCC - South & West Counties • Int Serv - Inter Services Tournament

## SHOTS TEAM UP WITH ARMY FOR LAST HOME GAME OF THE SEASON

**Aldershot Town Football Club teamed up with the Army to promote the Princess of Wales Royal Regiment in the local area of North Hampshire and Surrey at their final home game of the League Two season when they entertained Chester City in a 2-2 draw in front of 3,100 spectators.**

The special day included display stands at the front of the ground manned by the members of the regiment, marching bands before the game and at half time and local cadets who were the ball boys/girls for the day. This event was also be supported by The Princess of Wales Royal Regimental band and other units from the Aldershot Garrison and also the Local infantry Regiment, The Princess of Wales Royal Regiment.



## INTER SERVICES FUNDRAISING SUCCESS

**The Army Football Association would like to thank everybody for their attendance at the Men's Seniors Carrington Cup match versus the Royal Air Force played at Aldershot Town Football Club.**

An attendance of 600 people ensured that two extremely worthy causes will benefit. The Phyllis Tuckwell Hospice is the official charity of Aldershot Town Football Club and Help For Heroes is a well-respected charity which supports the military.

In total with the entry monies and donations meant approximately £1,500 was raised. The Army FA is grateful to Aldershot Town Football Club for providing the facilities and hosting the Inter Services match for a second successive season and to Eagle Radio Trust and Hi Speed Services Ltd for their support too.

The result was 1-1 and the equaliser scored by the RAF in the final minute of the game was enough for them to secure the

Inter Services Tournament for a second successive season.

There were presentations made after the match in the EBB Lounge at Aldershot Town Football Club and a speech made by the President of the Army FA, Lieutenant General Wall CBE MA. Special mention was given to SSgt Glen Davidson (pictured) who played for the Army on the evening before embarking to Afghanistan immediately after the match.

### ARMY FOOTBALL ASSOCIATION Senior Team Fixtures, 2008-09 Sponsored by: SERCO

|             |         |                      |     |     |
|-------------|---------|----------------------|-----|-----|
| Mon 22 Sept | Fr      | Uxbridge             | A   | 0-1 |
| Thu 25 Sept | Fr      | Badshot Lea          | H   | 5-4 |
| Mon 29 Sept | Fr      | Camberley Town       | H   | 4-2 |
| Mon 06 Oct  | Fr      | HM Prison Service    | A   | 3-1 |
| Wed 22 Oct  | SC      | Middlesex            | H   | 3-  |
| Sun 30 Nov  | TAC     | Territorial Army     | H   | 3-0 |
| Wed 10 Dec  | SC      | London               | A   | 2-2 |
| Wed 14 Jan  | SC      | Amateur FA           | A   | 1-2 |
| Thu 22 Jan  | Fr      | English Fire Service | H   | 2-0 |
| Wed 18 Jan  | SC      | Sussex               | A   | 0-1 |
| Tue 24 Feb  | GG      | Metropolitan Police  | H*  | 1-2 |
| Wed 11 Mar  | Int Ser | Royal Navy           | A   | 1-2 |
| Wed 18 Mar  | Int Ser | RAF                  | H** | 1-1 |

FR - Friendly • SC - Southern Counties Cup • TAC - TA Cup • GG - Grenadier Guards Trophy • Int Ser - Inter Services Tournament • \*Daly Ground, Bordon • \*\*Aldershot Town FC



**SSgt Glen Davidson embarked immediately to Afghanistan after the Inter Services match v the RAF.**



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# QUALITY FROM START TO FINISH

## A REVIEW OF THE ARMY DEVELOPMENT SQUAD 2008-09

**From the very beginning of the season, starting with the October trials and ending with another Inter Services Championship, the standard of sportsmanship, teamwork, effort and technical improvement has been testament to both the squad's development-led ethos and the quality of our young players.**

Although many of our 'friendlies' were defeats they have been narrow ones against semi-professional clubs such as AFC Wimbledon and Farnborough Town. The clubs concerned have commented favourably and committed to future fixtures, regarding them as a real test for their current and potential first-team players.

The aim of the coaching staff led by SSgt Sean Cochrane and including WO2 Mark Evans, the physio (who has brought his expertise from Cardiff City's Academy) is to develop individual players, the team and

the style of play to contribute to the improvement of Army Football, rather than simply grinding out results during friendly fixtures. This is a victory for LTPD (Long-Term Player Development) that we hope will reap benefits for Army Football in the future.

The result of such preparation and focus against high-quality opposition was; improved confidence, better understanding of the game, tactical awareness and increased individual skills. The culmination of the above endeavour was the retention on The Inter Services Championship. This was particularly noteworthy given the huge staffing and coaching resources that the RAF side have at their disposal.

Such achievements take both dedication and commitment from a number of interested parties. It would not have been possible without the support of the Arms and Services (in particular; The Infantry, RE, R

Signals, RA, REME and RLC), Commanding Officers and the coaching staff. Most important of all has been the commitment of the players themselves and those leaving the squad either due to age or the end of their service who are wished every success in the future both on and off the field.



## DID YOU KNOW?

**In 1987 one of the most exciting finals as 28 (British) Signal Regt drew 4-4 with School of Electrical and Mechanical Engineering.**

The replay took place the following afternoon and with the score 3-3 28 (British) Signal Regt won with a penalty in the final minute of extra time. The Man of the Match (Bill Wilson Trophy) was awarded to **L Cpl Guy Whittingham** who went onto have an extensive Football League career making over 450 appearances for a number of English clubs after leaving the Army.

