

# football in the **COMMUNITY**



## **GIRLS' CENTRE OF EXCELLENCE 2007-08**

Good afternoon and welcome back to Carrow Road for today's fixture against Sheffield Wednesday. Today, we would like to take this opportunity to share some information with you about our girls' centre of excellence programme.

During our last home game against Crystal Palace we announced the squads for the girls centre of excellence for 2007-08 season. The girls took part in a launch on the pitch at half-time, which saw the four squads parade around the centre circle.

The girls' centre of excellence's ninth season has already kicked off with the girls having played two away fixtures against, Luton and Cambridge United and also a home game against MK Dons. Other fixtures to follow include Northampton, Ipswich, Colchester and Oxford. We are also in the process of confirming matches

against Leicester, Chelsea and Arsenal.

As part of the girls' centre of excellence programme, the girls are required to attend a 26-week training programme, training twice a week with their squads, and within one of these sessions the goalkeepers will also receive specialised coaching. Throughout their time in the centre the girls will also undergo four individual fitness tests and attend a nutritional workshop all of which are key areas and part of their development programme.

As well as the league and friendly fixtures the girls will also take part in a football tour, previous tours have taken the girls to Holland, Italy, Spain and most recently all four age groups visited Nottingham Centre Parcs. The girls played fixtures against Sheffield United, Sheffield Wednesday, Aston Villa, Crewe and Manchester United.

There are also opportunities for the under-14s and under-16s girls to be selected for one of the

England regional training camps that take place through out the season. Special mention must go to Holly Clarke and Lucy Gunton-Jones who recently attended an England training camp and have now been selected to represent the England under-15s against Wales in October.

They are many footballing opportunities for girls of all abilities within our girls' development programme. If you would like to get involved in girls football activities please call Emma Fletcher on 01603 761122.

### **IAN THORNTON**

Director of Football in the Community



Under 10's



Under 12's



Under 14's



Under 16's

**FITC PREMIER PARTNERS**


Photos by Natasha Lyster www.run2design.co.uk