



## THIS ISSUE

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## BFC GIVING BACK



This year you donated 11,800 Euros to the St Vincent de Paul (€8,100 last year!) who are supporting local families in need this Christmas. Thank you for your generosity - deeply appreciated by the SVP, with a particular thanks to a private business donation of €5K! If you still have a voucher, please give your coach - January will be a lean month for many too!

## THANKING OUR PARTNERS AND SPONSORS



# WOMENS FOOTBALL FLOURISHING WITH KATIE

Footballer and Beechwood FC coach Katie Malone has been mad about the game since she was a toddler but when she joined Beechwood in 2008 there was no girls team so she played with the boys.

Fast forward thirteen years and Beechwood FC now has over 210 girls signed up and twenty year old Katie has found time to coach some of them between college and her own sporting career.

Now in her third year studying Nutraceuticals in Health & Nutrition at TUD, Katie is on a sports scholarship, playing football for her college, and Dún Laoghaire-Rathdown Waves.

Katie signed for DLR in January 2020 and was invited into the Vera Pauw Women's National Team Homebased sessions in April 2021 which has fired her determination to one day join the national senior team.

### When did you get into football?

I was three when I started kicking a ball with my older brother and dad. Without their influence I would never have gotten into the game. When I started school at RMDS I started playing every Saturday morning with the boys at Saturday soccer as well as at lunchtime and after school in the creche I was in.

I don't think a day passed where I didn't kick a ball. When I turned 7 I joined Beechwood FC. There were no girls' teams at the time, so I was with the boys. I didn't mind it, I was well used to it, I loved running rings around the lads! I played at Beechwood until under 12's until I had to leave as girls weren't allowed to play with the boys past that age. I didn't want to leave, I loved it at Beechwood, but leaving was a stepping stone to where I am now.

### What happened next?

I moved to Templeogue United for two years. I loved it and managed to get into the Metropolitan Girls League Academy for a year or two while playing from the club. The team unfortunately fell apart due to a lack of interest from different parties. Next was Peamount United, where I developed most technically as a player. I spent three years there but left due to a few reasons which included travelling times. **(continued page 5)**

# THE CHAIRMAN'S CHRISTMAS WISHES

Dear Parents & Players,

We are back playing football...Despite the disruption, we successfully kept the club open with training sessions and summer camps for nearly 18 months, but nothing can replace the theatre and excitement of a match! Our league, the Dublin District School Boy/Girl League (DDSL) have just announced that over 18,000 games were played since late August with our 52 squads playing a significant part of this success. We welcomed 100 players to our academy in September with 42 girls and 60 boys joining the ranks - in our 5th year with Girls squads, we are approaching parity!



Oisín Quinn (Friends of RHD), Steve Masterson, Gerylne Byrne and Margaret Masterson

Thank you...On behalf of everyone, I would like to pass on my appreciation to all the Committee, Coaches, Managers and to all who contribute, week-in week-out. To Tour America, the team in Sherry Fitzgerald and Rathmines Sports, a special thank you for your generous sponsorship and your continued support for our 850 players from the community. We are also very reliant on the support of other community organisations and would like to thank the Royal Hospital Donnybrook, Alexandra College, Merrion Cricket Club, St Kilian's, VEC Grounds and Dublin City Council for our continued use of their grounds.

We remember...Our Dear friend Gerylne Byrne who passed in January and all those who lost loved ones during this difficult year. We remember fondly Tim Scanlon our 2001 coach and Cormac Ó'Braonáin our 2001 squad captain on the anniversaries of their passing.

Congratulations...Please join me in congratulating Serena Lawless Tallon who takes on the role of Chair for the club in January. Serena has been part of the Club Committee as our Community (& Covid) Officer, creating impact across various club activities. Serena brings drive and commitment to the role and most importantly she cares about the club. I wish both Serena and the committee every success for the seasons ahead.

Farewell...I would like to personally thank you all for your support during my time as Chair. For me, Beechwood FC is all about the friendships that our players and we as parents make. As the club celebrates our 25th year, it has been an honour and privilege to be a part of the journey.

Yours in football,  
Stephen Masterson

## THEY MAY BE THE YOUNGEST BUT THEY GOT PASSION

Beechwood FC have Boys teams from U7 to U19 and Girls teams from U7 to U12 and two sister Senior teams.

The U7's might be the youngest in the mix but they certainly give their coaches a good runaround with their energy for the game. The excitement is lovely to see, and with the 9am start they keep their coaches on their toes. There is great talent emerging but the main thing is everyone has a good time. We asked some of the U7 boys what they like about training. Next newsletter we will get the Girls' views.



