

# Bristol Ladies Union FC Newsletter

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ULTIMATCH PLUS

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### From the Chair:

To all players, parents/carers and volunteers, Welcome to a new season at BLUFC and my first season as Chair. I've been involved with the club for over 10 years - as a parent, treasurer, vice chair and now Chair. Both of my daughters play for the seniors and my eldest, Ellie, is also the coach for the U11s as well as Vice-Chair, so I'd like to say I feel well equipped for the role, and also well supported by everyone on the committee and the coaches.

This club is run by volunteers and if anyone is keen to get involved, please let me or your coach know - we are always keen to get more people involved and it is such a rewarding experience.

Now onto the important bit, the football! Hopefully the girls are all feeling inspired by the success of the Lionesses at the World Cup and are looking forward to the new season. Apart from the seniors, we are now playing all of our home matches at the BAWA. It is great to see all the teams there together and it also means that the girls can watch and support other teams, creating a real club atmosphere. As well as the lovely pitches, BAWA also has great facilities

including a bar that does food as well as drink, a pool table and skittles alley and we hope to use all of these more in the future. But please do pop in there after a match so we can continue to build on that feeling of it being our home ground and the club atmosphere.

We now have teams across all age groups from U10 to seniors and we are looking to recruit for younger age groups by having a fun day on Sunday 22 October at BAWA. Unfortunately, we can't run a team without a coach so if you are interested, or know anyone who is, please do get in touch. We need to bring in younger players and coaches to keep the club going.

Finally, and most importantly, I hope that the girls are all continuing to enjoy their football at BLUFC, whether it's just playing a sport they love, or building great friendships with their teammates. That's what we want everyone to get from this club.

Thank you!  
**Nathalie**

BLUs now has an Instagram page  
[@bristolladiesunionfc](#)

Check out our Facebook page  
<https://www.facebook.com>

# Referees Wanted

BLUs are keenly looking for qualified referees for our home games on Sundays contact Ellie Haines – Vice Chair.

# BRISTOL LADIES UNION FC

# FUN DAY!

**FREE FOOTBALL TRAINING SESSION  
OPEN TO GIRLS IN YEARS 3 AND 4**

- 📍 **Location: BAWA Healthcare & Leisure**
- 📅 **Date: 22nd October 2023**
- 🕒 **Time: 10-11:30am**

**All abilities welcome!**  
**Register your interest by emailing**  
[blufc.vicechair@gmail.com](mailto:blufc.vicechair@gmail.com)

Interested in coaching your daughter's team? Have a chat with our coaches on the day! Or email [blufc.vicechair@gmail.com](mailto:blufc.vicechair@gmail.com)




## U11s news.

Our U11s have started off strongly this season after just 3 games, with good availability for both a core team playing the league matches and a development team playing friendlies. We have just under 30 girls registered for the team.

We are training with the U12s at BAWA on a Wednesday night from 6-8pm, and playing there on a Sunday morning too. The pitches at BAWA are great and the social area gives the girls an opportunity to play together after matches and watch the older teams.

(Thanks to Ellie Haines)

[www.thefa.com/playsafe](http://www.thefa.com/playsafe)

## U13s news.



U13s busy summer with lots of successful tournament action!

The U13s had a good summer with plenty of successful tournament action resulting in highs and lows from penalty shoot-outs, amazing goals, heroic goalkeeping performances, contentious decisions and lots of parents wondering why their girls chose to play football instead of wanting to lounge around at home in the holidays!

We made the decision to stay in Division A to see how well we could compete after most of the top teams in Division B decided they didn't want to be promoted due to the high standard. We've had a tough start in our first couple of matches in our first season at 11-a-side but are showing good signs of improvement and have already welcomed Steve (U16) and Les (U15) to training sessions to help out. The results will definitely come and we'll keep having fun!

(Thanks to Andy Lawrence)

## U14s news.

Raring to go for another season of footie, this year the team are looking to stack up some wins in Division B of the league. The team secured a comfortable win in a pre-season friendly against Downend, which gave them a good boost. Next up, the U14s faced a new team – Park Knowle – in their first league match. Playing at BAWA (the new home of BLU!) for the first time, the girls capitalised on their home advantage and fired five into the back of the net before halftime! The final score of 7-3 was a great result and credit goes to all the players and coaches for their hard work. With two teammates bagging hat-tricks in the first match, the competition for the golden boot is wide open this year!

The girls faced much tougher opposition in their second league match against old rivals Emersons Green. Unfortunately, it didn't go their way this time, but they will pick themselves up and come back stronger for the rematch in November. The weather was also against us at the end of the match, which sadly put a stop to our planned photoshoot – watch this space for a team photo next time!

