

Gazetta Del Carre's



Issue 5 October 2007 Carre's Grammar School Sports College Sporting Newsletter

OFFICIAL OPENING OF THE NEW ALL-WEATHER PITCH

On Friday 27th September the new football pitch was officially opened by Lord Pendry, accompanied by the Headmaster and several local dignitaries. The long awaited day saw the opening complemented by a Primary School football tournament organised by Charlotte Williamson and run by Andrew Wilkinson, and Matt Evans. All sixteen Primary Schools linked with Carre's through the Sports College programme were invited to attend and over 150 young players enjoyed a day to remember. Lord Pendry, Chairman of the Football Foundation (the organisation which part funded the pitch to the tune of £300 000), and the Headmaster gave formal speeches inside the school before assembling outside to draw back the curtain, unveiling a plaque. Lord Pendry was keen to point out that the Football Foundation has already donated £9m to projects in Lincolnshire, and saw the pitch on Carre's site as the premier site in the county. He also noted Colin White's long service to the school and local community. It had been a fruitful visit for him as he also had the opportunity to tour Caythorpe and Fulbeck Football Club and the new Sleaford Town ground. Claypole Primary School finally ran out tournament winners, beating Osbournby Primary in the final 2-0. Rauceby narrowly missed out on a place in the final, losing to Osbournby in a sudden death penalty shootout. The pitch now has accreditation for league and cup fixtures for both junior and adult competitions through the Lincolnshire Football Association.



Above: Lord Pendry, Mike Reading, Douglas Hogg MP, Ray Tinkler, the Mayor of Sleaford and associated dignitaries officially open the pitch

Bleow: Tournament winner, Claypole Primary school, are presented with the tournament shield by Ray Tinkler, Chairman of the Lincolnshire Football Association



Below: Heartbreak for Rauceby who missed out on a place in the final by sudden death penalty shootout against Osbournby



First XI destroy King's Grantham in Season Opener

Match report by captain Chris Bates

It was a cold autumnal afternoon with a heavy wind blowing straight across the pitch, which made conditions more difficult than normal. The game started with King's coming out the blocks quicker, with them hitting the bar within the first couple of minutes. From the resulting goal kick, Carre's headed straight down the other end and took the lead thanks to a tidy Tom Siddons finish. From then on it was one way traffic, Elkington then struck twice, the first coming after a good through ball from David Broadbent, then an easy finish into the corner and the second was a strong run through the middle of the defence followed by a confident finish past the King's keeper.

King's then had their second shot at goal and what turned out to be the last of the game. Carre's keeper Tom Maplethorpe pushed the ball at full stretch round the post and safely out for a corner. After that King's rarely threatened the Carre's goal thanks to some good strong defending from the central defensive duo of Tom Ward and Dom Fieldhouse. Carre's 3-0 at half time.

The second half saw much of the same. Tom Siddons ran through on two occasions finishing neatly both times to complete his hat trick. A superb 30-yard strike from Chris Bates left the score at 6-0 before a strong run from Will Allen followed by a neat ball into Joe Braithwaite, which led to a clumsy challenge from a King's defender. Elkington coolly converted the penalty and completed his hat trick.

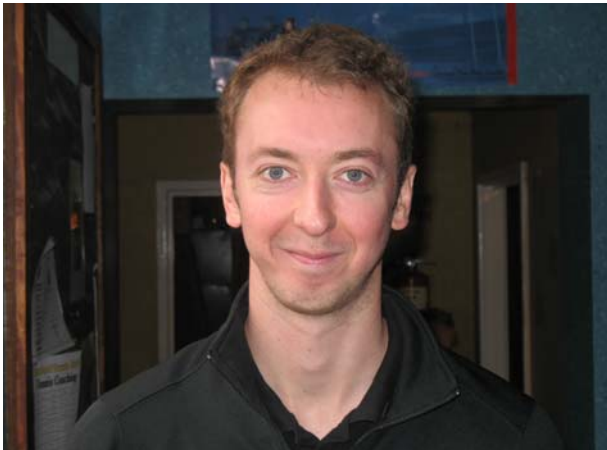
It was a truly excellent start to the First XI's campaign, which now looks ahead to their National Cup match away at Bosworth Sports College from Leicester on the 2nd of October.

In the spotlight.....



