

WE ARE UNITED



COLCHESTER UNITED WOMEN vs SOUTHMINSTER UNITED LADIES

Sunday 29th September 2024
Kick-off: 2:00pm
Essex County Women's Football League



ISSUE 03



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CAPTAIN

CASSIE

CRADDOCK-

BALL

It's been a tough couple of weeks for the team with fixtures against strong opposition in Hashtag United and Brightlingsea Regent. Taking six points from those games and continuing our unbeaten run has meant that we have had a very positive start to the season.

Simon and the coaching staff asked us to take our chances and that's exactly what we did in the Hashtag game. We had five chances and scored four goals to win the game 4-1. The story of that game really was incredible finishing. It was great to see goals coming from all types of play - set pieces, counterpressing and individual brilliance. The team was relentless, pushing Hashtag to their limits defensively. Overall, a brilliant performance by the team.

...Oh, and by the way, did you see my free-kick?!

Onwards to our first away game of the season at Brightlingsea Regent. Brightlingsea was a tough game and arguably our biggest test of the season so far. They have a lot of good, experienced players and that made it difficult to break them down. It was a great result for us away from home, winning the game 2-1.

The team had to defend well for extended periods of the game and were ruthless in taking our chances - Jas's finishing was awesome. I was pleased to get another assist, something that I am very much focused on and looking to contribute more to this season.

Post the Brentwood game, we made an intentional effort to be more ruthless in games and take our chances. This has featured heavily over the last two performances and we must continue to do so if we are to remain successful this season.

This weekend will be another tough test against last year's fellow cup finalists, Southminster United. We hope to build on the positive momentum so far this season and take the three points.

Thanks once again to all of our fans for your support. We need you!

Come on you U's!
Cassie

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BRIGHTLINGSEA REGENT LADIES

1



COLCHESTER UNITED WOMEN

2

SUNDAY 22ND SEPTEMBER 2024 • ECWFL PREMIER DIVISION

Colchester United's Women's Team have extended their unbeaten start to the season to three matches. In the first away match of the season, the U's secured a 2-1 victory against Brightlingsea Regent Ladies, courtesy of a goal in each half by Jasmine Cox.

The U's got straight into rhythm with early attacks at goal. Cox won a challenge in the fourth minute and, while the resultant cross didn't find anyone in the box, it was a positive start for the U's. Brightlingsea had clearly done their homework though, quick to shut out supplies to either wing and reducing options to get at goal.

Counters were also productive for the hosts, and the eleventh minute saw Brightlingsea deliver a threatening corner, Newstead's fingertips saving the U's embarrassment.

End to end action dictated much of the first part of the half, but while the U's looked to have more opportunities on goal, pacey through-balls to Cox tended to be closed down quickly by an alert keeper.

The left wing saw more action as time passed, Kaine finding herself increasingly at the receiving end of passes from Daniels and Pope. At the thirteen-minute mark, Kaine beat a defender to have time to supply waiting players, but opted for a curler which fell a little short of the near post. This motion of play prompted more manoeuvres along the wing though, allowing Morgan to also get into the thick of the action.

The right wing started to pay dividends as well, with Vinton adopting keen overlap play to work one-twos with Cox, suggesting a goal was imminent. That goal did come the U's way on seventeen minutes, as a well-weighted Morgan through-ball to Cox saw her break the stalemate by beating the keeper for a simple finish.

A late challenge on Morgan suggested a match that would increase in physicality, but the U's responded well with strength and an ability to hold up the ball for others to be in suitable positions.

Newstead's gloves were in more demand around the half hour mark following a great run through the U's defence, warning the U's that a potential equaliser was on the cards. The U's perhaps didn't respond as robustly as has been seen in



previous matches, but Cox continued to be the main target for counter attacks.

The thirtieth minute saw a weak pass-back require a lightning response from Newstead, a coming-together with a home attacker resulting in a free kick for the U's.

This appeared to be enough of a wake-up call for the U's to push for more dominance in the middle of the park. Morgan read an early run from Cox to thread a ball neatly to her which, despite working well to get round the keeper, could only watch as the ball bounced harmlessly off the far post.

Brightlingsea kicked off the second half with more physicality and a hunger for goal, feeding both wings with great balls that the U's had to work hard to shut out. The increase in pace appeared to stun the U's for a time, resulting in lacklustre play and inaccurate passes. The home team cashed in by closing players down quickly and attempting more ambitious shots at goal.

However, this in turn opened up gaps for the U's to work through, Vinton and Cox in particular looking likely to score. A couple of opportunities for square balls were missed in favour of ambitious strikes on goal for the U's, but identical scenarios at the other end helped balance the scales.

