



# Vix in the Mix

South Reading Vixens F.C. - Girls Under 10's Newsletter



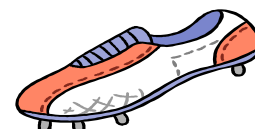
ISSUE 7



APRIL/MAY

Welcome to the seventh issue of our Newsletter with all the latest news and action from the Vixens!

## Match Results and Reports



Date	Home Team	Score	Away Team	Score
06/04/02	Sandhurst Town Saints	3	<b>South Reading Vixens</b>	<b>5</b>
25/04/02	Whitegrove Warriors	4	<b>South Reading Vixens</b>	<b>2</b>
28/04/02	Woodley Saints Leopards	5	<b>South Reading Vixens</b>	<b>1</b>

Sandhurst Town Saints: A comfortable win with a scoreline which flattered the opponents. We controlled the game well with our practiced set plays and made good use of the ball. MVP went to Emily for great leadership and MIP to Nico for hard work and two great goals	<b>AWAY MATCH WON</b>
Whitegrove Warriors: Not one of our best performances despite taking an early lead with an unstoppable penalty from Sian. We rallied late-on with a goal from Emily but it wasn't enough. MVP went to Deanna for a solid display in goal and MIP to Serena for her determined effort	<b>AWAY MATCH LOST</b>
Woodley Saints Leopards: Another below par performance from a tired looking team who never really got into the game despite another consolation goal from Emily. MVP went to Jade for a strong defensive effort and MIP to Serena again for fighting spirit	<b>AWAY MATCH LOST</b>

## May Tournament Results & Fixtures



Date	Hosts / Venue	Team Performance
04/05/02	East Berks League 7-a-side	We finished a respectable third place
11/05/02	Woodley Zebras F.C. 6-a-side	Runners-Up Consolation Cup - Trophies!
18/05/02	Lower Earley Predators F.C. 6-a-side	We did not qualify for the second phase

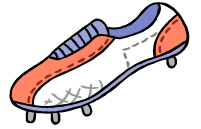
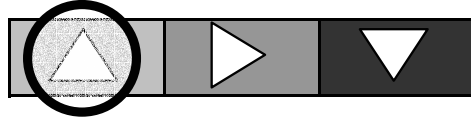
The team for each of the remaining tournaments will be selected based on availability and effort in training. The players will be notified after the training session before each event is due to take place. All of the close season tournaments are very strict in terms of numbers allowed to participate for each team which will mean that we may not be able to take the whole squad available to us. Those players not selected for each tournament are guaranteed to play in the next as we will rotate the players where necessary. Any player not selected is welcome to come along and support the rest of the team - so long as transportation isn't a problem. It's all good experience!





# Vix in the Mix

## League Tables



Team Name	Played	Won	Drawn	Lost	For	Against	Points
Ascot United Tigers	20	17	1	2	110	20	52
Laurel Park Hurricanes	20	16	3	1	87	31	51
Reeves Rangers Boys	20	13	2	4	64	26	41
Whitegrove Warriors	20	11	3	6	55	35	36
Bracknell Town Bucc.	20	9	4	7	37	30	31
Sandhurst Town Saints	20	8	2	10	58	47	26
Woodley Saints Leopards	20	7	1	11	28	44	22
Curley Park Pumas	20	5	2	13	29	52	17
<b>South Reading Vixens</b>	<b>20</b>	<b>5</b>	<b>1</b>	<b>14</b>	<b>33</b>	<b>88</b>	<b>16</b>
FC Bracknell Vipers	20	4	2	14	16	57	14
California Regals	20	3	1	16	8	95	10

### Managers Comments:-

We have made it! Our first league season is now behind us and we have made a bigger impact than most would have thought possible. A final placing of 9th is a great achievement which we are all very proud to be part of. You are the pioneers of a team which can only go from strength to strength if you continue to improve at the rate which you have all season long. Your help will be needed to train any new players which we bring in by passing on your experience and enthusiasm.

I hope we can round-off the season with more tournament success and start filling-up the trophy cabinet. But most important of all, we should have lots of fun along the way and enjoy our football whilst playing with new confidence.

**Tina's Final Thought: WINNERS train hard, LOSERS hardly train!**



## Club News



### End-of-Season Awards - May 25th

As mentioned in the previous newsletter, the end-of-season awards and disco took place and was a great success!!

Every player received a trophy for their hard work throughout the past season which was presented by their Manager and Coach.