First XI National Cup News

By David Sampson



Steve Newell

My name is Steve Newell and I have recently joined the staff at Carre's Grammar School. My official role is that of Community Sports Coach, so I spend a lot of my time teaching sports in the various primary schools associated with Carre's. This part of my day can see me based at local schools such as William Alvey or travelling to more distant places like Claypole or Martin.

The other half of my working day allows me to work in the PE department here at Carres, where I'm gaining valuable experience to help me in my future career. It is my ambition to become a PE teacher.

Our 1st XI began their quest for national glory by travelling to Leicestershire to play Bosworth College. After receiving a bye, Carre's went straight into the 2nd round and after two semi-final appearances in the last three years; progression into the 3rd round was a must.

After hat-tricks the previous week for strikers Ben Elkington and Tom Siddons, expectations were high for the front two. However, both were kept relatively quiet by a no-nonsense Bosworth defence as Carre's struggled to stamp their authority in the first half.

However the breakthrough was made by Carre's midway through the first half after good work down the left from Siddons allowed Michael Neaverson to tap in from six yards.

After the interval it was more of the same from Carre's with the midfield being bypassed all too often and Bosworth's pressure told when they drew level after a good save from Tom Maplethorpe fell to a Bosworth shirt and it was fired home. A last ditch clearance off the line from captain Chris Bates and a good save from Maplethorpe kept the scores level.

Carre's then stepped up a gear and went ahead again through Joe Braithwaite's tidy finish. It was the linesman's flag that later prevented Braithwaite from making it 3-1, but Siddons made the game safe with a fine strike after a good move down the right involving Neaverson.

Carre's never got out of second gear, but did enough to ensure passage into the 3rd round of the ESFA National Under 18 Cup where we have a home tie, but await to find out their opponents.

Year 9 National Cup: Carre's Grammar School vs. The Voyager School

Monday 24th September 2007

The game was meant to start at 4.00pm, but the visiting team from Peterborough didn't turn up until almost 5.00pm. If this was meant to be some sort of a mind game it didn't work!

Both sides set off over to the governors' field to get warmed up for the game. Both of the managers had their last few words with their teams just before kick off. The referee called the two captains to do the toss. The opposition won and they chose to swap ends. This meant that we were kicking off into the wind.

We started off with an early goal from the in-form striker, Adam Mercer. To be honest, it wasn't the hardest of goals, but it was struck with his weaker foot. From that moment onwards, we dominated most of the possession throughout the game. The midfield strung some good passing moves together to create some more chances for the two strikers who unfortunately couldn't provide end product. The defence was dealing with everything that was thrown at them.

It was about halfway through the first half when we tapped in our second. The goal scorer on this occasion was centre midfield star, Alex Hales (Panda). The half-time whistle blew and the two teams went to their managers for feedback of the first half.

We were quick to kick off after the break. The two forwards, Adam Mercer and Elliot Price, put a lot of early effort and pressure on the opposing team's defence. The most frustrating miss of the game had to be, Adam Mercer. Sam Garwood provided a cracking through ball which Mercer from and skinned their last man with a cracking turn. It was almost a certain goal until the ball 'bobbled' (yeah right!) and he shinned it a mile wide! The whole team looked in disappointment as on any other day this would have flown past the keeper into the top corner. Soon after many missed chances, Price latched on to a poor clearance to help himself for his first and the team's third.

The defence was unbeatable throughout the match with Tom Thaker and Jack Alexander at the heart. There was encouragement and support throughout the game from both sets of spectators. Minutes before the final whistle, Tom Thaker played an almighty hoof up the pitch which went over their defence and bounced kindly for Mercer to loft the ball to perfection over the keeper into the net from 20 yards out.

Shortly after this the final whistle blew and both teams shook hands and congratulated each other, but it was the home team that proceeded into the second round of the national cup.

Man of the match = Adam Mercer

Goal scorers = Mercer (2) Price (1) Hales (1)

By Jack Alexander 9W



Tom Ward battles hard in defence against the Boston College Striker.

Carre's 1st XI entertained Boston College in their 2nd league game of the season. Carre's went into the match having played the previous day in the cup and were missing four regulars, but with fringe players keen to impress, a close game was expected.

The game was played on the impressive all weather pitch but that was the only thing on show from Carre's that impressed. Boston came out of the blocks much quicker and went ahead as early as the third minute. Boston took advantage of their physical presence by scoring two from set pieces, but poor marking by Carre's was also a factor. Some slick passing from the home side started to grace the new pitch but that was all they could muster in a first half that created few chances.

