



CITY





Flo Allen

NCFC Womens
General Manager

NOTES FROM FLO

Norwich City Women general manager Flo Allen joins us at the Nest today for her first home game of the season, following her appointment in June earlier this year.

What are you hoping some of our newer fans will be able to take from coming to the Nest this season?

Firstly, welcome to all those fans returning to the Nest to support the team this season and to any new fans who may be watching a game for the first time with us. Thank you for all your support, it doesn't go unnoticed! Also, welcome to all Actonians players, staff and fans who have made the journey.

It has been a great summer for women's football, the lionesses captured the nations hearts with their European championship victory and we are hoping to build on their success here in Norfolk, with our own women's team. It has been a busy summer with lots of positive

change. We have recently announced our new wider girls' and women's football strategy, to further enhance our commitment to girls' and women's football in the county. It is great to see so many of our pathway players here today at our fixture.

We are extremely proud of the talent our pathway continues to produce, including Lionesses star Lauren Hemp. Further evidenced by the number of players in our first team who have progressed through our pathway or who are currently employed by the foundation.

With seven new signings joining the squad, a packed out pre-season and plenty of media activity in the build up to the season,

are we expecting big things from the club on the pitch this season?

It has been a busy summer with 7 new additions to the team. All adding depth and quality across a range of different positions.

The team have responded well to an increase in training nights as well as added gym/ recovery provisions provided by one of our founding partners, Nuffield Health. We are also delighted to welcome Gasway on board as a founding partner of our women's team, thank you to both for your support.

We hope you all enjoy today's game.

OTBC



COACH'S COMMENTS

Welcome back to the Nest, Canary fans! It's great to have you supporting the squad again and we hope to see some new faces at our stomping ground this afternoon, as we take on Actonians.

We caught up with head coach Shaun Howes to discuss the season ahead and to review our first win of the season last Sunday.

How excited are you to be back at the Nest for our first home game of the season?

Really excited, it has been a long but successful season and I am excited for our supporters to see the squad we have and the progress they have made since we were last there in a competitive game.

We took a heavy defeat away from home against Actonians in January but beat them 2-1 at home in September, what can we take from those results?

The away game to Actonians was probably our worst performance of the season, we lacked belief in ourselves and really struggled against a very physical team. We were in a very different place when we played them at the start of last season and this was evident in the resilience the players showed not to succeed and hold on to the win.

I think the following results had a negative impact on the players self-belief, which would happen to anyone.

I don't think it means a lot, especially because we have strengthened the squad and so have they.

We know it will always be a physical game against them and they have real attacking threats.

We just need to follow the process we have started since the first day of preseason and focus on how we want to play.

We've had a bit of a change up in the squad, with seven new signings this summer, as well as saying goodbye to a few faces, how well is everyone settling in together/gelling as a team?

The squad is in a really good place, the new players have fitted in perfectly. Living in Norfolk, most of the players we have brought in were friends with a lot of the

current squad and we were keen to ensure we recruited the right type of people, not just good footballers. We have only lost two players who played the majority of last season, Ellie Bishop has moved to Tottenham which is a fantastic achievement and we are proud to have played a small part in her achieving her dreams.

The other is Jodie Drake who has had to take a hiatus from football as she is going to be a mum, which we are all so excited for her.

Jodie is still playing a major part in the squad however and will lead the player leadership team as she has so much to offer, not just on the pitch.

What did you make of the performance and win against Cambridge United last week?

I was so proud of the girls following the Cambridge game, I think the result reflected the game and the effort and application they put in through the whole game. We challenged the players before

the game to be proud of themselves at the end of the game and they certainly were. We have worked really hard in preseason on how we play both in and out of possession and this showed in the game and I was really pleased with how fit they looked for the full 90 minutes. We have now set our standard for the season and hopefully we can get a good crowd to the game Sunday to see the hard work they have all put in, they deserve to play in front of big crowds.



