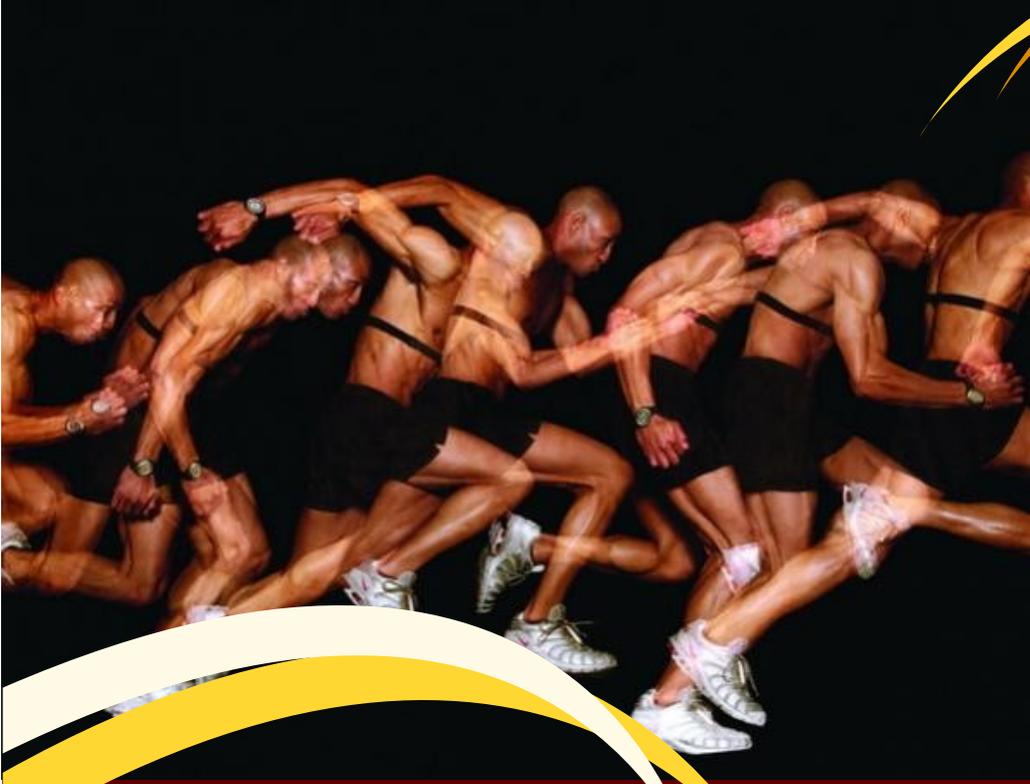


In Motion

The online sports magazine for Didsbury, Manchester
Issue 2: October 2013



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Bumper packed edition

Thank you all so much for the feedback we received about the first issue of *In Motion* published in September. In this next issue we have taken on board those comments and we hope that you like the direction we have taken with the magazine.

In Motion is all about our local community, Didsbury, and you are the people who have a direct influence in developing that community, in particular through your sports clubs.

Compiling the magazine each month has opened our eyes to how much good work is going on in Didsbury and how much time and effort people are putting into their sports clubs for the benefit of their local community. We want to celebrate and share that work with as many people as possible.

Enjoy your read!

Paul

Something for the next edition of *In Motion*?

Are you part of a Didsbury Sports Club?

If so, why not contribute to *In Motion*—it's FREE to do so, there are no hidden costs!

Simply contact us at
InMotion@hotmail.co.uk

Or follow us on Twitter
[@DidsInMotion](https://twitter.com/DidsInMotion)

Didsbury Events Board

October 2013

Sponsorship? Fund raising? Special event?

Want to tell everyone about your next event?

Drop us the information—InMotion@hotmail.co.uk
for it to appear here each month.



AFC Didsbury

Venue: Simon Field, Ford Lane,
Didsbury, Manchester M20 2RU

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Website: didsburyjuniors.com

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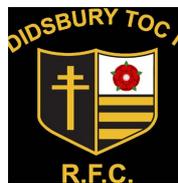
CALLING ALL DIDSBURY BASED SPORTS CLUBS!

We **NEED YOU!** *In Motion* is an online magazine for Didsbury based sports clubs. Without you, there can be no magazine!