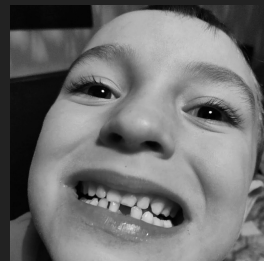
"I play football because its fun playing the match at training and I love the match at the end most".  
-Ralph Griffin



"It's fun and I get to see my other friends"  
-Bobby Gaffney



"I adore playing football. Saturday is my favourite part of the week, when my mum wakes me up I jump out of bed. The best part of training is the mini matches"  
-Noah Luykx



"I like my coaches and like running around and having a good time. I hate being late because then I miss some but my mammy will try her best now".  
-Aris Feeney



"I love the team and enjoy playing football with my friends. Sometimes we win and sometimes we lose but I know it does not matter because I love playing"  
-Harvey Ford



# GET TO KNOW YOUR COACH

Connor Burke - a stellar coach with some gold tips for parents



**VOLUNTEERING IS GREAT FOR BEECHWOOD FC AND GREAT FOR YOUR HEALTH!!**



## Did you play a lot when you were younger?

I've always loved football and started playing when I was 6. At age 14 I was diagnosed with MS. I had some bad relapses which left me unable to walk. I played little to no football between the ages 14-17. By 17 I thought I'd never play again, but I loved the game and wanted to stay involved so I started coaching.

## As a parent what can I do to encourage my child?

Number one. Be on time for training and matches. Make sure the kids have a full kit for matches. Let the coaches know in advance if your child will not be attending training or matches. Leave the coaching to the coaches.

Encourage the kids to play as much football as possible, but don't put pressure on them to improve. Join in with them, kids love playing with their parents.

Football needs to be fun. I think the kids would get more benefit from playing fun games at home like small-sided matches with friends, mini world cup and penalty shoot out competitions. These games improve players' creativity and allow them to express themselves without the fear of failure. Leave the drills and exercises for Tuesday and Thursday night at training.

## Help! My child does not want to go to training, how can I persuade them?

Ask them why they don't want to go? See if it's something you or the coaches can help with. For me as a player, the motivation to train on the cold wet nights was the match at the weekend. If you wanted the coach to pick you, you needed to be at training. So remind them of that.

## What do you get out of coaching?

I love the game and I want to pass my passion for the game on to our players. I love when the hour is up but the kids don't want to go home, they want to keep playing. I always ask myself if I was a player would I have liked to train in that session?



Our parents are the engine behind Beechwood FC...and without you the club would not function. Thank you all for those encouraging words to our players, those lifts to training and matches, the washing of gear, the early a.m. starts and waiting around on those dark wet evenings!

A very special thanks to our parent coaches and managers and to our parents who manage our pitches, our fixtures, our website, our gear, our subs, our recruitment, our comms\*, our accounts, our fundraising, our sponsors, our child welfare...and so much more.

If you feel like you could help - please please let us know! Don't wait for the personal tap on the shoulder as we may not know you are interested in volunteering. And you don't have to be a football supremo! We are looking for coaches (parent and pro), medics, trades people (to update the clubhouse), folks from commercial/sales backgrounds (to develop our fundraising & sponsorship program), creative and numbers people. People who are just happy to get stuck in!

We understand those feelings of reluctance - life is busy. That said, research shows volunteering boosts your mental health and raises the ault happiness levels - something we all welcome. Those of us that do volunteer get a lot out of it! It's a great club...and it's also positive message to your child as they see you giving your time.

We may not be able to promise you a specific job leversaging your valuable skills immediately but we'd love to add you to our volunteer group as we will need you. We do promise you one thing - you'll get more out than you put in. Get in touch with us at [beechwoodfccommoff@gmail.com](mailto:beechwoodfccommoff@gmail.com)

**\* HUGE THANKS TO MARY MC CARTHY AND CHRISTINE KENNARD FOR THIS NEWSLETTER!**



# 850

players from U7 to U18 across 52 squads



# 210

 Girls in less than 5 years

# 42

 joined our '21/22 Academy

# 476

 matches played DDSL U10s to U18

# 27%

 played by Girls squads

# 150

 matches played by our U8 and U9 boys and girls

# 150

 parent coaches;

# 20

 Non parent plus UEFA coaching panel

# 2683

 Goals Scored

# 40% WINS



# 10% DRAWS

## BEECHWOOD FC PARENTS DO US PROUD ON THE SIDELINES

Proudly, we can say that Beechwood FC parents are well behaved on the sidelines. We have however seen some regrettable behaviour on DDSL match sidelines over the past few months so we feel it's useful to remind ourselves of our code of conduct ...to head off any potential negative behaviour!