OFFICIAL BACK OF SHIRT PARTNER
OF NORWICH CITY WOMEN

2022 / 2023

THE SQUAD



01

BRYONY
WILLIAMS



02

CHARDONNAY
JOHNSTON



03

SUMMER
WARD



04

ALICE
PARKER



05

KATIE
LEE



06

ANNA
LARKINS



07

MEGAN
TODD



08

MILLIE
DAVISS



09

ELLIE
SMITH



10

NATASHA
SNELLING



11

REBECCA
RUSSELL



12

ROSIE
GEORGE



13

HOPE
ARMSTRONG



14

KATHRYN
STANLEY



15

NAOMI
COOPER



16

KATIE
KNIGHTS



17

JESS
HARPER



18

FREYA
SYMONDS



19

BETTY
BOOKER



20

LEILAH
GOODING

THE SQUAD



21

HOLLY
WILLIAMS



22

ELLA
GAMBELL



23

OLIVIA
COOK



24

CERI
FLYE



25

KATE
PARSONS



26

JODIE
DRAKE



OFFICIAL SLEEVE PARTNER
OF NORWICH CITY WOMEN

2022 / 2023



A SUMMER OF SIGNINGS

It was a summer of new signings for Norwich City Women as they welcomed on board seven new additions for the 2022/23 season.

After a roller-coaster 2021/22 season, finishing in eighth place, two points above the drop zone, City look to strengthen the side for the new challenge in the FAWNL South East Division One.

Alice Parker makes her return to the Canaries side after a season-long spell at Wroxham FC. The 20-year-old defender will once again sport her number four shirt. Having previously progressed through our player pathway, Parker will certainly be a familiar face for many at the Nest this season.

Box-to-box midfielder Rebecca Russell is second on the list of the summer signings, who joins us from newly promoted Wymondham Town. The champion's trophy wasn't the only silver wear Russell claimed at her previous club, as she also

finished her time with Town as player of the season during the 2021/22 campaign. The 21-year-old will claim the number 11 shirt for the season.

Another familiar face who joins the side this season is goalkeeper Hope Armstrong. The 20-year-old re-joins the side after a spell away from Wroxham alongside Alice Parker. Armstrong will be given the number 13 shirt.

Naomi Cooper, 27, also joins us from The Yachtsmen. The defender has also previously progressed through our player pathway system. Cooper will don the number 15 shirt.

Katie Knights, 23, signs for the club from Wymondham Town, champions of the Eastern Region Women's Football League Premier Division last season. The combative central midfielder is another participant of Norwich's player pathway system.

One other exciting prospect joining the Canaries this

season is forward Olivia Cook from Waveney. The 17-year-old plays with versatility, as she can play anywhere across the front line. Cook will be wearing the number 23 shirt for this season.

The final new signing of the season is number 24 Ceri Flye. At 19 years old, she was a regular feature in fellow South East Division One side Cambridge City. Flye will play in defence for the Canaries this season.

Norwich City Women head coach Shaun Howes spoke to canaries.co.uk about the new signings and how he feels now ahead of the 2022/23 campaign. He said: "I have been really pleased with the recruitment we have made to the squad over the summer, so along with the players we have retained from last season, I feel we now have a depth of talent in the squad that we didn't have last season."

PLAYER UPDATES

Jodie Drake



A lot has changed since the end of last season, including one very special addition to the squad! Norwich City Women would like to congratulate Jodie Drake on the announcement of her pregnancy. We wish you the very best on your journey and this new chapter.



ABOUT THE OPPOSITION



This afternoon, we welcome Actonians LFC, who were founded in 1998 as Chiswick United.

The team entered the Greater London League in 1999 and two years later, a reserves team was formed. Four years and a promotion later, the decision was made to move to Acton and become Acton Sports Club.

The club had another 5 successful years there and the 1st team won another 3 promotions.

Last season, today's visitors finished their campaign fifth in Division One South East, which included a heavy 6-0 win over the Canaries at home and a 2-1 loss at the Nest.

On the opening day of the FAWNL, Actonian's took on newly relegated Chesham United, in a game that was abandoned in the 70th minute, following an injury.



SNELLING BAGS HATTRICK TO EARN FIRST WIN FOR NORWICH CITY WOMEN

ST NEOTS TOWN FC • 14:00, SUN AUG 21

CAMBRIDGE UNITED

1-4

NORWICH CITY

On the opening day of the FAWNL, Norwich City claimed victory over Cambridge United in Division One South East after a hattrick from Natasha Snelling in a 4-1 away win.

The Canaries finished their 2021/22 campaign in an unexpected fight for survival, beating third placed side AFC Wimbledon in the penultimate game to secure a place in the division next season. City took a trip to Abbey Road Stadium on Sunday, August 21, where they donned the club's new tie-dye shirt for the first time.

The visitors found themselves on top for the best part of 20 minutes, as United struggled to find their rhythm on home turf, until Francesca Partridge took aim from 20+ yards, letting off a superb strike to give United the lead.