The sixty first minute gifted Adams with a strike well outside the box, the keeper's fingertips just managing to tip the ball onto the post. A minute later though, a

counter-attack punished midfield and defence to allow a superb finish past Newstead to even up the score.

The U's looked out of sorts after the equaliser, Brightlingsea quick to chase down loose balls to force hasty clearances. Newstead found herself in more demand as a result but comfortably ruled out chances on goal.

With the match in the balance, Craddock-Ball deployed silky footwork to win the ball and dominate the midfield, sending an exquisite through ball for Cox, who beat the defender for a great finish past a hesitant keeper.

This gave the U's a much-needed boost of energy and composure, returning more dominance in midfield and solid passes to either wing. As the final whistle drew nearer, Morgan headed for the corner flag and, partnering with Cahill, ate up several minutes to close the match.

The win was a deserved outcome overall for the U's but has again shown players and supporters the difference in calibre compared with last season's Division Two matches.

The U's remain tied at the top of the table, ready to face Southminster United Ladies at The Garrison.

U's: Adams, Cox, J Craddock-Ball, C Craddock-Ball, Daniels, Gamble, Kaine, Morgan, Newstead, Pope, Vinton

Subs: Ager, Cahill, Greenleaf, Yewman
Player of the Match: Adams



VOLUNTEER FOCUS

Hi I'm Connor and this is my second season as a matchday volunteer with Colchester United Women. My duties involve helping the coaching staff anyway I can.

Most matchdays I assist with carrying the equipment to pitch side and the changing rooms, helping to set up the pitch with corner flags and benches for the ball children and filling up the players water bottles.

I've found myself involved due to being a long-term supporter of Colchester United since I started playing football aged seven.

I started to attend the CUWFC matches when they started and thought, I may as well get involved with helping as I'm going to be there anyway! It's an amazing opportunity to be a part of.

Seeing the team grow and develop not just on the pitch but off it as well has been eye opening and a fantastic experience.

If you're interested in joining us a volunteer don't hesitate to speak to one of us or email us on CUWFC@colchesterunited.net

Up the U's!

Connor



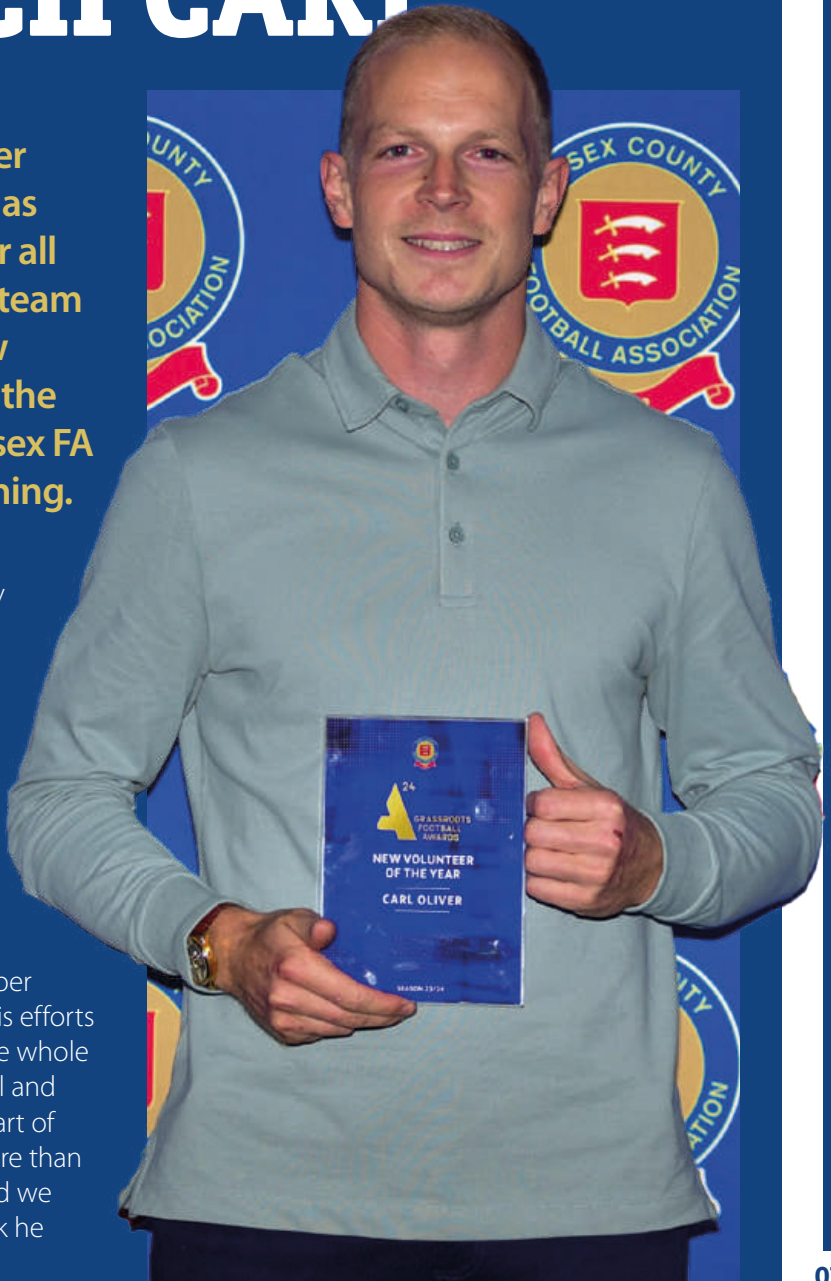
**"SEEING
THE TEAM
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DEVELOP
NOT JUST ON
THE PITCH
BUT OFF IT
AS WELL HAS
BEEN EYE
OPENING
AND A
FANTASTIC
EXPERIENCE"**