(Thanks to Becca Ramsden)

## U15s news.



Summer training

### U15s first team

Over the summer the U15s division A was in a bit of turmoil with teams folding, teams moving to other leagues and in the end it came down to a vote to what would happen.

There were various options but we felt as a team that moving up to the U16s league would be the right thing for us and a great challenge.

And we were not wrong! the girls have been brilliant, not only continuing to play great football so far but competing physically with girls' who are a year older.

We've settled into BAWA really well and currently undefeated at our new home. So far we've played 5 games, winning 4 and drawing 1 which puts us top of the league! It's been an amazing start to the season by the girls, the challenge now is to keep it going and see if we can stay in the mix till the end of the season.

I'm sure the girls will accept the challenge!

(Thanks to Les Abraham)

### U15s Devs team

The U15 Development Team has grown over the summer with a healthy squad size, going into a girls' league for the first time. The girls have been very committed to training and have all been excited to start playing regular league games. The development through last year has been fantastic with the girls gaining confidence on the ball and team working.

The U15 league will be a challenging league this year with a mixture of both first teams from previous years and development squads, which means that teams entering the league for the first time will play some experienced teams. However, coaches Simon and Chris, together with new coaches Simon (Bowker) and Michael (Hayles) are looking forward to the continued development of the team's skills, resilience and teamwork over the new season.

The first game of the season was a loss against a very strong Portishead team, but the girls played some very good football and were unlucky not to score. Grace was our player of the match - great work Grace.

(Thanks to Michael Hayles)



Autumn training!

## U18s news.

The U18's had a very low-key preseason, probably because most of the girls were enjoying their time off after their GCSEs!!! Apparently, they all did very well!!!

This season we are trying to create a development side for the very impressive first team. Currently, we have only played one game - a very impressive result, beating AEK Boco 10-1. The first team and U18 squad are very strong both technically and physically. They have a great team spirit, which is evident to see, so we are hoping to have a successful year.

We will be playing matches at the BAWA on Sunday afternoon at 2PM but certainly hope to overlap with some of the younger sides at our new playing facility.

We certainly could do with a few extra players this year, particularly as competent goalkeeper, Edie, has made a seamless step up to first-team duties, as have Freya, Evie, and Amy. If you know any capable 16- and 17-year-old players, please put them in touch with myself, Keith James, at BLU.

Good luck to everybody for the coming season ahead!!

(Thanks to Keith James)

The U18s have now decided to pull out of their league games and focus on ensuring the first team has a large squad.

## First team news.



Following on from the success of last season's promotion, we again have a really strong squad and a fantastic group of players ready to go in the Gloucestershire Womens Senior Division 2.

We have also inherited some amazing new players from the U16's, plus a few additions from some ex-BLU players who have returned to join the party, so a warm welcome from all the team and coaching staff.

With around 30 players signed on we are also trying to support the U18 team to ensure everyone gets game time when the availability is strong. In order for this to be a success we will probably need more U18 players, so we are still on the look-out and please get in touch if you know of anyone who is looking to start or wants to get back into playing.

Training is on a Tuesday night, 7pm at St Bede's and is great fun. Match day is currently 2pm and our home ground is still at Coombe Dingle, with a view to moving over to the BAWA in the near future.

All are welcome to come along and cheer us on and also get an insight into what can be achieved after finishing the Junior League journey.

Hope everyone has a great season and we look forward to catching up and sharing more news soon.

(Thanks to Andy White)



## Bristol City Women

Bristol City Women are back in the Super League! They will be playing all their home games at Ashton Gate and the first home game was on Sunday 1st October v Leicester City at 2pm.

The U19 season ticket is very reasonable at £55: [tickets.bristol-sport.co.uk](https://tickets.bristol-sport.co.uk)

[www.bcfco.co.uk/bristol-city-women](https://www.bcfco.co.uk/bristol-city-women)

## England Women (Lionesses)

The Lionesses made it to the final of the World Cup in Australia/New Zealand. Their next game is against Belgium in the Nations League on Friday 27th October at 7.45pm.

<https://www.Englandfootball.com/england/womens-senior-team>

## Committee members: (and contacts)

### Acting Chair

Nathalie Haines  
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blufc.chair@gmail.com

### Club Welfare Officer

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### Vice-chairman

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### Volunteers

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### Membership Secretary

Sandra Freke  
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Thanks for reading – feel free to contact Rob Groves to offer future content or general comments on rob.Groves13@hotmail.co.uk or 07582 437972. All contributions welcome from parents, players and coaches.

Many thanks again to Les Abraham for the final newsletter presentation.

### BLU Website

<https://www.blufc.com>





**BRISTOL LADIES  
UNION FC**

<http://www.blufc.com>



**UNLEASHED**