

St Josephs Boys A.F.C. Newsletter

“Forward to the Goal”

Do we lead by example?

The following quote came from the Pope, when he met the late Sir Matt Busby and his United team in Rome before a game with Lazio.

“Never cease to be conscious of the influence for good that you can exercise. Always seek to live up to the finest ideals., both of sport and right living. Always strive to give an example of manliness, honesty and courtesy both on the field of sport and in your daily lives. Be worthy of imitation by those whose eyes are constantly on you”

These words remind those of us who were fortunate enough to have known Brendon Harmon the Club’s first secretary. Let me remind you of one of his many quotes **“ Remember lads you are looking after other people’s children if you treat them with respect they will also treat you with respect”**

To all our leader, coaches, young and old, and parents, Yes we do have a responsibility in our roles to lead by example, our players are the future citizens of our Country where respect is becoming less and less prominent.

Charlton trip

Valentines Day 2008 had a whole new meaning for St. Joseph’s Boys under 11 and 12 Premier teams. A group of 43 players and coaches, led by Ger Egan and Gerry Clements, travelled to London to take part in a joint Charlton Athletic / St. Joseph’s Boys’ training and development camp under the guidance of Charlton’s Academy director, Steve Gritt.

Over a three day period, this comprehensive programme involved both teams taking part in separate coaching sessions together with challenge games against Charlton’s Academy sides at their Academy grounds in New Eltham, East London. The coaching sessions laid-on by the Charlton coaching staff were of the highest quality, involving many of the Academies top coaches including Steve Gritt and Steve Avery. Charlton’s Academy has become renowned over the years as one of best youth soccer academies in Europe and one of the most progressive. This quality was evident from the moment the group arrived at Academy in Sparrow Lane, New Eltham.

This visit to Charlton, the first as part of the new Charlton/St. Joseph’s Boys player development agreement, was a great success. It was a very enjoyable trip and a great experience for the boys. The group leaders would like to take this opportunity to thank the Charlton staff for their efforts and hospitality. We also want to pay tribute to all the boys on both teams whose application, behaviour and attitude for the duration of the trip was exemplary. They were a credit to our club.

Want 2 be our sponsor?



Volume 1, issue 3

March 2008

Inside this issue:

<i>Charlton trip</i>	1
<i>Meet Paul McShene</i>	2
<i>All Ireland update</i>	2
<i>Bray Pass</i>	3
<i>Clive Clarke</i>	3
Coaching clinic	4
300 club	4



All Ireland update!

The club teams who bowed out of the All-Ireland Cup were all away games. The 11P lost 4-3 on penalties to Freebooters- Kilkenny after a tight game. Again the 13P lost to St Francis 7-6 on penalties, after leading 1 nil in extra time. The 16M dominated in their game against St Kevins but went down 3-0, again the old cliché "you don't always get what you deserve in football". The 14P who beat Monaghan 4-1 at Oriel Park, lost away to Kingdom Boys in Kerry. The 15P "played Ugly" and beat an impressive Wilton Utd from Cork, 2-0 Jamie Hammond scoring both goals. They then went on to beat Lagan Harps 1 nil with a John O'Connor goal to reach the quarter final. They now meet St Kevins M away..

Busy time for trips!

Gold luck to the many teams travelling over the next few weeks, U15s off to Portugal in March, U11s to Glasgow Centre, U-13s off to Elite Tournament in Valencia in June, Girls U14s to Germany in May and our 16 Girls off to Italy in June. Enjoy!

Meet Paul McShane!

Paul the Ireland and Sunderland defender was signed by "Joe's" when he was under 12 coming from Newtown. In a recent interview for the Newsletter he says "*my dream was always to play for "Joe's" because they had a really good name". He continues "I wanted to be the best player around my area and thought by getting into "Joe's" would prove that" "Once I joined, my dreams just kept getting bigger as time went on. I wanted to get trials for English clubs and into the Irish team at Under 14."* Paul always thought it would happen because "Joe's" was a stepping stone for him and he needed to play his best game every game with scouts watching. He says "*Joe's gave me this opportunity and gave me a good football education and I improved a lot within a short time. I trained twice a week and attended every school of excellence"*.

