

Central Girls Academy Matchday Programme

Central Football Academy
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Aberdeen 2—2 Central Girls

Kim, Ellie

Central travelled north in a game billed as the 'basement battle' Central's recent displays meant the girls travelled with confidence to Sports City.

However a poor start from Central saw the Dons strike in the opening minutes and although Central dominated the play it was on the 40min mark before Kim equalised. Central were to dominate the game but resilient defending made opportunities hard to come by. The 2nd half continued in the same vein but again the Dons were to take the lead. This time only to last a few minutes when Ellie drew the teams level again. Points dropped, there was certainly that feeling but, coming from behind twice has a positive slant to the result, however the Dons celebration and Central's disappointment spoke volumes of how this game should have finished. Premier league debuts for Kate and Niamh (pic) shows the depth of Central's talent with Kate in the 15's A squad and Niamh in the SWFL. Well done both girls.



FITZSIMONS
CHARTERED ACCOUNTANTS

PLAYER SPOTLIGHT

Name:
Shaney McCabe

Position:

Defence

Joined: 2014

Shirt: 5

Honours:

Scottish Cup 2015

League Championships: 2014/2015/2016/2017

League Cup: 2015

International Caps at:

Scotland U19 & U17 / CYP Scotland 2015/17

About the player:

Shaney is the 'fastest thing on two legs', Central's attacking style is dependant on Shaney's ability to break down counter attacks by the opposition. More than this she looks to bring the ball forward and support the attack. 100% commitment from 'ginge' always.

Her teammates think:

Lively bubbly a great presence around the team, great player and great leadership qualities. Shaney must be every strikers nightmare especially when chasing down a ball...never beaten, never gives up, always a winner

Song that describes her best:

Just Wanna Be with You—Troy & Gabrielle

Role Model: Usain Bolt (100m WRH)

Favourite Player: Ronaldo (Real Madrid)

imagine... believe... achieve...



edition 3
27th May 2018
SWPL 2



It's a warm welcome to Indodrill today for our match v league leaders Motherwell. Our earlier 3-1 defeat against Motherwell will be difficult for us to reverse with the ever strengthening visitors proving to be too strong for every side in the division. Central go into the game buoyant from their form against Killie and Aberdeen and although only returning a single point the players and coaching staff believe that things will work out in the end.

Elsewhere in the league St Johnstone's late comeback gained a point against EUHV which was important for us and keeps them within touching distance in the league. Hearts were to lose out to Glasgow Girls by a single goal and stay in mid table, with the Glasgow side moving into 3rd after a run of victories they now sit a single point behind 2nd placed Killie.

Get right behind the girls today and give them your full support, although a difficult tie for



Central there should be plenty of skill on display from 2 of the most attractive footballing sides in the division.

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Thanks to all our sponsors for their invaluable support of the club.
Pics: Naomi, Monica, Abby





After the live on TV Alba 9-0 demolition of Celtic in the Premier League Cup final by Hibs, do we need to look at the structure of women's football yet again. Celtic who sit 3rd in the SWPL 1 division may have lost to Hibs 3-1 earlier in the season in one of their only 2 losses, the other to Glasgow City, but I'm sure they went in with confidence or at least playing well and springing a surprise, well it wasn't to be and tears at full time from the Glasgow based side were surely a mix of disappointment, embarrassment and crushed confidence. The reality is that the 3rd placed side are miles off the pace as we facilitate the big 2 as we pursue reasonable performances in Europe. We often hear to cry of lack of competition in our domestic league, but have we the wrong plan, possibly so, at least from a commercial base success in Europe equals more interest at home, more players more teams, more teams more talent...you get the drift but in essence is that the reality. For years we decried the men's game for having 2 teams dominating football, but we have ended up the same result for the women's game. Glasgow City dominated football in Scotland and since the National Performance Centre has moved to Herriot Watt, Edinburgh we have seen the challenge (if not the rise) of Hibs and few would challenge the growing opinion that Hibs will win the league this season, but what of the rest, the lack of challenge at the top end will leave the domestic and national European challenge where it is, where it's always been, also rans. The foreign based players deservedly have professional contracts and appear for the national squad, but as a domestic set up we simply don't come up to scratch, the money afforded the English Leagues will not stop and looking jealously over the border will serve us no purpose. It's up to Shelley and her coaching staff to have the National team as strong as possible and if that means all players playing abroad so be it, but when we are bringing in youth internationalists based in England to play for the Scotland youth teams then what is the future, we owe it to our youth to create the competition to meet their needs and in some ways the NPL at 15's and 19's has filled that gap, but for the sake of our domestic football use this medium to select players for the National Youth Squads.