His most productive time of his career was at Portsmouth where he scored 99 goals in 173 league appearances and includes Portsmouth's all-time scoring record of 42 league goals in the 1992-93 season and 48 in all competitions. He also played in the Premiership for Aston Villa and Sheffield Wednesday. After retiring from professional football in 2001 at Wycombe Wanderers he has managed in the football pyramid before more recently being appointed onto the Portsmouth FC coaching staff as a development coach earlier this year.

### GUY WHITTINGHAM

#### PERSONAL INFORMATION

**Full Name:** Guy Whittingham  
**Date of Birth:** November 10, 1964 (age 44)  
**Place of Birth:** Evesham, England  
**Height:** 1.78m (5ft 10in)  
**Playing Position:** Striker (retired)



#### SENIOR CAREER

| Years     | Club                       | App (Gls)*       |
|-----------|----------------------------|------------------|
| 1988-1989 | Yeovil Town                | 230 (18)         |
| 1989-1993 | Portsmouth                 | 160 (88)         |
| 1993-1994 | Aston Villa                | 25 (5)           |
| 1994      | Wolves (loan)              | 13 (8)           |
| 1994-1999 | Sheffield Wednesday        | 113 (22)         |
| 1998      | Wolves (loan)              | 10 (1)           |
| 1999      | Portsmouth (loan)          | 9 (7)            |
| 1999      | Watford (loan)             | 4 (0)            |
| 1999-2001 | Portsmouth                 | 26 (4)           |
| 2000      | Peterborough United (loan) | 5 (1)            |
| 2000      | Oxford United (loan)       | 1 (1)            |
| 2001      | Wycombe Wanderers          | 12 (1)           |
|           | <b>TOTALS</b>              | <b>401 (156)</b> |



# COACHING AND DEVELOPMENT

**So far, this year has seen a slight downturn on numbers of people applying for coach education courses through the Army FA, we were also affected by the inclement weather at the start of the year, which forced us to cancel or postpone some assessments and courses.**

On a brighter note recent course have been fully booked and Gill has taken lots of applications for the next level 2 and 3 courses so hopefully things are on the up.

The Football Association has developed a new age specific set of courses which are aimed at coaching 5 – 11 year olds. These qualifications are classified the same as the original qualifications (Level 1 – 4) but are specific to the needs of players at this age group.

The Army FA will be holding a one day introduction course on 30 July, 10–4pm, at Aldershot, if you would like to attend and learn more about coaching this age group please contact Gill at the Army FA (gill.jones@armyfa.com) and she will book you on.

On the Tutor front we have lost two very good Tutors in Shaun Giddins and Billy Miller who have now left the Army, on behalf of the Army FA thank you for all your hard work

over the years and good luck in Civvy Street.

I have visited Germany twice so far this year to deliver a Level 1 course and a Level 2 course both were fully booked with maximum numbers so thank you to Captain Pete Dawson for his efforts on organising

those courses.

There are lots of courses and assessment dates still available for the rest of the year, if you would like a course program sent to you please let Gill know.



**Level 1 Course, March 2009.**

## 1st 4 Sport Certificate in Coaching Football

|                           |  |
|---------------------------|--|
| <b>Level 1 (Fee £85)</b>  | Must complete football Parent Online, <a href="http://www.thefa.com/getintofootball/falearning/soccerparent">www.thefa.com/getintofootball/falearning/soccerparent</a><br>23-26 June 2009, 1-4 September 2009 and 10-13 November 2009  |
| <b>Level 2 (Fee £190)</b> | Must complete FA Laws of the Game online, <a href="http://www.thefa.com/getintofootball/falearning">www.thefa.com/getintofootball/falearning</a> (online courses)<br>25-31 May 2009, 17-23 May 2009, 28-29 July 2009 (support days), 25-26 August 2009 (Assessment Days),<br>20-21 October 2009 (support days), 6 Oct - 1 Nov 2009 and 17-18 November 2009 (Assessment Days) |
| <b>Level 3 (Fee £210)</b> | 20-26 July 2009, 24-25 November 2009 (Support Days), 1-3 December 2009 (Assessment Days)   |

**1st 4 Sport Level 3 Intermediate Certificate in the Treatment & Management of Injury (Fee £180) 5-9 October 2009**

## WHY NOT BECOME A REFEREE?

**The next Basic Referees course in the United Kingdom is confirmed for Monday 13 to Friday 17 July 2009 in Aldershot.**

There are still spaces available. If you would like to register for this course please contact Graham Brookland on 01252 348674 /94222 3574 or by email: [graham.brookland@armyfa.com](mailto:graham.brookland@armyfa.com)

The Army FA Referees courses are proving successful with 17 attending the most recent course.

There are 200 Referees registered by the Army FA. Captain Danny McDermid is

### 2009-10 COURSES

| LOCATION  | DATE             |
|-----------|------------------|
| Aldershot | 13-17 July 09    |
| Aldershot | 12-16 October 09 |
| Aldershot | 19-23 January 10 |

a Football League Referee. WO1 Andy Halliday is an FA Premier League Assistant Referee and Blue Square Premier Referee.

They all started by attending a Basic Referees Course that is organised by the Army FA.

## COACHING VACANCY

**A vacancy exists as Coach for the Army Senior Team.**

Please send your CV, if you are interested and believe you have the necessary skills, to The Secretary of The Army Football Association, Billy Thomson.

Contact details can be found on page 3.





# FA NEWS

## Finding funding

It's now a year since The FA's National Game Strategy 2008-12 was published, with every county producing its own plan to underpin the activity and targets the overall strategy contains.