The second half saw Carre's show more determination, but never did they manage to get a foothold in the game. Boston capitalised on this by drilling in a fourth goal from 25 yards and Carre's' misery was compounded when they conceded a fifth minutes from the full time whistle.

The 5-0 score line slightly flattered Boston, but they took their chances and defended well and the lesson will be a valuable one for Carre's.



Reporter, Tom Coghill, listens-in to Mr Wilson's half time team talk with Nick Ingleton



Mike McMillan rises up above the rest to clear the Carre's goal line

**Year 10 Football Carres Vs. Voyager
Match Report by Tom Coghill**

Carre's started well, knocking the ball about confidently, with Voyager doing most of the chasing and Carre's dominating all over the pitch. Without Ward and Bevan playing people were not too sure how Carre's would cope. Those doubts were soon put behind them however when Greenwood opened the scoring with a good finish from inside the penalty area. Voyager weren't going out without a fight, but their team mostly relied on two main players: the skilful right winger and the big striker, the rest of the play revolving around these two, but they were unable to threaten Carre's – especially with Lambert playing brilliantly at centre-half, assisted by Marr.

There was drama when Marr played an awful ball back to the keeper, Ogden, at chest height. Instead of taking the ball on the chest and clearing Ogden showed that rugby was where his true skill lay by catching the ball, and trying to disguise it by swiftly throwing it away. The referee was not so easily fooled and gave an indirect free-kick to Voyager which was well blocked by left-back Ingelton in the wall. Things soon brightened up after that little hiccup, some sound passing from Bates and Vertigan down the left side resulted in Greenwood finding the net again for his second of the day.

After the break Carre's came out with the same confidence they showed in the first half. With some brisk passing and great movement ending in near chances missed, Olowofela was brought on for McMillan. With Vertigan bursting down the left-hand side and now Olowofela doing the same on the right and Bates and Partridge controlling the centre, Carre's were all over Voyager. All of their hard work was not wasted when Vertigan turned the right-back inside out, with some slick footwork and slotted in the bottom right corner for 3-0, despite the keeper's desperate appeals claiming it had gone wide when it had actually gone through the net.

The passing continued as before with Lambert still looking strong at the back, leading the backline and stepping up to his job as captain. The back four looked as if they were coping with everything very comfortably, and after the earlier scare Ogden had very little to do in goal. Not long after the third goal a double substitution was made by Mr Wilson, enabling Starbuck and Swift to come on. Starbuck quickly settled into centre midfield, and Swift did the same at centre half. Greenwood burst through the Voyager defence and as he stormed into the area he was tripped, which ended in a penalty which Greenwood stepped up to take. To put the game thoroughly out of Voyager's reach and also to bag himself a hat trick, he stepped up and sent the keeper bottom left, whilst planting the ball firmly in the top right hand corner. The final touches of the ball were from Swift, he plucked the ball out of the air and dropped his shoulder left and knocked the ball square to Coghill, showing off the Swiftly skills.

The game was won, and Carre's were to progress into the next round of the cup to play St George's, a much anticipated fixture amongst the team. All round a well played game of football, Greenwood taking the headlines with his hat trick.

Staff footballers continue winning ways



Mr Offer (above left) and Mr Wright (above right) battled hard in the latest football match against a Caythorpe PGL side. This was a much harder test than the previous encounter against The Robert Manning Technology College, and Carre's were under pressure for much of the game. Mr Wilkinson opened the scoring with a well taken one-on-one with the keeper, and the red and blacks held on for a 2-1 win with debutant Mr Wilson also getting onto the score sheet.



No fewer than thirty six current pupils are playing their chosen sport at County level or higher. Pictured are the boys, whos details can be found in the table below.