VOLUNTEER AWARD FOR GOALKEEPING COACH CARL

Colchester United Women's goalkeeper coach, Carl Oliver, has been recognised for all his efforts with the team by winning the new volunteer award of the season award at Essex FA annual awards evening.

At an awards evening held at the JobServe Community Stadium last week he was presented his awards by men's first team Head Coach Danny Cowley.

Carl has been working with our goalkeepers since the team started last season and his efforts have rightly been recognised. Although he is the goalkeeper coach, behind the scenes his efforts are wide reaching across the whole of team, and we are grateful and very lucky to have Carl as part of this team. To us he is far more than just a goalkeeper coach, and we are so pleased that the work he does has been recognised.



JUNIOR U'S

WITH EDDIE THE EAGLE



FIND EDDIE



QUIZ

1. Who wears the no. 16 shirt?
2. What was our last home game result?
3. What was our men's team last home game result?
4. Is Colchester the youngest or oldest recorded town in Britain?
5. The Colchester Garrison is currently home to the ___th Air Assault Brigade.

WHO AM I?



ANSWERS

QUIZ: 1. Jasmine Cox, 2. 4-1 against Hashtag United (15/09/24), 3. 3-0 vs Tranmere (21/09/24), 4. Oldest, 5. 16th

SITE MAP



ALL PARKING TO BE IN THE OVERFLOW CAR PARK



CAR PARKING DIRECTIONS

- Head towards Garrison A Cricket Ground Colchester via Circular Road East off of Circular Road North and Napier Road.
- Do not enter the cricket car park, but follow road to end and bear right after approximately 50 metres
- Once there you will see an open playing field
- On your left, park on the grass
- Entrance through silver foot gate, see blue
- Matches to be played on Pitch B
- Club house located next to Hockey Pitch: Phoenix Club
- Foot gate marked by the orange triangle



PLAYER & MANAGEMENT TEAM SPONSORS

cuwfc@colchesterunited.net



01



**JAMIE
NEWSTEAD**



02



**JAC
CRADDOCK-BALL**



03



**SOPHIE
FARROW**



04



**CASSIE
CRADDOCK-BALL**



05



**NIAME
GAMBLE**



06



**DEBEN
HOWLETT**



07



**RUBY
VINTON**



08



**THALIA
ADAMS**



09



**RUBY
GREENLEAF**



10



**LINDSEY
MORGAN**



11

**EMILY
AGER**



12

**LOUISE
KAINE**



13

**ROSA
DEVALL**



14

**KARYS
PATON**



15

**LEARNA
DANIELS**



16

**JASMINE
COX**



17

**LEAH
POPE**



18

**ELLA
CAHILL**



21

**LUCY
YEWMAN**



**HEAD COACH:
SIMON KING**



**ASSISTANT HEAD COACH:
MILLY MORGAN**



**GOALKEEPER COACH:
CARL OLIVER**



VOLUNTEERING

ANDY DRAKE | VICE-CHAIR

Last season was an amazing success, but success doesn't come by chance, and I wanted to take some time to thank those individuals behind the scenes. They perform key roles in ensuring that matches go ahead, and that the players and coaching staff are free to do exactly that.