Accessing funding for football projects is increasingly challenging. However, there are some proven sources, other than the Football Foundation. Some are listed below with links to further information:

- **Sportsmatch** – matches contributions made from commercial/private sector to a maximum of £50,000 per project.  
[www.sportsmatch.co.uk](http://www.sportsmatch.co.uk)

- **Local Authority small grants schemes** – many local authorities offer small grant schemes for community projects – visit your relevant local authority's website.
- **Trusts and Foundations** – there are over 80 charitable trusts and foundations offering assistance for local community projects, including those which support sport. Further advice is available from your County FA.
- **Awards for All** – a scheme run by The Arts Council, The Big Lottery Fund, and Sport England offering grants of between £300 and £10,000 for community based art, sport and heritage activities.  
[www.awardsforall.org.uk](http://www.awardsforall.org.uk)

Further help is available from County FAs, most of whom have access to grant databases which may identify local, relevant funding sources.

## Grassroots show returns



**Grass Roots Football LIVE returns to the NEC over the weekend of 12 – 14 June.**

More than 14,000 volunteers and players from thousands of clubs throughout the country attended the 2008 show and the organisers have promised an even bigger and better show this time around. The FA will have a significant presence at the event with our own dedicated theatre and exhibition stand.

Visitors can enjoy coaching clinics, interactive skills areas, celebrity masters matches, live entertainment, topical debates and the UK's largest football exhibition.

Further information can be found at [www.grassrootsfootball.co.uk](http://www.grassrootsfootball.co.uk) including details on ticket prices, the full event programme.



# One year in – how is the National Game Strategy shaping up?

**It's now a year since The FA's National Game Strategy 2008-12 was published, with every county producing its own plan to underpin the activity and targets the overall strategy contains.**

So, how are we all doing?  
“The good news is we're on track to deliver our 2012 national targets in all but two categories,” notes Kelly Simmons, The FA's National Game Manager, who has overall responsibility for delivery of the Strategy. “Those two categories are the retention of teams within the 11-a-side adult men's game and the number of registered and active referees.

“We are ahead of our annual targets in Mini-Soccer, women's football and disability football. The real challenge within our growth targets is arresting the decline in adult male 11 v 11 football. This will require The FA, County FAs, leagues and clubs working really hard over the next four years to stem the drop-out between youth and adult football and provide a range of flexible competition opportunities.

“We always knew the retention of 11-a-side teams and referee recruitment would be two of the toughest challenges, and during 2009 we will be rolling-out further aspects of the Respect programme which are intended to help our recruitment and retention drive.

“Since the start of the current season, the Respect programme has been portrayed in the media as an issue within the professional game, but we have been consistent in our view that it is a ‘whole game’ issue.

“In grassroots football, we now have over 550 leagues signed up to deliver the Respect programme with and through their clubs, which is very encouraging, and reflects the original research which went into the National Game Strategy, which identified addressing poor behaviour as the number one priority at grassroots level.”

However, the Respect programme is only one way to combat the fact that 7,000 referees leave the grassroots game every season, primarily because of the abuse they receive on the pitch and from sidelines.

The FA has also invested more than £4 million in Referee Development Officers in every County FA to support the recruitment and retention of referees- and just as importantly, support them through the various levels. To support these Officers,

a major ‘Get into Refereeing’ campaign has been unveiled this year to encourage and recruit new officials. Numbers completing the referee training course has doubled this season – a promising start.

“This ‘pathway for talent’ as it could be described, applies equally to players and coaches,” says Kelly. “I see the development of these two areas as two more major challenges for the National Game. A discussion document on a new Coaching Strategy for the game in England was published late last year and contains a fresh approach – promoting age-appropriate coaching, focused on the younger age groups. County FAs have started rolling out these new courses for coaches working with young players.

“Through this work, and initiatives like The FA Tesco Skills Programme, we are all looking to breed a new generation of players – who will enjoy the game more because they are more skilled – and if they show undoubted talent, are guided through the pathway to reach their potential. To date number of young players have taken part in The FA Skills



“The first year has been busy to say the least, and the next three will be no different. However, we have a fantastic opportunity to make a genuine and positive difference to the game we all love.”



Programme and the feedback from players, parents and coaches has been fantastic.”

Finally The FA is looking to provide better support services to its clubs and leagues. “You then have to set all the above against the infrastructure of the game,” says Kelly. “Do we at The FA provide enough support to many of the readers of this

magazine – our league and club officials? I believe we need to provide a better range of business services to leagues and their member clubs to keep their heads above water – and to develop.”

All these challenges fall within the four goals the National Game Strategy has set, from which we cannot deviate if the Strategy is to be a success.

1. To grow and retain participation.
2. To raise standards and address abusive behaviour.
3. To develop better players.
4. To run the game effectively.