Name	Year	Sport
Liam Orley	7	Football (centre of excellence)
Sam Wade	7	Badminton
Curtis Black	7	Football
Ben Fulker	7	Athletics
Tobie Carmen	7	Squash
Carl Robinson	8	Tennis
Joe Mayfield	8	Basketball
David Nelstrop	8	Hockey
Sam Gascoigne	9	Cricket
Matt Bee	9	Athletics and Cross Country
George Seabrook	9	Rugby
Nick Lynch	9	Athletics
Jake Whitaker	9	Hockey
Adrian Aguinaldo	9	Rugby
Tom Shorthouse	10	Cricket
Nic Ingleton	10	Rugby
Joe Dunderdale	10	Athletics and Cross Country
Adam Maddy	10	Rugby
Oliver Watts	10	Cross Country
Simon Parr	10	Athletics
Ollie Starbuck	10	Cricket
James Wathen	10	Swimming and Biathlon
Phillip Matthews	10	Canoeing
Luke Tupholme	10	Cricket and Rugby
Alex Weir	11	Volleyball
Harley Stevenson	11	Rugby
Tom Monson	11	Cricket
Oli Guilliat	11	Cricket
Mike Neaverson	L6	Football and Cricket
Jonny Green	L6	Football

Name	Year	Sport
Joe Braithwaite	L6	Football
Matthew Thornton	U6	Squash
Marc Blackman	U6	Wheelchair Basketball
Liam Earth	U6	Tae Kwon Do
Tom Siddons	U6	Football
Chris Bates	U6	Football



Adrian Aguinaldo, Jack Gourley, Fred Tatham, Will Britten and Luke Tupholme have all been selected for the new three Counties 'Schools of Rugby' being run across the country by professional clubs. Notts, Lincs and Derby are controlled by Leicester Tigers with the aim of developing individual skills in elite performers.



Above: Reporter Jack Alexander clears his lines against Boston Grammar School. Right: Elliot Price gets onto the score sheet after shrugging off a defender



Carre's Grammar U14 8 – 0 Boston Grammar U14 Match report by Matt Bee and Alex Hales

Carre's went into the match with defeat preying on their mind as the last time the two teams met they lost 7-2. Adam Mercer put to bed the pre-match nerves by scoring early on, slipping past the keeper when faced with a one-on-one. This set the tone for the first half, as Carre's went on to score four more stunners against a lacklustre Boston side. It was clear that Boston had underestimated the Carre's team as the home side seemed to score at will. A strong back four, particularly Jack Alexander and Tom Thacker, ensured that Oli Watts in goal was left with little to do apart from saving one free kick and half chances. With the score at 5-0 at half time, Mr Wilkinson was keen to make sure nobody slackened off in the second half, telling the boys to "Put the game to rest". Boston came out firing with a much improved performance in the second half, especially their number seven, who looked deadly every time he got the ball. In the first fifteen minutes after the restart, Carre's looked shaky and were giving the ball away cheaply. Thankfully, another goal from Price calmed things down and Carre's regained control. Boston carried on pressing, trying everything they could to get a goal back, but to no avail as the Carre's defence remained solid. Overall, it was a stunning performance and all the lads look forward to the next round, whoever it might be.

Match Report

Carre's Grammar v St George's

The Carre's-St George's match is the most anticipated game of the season, for both teams. This is because many of the players taking part know the opposition, and are rivals, so the referee was going to have his work cut out with this fixture. Another reason contributing to the rivalry is that for the past three years the fixture has been cancelled or postponed for various reasons, so this fixture was a very personal battle for both sides.

It got off to a fiery start as many had anticipated, tackles flying in all over the pitch, but after the initial rapid pace had subsided, the game was soon put into a deadlock for a long period of time with both teams playing well, but Carre's soon dominated the game in every area of the pitch. The scoring was opened by none other than Greenwood after about 15 minutes, the ideal start for Carre's, but quite the opposite for St Georges.

There was not a lot of football being played throughout the game; as it was not one of those games. This was a hard, aggressive, rough game, where it was the strongest that survived and came out on top. Bates and Ward began very strongly in the centre of the park roughing up the opposition. Partnerships were a crucial part to Carre's' team, not only were Bates and Ward working well, Bevan and Lambert were also at centre back, marking their front two out of the game. The final partnership that was very effective for Carre's was that of the strikers; Greenwood and Vertigan.

The second was scored soon after the first by Ward after a long throw was launched into the St George's penalty area by McMillan, unsuccessfully dealt with by the defence as they let the ball bounce (first rule of defending, never let the ball bounce) and Ward made them pay for their mistake by planting the ball in the back of the net. Now Carre's were really on top of the game, growing in confidence by the minute, and not long after the second goal a penalty was awarded to Carre's. Vertigan had latched onto a great through ball and his pace had caused their man to needlessly trip Vertigan, resulting in a penalty. Greenwood stepped up to the spot to hopefully put away his 7th in 3, but unfortunately he had been watching Beckham too much and smashed it over the bar. Literally 30 seconds later though Greenwood made up for his earlier mistake by scoring yet another goal for his school.