"IT HAS BEEN ONE OF THE MOST REWARDING AND WORTHWHILE OPPORTUNITIES I HAVE EVER TAKEN UP, SEEING THE CLUB AND PLAYERS GROW AND TO HELP IT CONTINUE TO BE SUCCESSFUL"

The committee is made up of a team of volunteers who offer their time and skills to enable the women's team to function. We are always seeking new people to join the ranks of either our match day volunteer cohort, whose roles vary from putting out corner flags, helping organise the ball collectors, to helping supporters and running the line. The committee is more focused on the running of the club in line with the league rules, and looking after the financial aspect to ensure that we have a successful and ambitious club for many years to come.

The opportunity for me to become involved occurred just over a year ago, and I jumped at the chance to become involved in project that I felt had worth and was an opportunity to use skills from my professional life, but learn about a whole new area as well. It has been one of the most rewarding and

worthwhile opportunities I have ever taken up, seeing the club and players grow and to help it continue to be successful and provide opportunities to players from the local community.

We currently have several volunteer opportunities available for the season (and beyond), ranging from social media, photography, fundraising, and assisting on a matchday. If you have any other skill, you think would be of benefit then please contact us, we are always open to new and unique ideas.

If you are interested in volunteering or just want to find out some more information, then please contact us on CUWFC@colchesterunited.net.

Up The U's!

Andy Drake
Vice Chair
Colchester United Women



2024/25 FIXTURES

DATE	OPPOSITION	VENUE	COMPETITION	KICK OFF/RES
Sunday 8th September	Brentwood Town FC Ladies	Home	ECWFL Premier Division	1-1
Sunday 15th September	Hashtag United FC Women Reserves	Home	ECWFL Premier Division	4-1
Sunday 22nd September	Brightlingsea Regent Ladies FC	Away	ECWFL Premier Division	2-1
Sunday 29th September	Southminster United Ladies FC	Home	ECWFL Premier Division	14:00
Sunday 6th October	Chigwell Women FC	Away	ECWFL Premier Division	14:00
Sunday 13th October	She Can Play Panthers	Away	ECWFL Premier Division	14:00
Sunday 20th October	Alresford Colne Rangers Ladies First	Away	BBC Essex Women's Cup	13:30
Sunday 27th October	Brentwood Town FC Ladies	Away	ECWFL Premier Division	14:00
Sunday 3rd November	Hashtag United FC Women Reserves	Away	ECWFL Premier Division	14:00
Sunday 10th November	Brightlingsea Regent Ladies FC	Home	ECWFL Premier Division	14:00
Sunday 17th November	Southminster United Ladies FC	Away	ECWFL Premier Division	14:00
Sunday 24th November	Chigwell Women FC	Home	ECWFL Premier Division	14:00
Sunday 1st December	She Can Play Panthers	Home	ECWFL Premier Division	14:00
Sunday 8th December	Hutton FC Women Reserves	Away	ECWFL Premier Division	14:00
Sunday 19th January	Hutton FC Women Reserves	Home	ECWFL Premier Division	14:00

	P	W	D	L	F	A	GD	PTS
1 Brentwood Town FC Ladies	3	2	1	0	7	3	4	7
2 Colchester United Women FC	3	2	1	0	7	3	4	7
3 Hashtag United FC Women Reserves	3	2	0	1	11	4	7	6
4 She Can Play Panthers	2	1	0	1	2	2	0	3
5 Southminster United Ladies FC	2	1	0	1	2	3	-1	3
6 Chigwell Women FC	1	0	0	1	0	2	-2	0
7 Brightlingsea Regent Ladies FC	2	0	0	2	2	5	-3	0
8 Hutton FC Women Reserves	2	0	0	2	0	9	-9	0



COLCHESTER UNITED WOMEN



1 Jamie **NEWSTEAD** ○

2 Jac **CRADDOCK-BALL** ○

3 Sophie **FARROW** ○

4 Cassie **CRADDOCK-BALL** ○

5 Niamh **GAMBLE** ○

6 Deben **HOWLETT** ○

7 Ruby **VINTON** ○

8 Thalia **ADAMS** ○

9 Ruby **GREENLEAF** ○

10 Lindsey **MORGAN** ○

11 Emily **AGER** ○

12 Louise **KAINE** ○

13 Rosa **DEVALL** ○

14 Karys **PATON** ○

15 Learna **DANIELS** ○

16 Jasmine **COX** ○

17 Leah **POPE** ○

18 Ella **CAHILL** ○

21 Lucy **YEWMAN** ○

NEXT UP AT THE GARRISON



BRIGHTLINGSEA REGENT LADIES

Sunday 10th November 2024
Kick-off: 2:00pm
Essex County Women's Football League



CHIGWELL WOMEN

Sunday 24th November 2024
Kick-off: 2:00pm
Essex County Women's Football League