#### FA National Game Strategy half-season figures

| Goal                        | Target area                                     | Baseline | Target     | December    |
|-----------------------------|---|----------|------------|-------------|
| <b>Growth and Retention</b> | Mini-Soccer Teams                               | 23946    | 23961      | 24604       |
|                             | Youth Male 11-a-side teams (inc 9 v 9)          | 37406    | 37571      | 37147       |
|                             | Youth Female 11-a-side teams (inc 9 v 9)        | 5601     | 5790       | 5678*       |
|                             | Adult Male 11-a-side teams                      | 31315    | 31556      | 30689       |
|                             | Female 11-a-side teams                          | 1179     | 1244       | 1253        |
|                             | Male Disability teams                           | 88       | 200        | 362         |
|                             | Female Disability teams                         | 2        | 18         | 22          |
| <b>Raising Standards</b>    | % of mini soccer and youth teams in FA CS Clubs | 54%      | 61%        | 56.5%*      |
|                             | FA Charter Standard Community Clubs             | 341      | 378        | 363*        |
|                             | Leagues delivering Respect                      | 0        | 540        | 557         |
|                             | FA CS Leagues                                   | 0        | 50         | 2*          |
| <b>Better Players</b>       | Players aged 5-11 in the Skills Programme       | 420,000  | 800,000    | 720,056*    |
| <b>Running the Game</b>     | % Success developing grassroots football (FA)   | 37%      | 45%        | 52%         |
|                             | % Success developing grassroots football (CFA)  | 57%      | 62%        | n/a**       |
| <b>Workforce</b>            | Registered and active male referees             | 21,876   | 23,767     | 22,145      |
|                             | Registered and active female referees           | 649      | 749        | 618         |
| <b>Facilities</b>           | Total project costs approved by the FF          | 0        | 75,000,000 | 46,000,000* |

\*Half-season figures, on target to be achieved by the end of 2008-09

\*\*Figures will be available from March 2009



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Michael Owen wears the UMBRO Nationale kit



# FA Charter Standard programme takes another forward leap

Since The FA's 'Charter Standard' quality assurance programme was launched in 2001, it has had an undeniably positive effect on the provision of grassroots football, particularly in younger age groups.

Indeed, the magazine you're now reading will no doubt cover news of which clubs have recently achieved Charter Standard status in your county.

Now, The FA National Game Strategy is taken the concept a further step forward, but introducing FA Charter Standard leagues – and a national pilot study is currently taking place with 50 leagues before the nationwide roll-out takes place from 2 April.

The idea of Charter Standard leagues underpins one of the four key goals of the National Game Strategy: to raise standards and improve behaviour. By 2012, the aim is that 30 per cent of all leagues will have achieved FA Charter Standard status (some 510 leagues), all adhering the core principle which underpins





the Charter Standard 'brand': "To offer everybody in grassroots football a high-quality, safe, enjoyable experience, that is nationally recognised."

The pilot and programme is being led by Jeff Davis, one of The FA's National Football Development Managers, who explains there's a longer-term vision: "Ultimately, we want to develop an entire network of efficient league structures that provide a positive environment from Mini-Soccer, youth football, adult and veterans' football for recreational football players.

"Of course, there are many leagues which do this already, but as with Charter Standard clubs, we want to create a national, uniform standard so that everyone involved – irrespective of their role – is assured that the league in which their involved is being run to the highest standards.

"Charter Standard leagues will also play a key role in delivering certain aspects of the ongoing Respect programme, encouraging improved behaviour and imposing sanctions should Codes of Conduct be broken.

"At present, we're using the pilot phase to test the relevance and achievability of the draft criteria we've drawn up, as well as the proposed application and accreditation processes. The pilot will also enable us to get feedback from the leagues involved and shape the support package we'll need to have in place."

Just like clubs, Charter Standard will become a 'badge of honour' for a league – and to choose just one example, will assure parents that their child is 'held' by a structure which is safe, has agreed behaviour

standards in place – and a development plan for itself and its clubs.

One of the draft criteria is that at least 60 per cent of clubs must already have Charter Standard status, with the others required to achieve this within two years of the league being awarded is Charter Standard mark. Then there will be an 'annual health check' for all Charter Standard leagues to ensure standards are being maintained and the development plan is on track.

"Once we have collated all the information from the pilot phase, all Counties will be fully briefed on the process for their member leagues to attain Charter Standard status. So if you are a league official reading this, you will soon be contacted by the relevant person at your County FA to attend a briefing session.

"We are also putting together a valuable package of benefits to those leagues that are successful, so there will be some very tangible benefits – and wide-ranging support – both from your County and The FA."

Meanwhile, The FA's Charter Standard Club programme goes from strength to strength – and there are now more than 3,500 clubs at all levels who have achieved this envied status – including 56 per cent of all youth clubs (under-16).

The club scheme is aimed at every club outside the Premier and Football Leagues, and if are thinking of applying, you need to have various items already in place, such as a written constitution, FA CRB-checked volunteers and all team managers should have a minimum of the FA

Level 1 Coaching badge.

You should also have behaviour Codes of Conduct in place and a commitment to attend in-service training, provide Mini-Soccer opportunities for under-10s and promote schools liaison and equal opportunities for all.

"Applying is free, and even a club with one team can make an application," notes Les Howie, FA National Development Manager (Clubs and Coaches). "Rightly, it's not easy to attain, but by achieving a Charter Standard award, you are demonstrating to all members, parents and the public, that you are a well-organised and safe club. It's also an excellent way of promoting your club to potential members, parents, volunteers and sponsors.

"There's an extensive benefits package in place, so to get started, contact your County FA to guide you through the application process."





# Beware the dangers of ‘overplay’

If you work with young players, it's vital you're aware of the dangers ‘overplay’ can cause, how to spot it and what to do about it.

You could be a coach, parent, teacher, league official – indeed anyone working on the development of young players. Whatever your role, it's your responsibility to look after the medical interests of the players in your care.

“So we're clear, ‘overplay’ describes the cause of injuries due to excessive overuse of specific parts of their body,” says Alan Hodson, The FA's Head of Medical and Exercise Science.

“Young players are particularly vulnerable to ‘overuse’ injuries caused by overplay. Such injuries, which can involve certain bones or muscles/tendons, develop over time due to too much repetitive activity. They will continue unless correct medical advice and treatment is followed.”