If you would like to be included in our directory of Didsbury clubs, then do not hesitate to contact us. It is a perfect way to attract new members and provide your club with more local exposure.

And, best of all, it is **TOTALLY FREE** to be part of!

Email us **TODAY** for further details as to how your club can get involved.



TOC H Rugby Club

Venue: Simon Field, Ford Lane, Didsbury, Manchester M20 2RU

Primary Contact:
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07835 548441

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Fletcher Moss Rangers

Venue: Mersey Bank PF, Waterford Avenue, Didsbury, M20 7ZN

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Manchester Waconians

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Sports Psychology

Noel Dempsey (MSc)



Noel will be writing a monthly column, if you have any queries or want to know more about the role of sports psychology and how your club could benefit please contact us at *In Motion*

Why do the most experienced football players' miss a penalty? Why does the favourite sometimes fall from grace? How do athletes deal with long term injury?

There is no doubt that the use of Sport Science has enhanced athletes' performance from the advancement of physical training methods, coaching techniques and state of the art facilities that enable athletes to maximise their full potential. It has only been in the last two decades that Psychology and its use within sport has been taken more seriously, with methods only really being used by the elite. However with the advancement of sport as a global past time and the improvement and accessibility of technology we now have the ability to focus on the key psychological factors that can often affect our own performance.

There are so many topics that we as individuals and not just athletes can all relate to and need help improving, take areas such as attention or anxiety for example. In order to progress in life as well as a particular sport we need to attend to the right information in order to succeed, misjudgement or lack of focus on the essential attentive factors can cause a dramatic drop in performance. This can often be improved through analysing your performance the same way you analyse your bank balance every month, piece by piece, breaking down the performance and focusing on particular areas that need to be improved.

Taking a look at anxiety and how so often it leads to detrimental performance can be one of the most frustrating factors for an athlete. So, what can be done? Well, depending on the type of anxiety you may be experiencing you can use basic breathing based exercises or use cognitive restructuring to change your mind set on how you view a particular situation. Now, these techniques cannot be picked up and mastered in matter of hours or days. Like so many other things in life it takes time and creating 'good habits', it may take time but the results can be worthwhile.

The above topics are just two of many which could also look to include confidence, motivation, moods, emotions, and leadership, which are all essential parts of being successful in sport. And the even better news is that all those areas can be developed using a range of basic psychological techniques.

Grass root sponsors—myth or legend?

Every where you look when you turn on your TV to watch some sport you will see sponsorship—kits, equipment, stadia, watches, match ball, hoardings, the list is endless. To the companies that plough their multi million pound investment into these sponsorship deals the promotional exposure can be formidable and it can boost their organisations' image when aligned to a winning team. **So why then would anybody want to sponsor a grassroots club with little or no perceived benefits?**

Away from the hurly burly world of professional sport I'm pleased to say that there is a real sense of community which still exists, especially here in Didsbury. AFC Didsbury are proudly sponsored by local fish and chip shop, Fosters, located in the heart of Didsbury Village. Local people like to support local causes because they can see the benefits and they are investing in their local community for the development of the area they live in and the people that live in it.

Traditionally, for junior sport, a parent will be a lead sponsor. Why? Because in order for 'little Johnny' and his mates to play they need kit and equipment. For the good of their community, not financial gain.



Attracting sponsors also enables a fantastic social element to develop. Whereby two organisations unite in order to celebrate the sporting success. Look and see how many organisations display trophies from the teams they sponsor. They are proud to be associated with their local community sports clubs.

Didsbury Juniors, after struggling to attract sponsors, made the bold decision, back in 2009, to wear the name of the Christie on all of its team's

shirts. The adoption, alongside this, of a pink shirt to support and promote the local cancer hospital has gone down fantastically well with its members who are proud to wear the name of and support such an important Didsbury institute.

Grass roots sponsors should be celebrated for the work and financial investment they make into their local community. For many clubs and teams they are the life blood for sporting pleasure for so many people and for this, they should be acknowledged and given the credit they deserve.

For grass roots clubs, the advantages of seeking out local sponsors to reinvest in their community far



outweigh the 'big-bucks' sponsorship of professional sport. The Community should be at the heart of every local club and this is one way of ensuring that remains a principal element.



