



GUILDFORD SAINTS FC

FA Charter Standard Development Club
Surrey FA's: Grass Roots Club of the Year 2022



Can we have our ball back please...

October 2024

Dear Members,

Welcome to our October Newsletter: -

Training sessions continue through half term for all age groups/teams – except for Futsal sessions.

No matches on Sunday 27th October for ALL U7-U18 teams

No Matches Sunday 3rd November for Development teams: U7 – U11

Ladies team have a game on 27th October & our PAN team will be taking part in their monthly Tournament at Walton Xcel.

GSFC welcome new volunteers for the 24/25 season:

Thomas Haines, Ben Chow, Mo Husban, Guy Holloway, Louise Haines U9 Lions
Ben Darnton U9 Hawks, Girls
Laura Morton U10 Tigers
Laura Gunner U10 Lynx
Steve Yendell U11 Panthers
Joanne Hung U12 Lions
Lucy Field, Chris Pizzey, Matt Field U13G Tigers
Vincent Vitulli U14 Tigers
David Hemming U14G Gems
Robert Atanasoski U13 Lions
Calvin Haggis U15G Wildcats



Have a great 1st season with us, **your help is much appreciated.** To all volunteers rejoining us this season, **keep up the great work.**

GSFC SUPPORT FUND



Members will see the icon to donate on Commentary Box, please help keep the game inclusive, any donations will be much appreciated: <https://gofund.me/677ef5c2> 100% of funds donated will go to the Support Fund.



U13 Girls Tigers send a huge thanks to kit sponsors [Designer Electrical Ltd \(Merrow\)](#). This newly formed team have had a roaring start to the season. We are excited to watch their development throughout the season.



Additional Football sessions

Keen to attend more football sessions? We have spaces in our Futsal Groups:

Girls U11 – U14 @ Kings College School – Wednesdays 6-7pm (6 weeks £36) term time only

Boys U10 – U13 @ County School – Thursdays 5.45 – 7pm (6 weeks £50) term time only

2 sessions left of this current half term if anyone would like to try a session.
The next block of 6 weeks will start W/C: 4th November 2024

Contact: Dawn.davies11@btinternet.com.....

**October half term course: 1st November 9am – 3pm @ Kings College School – 3G
Cost £30**

The day will focus on different tactical situations experienced within a game environment

- 1) building the attack
- 2) playing through midfield
- 3) creating and finishing in the attacking third
- 4) How to win back possession to counterattack

To register your child for the course: freestylefutsal10@yahoo.co.uk



NEW FOR 24/25 SEASON:

Please Welcome, **Amie-Parry-Jones** (BANT registered Nutritionist) from **Surrey Nutrition**



Amie will be offering advice and tips on nutrition to boost energy & performance levels:

Good nutrition before playing sports can support energy levels, performance, and recovery.

Try to include the following macronutrients at each meal:

Carbohydrates - the body's main fuel source during sports, especially for high-intensity activities.

- Whole grains, fruits, vegetables, and starchy foods like oats, pasta, rice, and potatoes are good choices for pre-match meals.

Protein - important for muscle recovery and repair.

- Include lean protein sources like chicken, turkey, fish, eggs, tofu, pulses/legumes and dairy.

Fats - good for sustained energy.

- Sources of fat like avocado, nuts, seeds, olive oil, eggs and a moderate amount of dairy are ideal for a pre-game meal. Aim to limit ultra-processed forms of fat such as sausages, bacon, ham and cured meats. These often contain a high quantity of salt and can contribute to dehydration.

Meal ideas the day/night before a match:

- Grilled chicken, brown rice, and roasted vegetables
- Turkey sandwich on whole grain bread with avocado, lettuce and tomato
- Spaghetti bolognese with vegetables or salad
- Jacket potato with beans, cheese and broccoli or green beans



Breakfast ideas for the morning of a match:

- Porridge (jumbo oats with milk) – add berries and a sprinkle of nuts/seeds
- Smoothie (including fruit and veg like spinach, avocado and kale) with Greek yogurt
- Wholegrain toast with peanut butter and banana slices
- Greek yogurt with muesli and fruit





Snack options (or lighter breakfast before match):

- Boiled egg
- Piece of fruit (like an apple or banana) with cheese or a handful of almonds
- Granola bar
- Slice of toast with peanut butter
- Greek yogurt



Things to avoid:

- Heavy meals or high-fat foods right before playing can cause sluggishness or stomach discomfort and cramping.
- Sugary snacks might give a quick energy boost, but they can lead to an energy crash during the game. Avoid sweets, fizzy or sugary energy drinks.

Long-duration sports (over 60 minutes): Consider including an electrolyte drink to help with mineral balance, especially when it's hot. Half-time fruit snacks (banana, orange slices etc) can also be helpful



TOP TIP: *DID YOU KNOW? * Coconut water contains high levels of **electrolytes**, such as **potassium, calcium, and magnesium**, making it a good pre- and post-match drink to replenish those important minerals.



Surrey
Nutrition





GSFC Pop-Up Shop open all season:

POP-UP KIT SHOP
BOOTS - £5.00
SHIN PADS - £2.50

PLEASE DONATE YOUR USED BOOTS & SHIN PADS !

100% OF SALE PROCEEDS GO TO THE CLUB

WHERE: OUTSIDE CAFE @ KINGS
WHEN: SATURDAYS, 09:45 - 11:15
CONTACT: JUSTIN, 07495778999

That's all for now Until next time enjoy the beautiful game.....