Young players are particularly vulnerable to ‘overuse’ injuries as their muscles and bones grow at different rates – particularly when they experience ‘growth spurts’.

“Because football – in training and matches – involves strong, repetitive actions like running, jumping and landing, we need to be particularly vigilant,” Alan notes.

The four main areas where ‘overuse’ injuries occur are the back, knee, shin and ankle/heel. Persistent aching, discomfort, tenderness and/or pain that won't go away without several hours/days rest is a warning sign – and remember, these aren't injuries you can ‘run off’. They will get worse with continued activity. These injuries will not be a result of a ‘direct’ impact, like a tackle, or twisted ankle – they will have developed over time, and will take time to cure.

“If you suspect a player in your care is suffering from an ‘overuse’ injury, your first port of call should be his/her family doctor, but keeping your eyes and ears open is vital, as problems can be minimised by early recognition and prompt action,” Alan concludes.

The FA's Medical Working Group advises all those who work with young players to consider:

- The amount of training and matches a young player is asked to be involved in.
- Ensuring a player's activities are partly aimed at success – and partly at sheer enjoyment.
- Never dismissing signs and symptoms of ‘overuse’ injuries.



A more detailed booklet on ‘overplay’ and ‘overuse’ injuries can be downloaded at: [www.TheFA.com/overplay](http://www.TheFA.com/overplay)



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**Respect**

# OFFICIALLY AT THE TOP OF THEIR GAME

**Sgt Adam McIntyre, Major Gary Connolly, Major John Roskelly and CSgt Tim Moffat (pictured) were appointed as officials in the Army FA Cup Final played at the Aldershot Military Stadium in April between 3 (UK) Div HQ and Sig Regt and 7 Air Assault Bn REME .**

Sgt McIntyre, who is now a Level 3 Referee, commenced his refereeing career in 1995. It was not something that he took to with any great affection at the time as he told 'The Soldiers' Game': "To be honest when I started in 1995 through the Army FA Basic refereeing course I never realised what opportunities there were within refereeing.

"At the time I was somewhat pushed into going on the course and I think I would have rather put pins in my eyes. Then I started to understand what it was all about and what could be achieved.

"I learnt that as a referee you have the opportunity to be involved in matches that you would never be able to participate in as a player. That is what drove me on and it was all through the Army FA and the commitment at the time and the quality and production of the support received from within.

"This season I have had the honour of refereeing in the Inter Services senior

tournament too which is a great honour."

Sgt McIntyre was an extremely proud man when he was notified that he was to be awarded with the Army FA premier tournament of the season. He added: "To be appointed referee of the Army FA Cup Final is a culmination of my whole refereeing career to date.

"As an army official the aim was always to be awarded the senior match and only one person can be appointed in the middle each season.

"It was a privilege to be appointed and to be entrusted by the Army FA meant so much to me."

The match was a success for the team of officials. 3 (UK) Div HQ and Sig Regt were the victors 2-1 but the most rewarding factor was the fluency of the occasion. Sgt McIntyre said: "It was a joy to officiate. The two captains were fantastic on the day and that was a great help. We used the Communications system that the Army FA kindly purchased for the benefit of our officials' development and this made a great difference.

"As a team we did really well. I was fortunate to work with Major John Roskelly at the RAF v Royal Navy Inter Services match this season whilst I used to run CSgt Tim Moffat's line in years gone by so it was nice



**2009 Army FA Cup Final officials: Major Gary Connolly, CSgt Tim Moffat, Sgt Adam McIntyre, Major Gary Roskelly.**

to reverse the roles.

"The most pleasing aspect though came at the end of the game, when we were thanked by every participating player and official and congratulated on our performance as a team. Usually there is always the odd comment or two but not on this occasion – a job well done!"

Guest of honour Wilf Dixon praised the officials after the match too. He told 'The Soldiers' Game': "The officials all worked superbly well as a team which complemented the match and the manner in which it was played. They should all be proud of their performance in what is the highlight of their refereeing career within the Army."

## KEY MOMENTS IN ARMY FA HISTORY

**1913** - The Army FA took over the Army Athletics Ground in Aldershot as its permanent football home. Various amendments to the Rules of the Association were necessary so a percentage of the net profits from matches could be paid into Aldershot Command Funds. The Army Cup Final was won by the Army Service Corps (Woolwich) who beat 1st Bn Hampshire Regiment 1-0 in front of 15,000 spectators in Aldershot. Included in the crowd were Their Majesties The King and Queen, Their Royal Highnesses the Prince of Wales, Prince Albert and Her Royal Highness The Princess Mary.

**1922** - For the first time the Army FA Challenge Cup Final was played at Aldershot on an Army Ground completely enclosed, with a grandstand and banking for spectators. 1st Bn Wiltshire Regt beat 2nd

Bn Royal Welsh Fusiliers 3-1. The record crowd gate receipts were £1,033.16s.6d



**1955** - In the year where the number of Army referees reached an all time record of 2000 the 2nd Bn Durham Light Infantry defeated the Royal Army Pay Corps 1-0 in the final.

**1960** - Attended by His Royal Highness the Duke of Gloucester the 29 Company Royal

Army Ordnance Corps defeated 2 Training Bn Royal Army Service Corps 1-0. The match was refereed by Regimental Sergeant Major Alan Dobson, Grenadier Guards, who later became Secretary of the Army FA between 1974 and 1988.