In Motion recently caught up with Paul Barrett, Club Secretary at Didsbury Juniors Football Club, to find out about the Club's ethos to provide it's young footballers with an opportunity to play the game in a variety of formats to suit their needs....

'Our Club focus is on development of the individual player..'

After a disastrous run of performances at a number of world competitions, the Football Association, governing body of Football in this country, set about redeveloping and re-formatting how the sport should be played, with particular focus on junior grassroots clubs.

Local community FA Charter Standard Club, Didsbury Juniors, based at Fog Lane Park, has embraced some of these changes in order for them to develop their own players and provide them with some opportunities to try some different things.

Club Secretary, Paul Barrett continues "For a long time now, at our Club, we have tried different practises and different formats of the game in order to develop our players. Our Club focus is on development of the individual player and we are fortunate that we have some highly experienced and qualified coaches leading our teams each week in order for us to put this into reality."

"A number of our coaches have been involved with Manchester United FC and so the development of small sided games, such as 4 v 4; Futsal, which is 5 v 5; and Mini Soccer which is 7 v 7 have been easy to install into the culture of the Club. By having less players on the pitch, playing on smaller pitches, the players will get more touches, create more one versus one situations and develop more as players. In many foreign countries, these formats of the game are played to a much older age which means



they are, generally speaking, developing the skills and techniques to make them better players for a longer period of time. Hence why so many people rave about the technique of foreign players when compared to their British counter-parts.”

“We have recently been part of the development of the first junior futsal league in Manchester and the opportunities which this game provides in terms of the speed, improvement of first touch and speed of thought have helped our young players improve when they have switched to the more traditional formats of the game, which we all know.”

“At our level, it is all about suiting the needs of the players



and developing them as best we can. We offer the local community a service and it is our aim to provide as good a service as possible which means flexibility of opportunities and to ensure that the players are exposed to variety.”

“Traditionally, the larger, physical players within our game, have always flourished. Because they can kick further, run faster and further. The new formats of the game, as we are introducing, even things up. Those smaller players, with quick feet and clever minds are now coming to the forefront and that is a positive thing for the development of the game in this country. We’ve still got a long way to go, but we are getting there slowly but surely.”

For further information about **Didsbury Juniors FC**, visit their website didsburyjuniors.com

What is Futsal?

Futsal is a new fast flowing game with a growing reputation. The ball is slightly smaller than a normal football and is heavier so it is weighted to the ground. It is aimed to improve your first touch and skills. Its a great way to learn new tricks so you can show off in front of your friends.

World class Futsal teams in Brazil, Spain, Argentina and Portugal are popular with players like Ronaldo, Messi, Kaka and Fabregas who have developed their football by playing Futsal.

Manchester Futsal Club play in the top division of the National Futsal League and have represented England in European Competitions too.

The **Manchester Futsal League** is the first junior futsal league in the area. Affiliated to the Manchester FA players play monthly, midweek, at two venues in Manchester

Links:

[Manchester Futsal Club](http://manchesterfutsal.com)

manchesterfutsal.com

[Manchester Futsal League](http://manchesterfutsalleague.weebly.com)

manchesterfutsalleague.weebly.com

‘At our level, it is all about suiting the needs of the player’s...’

Lacrosse...past, present and future

Lacrosse is one of the oldest team sports in the World. Its origins are from North America where French Missionary's first observed Native Americans playing a ball game with a stick and a net which resembled a cross so they named it "La Crossier" which over time has been shorted to Lacrosse.

The native name for the game was 'Baggataway' meaning 'little brother of war' this was because the game was actually used to settle disputes between rival tribes and the games were often brutal and were played for days on end.

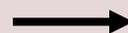
The game was widely played by the tribes of the Iroquois Confederacy, which today reaches from Ontario in Canada to up state New York in the United States.



Lacrosse today has become one of the fastest growing sports world-wide. In Europe 28 countries now play lacrosse, with world power house, USA boasting a professional league and a collegiate system that often attracts 60,000+ spectators to the annual championship final.

In the United Kingdom the sport can trace its origin's to the late 1800's where a touring team of Canadians and Native Americans brought the sport to demonstration tour around the UK including a playing a demonstration game for Queen Victoria I. Clubs were formed all over the UK from Glasgow to Manchester to London.