The second half got off to much the same tempo as the previous half, again with Carre's controlling. It was not Carre's who scored first, this time it was St Georges to slot home to bring the score to 3-1. This brief spell did not last long when Partridge stood in the six yard box and scored Carre's' 4th from a Nick Bates corner. Mr Wilson saw this as a good time to make some changes, with 15 minutes left. Partridge was bought off for Starbuck, Greenwood for Light and Dunderdale for Coghill. Each player settled into their roles comfortably, and Carre's were not in the slightest bit threatened for the remainder of the game. It was all Carre's, Carre's, Carre's, and a comfortable win for the home team. No doubt the St Georges' players will never hear the end of this...

Social Sixes Match reports

All four teams turned up early eager to prepare for what could be the most important night of the tournament so far. On Sunday night the league stood as it had been for the last 5 weeks with the Boyzees first, followed by the Therapists (2nd), the Machines (3rd) and Sainsbury's Stonkers (4th). However the results of that night could turn the league table inside out as no team was guaranteed their position. Some wondered if tactics would apply as teams try and manoeuvre results to ensure an easier ride on finals night on Monday 15th. League administrator and referee Tom Ward said "the night was destined to be intense and fundamental to one team's eventual success. On the other hand it could break any team's morale and make them a target the following week. Tonight's results will definitely shape the tournament's winner, but it's interesting as the pressure may create shock suspensions!"

Boyzees triumph

Therapists took on the Boyzees with both teams grasping at the opportunity to claim top spot. Last time these two met the score line was a gob-smacking 6-0 victory for the Boyzees – the biggest deficit the league has seen so far. On Friday 5th October in Carre's Grammar School's upper sixth common room it was clear skipper Scott Norris was unavailable for selection as he hobbled from one side to the other on crutches after the injury he suffered in last week's match. Friendly banter began as arrogant Boyzees members were defiant that victory was there. In contrast, the Therapists were more submissive, but confident as their star man Ben Elkington (who didn't feature in the 6-0 defeat) was back. Also their current form is the best in the competition, leading to Jason Thickpenny saying "On this form I would much rather be playing the Boyzees on finals night than the Therapists". It was everyone's feeling that the Boyzees would not blast the Therapists again. Regardless Liam Atkins (of the Boyzees) issued a warning saying "the Boyzees haven't even hit second gear yet, so the one man team should be ready".

The night kicked off with the hit and miss Boyzees showing confidence knowing a draw was all they required to finish top. This was visible in their game plan which was revealed by striker Josh Bryan who said "we will be looking to keep it tight at the back and maybe catch them on the break". This was evident at half time as the score was 2-1 to the Boyzees with a goal and an assist to Josh Bryan, after Joel Barlow had opened the score. A firm Ben Elkington strike fumbled by stand-in goalkeeper Rob Titmus gave the Therapists a glimmer of hope. The second half saw a straight swap as Bryan played in goal and Titmus led the line. Strong defensive performances from stand-ins Ryan Oliver and Lee Gray ensured a safe second half at the back for the league leaders. Despite a solid second period from Dan Leonard, it was the Boyzees that prevailed, after Atkins bagged a goal and two assists for Titmus' brace. Final score 5-1 Boyzees.

Organised defences dispel expected goal fest

The second match of the night was between The Machines and Sainsbury's Stonkers. This match was destined to be equally vital, as both teams needed the confidence boost of taking a win and third place spot into the finals night. Both teams knew the result in the previous match and knew what they needed to do to succeed.

The first half was frustrating for spectators as The Machines and 'Stonkers refused to push players forward, fearing the respective opposition's more than capable strike-force. The second half began with both defences holding defiantly strong allowing few chances. The opening opportunity fell to defender Gary Baton who blasted past goalkeeper Dave Kennedy, who went on to have a fantastic match. Yet still the machines drove on – trying to squeeze a goal and at least a draw. The game started to open up with speedy end to end football and heroic goalkeeping from Dave Kennedy. Their only chance fell to youngster Jacob Wright who slotted the ball home in the final minute.