**1979** - Rediffusion became the first sponsors of the Army Challenge Cup as 1st Bn The Royal Highland Fusiliers beat 22 Signal Regt 1-0.

**2000** - The 100th Cup Final was won by 28 Engineer Regiment who beat 1 Cheshire 1-0. They won the trophy nineteen times between 1989 and 2002. The match was refereed by Major Tony Rock of the Royal Signals. He is currently the Army FA Chairman of Referees; a position he has held since 1997.



# CLASH WORKS IN HARMONY WITH ARMY AND ALDERSHOT TOWN



**WO1 Russell Clash has been involved within sport in the Army since he first followed the footsteps of his father who was in the PT Corps. Russell joined in 1987 and has combined many roles within the Army during his 22 years of service. He transferred into the APTC in 1996.**

Russell, the Army Triathlon champion in 2002, is also the Secretary of the APTC football team who compete in the Massey Trophy where he still features as a player occasionally but he also doubles up as the Fitness Coach for Aldershot Town Football Club.

Indeed Russell was more recently based in Sandhurst (when Prince William and Harry were going through) and Deepcut before his move to HQ London District. He currently has another year or so remaining within the Army.

Russell reflects on what has been a fulfilling part of his life. He continued: "The Army has been such a big part of my life and I will have to be looking for a job too, which is not the ideal time to be doing so. I think that I have sufficient qualifications and some good experience behind me. Even when I was at school as a 16-year-old I wanted to work in sport. As an athlete I never quite made the grade but I hope to remain involved in sport."

"Triathlon was a big part of my life at the time and I did that for 13 years with heavy involvement within the Army and it was extremely competitive. I carried it on until I got an injury. It gave me a good grounding with endurance work but I can't see myself going back into that kind of environment. It does stand you in good stead though because I can hold my own with the players at Aldershot Town with the running but not on the football side though. When I did Triathlon I didn't play so much football in order to avoid injuries."

"Although I don't play so much football these days I wanted to remain actively involved within the APTC football and most of us have an additional role in the set up. I continue to do the fitness and Secretarial duties for the team. My role is concentrated on London District and we look after many of the TA Major and Minor Units who may not have the facilities to be able to play a lot of sport but we try to promote it as much as we can and we have to go to the outskirts of

London to be able to use facilities.

Russell became involved with civilian football due to a situation that arose on one of his postings in the West Country as he explains further: "I have performed varied roles over the years and it has been thoroughly enjoyable. For one of my postings I was in the 21 Signal Regiment in Colerne. At that time we were fortunate to have Bristol Rovers come in for pre-season training.

"That led to them being based in Colerne full time and I ended up doing a lot of their fitness work. I enjoyed the role and from their developed my career by doing my FA Coaches Fitness course. I had already completed my Sports Science degree so it all worked out well."

Russell was then posted to Sandhurst. Aldershot Town are the local senior team in the area and Russell wrote to the then Youth Team Manager, Chris Palmer, who was also a WO1 with the RLC and involved with the Army youth team too.

Continuing the story Russell said: "I became the youth team Fitness Coach at Aldershot for three years and then in 2005 I received a call from the First Team Coach, Martin Kuhl, who asked if I would do some work with the first team and that is how it all started. Aldershot were in the Conference at the time aiming to get into the Football League.

"The extent of my work as First Team Fitness Coach covers background work for the first team squad and dealing with those players who are not involved on matchdays or coming towards the end of a rehabilitation.

"It is a part-time role but I do organise the training programmes for the close season in addition to operating the heart rate monitors. This is an important factor because the training load of the players on a daily basis which enables us to gauge that the players are not over training and that they are also getting the correct amount of recovery.

"Every club at this level will now have the proper equipment to detect the progress of their players fitness. It is an essential part of the game these days. The current manager Gary Waddock is extremely keen on these methods and I give him weekly feed back. It is something we are keen to take forward."

It has been a good time to be involved with Aldershot Town Football Club. The club

has exceedingly strong links with the British Army, of which it is the home town of and there has been plenty of partnership work being undertaken within the community.

On the pitch the name of Aldershot returned to the Football League in 2008, 16 years after the original Aldershot FC folded and had to start again five divisions below the Football League.

Russell was proud to be involved in the historic promotion last season as he continues: "It was great to be involved last season because it was like a one-way roller-coaster and the club just continued with a momentum that saw them become the Conference champions with 100 points too. This season has been harder but we have all learnt from the experience and, to a degree it has been a success, because it is a big step up in levels.

"From my perspective I am continuing learning how to work with the players and it is a level that I am always developing. I do a lot of personal development myself and I am always keen to see how other clubs at a higher level operate.

"I now work in London but I am able to spend some time during the week, on a Thursday or Friday plus, of course, matchdays too where I am present at every match. There has been a lot of travelling this season but it is manageable. It is a commitment and it can be difficult and essentially it means that I am working a six-day week but I thoroughly enjoy it and wouldn't have it any other way.

"When you get the opportunity to work with professional athletes you have to take it with both hands and that is what I have done."



**WO1 Clash treats Aldershot Town player, Rob Elvins.**

# 42 ENGR REGT (GEO) FC

## 18-25 OCTOBER 2008

### AND WE'RE OFF

**Having booked the flights to arrive in Spain at a reasonable hour, it suddenly dawned on me as to what time we would have to depart Hermitage to make the 0655 hrs flight from Luton on Saturday morning. As the Tour Manager, I was astounded that: (a) everyone made it to MT on time for the 0300 hrs departure and: (b) not one person requested a pick up from Liquids!**

Whilst a number of (jealous) individuals thought we were swanning on a Club 18-43 holiday (we did have the Gaffa in tow!) the aim of the tour was quite clear. It was our intent to conduct a worthwhile and intense training camp and play two competitive fixtures against foreign opposition in preparation for the forthcoming season. Communication was certainly an issue, as was the fact that continental referees do not tolerate such a physical game that is played in the UK.