Further top awards went to the following:-

*Player of the Year - Emily Martin*

*Sports Person of the Year - Deanna Peters*

*Most Improved Player of the Year - Sian Huntley*

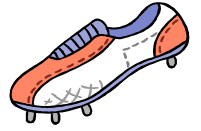
*Most Courageous Player of the Year - Jade Wylie*

*Most Promising Young Player of the Year - Serena Cox*

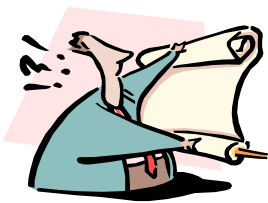




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## Team News and Progress Reports



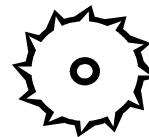
Our first season has seen the team undergoing constant change and our fair share of upheaval. One of the most difficult jobs for the staff is convincing players which position they are best in - or play seven strikers each week! But it is not always immediately obvious to the staff, let alone the players and so we began by trying all sorts of combinations at first. Then, when we think we have cracked it, players choose to leave or we are hit with injuries and sickness. Whilst we are able to retrain players in different positions, these things take time and it is the ability and willingness to adapt which has been the most encouraging part of our whole season. We have a squad of players now who are dedicated and eager for success who want to get the job done each week. We have big plans for the future for those who remain dedicated and much hinges on our recruitment drive for next season. We have recently had confirmation that Sarah will be able to play full-time for us next season and have also been given the o.k. to recruit from Reading Academy where possible. The manager has just secured a partial sponsor for the new season after many unsuccessful attempts which should be confirmed very soon - a standard letter is available to parents/supporters who know of any others!

### Most Valuable Player of the Month Award - April/May



This months award goes to **Emily Martin** for her tremendous effort in both matchplay and training and in particular, her attitude, fighting spirit and ability to adapt well

### Most Improved Player of the Month Award - April/May



This months award goes to **Deanna Peters** for her continual progress in a number of key areas and in particular, his revised PDP score which now stands at 18, an improvement of 4!

### Player Profile - Serena Cox

## The Wanderer



Serena is our Striker and Super-Sub. She scares the living daylights out of goalkeepers by running at them and poaching goals. She is one of our more physical players!! We persuaded her to tell us just a bit about a few of her footballing likes and dislikes and here is what our interrogation got us:-

- Q: What football team(s) do you support?
- Q: Who is your favourite current England player?
- Q: What football team would you most like to relegate?
- Q: Which league player do you most dislike and why?
- Q: Who do you think is the worlds best striker?
- Q: Who would you most like to score against?
- Q: What is your second favourite sport or hobby?
- Q: Who is your favourite member of Vixen staff?

- A: Liverpool
- A: Nigel Martyn - Goalkeeper
- A: Chelsea
- A: Beckham! (David not Victoria)
- A: Luis Figo - Portugal & Real Madrid
- A: Arsenal
- A: Swimming
- A: All of them!





# Vix in the Mix

## Just for Fun

### Keepy-Up

The league season may be over, but here is something you can practice every day in the garden or around the park to improve your ball control.

Brazilian youngsters add their own unique touch to this by using a tennis ball instead of a regular football. Once they have mastered the smaller ball, using a football to juggle is a piece of cake!

Start by setting yourself a target of about 6, then work your way up in 3's until you reach about 15 - once you can do this on a regular basis, there is no reason why you can't continue up to as many as you like until you fall asleep! Practice makes perfect and we can hold a competition in training to see how you are doing.

### Give Me Five



Let's see if you can find out 5 league footballers names that can be linked to the following categories:-

Indicator	ANIMALS	COLOURS	PLACES	FOOD & DRINK
[1] Not Bad		e.g. Phil Whitehead		
[2] OK				
[3] Good				
[4] Superb!				
[5] Wow!!				

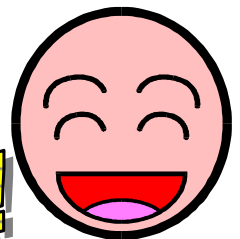
### Joke of the Month

(Forward your suggestions for Vix Mix 8 - keep it about football & clean!)

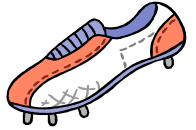
Q: Which Premiership side has the chilliest stadium in the whole of the football league?

A: Manchester United of course - Cold Trafford!

Ha Ha Ha Ha!



Should you have any queries on the content of this Newsletter or any other matter relating to the Vixens please contact Tina Nurse on 0118-958 4714 (Home) or 07944-745291 (Mobile)



## FOOTBALL CHEATS & SHORT CUTS KEEPING THE BALL UP

1 Begin by bouncing the ball on your knee - it's the easiest part of your body to use.



2 When you get used to this, try letting the ball drop to your foot and kicking it back up to your knee.

3 Gradually try using your feet more.

★ Hint: If you let some of the air out of the football, it's much easier to control - and none of your friends need know!