League Table

	P	W	D	L	F	A	GD	Points
Boyzees	6	5	0	1	22	7	+15	15
Therapists	6	4	0	2	20	18	+2	12
The Machines	6	1	1	4	10	15	-5	4
Sainsbury's Stonkers	6	1	1	4	7	17	-10	4

League Fixtures

3rd September 2007

Boyzees	V	Sainsburys Stonkers	18:30	5 - 1
Therapists	V	The Machines	19:00	4 - 3

10th September 2007

Sainsburys Stonkers	V	Therapists	18:30	1 - 7
The Machines	V	Boyzees	19:00	1 - 3

17th September 2007

Boyzees	V	Therapists	18:30	6 - 0
Sainsburys Stonkers	V	The Machines	19:00	0 - 2

24th September 2007

Sainsburys Stonkers	V	Boyzees	18:30	3 - 1
The Machines	V	Therapists	19:00	2 - 5

1st October 2007

Therapists	V	Sainsburys Stonkers	18:30	3 - 1
Boyzees	V	The Machines	19:00	2 - 1

8th October 2007

Therapists	V	Boyzees	18:30	1 - 5
The Machines	V	Sainsburys Stonkers	19:00	1 - 1

15th October 2007 - Finals Night

Match A: Boyzees	V	Sainsburys Stonkers	18:30	
Match B: Therapists	V	The Machines	19:00	
Winner A	V	Winner B	19:30	

Team of the week

	Dave Kennedy The Machines	
Dan Leonard Therapists		Gary Baton Sainsbury's Stonkers
Joel Barlow Boyzees		Liam Atkins Boyzees



Matt Bee

1. What sport do you play?

Cross-country running.

2. Which club for?

I run regularly for Lincoln Wellington and have ran for Lincolnshire county before, but it's not a regular fixture in cross-country to be part of the team as it changes every few weeks in accordance with how well you run and how good your form is.

3. How long have you been running for?

I have been running at a high level in competition for 3 years I would say, ever since I came to Carre's really.

4. How did you get into the sport?

Mr Pickard said to the year group that cross-country practice was going on at a set lunch time, so I went along and liked it. It was an added bonus that I was good at it, so from there I looked to join a team [Lincoln Wellington].

5. How often do you train?

I train for just over an hour twice a week for my club Lincoln Wellington, and train at home for about the same time frame, making a combined run of 20 miles weekly. It's important to train at every available opportunity, so you can keep on top of your form.

6. What aspect of fitness is most important to focus when training?

To me, distance training is the most important to focus on as it is important to keep up high levels of stamina. Additionally, I do weight training every so often to add some bulk.

7. What is your greatest achievement?

Last January, when I was running for Lincolnshire County (part of a team of 10), I finished 36th out of 250 British participants my age. There were also hundreds of others who failed to qualify, but did not make it, so this was a great achievement for me.

8. How many trophies/titles have you won?

Overall, I have collected 8/9 medals from events and 2 trophies. My best individual award was achieving a Bronze in the Anglian Championships, whilst my best trophy was probably winning the Lincolnshire ranking event last year.

9. What has been the lowest point of your career?

Some days I've not ran well, but everyone has days like that and you just have to train harder the next week and get ready for the next run. All in all, there haven't been any defining low points in my running career so far, so I've been lucky.

10. What is your advice to other youngsters interested in undertaking the sport?

Just enjoy it and try your best in everything you do.

11. Do you have a motto?

Give 100%, so you can never come out of something thinking you could have done better.

12. Is turning professional and making a career out of the sport your ultimate goal?

Probably yes, as I love my sport and to do that as a job would be a dream come true, so it's vital I maintain the high standards I've set for myself and keep working towards my ultimate goal.

13. What are your future plans in the short-term?

To keep running well and do well, so I can better my time as I am in lots of relay events for Lincoln Wellington. Obviously there are always others events going on for me to prepare for also.

14. In the long term, how realistic does the 2012 Olympics in London sound?

It would be absolutely amazing to represent Great Britain at 2012 and isn't completely unrealistic. Although it goes without saying that it would be very hard to achieve such a high level, I can't say I won't because you never know.