Whilst the remainder of day one afforded the opportunity to settle in to the accommodation and recce the local area, we hit the ground running on day two with intense training sessions. The morning session was held on the heavy, gravel sand beach on Lloret's main strip, which attracted quite a crowd of locals confused at the fact that a bunch of English guys – all dressed the same – were playing rugby with a football. The second session of the day was held on a local park ground, much to the dismay of the local youths who clearly wanted us out of the way and kept kicking their footballs at us.

By Monday, the coaching staff had arranged a local '3rd generation turf' football pitch that was similar to that we would play our fixtures on.



**Game 1 - U.D. San Pancraccio v 42 Engr Regt (Geo):  
Tuesday, 21 October 2008  
Match Report by Billy the Fish**

We even managed to fit in a joint team photo shoot for the local Spanish rag with the opponents even though kick off was delayed due to our late arrival.

The first-half an hour consisted of a lot of 42 possession and attacks, but no real end product. The pace of the game was very quick and the weather was humid.

The deadlock was eventually broken with some slick passing when a ball was cleared from the host's penalty area falling straight to Ginge Coates in the centre of the park who quickly spread the play wide for Andy Stonestreet to dink the ball back into the area first time. The ball fell nicely to Darian Alanby who crossed instinctively but Steve Avis capitalised on the space created sliding in at the back post to put us 1-0 up. San Pancraccio levelled the match soon after with a fortunate 40-yard punt which nestled in the corner of the net.

The opponents started the second half with an almost completely new team. The manager was obviously worried and had put out his best 11 players. This resulted in them playing at a much quicker tempo, which made it difficult for 42 to settle back into the game.

The only real chances of the half came towards the end of the game, when the hosts managed to get in behind a now tired back three. Fortunately, Capt Stu Fairnington's cat-like reflexes and surprising dexterity kept the hosts at bay. In the end, the game finished 1-1, but 42 came away from the game with a good spirit, knowing they had done themselves and the coaching staff proud. Every player involved gave 110 per cent and could build on this performance for Thursday's game against Sant Celoni.

Manager's Man of the Match: Luke Holmes  
Coach's Man of the Match: Billy Parker  
Captain's Man of the Match: Dale Routledge

**"COMMUNICATION WAS CERTAINLY AN ISSUE, AS WAS THE FACT THAT CONTINENTAL REFEREES DO NOT TOLERATE SUCH A PHYSICAL GAME THAT IS PLAYED IN THE UK."**

**Game 2 – Sant Celoni v 42 Engr Regt (Geo):  
Thursday, 23 October 2008  
Match Report by Darian Alanby**

We had been told that a British Army Corps Team had recently played here and it was a close game. Despite this, there was a buzz and a good feeling in the dressing room before kick-off. With this being the final game of the tour, the team were eager to impress the coaches and show that they were ready for the season ahead.

From the kick-off, the hosts were in control continuing to dominate possession, it was only a matter of time before they broke through with the opening goal. A snap-shot from the edge of the box, caught goalkeeper Capt Stu Fairnington by surprise and flew into the back of the net.

In the first 10-15 minutes of the second half, 42 created more chances than they managed in the entire first-half, but with many changes made to the team, and players being played in positions unfamiliar to them, the team found their play disjointed. The hosts could sense 42 were disturbed and capitalised on some sloppy play by 42 to double the lead, with a shot from the edge of the box which managed to beat the despairing dive of Capt Stu Fairnington.

This goal had a strange affect on 42 as the team appeared to play with more passion after the restart and started to dominate areas of the field that they had earlier struggled. We played with the new found vigour and confidence grew. Gary Welsh even tried to get himself on Soccer AM's Showboat with a deft back heel. No doubt that will appear on YouTube. 42 started to apply pressure to the host's goal mouth, and thought they had halved the deficit when Darian Lloyd managed to poke the ball over the line only for the referee not to award a goal. Video evidence clearly shows the goal was two yards over the line.

The last chance of the game fell to the opposition when a rare mistake by Billy Parker allowed the hosts to break away, only for a last ditch tackle from Andy Stonestreet to stop the attack. Comically, Luke Holmes also decided he was going to stop the attack and steamed through everything in his path - ball, opposition player and even Andy Stonestreet.

Despite losing, we could all be proud of our performance against a must stronger,



# PRE-SEASON TOUR



skilful and quicker opposition, the likes of which we will not encounter in any League or Cup match back home.

Manager's Man of the Match: Luke Holmes  
Coach's Man of the Match: Darian Lloyd  
Captain's Man of the Match: Dale Routledge

A big highlight for the majority of the squad was definitely the day trip to Barcelona and the Nou Camp Stadium Tour. Whilst impressive, the pitch was quite small and the groundsman obviously have lower standards than Nigel Wiscombe!

The tour proved to be a massive success; the benefits of which are already evident from the 7-0 thrashing of 2 MI Bn and will continue to be reaped throughout the forthcoming season. We undoubtedly came back a stronger and closer team, with a better understanding of the game. The games were a little harder than expected as the Match Agent thought we were the RE Corps Team and not a Regimental Team, hence the superior level of opposition. That said, the coaching staff were very proud that the team rose to the challenges. Of course the tour could not have been the success it was without the hard work, effort and support of many individuals and organisations.