The women's game can trace its origins to Scotland and St Leonard's school where the first game was played in 1890. The game is still popular within girl's schools however the game has become more inclusive and club teams can be found throughout the county.



Why is it good for you?

Lacrosse is a fast paced, energetic, exciting and dynamic sport. The sport is regarded as 'the fastest game on two feet' and attributes from a variety of sports such as Basketball, Rugby, Ice Hockey, Field Hockey and Football can be seen in Lacrosse.

Although Men's and Women's Lacrosse differ slightly, with Men's being full contact and Women's being limited contact, the object of the game is the same, to move the ball up-field via the "crosse" and score in the opposition's goal.



Get Involved

For those looking to take part, there are now more than 250 lacrosse clubs in England as well as it being the fastest growing sport within UK universities.

Lacrosse clubs will provide all the equipment, coaches, support and referees to allow members to start to play. For beginners, all you will need is a personal mouth guard.

English Lacrosse clubs offer a get 'INTO Lacrosse' programme aimed at getting people playing in a fun, social and friendly environment. This is a great way to start playing lacrosse, before quickly graduating to playing the full game.

For details about how to get involved in lacrosse or upcoming events can be found on the [English Lacrosse Association website](#). Sign up to become a free member of the English Lacrosse Association and join the **mailing list** to be sent details of the latest events.

Your local club is [Manchester Waconians](#) based at Didsbury Cricket club. The club was founded over 100 years ago and runs multiple senior and junior teams in the northern divisions of the Lacrosse leagues. Just contact us via our website and we will be pleased to help you or your children join our club and start playing the game.

October 2013

Competition

Does your club have somebody who is a particularly good word smith when it comes to writing match reports? Do they have a flamboyant way of setting the scene and describing the action? Do their reports make you smile as you read them and have you nodding your head in agreement or shaking it in disbelief? If so, why not nominate one of their match reports to win our monthly competition?

To enter, simply email their match report to InMotion@hotmail.co.uk

The winning entry will be published in the next issue of In Motion

GOOD LUCK!!



UNWANTED BOOTS?

DON'T JUST BIN THEM — SWAP THEM! EACH MONTH IN THE BOOT ROOM LOCAL CLUB MEMBERS CAN EXCHANGE OR SELL FOOTWEAR.

SIMPLY EMAIL US THE DETAILS OF WHAT YOU ARE TRYING TO GET RID OF, ALONG WITH CONTACT DETAILS AND THEN SIT BACK AND WAIT FOR A CALL...

...SIMPLES!

THE BOOT ROOM



The World Cup comes to Didsbury...

Fletcher Moss Rangers Football Academy hosts its once a month 'World Cup' competition on the first Saturday in every month.

Each of the other weekends, the players train on different topics; i.e. dribbling, passing, shooting etc.

This October, the teams involved were Brazil, Holland, Spain, Germany, Italy and Portugal playing in 3 v 3 teams so the players can play in plenty of space and get loads of touches on the ball.

They all love to pick to play like their favourite players, Oscar (Brazil), Van Persie (Holland), Xavi (Spain), Ozil (Germany) - Yes, we do have some Gunners fans! Ballotelli, (Italy), and of course Ronaldo for Portugal.

All the games ran very close with plenty of goals being scored all over the 3three pitches but the final was played out between Germany and Portugal. The Portuguese side took the lead and Germany left it very late in getting the equaliser. At the final whistle it ended one each. The penalty shoot out was won by Germany by 3 goals to 1. The winning team walked wearily off the pitch sporting there winners medals with pride.



**“Can we all do it again next week?”
They asked Dave, the Head Coach**



**For further details, please contact
Dave Horrocks, Head Coach,
Fletcher Moss Football Academy
d.horrocks1@ntlworld.com**

SPOTLIGHT ON JOHN BATTERSY, CLUB CAPTAIN OF AFC DIDSBURY



What is your role within the Club and what does that role involve, week in and week out?

Club Captain. Ensure everyone is up for the game each Sunday morning and no matter what happens on the pitch win or lose ensure no one's heads are down by the end of it.

How did you first get involved with the Club?

After finishing Uni and playing regular football, working life left a void with no 11 aside football. I and the chairman of the club, Adam Musson, decided upon setting up our own Sunday league team.