Our recent Div 2 match against Glasgow

City saw our talented young team heavily defeated, it's all well and good having a team defeating all that come before them to embarrassing levels, City folded their 1st Division team last season to the upset of many, and were reintroduced into the Div 2 set up, full of players that would be better advised to seek their football elsewhere in the SWFL 1 or SWPL 2, they must be deluded if you think this is a pathway, the development teams should have a set up on their own, similar to the NPL and at least they would have competitive games each week rather than glorifying in a 7 game 75 goals scored unbeaten record, you have got to be joking: League, City and the players... League create a NPL for Development teams, City give the players competition by agreeing the introduction of the NPL Dev league, players show some ambition and get out with a team that will give you competitive football and the chance of recognition, rather than celebrating with the badge where you are nothing more than a fan, contributing financially to the club but miles away from contributing on the SWPL field of play.

For the SWPL set up, clearly Central's rise to the Premier last season has put us where we want to be, however the trap door from 2 relegated from the 8 has heaped the pressure on our young squad, do we stick to our philosophy of playing skillful open football or as with our last home game v St Johnstone was poor, of little skill, tackles hard and desperate play, where the result was paramount, do we embrace this... we want to resist but being too good to go down is a reality, being young, naive and honest isn't the best way to survive.

So what can the SWF do, but maybe it's already too late for the SWPL, the top sides are now always going to be on top and talented players will be drawn to them, when that doesn't work the foreign based players are rolled in, not for the benefit of Scottish football but for the winning of trophies. We surely have to focus on our youth players coming through, build on the NPL and when 20+ year old, talented head abroad to go professional and the rest look to join a team that suits their ambitions. Meanwhile the NPL becomes the only source of National Youth players at all age groups. A NPL Development league 19's+ what is the point, simply get the players into the national leagues where they'll learn the game, adding to their talent in the cauldron of competitive games.

Stats, facts and other football stuff

1	Motherwell FC	9	8	0	1	39	7	32	24
2	F.C. Kilmarnock	9	5	1	3	13	11	2	16
3	Glasgow Girls FC	9	5	0	4	17	21	-4	15
4	St Johnstone	9	4	2	3	16	20	-4	14
5	Hearts FC	9	4	1	4	14	13	1	13
6	Aberdeen F.C	9	2	1	6	13	21	-8	7
7	EUHV	8	1	3	4	11	26	-15	6
8	Central Girls	8	1	2	5	14	18	-4	5

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Our Visitors — Motherwell



The 'Steel(wo)men' are today's opponents and what a season they are having. With a large investment in experience they are looking every inch SWPL 1 bound. In our earlier clash 'Well ran out 3-1 winners, but victories have become a weekly expectation for the Lanarkshire side, who sit 8 points clear after a third of the season has passed. Challenge is likely to come from Glasgow Girls who recent return of form has saw them push into 3rd spot, the Motherwell management can be extremely happy with what seems like an unassailable league lead.



Our 11's were fantastic entertainment in the pre-final SWPL League Cup final at Westfield last Sunday, great football & goals.

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& Registered Auditors*

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ATN are our website and programme sponsors.

Central would like to thank the following companies for their support of the club:

ATN (website and match programme)

Fitzsimons (club sponsors)

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We would like to invite any potential sponsors to pick up our 'Sponsorship Opportunities' brochure. See staff.