City found a breakthrough courtesy of Snelling after 32 minutes, when a mistake at the back allowed Symonds in on goal, and despite Webb making a fine

initial stop, the rebound came out to the number ten, who had the simple task of bundling the ball home. With seconds left on the clock before half time, Symonds should have put the Canaries ahead. After jinxing inside one U's defender, a super piece of defending from Waygood took the sting out of her shot, which allowed Webb the opportunity to dive across to the right and claw the ball away off the line. Snelling grabbed her second of the game just after the half hour mark following a slick move down the left wing.

The U's pushed for a route back into the match but with ten minutes remaining, Ellie Smith got Norwich's third goal, a neat finish on the rebound Fox's initial save. With time dwindling down, Snelling grabbed her hat-trick from the penalty spot to ensure that all three points came home to Norwich.

FUN ZONE

Y	R	L	T	S	E	R	O	D	L	A	W	E	E
T	H	C	I	W	R	O	N	N	E	N	Y	P	C
C	O	S	E	I	W	P	L	K	T	R	O	O	E
C	C	F	N	D	L	T	L	G	I	E	O	L	N
R	A	Y	H	A	L	L	L	A	R	K	I	N	S
R	N	L	E	P	I	O	O	A	E	R	P	A	E
L	A	A	Y	L	A	N	K	S	I	A	O	L	B
B	R	O	B	E	L	D	O	K	W	P	L	L	L
A	I	G	I	E	S	O	K	T	E	E	L	A	U
O	E	A	E	Y	E	N	W	E	C	N	S	B	E
E	S	N	O	W	G	O	W	S	S	A	F	L	S
G	N	I	L	L	E	N	S	U	K	N	I	S	E
L	O	B	E	E	R	E	F	E	R	C	R	N	E
S	C	L	R	I	Y	T	I	C	N	E	P	B	N

REFEREE
 LONDON
 LARKINS
 CANARIES
 BALL
 SNELLING
 PARKER
 NORWICH
 YELLOWS
 GOAL
 CITY
 BLUES
 ACTONIANS

1. Who scored last week's hat-trick against Cambridge United?

- a) Kathryn Stanley
- b) Ellie Smith
- c) Natasha Snelling
- d) Ceri Flye

2. Who was the last players to score a hat-trick for the club? Hint: It was in our 7-0 win over Mulbarton in the Norfolk County Cup final!

- a) Millie Daviss
- b) Kathryn Stanley
- c) Jess Harper
- d) Ellie Smith

3. How far have our visitors had to travel from their home ground at Rectory Park to the Nest?

- a) 144 miles
- b) 210 miles
- c) 153 miles
- d) 112 miles











4. What was the score the last time these two sides came head to head?

- a) 1-1
- b) 3-0 win to Actonians
- c) 2-1 win to Norwich
- d) 6-0 win to Actonians

CURRENT STANDINGS

Pos	Team	P	W	D	L	GD	PTS
1	Norwich City	1	1	0	0	3	3
2	Cambridge City	1	1	0	0	2	3
3	London Seaward	1	1	0	0	1	3
4	AFC Wimbledon	1	0	1	0	0	1
5	Hashtag United	1	0	1	0	0	1
6	Actonians	0	0	0	0	0	0
7	Ashford Town (Middlesex)	0	0	0	0	0	0
8	Chesham United	0	0	0	0	0	0
9	Hounslow	0	0	0	0	0	0
10	Wymondham Town	1	0	0	1	-1	0
11	Queens Park Rangers	1	0	0	1	-2	0
12	Cambridge United	1	0	0	1	-3	0

NEXT 5 FIXTURES

30/08/22 19:45	Wymondham Town F.C. Womens First		VS		Norwich City Women F.C. First	THE FDC	Division One South East
04/09/22 14:00	Norwich City Women F.C. First		VS		London Seaward FC First Women	NORWICH CITY FC (THE NEST)	Division One South East
11/09/22 14:00	Watford FC Women First		VS		Norwich City Women F.C. First	RUISLIP MANOR SPORTS & SOCIAL CLUB	FA WNL Cup 2022 - 2023
18/09/22 14:00	Queens Park Rangers Women First		VS		Norwich City Women F.C. First	HANWELL TOWN FOOTBALL CLUB	Division One South East
25/09/22 14:00	Norwich City Women F.C. First		VS		Hashtag United Women First	NORWICH CITY FC (THE NEST)	Division One South East



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