Horncastle 2nd XI v Carre's 2nd XI – 17/10

By Paul Fawcett

After a weeks break in the fixture list, Carre's travelled to Horncastle, eager to pick up their first win of the season. Nick Keeble captained the team in Liam Hargrave's absence, who from the start asserted pressure on the Horncastle goal with strikers Josh Wallace and Ben Padley looking dangerous. On a small pitch, the middle areas were clearly going to be congested, so Carre's were looking out wide to Rob Macdonald and Michael Smith to provide the service. However, it was a long kick by goalkeeper Paul Fawcett that sailed over the defence and provided the first major opportunity for Carre's. From this, Josh Wallace picked up the ball and calmly slotted it into the far corner to give Carre's a deserved lead. The game turned a little scrappy after this goal, but the central defensive partnership of Nick Keeble and Damon Tunnicliffe dealt with the pressure applied upon them by Horncastle strikers. In the latter stages of the half Carre's went back on the attack and had a succession of opportunities to extend the lead. They finally did when the excellent Tunnicliffe bundled the ball home from a Ben Padley corner, after his initial effort had been saved by the goalkeeper. Carre's nearly found a third right on half time, but a Tunnicliffe header flew inches past the post. A commanding first half performance from Carre's who were confident of scoring more goals in the second half. H/T 2-0

At the start of the second period Carre's were looking dangerous again, in particular Michael Smith whose pace was causing havoc amongst the Horncastle defenders. The third Carre's goal arrived when a shot from Josh Wallace rebounded its way to Ben Padley who gladly finished, putting Carre's in total control. Julio Gallarraga had a very strong penalty claim turned down, to the surprise of everyone on the pitch, even the Horncastle defender who seemed to have tripped him! To their credit Horncastle came back strongly into the game, and after a corner hadn't been cleared properly they won a penalty when defender Josh Bryan fouled the skilful winger in the box. The penalty was subsequently converted to bring the home team back into the game. Carre's were under serious pressure after this point and only a brave reaction save by goalkeeper Ben Stocks, who had come on at half time, kept their two goal lead intact. This seemed to inspire Carre's who started to dominate the game, and after a flowing move involving Macdonald, Gallarraga and Wallace, Padley restored the three goal advantage with a well placed shot. The final stages of the game saw both teams having further shots on goal, but Carre's never looked like letting their lead slip. However, a slight lapse in concentration saw a long ball evade the defence, and a neat finish from Horncastle to score again. This turned out to be the last major action of the game, as Carre's ran out comfortable winners. F/T 4-2

What to do for your sports injury

If you have a sports injury the first thing to do is to prevent further injury or damage. This means you should stop activity and look for the cause of the injury. Once you determine what is wrong, you can start immediate treatment.

The first treatment for most acute soft tissue injuries (bruises, strains, sprains, tears) is to prevent, stop and reduce swelling. When soft tissue is damaged it swells or possibly bleeds internally. This swelling causes pain and loss of motion, which limits use of the muscles.

The primary treatment for soft tissue injuries is [R.I.C.E.](#) - rest, ice, compression and elevation. Rest means to stop activity and give the tissues time to heal. Compression of an acute injury is perhaps the next most important immediate treatment tip.

By quickly wrapping the injured body part with an [elastic bandage or wrap](#) you help keep swelling to a minimum. The next step is to apply ice to the injured area (over the wrap) to stop or reduce the swelling. Never apply heat to an acute injury. Heat will increase circulation and increases swelling.

Immediate Treatment Tips

Here is what you should do immediately when you sustain a sports injury:

1. Stop the activity immediately.
2. Wrap the injured part in a compression bandage.
3. Apply ice to the injured part (use a bag of crushed ice or a bag of frozen vegetables) for 10-15 minutes. Let the area warm completely before applying ice again ([to prevent frostbite](#)).
4. Elevate the injured part to reduce swelling.
5. Get to a physician for a proper diagnosis of any serious injury.

Social sixes finals night

Finals Night Match report

The night started with League chairman Mat Evans congratulating all the teams on their achievements this season. He made everyone aware that the night was not just for pride but also for the shield ready for presentation to the final winners.

Another email was sent for The Machine's captain Jason Thickpenny aimed to cheer on the Stonkers, it read: Just a quick email to say that I hope you win against these arrogant Boyzees next week. Let me rephrase that - I hope you beat them again. Although we Machines will not be there to see most of your game - we all want you to win and supporting you in spirit. I know that Liam from the Boyzees has said that they are "yet to get out of second gear" - but to be fair, a milk float only has one gear, so I should not be too worried!!