Liam Browne, the present 17P manager was the biggest influence within the Club. Paul came as a centre midfielder player, but Liam put him in at Centre Half which he hated. He wanted to be involved in the action and kick every ball. "*Liam put a rope around me so I wouldn't drift, I did well there and eventually settled down. Liam was not only a good manager who gave me great advise he was a very kind caring man"*.

Paul's family was the biggest influence outside of football. They were there from the start and had great belief in Paul and gave him every chance to make a career. His Dad, who never missed a game from Under 8, gave great advice and is such a positive man which rubbed off on Paul.

Paul talks to his family every day sometimes twice or three times. "*Whenever I went through a rough patch during my apprentice at Manchester United my family always got me through it without them and their support it could have gone the other way.*

Paul always looked up to Roy Keane because he liked the players who played with a lot of passion. He always entertained him because he had a streak in him that he's not to be messed with and his leadership qualities were the best around.

**Best mate when at Man U
At Sunderland
Memorable International**

**Premiership game
Music Taste**

**Car
Ambition**

Sylan Ebanks Blake, Luke Steele, to this day John O'Shea
Jack Pelter (reserves), Daryl Murphy, Roy O'Donovan

Debut v Czech Republic marking Kohler playing "cat & mouse" Named as MAN OF THE MATCH

Debut against Spurs-again man of the match

Christy Moore, Dubliners, Luke Kelly,

Wolfstones, Killers, Artic Monkeys Amy W

Audi Q7, Jeep

To captain Ireland and be recognised as one of Ireland 's great players.

Paul continues "*I was always very dedicated to make a career, For me I lived it. I was always practicing with a ball on the road, on the green and every break time at school. I loved training and prepared fully for games. Bed at 9.30-10.00, up early and do 40 minutes of stretching. Before school I would go running every morning in the forest, because I always wanted to keep a street ahead of everybody else. What you eat and drink is vital the odd treat at TG1 Friday is ok. Rest is also important*

Normal week at Sunderland *Monday-train 1hr30min Tuesday -Double session with weights. Wednesday -off Thursday 1hr 30min Friday 1hr. Training consists of small boxes possession 1 touch with 2 in the middle, big possession game then a 9 a-side game on a small pitch.*

Finally boys, my advice is to give it everything you got and dedicate yourself to the game. Always try to improve yourself in every aspect both on and off the pitch. You have to enjoy yourself as well, as after all it's only a game and that's what you are in it for is the enjoyment. Yes it has it's downs but the highs are the best feelings in the world".

CLUB NOTICE BOARD

KNEE PROBLEMS IN "JOE'S"

Peter Gough got his second knee "done" recently and is making a full recovery. Then Eamon Duignam also got his "done" and is also on the mend. Low and behold Muriel Shelley decided, "well if they can do it so can I" so off she went to the Blackrock Clinic. We wish you well Muriel, Niall has the house in great nick and is eating well !

SORRY GARY

We left you out Gary Murphy's name in our article highlighting the three Joe's players representing Ireland against Australia in January. The three should have been FOUR, what an achievement. We apologise Gary for the slip up on a great great honour, well done.

HAVE YOU GOT YOUR BRAY WANDERERS PASS.

Bray Wanderers kick off the Eircom League season with an away game against Cork City March 7. If you need a pass for their games get two passport photos. Print your name on the back, your DOB and team. Then give them to your leader.

BRAYS MARCH FIXTURES 14/3(h) UCD 21/3 (A) Rovers
28/3 (h) Pat's. League Cup 24/3 (h) Athlone Town.
See the Joes web for full details on all Eircom fixtures.

Clive Clarke calls it a day.

At the age of 29 Clive has decided to call it a day after his near death experience while on loan to Leicester. He has a defibrillator fitted inside him with a lead to his heart should he have an attack this will give him an electric shock to return the beat to his heart.

Clive went to Stoke at 17 with the other "Joe's" player James O'Connor, now at Burnley. He eventually Captained the "Potteries" club before moving to West Ham in 2006 making his debut against Arsenal and winning 3-2. He just missing out on a FA Cup Final place against Liverpool that year. He is now back in Delgany with his wife and young daughter and is set on doing his coaching badges at Stoke where he is having a house built. We wish Clive well for the future and ask him to drop into us before he moves on.