Central Girls Football Academy SWPL Fixtures season 2018

Date	Opponents (Bold home)	Score		Scorers
		Opponents	Central	
28-Jan	Boroughmuir (F)	0	9	Morgan 2 Naomi 2 Kim Kate Monica Jade Ellie
4-Feb	Hearts Dev (F)	0	5	Ellie, Monica, Niamh, Chelsea Kim
11-Feb	St Johnstone	1	3	Kim 2 Abby
18-Feb	FC Kilmarnock	2	1	Abby
25-Feb	Stirling Uni SPL Cup	3	2	Naomi Chelsea
11-Mar	Motherwell FC	3	1	OG
05-Apr	West Virginia ODP(F)	2	4	Abby Chelsea Zoe Jade
15-Apr	Hearts	4	3	Naomi Ellie Abby
22-Apr	Glasgow Girls	3	2	Morgan 2
06-May	St Johnstone	1	1	Naomi
08-May	FC Kilmarnock	1	2	Chelsea
13-May	Aberdeen	2	2	Kim Ellie
27-May	Motherwell FC			
03-Jun	EUHV			
10-Jun	EUHV			
20-Jun	Aberdeen			
24-Jun	Hearts			
05-Aug	Glasgow Girls			
19-Aug	St Johnstone			
26-Aug	FC Kilmarnock			
09-Sep	Motherwell FC			
23-Sep	EUHV			
30-Sep	Aberdeen			
21-Oct	Hearts			
28-Oct	Glasgow Girls			

ALL GOALSCORERS
 (league/cup with friendlies
 in brackets)


<i>Kim McAlpine</i>	3 (2)
<i>Abby Callaghan</i>	3 (1)
<i>Morgan Cross</i>	2 (2)
<i>Naomi Welch</i>	3 (2)
<i>Ellie Kane</i>	2 (2)
<i>Chelsea McEachran</i>	2 (2)
<i>Monica Anderson</i>	0 (2)
<i>Jade Lockie</i> <i>Kate Nicholson, Niamh Scott,</i> <i>Zoe Young</i>	0 (1) each

Inside the Bootroom

Inside the Bootroom will give an insight to behind the scenes at Central SWPL team with latest news and stories straight from the coaches and players themselves.

Although the last 3 games produced only 2 points performances were increasingly better, from the scrappy St Johnstone drawn game, to Killie where a 'creative' penalty denied us a deserved share of the points, to our trip north where the Dons celebrated like it was '1999' with the draw, our disappointment spoke volumes of the girls thoughts on the result.

However todays game has eagerly been anticipated, where some pressure may be off given the 'top v bottom' nature of the game. In our opening match at Motherwell we felt that the performance was good but injuries impacted on our game, not sure if we deserved anything from the game itself but we certainly unsettled them during the game. Again we are intending to play our style of football and impose ourselves as much as possible, a great belief surrounds the club and a feeling that we stick to the game plan we will kick on and get ourselves out of the relegation zone.

Player wise Morgan ankle is a slight concern, training well she is desperate to do well and close to being fully fit. Sophie is unlikely to feature but is back training after physio on a knee injury. Monica is fit again after flu and will feature from the start.

Megan has come back into the team and has been effective, although not 100% match fit she's improving with each game. The rest of the squad are fully fit and with the week break they trained hard working on some new set pieces and transition plays.

Central SWFL side are enjoying a good season sitting 3rd at the moment recording 6 wins, 1 draw, 2 defeats the youngsters are doing really well. The team was set up to fast track the youth players into a competitive environment to ready them for SWPL, to date three of the girls have made their debut in the senior team, Emma at Motherwell, Kate and Naimh at Aberdeen, all done well, along with them are more talent to come through. Much as we would like to win every league we are realistic in the aims of the team and that is a realistic pathway to the top level of Scottish women's football, when the older girls are promoted there is a strong 15's section to come in and it has been a pleasure working with a group of girls who simply want to give everything to the club to pursue their dreams.

The SWFL recorded a midweek away win v Stenhousemuir (23 May) the experienced Stenny side were too caught up in the local rivalry aspect of the game and were overly physical, however the girls dealt with it fairly well and were thankful of 2 Monica goals, both supplied by Niamh to see them through. Stenny rarely threatened Jessica's goal, with Rose, Cerys solid in defence, a good win to set them up for a couple of top of the table clashes before the break.