These antagonising words for the past two weeks have led to the Boyzees praying for an opportunity to stuff the Machines in the final. They just hope the Machines can overcome the Therapists that they stuffed 5-1 last week and 6-0 four weeks ago. Indeed, Liam from the Boyzees responded to the comments of Jason Thickpenny, of The Machines, by saying: "The tournament is already won, so thanks for taking part - we only need to collect the winner's medals. Hopefully there will be a prize for runners-up, so you'll have a chance of taking something home as well."

All the mind games have aided to the already huge pressure on the teams and atmosphere on Carres Grammar Schools state of the art 3rd generation rubber crumb all weather pitch - it's destined to be an intense showdown.

Hurry to make History

Match A: Boyzees V Sainsbury's Stonkers 18:15

The Boyzees really wanted to be the first team to win the contest and cement the place in history before leaving for university and a 3 - 4 absence from the competition. After encouraging omens from the two league fixtures this match was destined to be bitter as last place Stonkers grabbed glory in a 3-1 victory over the Boyzees proving to be the only team to take points from the league champions. Hopes were high for repeating the result from the 24th of September to lead to an unexpected and splendid cup run. Boyzees appeared a good side with more than their fair share of talented youngsters. Sainsbury's Stonkers however were solid at the back and more than held their own for most of the first half, with a great effort from Chris Mot coming close early on. The Stonkers took the lead striving to beat the Boyzees with a firm finish from striker Will spanning in the opening goal from weak Boyzees defending leaving goalkeeper Tunnicliffe helpless. This goal kick-started the Boyzees into the swift free-flowing football which had placed them favourites from early on in the competition. Their first and third goal came from Josh Bryan who was magnificent all night leading from the front. After the match there was some speculation whether the goal should have stood as perhaps the ball had left play in the build up to the goal. Supported by the trickery of Liam Atkins, who looked comfortable all night, another goal courtesy of a Chris Ireland appeared with a bullet strike. Final score 3-1 and the Boyzees progress to the final.

Penalty Terror concord by Therapists

Match B: Therapists V Machines 18:45

An exciting game of flowing passing football where a potential upset was definitely on the cards as The Machines looked strong and Therapists key player and captain Scott Norris was playing through an ankle problem and played in goal. Both teams performed with vigour and commitment and honestly all were considered for the team of the week. The game saw strong performances from Chris Robinson, Dan Leonard, Ben Elkington (Therapists), Jacob Wright and Dave Kennedy (Machines). Tight defending and extravagant goalkeeping especially from the machines saw a goal-less draw in Match B meaning sudden death penalties. Three goals from each side had been scored and Dan Leonard stepped and sunk his. Meaning Bruisers miss sent the therapists through to the final despite the Boyzees desire to play the Machines.

Late goals take contest decider to penalties

Winner A (Boyzees) V Winner B (Therapists) 19:15

This game was packed with drama and seemed to pass in favour of the Boyzees early on with a solo from Bryan. However the therapist stuck at it and star man Elkington skipped past 3 players and rocketed a shot in the far post of the Boyzees goal spreading the game open and sending the tournament into raptures with the last kick of the half. The second half started with fast attacking football but the Therapist remained disciplined shutting out any opportunities for the Boyzees to score. Elkington's ambitious shot from range deflect off Titmuss and into the goal making the score 2-1 to the therapists. The pressure was really on. Goals looked hopeless with tight hard defending until the last minute, when a Josh Bryan's run resulted in a deliberate handball from Dan Leonard in the dying seconds. The goal was scored by Bryan and the whistle blew for the end of the match. Sudden death penalties again!

The toss was won by Boyzees skipper Rob Titmuss who decided to shoot first key player Bryan who had scored moments before from the spot stepped up. But the effort was saved by goalkeeper Paul Fawcett and the crowd (the Machines) erupted. The pressure built and led to Elkington coolly slotting home the winner. Finals winners the Therapists.

Team of the tournament

	Dave Kennedy Machines	
Rob Titmuss Boyzees		Gary Baton Sainsbury's Stonkers
	Chris Robinson Therapists	
Ben Elkington Therapists		Josh Bryan Boyzees

Subs

- Jacob Wright - Machines
- Chris Mot - Sainsbury's Stonkers