How long have you been involved with the Club?

Involved from the very first league meeting 4 years ago - although never been to one since!! :-)

What has been the most significant change at your Club in the last three years?

The biggest change is the one that happened this summer with us moving from Turn Moss playing fields to the brand new facilities at Ford Lane.

What do you envisage will be the most significant change at your Club in the next three years?

The next 3 years really follows on from point 4. Being able to grow the club into a proper community club with links to all the other teams playing at Ford Lane and in the wider Didsbury community.



If you could change one aspect of the sport you were involved in what would it be and why?

In the professional game, wage caps (obviously will never happen). I genuinely believe we will see some major teams go bankrupt in the next 10 or 20 years which will rip the hearts out of football fans and communities up and down the country. In the amateur game I would like to see much better relationships after the game with opposition teams. Unlike Rugby and Cricket there is zero interaction with opposing teams after the game which is one of the big reasons for long standing feuds and disciplinary issues between rival teams. I hope the new clubhouse will allow us to start inviting the opponents in for a few beers after the game and start to change this growing problem.

What legacy does your club intend to create for the Didsbury Community?

Legacy is a great word but a word too soon for our club. This is our first season actually playing football in Didsbury, we have sponsorship from Fosters Fish & Chips and I hope we can start, this season, to build a relationship with the wider Didsbury community and look at the word legacy in the next few years.

Favourite sports person?

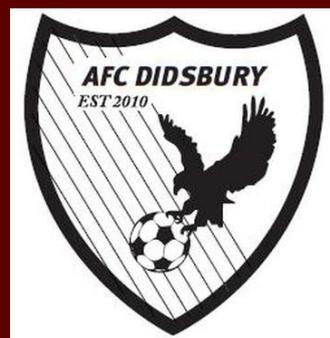
Currently – Nemanja Vidic. No diving, no dribbling, no sulking, no messing. Football wise it's always been Scholes, a national disgrace that Gerrard and Lampard are STILL being played together in central midfield. From all sports Freddie Flintoff and 2005 was one of the best summers I have ever known.

Favourite sports team?

Manchester United

Favourite position in a team?

Centre Back



Favourite moment watched in your sport?

1999 Champions League Final. Will never ever forget that night. YouTube has now allowed me to revisit this game in multiple different angles, from the crowd to a camera behind the goal and each time the goose bumps go shooting up my back.

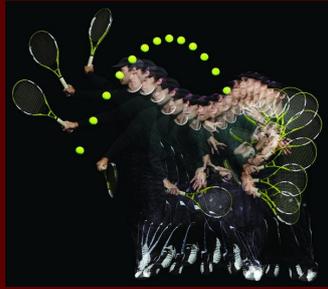
Most memorable playing moment ?

We've won 2 league titles in 3 seasons but the game that will always stick out for me was a freezing Winter morning playing in appalling conditions where rain and hail belt down for 90minutes. Here the men stood up and put in a brilliant performance to win 3-0 against our rivals for the title. My personal moment was having to mark a 7ft Irish giant all game and beating him to a header with the ball hanging under the cross bar with our keeper on the ground.

Best thing about being involved with your Club?

Absolutely it's the lads. The mates you make from getting up at 9am every Sunday morning in the pouring rain to run around a boggy football pitch in the middle of Didsbury are mates you hope to keep for a long time. I love playing football and would genuinely hate to have to swap the boggy pitches for a Sunday morning lie in.

For all the latest news, results and fixtures for AFC Didsbury, visit afcdidsbury.co.uk



More information...

November 2013 (release date 11th)

The deadline for the next edition of *In Motion* is Friday 1st November 2013.

Please send any contributions to InMotion@hotmail.co.uk

Want to contribute?

Do you have a good news story from your Didsbury based sports club?
Are you looking to attract new members? Do you want to inform the local community about new developments? Then please get in touch...

Advertise With Us

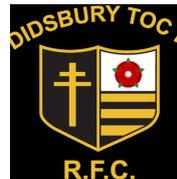
Are you a local Didsbury business?

Do you want to advertise within the magazine at very affordable rates?

If so, then please contact us for a full advertising rate card. Prices start from £10 per month.

In Motion

Issue 02 October 2013



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