A big thank you from the Tour Committee must be made to the Army Sports Lottery, HQ 4 Div and the Regt for their immense financial support. The

## TOUR MEMBERS

### Personality

Capt Stu Fairnington  
WO1 Mark Buglass  
WO2 (SSM) Si New  
Sgt Ginge Coates  
Sgt Stu Riggott  
Cpl Steve Avis  
Cpl Dale Routledge  
Cpl Chris Watson  
LCpl Luke Holmes  
LCpl Russ Keegan  
LCpl Paz Paronuzzi  
LCpl Dan Stratford  
LCpl Gaz Welsh  
LCpl Leon Wilton  
Spr Darian Alanby Llyod  
Spr Phil Owen  
Spr Billy Parker

Spr Andy Stonestreet

### AKA

The Gaffa  
Joe Kinnear  
Fabio Capello  
Nicky Butt  
Gary Speed  
Mavis  
Baby Face  
Triathlon Queen  
Stephen Taylor  
King Kev  
David Bailey  
Sicknote  
Biffa Bacon  
Julian Clary  
Darian Alanby  
Pot Geo  
Baldy (re-named 'Billy the Fish' during the tour)  
Seabiscuit

Sub-Units and RSMS are thanked for releasing players and the individuals should also be congratulated for throwing themselves wholeheartedly into everything and giving 100 per cent start to finish (even after doing the 1,000th lap of the training

pitch!). This was the first experience of sports tours for many individuals, however, the seeds have been sewn and, although I will have moved on by then, I am sure that planning is already underway for another tour in two or three years' time.





## TOUR SNAPSHOTS







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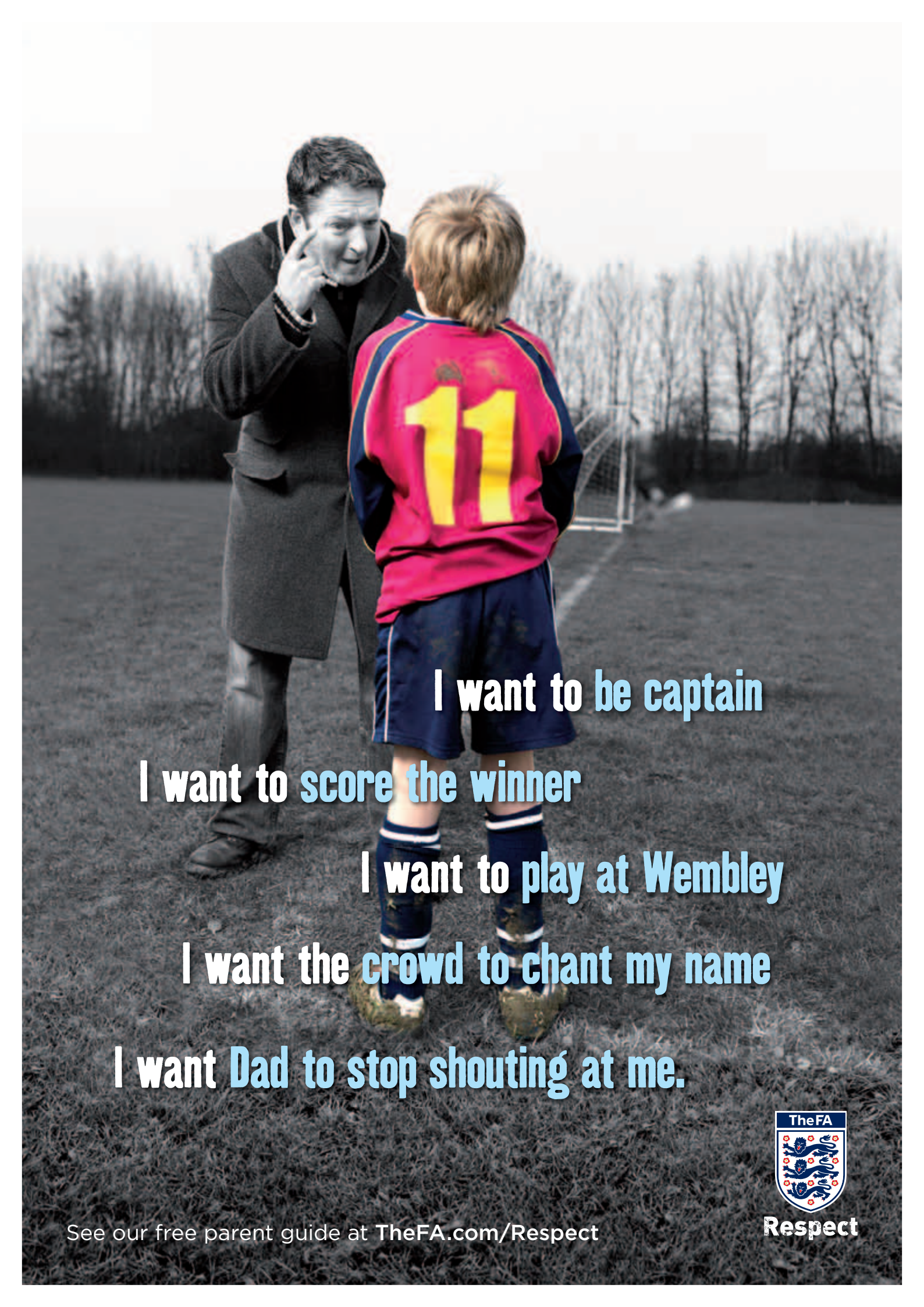
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