Central Girls Football Academy SWPL 2 - Squad Statistics

Squad Number	Name	Appearances	Goals
1	Sarah King	12	0
2	Zoe Young	12	1
3	Sophie Mauriello	6	0
5	Shaney McCabe	12	0
7	Ellie Kane	12	3
11	Monica Anderson	12	2
4	Megan Gallagher	8	1
10	Chelsea McEachran	12	4
6	Kim McAlpine	12	5
15	Naomi Welch	9	4
9	Morgan Cross	9	4
8	Abby Callaghan	10	4
16	Jade Lockie	11	2
U15	Eva Grey	1	0
18	Emma McMurdo	4	0
14	Emma Gullan	2	0
12	Katia McKenna	1	0
U17	Jessica Campbell	0	0
U17	Niamh Scott	3	1
U15	Kate Nicholson	3	2
U17	Cerys Gilbride	1	0

Honours	League Championships	Scottish Cup
2017	SWFL Div 1 U15's Regional	U17's 1/2 final
2016	U17's League U13's League	U17's 2nd
2015	SWFL Div 2 U15's Performance & U13's Performance	U15's Winners

Sponsoring Central Football Academy 2018

As an independent club we constantly look for financial support to help run the club and meet our commitments, since promotion to the SWPL our costs have increased and we are appealing for your support.

If you feel that you can help, or maybe your work company please contact us, details on the back page.

We have produced a brochure which outlines different ways you can support the club with small or large donations.

Text

'Sponsorship Brochure' to 07757691202 with an email address and we will send a copy out.

Thanks in anticipation...



Meet Our Mascots...

for today's match v Motherwell

Three of our youngsters are lining up with the squads today are:



Evie, Amelie and Olivia, three sisters at the club who play for the U9's U10's and Legends. Fantastically talented girls who enthusiasm for football and Central knows no bounds. Soccer mom Gillian always at the games with dad Gavin not far away.

League Cup	Tournament wins
U15's winners	17's Disney International Cup 12's Huddersfield Cup & 13's Ayr Cup
U13's winners	New Balance Cup 1st U17's Glasgow Cup & ACES U17's & U16's
U13's winners	New Balance Cup 1st U13's winners



Central News

First piece of silverware was won earlier this month when the Legends lifted the Bo'ness/Linlithgow Invitational Cup. The girls were always in control and won comfortably in the end against a Bo'ness Schools select side. The game played at the superb Linlithgow Rose ground made for a fantastic day out for the team and fans.



Last weekend saw the League Cup start for the 13's and 15's teams. At Regional 15's level we have already retained the League Cup as we were the only side to enter, real shame no game here as the 15's C lack games in their league set up. The 15's A faced a tough away tie to Glasgow City and lost out 1-2 in a game in which the girls took an age to get going, in fact when they went down to 10 players (no subs left) they galvanized and when Elvie scored a grandstand finish was assured... however ruled as off side the game was to end 1-2, the referee adjudged the ball went forward from Holly's bye-line cross and disappointingly the girls went home empty handed. Meanwhile the 2 of the 3 Central sides faced each other when the Futures v 13's, the Legends travelled through to Airdrie to face Gartcairn. The 13's required a second half comeback from 1-2 behind to see off a fantastic effort from the Futures, to win 3-2, meanwhile the fancied Gartcairn were defeated 2-1 by the Legends, a Kayla wonder goal (box to box) was enough to separate the sides in a game that the Legends deserved to win, but for the 1st time this season the physicality of the older team was showing to have an effect. The draw for the 1/4 finals sees the Legends face Clydebank and the 13's line up against Falkirk. League wise Legends sit in 1st place and Futures 4th, as are the 13's. The 15's C also sit 3rd and the 15's A in 4th in their tables.

League wise the SWFL side continued in good form with a close fought 2-1 win over Stenny courtesy of 2 first half Monica goals. The SWFL side currently sit in 3rd place and doing well despite their young years. The 15's A still catching up with games but sitting mid table (games in hand) and playing well, yesterday 26th May defeated Boroughmuir 3-1.

The Monument Walk on the 4th June will see over 200 Central members walking from the Falkirk Wheel to the Kelpies, the hour and a half walk, now in its 9th year is the clubs most important fundraiser. Of course family, friends and pets are more than welcome to participate, all we ask is that you try and raise as much as possible. Sponsor sheets are available from the secretary (Text 'Walk' with your email address to 07757691202 to receive a Sponsor Form). This year the Monument Walk will be filmed using a Drone Camera, which will be recording and taking pictures from above throughout the whole length of the walk. Those



raising over £50 sponsorship will be eligible for a unique photo of the event.

Our Photography Day was a success thanks to Crawl and his Kersiebank Community Project staff and facility use. We combined with the Project to bring in

items for the Food Bank charity a great effort by the players saw bags on bags of items donated, thanks to all that contributed giving the opportunity for the needy to put basic food supplies on the table.

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