

Newsletter Summer 2013

e-mail colgafc@gmail.com website www.colgafc.ie

The football season is coming to an end but there is still plenty of news at Colga. Some of our teams have exciting league and cup deciders ahead and others have already bagged the silverware. Our World Cup family football festival is coming around soon and we host the FAI Summer School again this year too, with Aviva tickets on offer. So check it all out and tell your parents.



Picture—Colga Cadets rally for the last round of the Maree-Oranmore invitational tournament in May



World Cup Day, June 8 Colga FC is hosting a family football festival again this year on World Cup Day, Saturday 8 June, on the home grounds in Clarenbridge. World Cup Day is for boys and girls of five years and older. Register at the grounds at 10.00 am. The first kickoff is at 11.00 am. Entry is free but donations can be made on the day. You could be picked for Italy, Germany or Brazil!

FAI Summer Camp, 8–12 July

The FAI has chosen Colga FC to host its Summer Soccer School again this year, in Clarenbridge, 8–12 July, Monday to Friday, 10.30 am to 3.00 pm. The Soccer School is for kids of all abilities, from beginners to developing players. Kids get free kit and there are free international match tickets (Aviva stadium) for parents! All for €65. Book online at www.summersoccerschools.ie

AGM The Annual General Meeting will be held in Paddy Burke's function room in Clarenbridge, at 8.00 pm on Monday 10 June. Colga FC is a community organisation run by parents for kids. So please join us.



Simply the best! The club motto is *nil satis nisi optimum*—which means ‘nothing but the best is good enough’. This year Colga teams have been among the best in several tournaments. U11 boys teams won Division 4 of the District League and came third in Division 1. They meet Tuam in the Premier Division Cup Final (date pending). The U12 boys are unbeaten this season and will meet Oughterard in a dramatic last-match Division 1 league decider. The U15s were runners up in Division 1 but the U18s nailed it in their Division 1 and are the season’s Champions. (Picture) A tired but happy U18 captain, John Feeley, accepts the league trophy from GFA representative Paul Phillips.



Galway girls Colga FC is a stronghold of women’s football. The club ran a Winter Academy this year for girls U10 to U16. Sara Egan, Anita Moran and Ciara Murphy were chosen for the Galway squad in the U14 Gaynor Cup—a national competition. Lisa Casserly is an established favourite with the international selectors and represented Ireland in the U17 European Championship this year.



100 things to do this Summer When the season is over you can still train to sharpen your skills. Try these challenges at home. **1.** Play the ball against a gable wall 100 times. See how many ways you control or strike it with your chest, head and feet. **2.** On rainy days use four socks to mark out a 1 m square on the kitchen floor. Move the ball around inside the square at speed. See if you can manage 100 touches in one minute without losing control. **3.** Or how about 100 kick-ups (keepie uppies or freestyling)? Ten would be pretty good for a beginner! Dan Magness (27 years old) holds the world record for freestyling. In 2010 he kept a ball going for 26 hours! We had our own visiting freestyler at Colga this year when Polish supremo Sebastien (picture) gave a demonstration for all the Cadets.

Who’s your coach? The Colga coaches are always trying to improve as coaches and mentors. Call us and tell us what you think. Our Chairman is John Hogan (087 126 6312), Martin Mullins is Secretary (087 268 0821), the Treasurer is Derek Murphy (087 120 7877) and David Silke (086 872 8523) is Director of Football. Parent volunteers are important in training sessions—especially with younger kids—so don’t be afraid to get your trainers on and get involved. The club will sponsor one-day FAI KickStart training courses for volunteers.