Gregg at college in the U.S.

Greg Kilkenny left his home in Bray at 19 and took his opportunity to play college soccer at Northeastern in Boston. He played his schoolboy football in "Joe's" had a neat left foot and scored goals for fun. He has great leadership qualities and it was no surprise when he captained "The Huskies". During his 6 years away he won many honours. He was voted the Offensive Player of the Year in his junior year, graduating to the seniors. He finished fifth in the record books for his goals, 18 and assists 14. Off the field he worked hard at a law firm which encouraged him to pursue a career in law. He studied long hours and eventually got his degree. Greg's words "I worked to improve as a player and experience life in another country and I intend to use what I learned to make Ireland a better place".

COACHING CLINIC

Essentially Coaching is about getting an idea or a message across. That idea or message needs to be interpreted the same way by the Coach and the Players. Everybody needs to be on the same wavelength. To help get these ideas or messages across, Coaches need certain skills, knowledge and qualities. Two of those skills are Planning and Organising.

Planning and Organising

When planning a session, decide on the Theme for the practice, which is the idea or the message you want to get across. Take into consideration:

- the age and abilities of the players involved
- the practice area and time at your disposal
- the equipment and the staff available

Work out the sequence and the time allocated to each section and the key factors you want to emphasise.

Set out your equipment if possible before the players arrive. Lay it out in such a manner that you can move through the sequence without having to re-organise too much. Keep the balls out of the players reach until you are ready.

- * Start quickly
- * Make the sessions FUN and Safe
- * Be prepared to make changes if necessary
- * Keep the Players active and involved
- * Keep it Simple
- * End with a Game

Remember Football is more than just a game.

Garry Zambra
Director of Coaching

Club's AGM

The club's AGM will be held on Monday, 7th April at 8pm, which all Leaders/Coaches etc. are asked to attend. There will be no club activities that night.

PETER MAKE THE 300 CLUB

When Peter Murphy made his 300 appearance for Carlisle he joined the "300 Club" by becoming the 6th player to play 300 games for CUFC. A glowing example of Loyalty and longevity. Doing it in 7 seasons is a great achievement an average of 45 games a season. Avoiding injury depends a bit on lady luck but players must look after themselves, fitness, diet and rest. He is still young enough to hit the 400 plus mark surely then he would get the freedom of Carlisle. Watch out for their progress hoping for promotion to the Championship while 3 years

We're on the Web
www.joey.s.ie

Club of the Month Award

They must be doing something right when it comes to developing children in Sport.

St. Joseph's Boys and Girls are celebrating winning the prestigious FAI "Club of the Month" Award for the second time in a year. Having won the award in June 2007 they have picked up the December award when it was announced by the FAI award ceremony in City West last week. The award was presented to Club Chairman, George Forsyth, and Club Secretary, Niall O'Driscoll, by FAI President, David Blood.

In his address the FAI paid tribute to work in grass-roots by Joeys and singled out particular the progress in their development of girls football and, indeed, acknowledged their ambition - expansion of facilities totally dedicated to girls, which is subject to Sports Capital Aid.

Mini World Cup dates announced

The dates for the Mini World Cup designed for our local schools and community. Programmes will be held from **24th May to 31st May**. Applications from and on-line registration will be available over the coming weeks.

Futsal programme extended!

The Charlton Athletic sponsored Futsal programme will be extended by a few weeks up to 10th May. The programme caters as an introduction to football for 5-7 year olds every Monday.

Hibernia Trophy draw to take place in May.

With all teams now confirmed for this year's Hibernia Trophy the draw will take place in May and will see Ireland, DDSL, Joes, Utrecht (Hol), Trelleborg (SW), Sunderland (UK), Charlton (UK) and Isumo (Japan) battle it out for the coveted trophy.

WE WOULD LIKE TO TAKE THE OPPORTUNITY TO THANK OUR CONTRIBUTORS. REMEMBER THIS IS YOUR NEWSLETTER IF YOU HAVE ANY SUGGESTIONS OR WANT TO WRITE AN ARTICLE OR COMMENT -JUST DO IT .