- 1** No roaring, no screeching, no aggressive air punching, no punching anyone, no cursing, shouting at the ref, shouting at the opposition, shouting at each other, bellowing or running alongside the players doling out advice during the match. On no occasion should a parent enter the fray. According to unconfirmed reports, a parent from another club lost the run of himself and ran under the rope during a recent match! We don't need to point out this is unacceptable but we thought we would anyway!
- 2** Whilst your advice is well intended, please let the coaches do the coaching. Too many adult voices are distracting for the players. We want to hear the sound of our players communicating with each other and encouragement from parents only.
- 3** Our coaches, parents and our players represent our club! Our parents are our players role models! We all need to remember that. No underage players should be heard taking on a ref!
- 4** If there are ambiguities in a call/opposition tactics, and clearly there can be, let the coach work it out with the ref if there is one or with the opposition coach. It can be frustrating but try to breath deeply.
- 5** Remember...mistakes are part of the learning process and in the car on the way home say well done to your child. If you are comfortable doing so, gently and constructively discuss where you think things might have been improved. Just remember - they don't need a harsh post mortem.
- 6** Also remember this is about your young child developing their skills and having fun, it is not about you! You had your chance to bend it like Beckham.
- 7** Our dogs - we love them but please leave them at home. Some enjoy barking on the sidelines which is very distracting. Our landlords don't want them there either, for other reasons. (Note to coaches- make sure our visitors understand that too!)
- 8** Thank you for bringing your child to their matches on time. We realise you are giving up your weekend morning and we are grateful to have such fantastic club parents, who are there to support their player. Keep up the good work. (PS If you are extra early don't feel shy in asking the coach if you can help set up or indeed welcome the opposition parents. We are a nice bunch afterall!!)







Making my dad get home at 4:30 twice a week to get to a 6pm training session which lasted two hours took a toll on both of us. I didn't know where to go after Peamount and I didn't know if I was going to continue football. Thankfully the manager at Peamount referred me to Terenure Rangers. I went up one Sunday and scored five goals. It was a club where I got to show my talent and build my confidence. After one season in Terenure I moved down the road to Drimnagh to play with St. John Bosco where I fell back in love with football. I made good friends, won leagues and cups, scored goals, played in my favourite position, and was my most confident I've ever been. It was at Bosco where I decided to give the MGL another go. I got into the under 18's and won an all-Ireland and was made captain the year after for the youth team. Towards the end of my final year with the MGL my manager organised a friendly against DLR Waves Women's National league team. We had already played their under 17's team a few times and beat them and I wanted to play the senior team. It was after this friendly my current manager, Graham Kelly, approached the MGL for me to come training with them. I went up a few weeks later and the intensity was ten times what I was used to, but I loved it. After a few weeks of training, I was asked to sign mid-season; however, I wanted to finish my season with Bosco. Graham agreed I finished my season but said I should continue to train with DLR and sign in January. I did and it was the best decision I've ever made.

**What do you get out of coaching the girls at Beechwood?**

I didn't have any female coaches growing up so for them to have that is amazing. I can definitely see myself in some of the girls although some of them are a lot more outgoing than I ever was! It's interesting and really enjoyable for me to be able to see the game from a different aspect and to give back to the club where it all started and also to try and improve the women's game in the country. Once the girls are having fun playing football that's all I care about, that is the most important thing really.

**How do you pep yourself up when things go wrong?**

I rely a lot on my teammates when things aren't going my way but a lot of it has to come from myself. I keep reminding myself how hard I've worked to get to where I am and I tell myself that things will work out somehow. Football is unfortunately full of more downs than ups, but you have to go through those tough days to cherish the good ones.

**Any tips for the parent's fitness, please!!**

First of all enjoy Christmas. Get a notebook. No matter how small, write down your goals and deadlines - keeping track makes it easier to stay on track! Find some exercise you enjoy that does not feel like a chore. I love football so much so I don't overthink all the fitness aspects. Eat well and get enough sleep. A decent balanced diet is way more important than foam rollers and protein supplements.

**What's the game plan?**

I've played two seasons with Waves and this year I got into the Vera Pauw's Women's National Team Home based sessions. Once a month I go to these sessions with the best players in the league and hopefully down the line I'll get a call up to the official squad. I'm being patient, and I will put in the work no problem but I'm pretty determined to get there!

I've been involved with Beechwood FC for six years and have been coaching my son since he was 7. To watch this local community club grow and develop has been so encouraging and the volunteers involved are a total credit. I'm really delighted to be among other female coaches, coaching in the boys teams.

The focus on the girls section has paid off. We have over 200 girls playing in the club, and approximately 30% of the coaches are female.

The other aspect which drew my attention as a sponsor is Beechwood is a community based club and how well it is run. Professional coaches being brought on board to work with parent coaches, the mixed gender committee and focus on the wellbeing of the children also really impressed me.

I have been involved in sport all my life, having played both top division soccer and hockey and I love to contribute in sport. As well as being on the committee I organise gear for all the players (850 kids) and coaches.

Tour America has been in business for twenty six years and while we are involved in charity work, Beechwood is the first sports club we have been involved with. Tour America has been a major sponsor for three years and it's been such a positive experience. I would really encourage other business to think about it too.



For BFC sponsorship information @ beechwoodfcsponsor@gmail.com