

VOL  
07



2019  
1 DEC

# MATCH DAY PROGRAMME

LONDON CITY LIONESSES



LONDON CITY LIONESSES

## VERSUS

A NEW ERA FOR FOOTBALL.  
A NEW CLUB FOR LONDON.  
FOLLOW THE PRIDE.





# PRESENTS

**London City Lionesses Versus Sheffield United**

**Sunday, December 1, 2019**

**Pre-match Christmas Event 11am**

**KICK-OFF 2PM**

**Dartford | Princes Park**

## IN THIS PROGRAMME

-  Greetings From The Chair
-  Message From John Bayer
-  Player Interview: Liz Ejupi
-  Staff Interview: Jacob Bailey
-  Match Day Opposition: Sheffield United Women
-  Meet Our Pride
-  Pre-match Christmas Fun
-  Christmas Market Vendors
-  'Brighton' up your Winter Evening

A NEW ERA FOR FOOTBALL.  
A NEW CLUB FOR LONDON.  
FOLLOW THE PRIDE.

SELF SACRIFICE  
SELF DISCIPLINE  
SELF BELIEF  
SELF FLEES  
SELF SACRIFICE  
SELF DISCIPLINE  
SELF BELIEF  
SELF FLEES  
SELF SACRIFICE  
SELF DISCIPLINE  
SELF BELIEF  
SELF FLEES  
SELF SACRIFICE  
SELF DISCIPLINE  
SELF BELIEF  
SELF FLEES

SELF  
MADE

2019/20







# GREETINGS FROM THE CHAIR

Dear Supporters,

Thank you once again for coming along to support London City Lionesses today. I would like to offer the warmest of welcomes to our visitors today from Sheffield United, including players, staff and supporters.

I hope you have all enjoyed the festivities before today's game and joined us in some seasonal fun as we approach the Christmas period. We want to become a key part of the local community and we're hopeful that activities like today will be able to put the club and ourselves in front of new supporters.

We've had a decent break in between games, with a couple of weeks without FA Women's Championship action, which has given the players time to take stock and refresh. Some of the girls have been away over this period, which is important to allow them to re-energise and spend vital time with their friends and families ahead of a busy couple of weeks for us on the pitch.

Since our last home game, we've had three away matches which have brought us a fairly positive set of results, none least than an important win in the league away to Crystal Palace. We were delighted with that result in particular, as it leaves us third in the league as we approach the middle of the season.

We also visited WSL side Bristol City in the cup and secured a really pleasing result, beating them on penalties. The result was impressive in a number of ways – firstly, it was great to go toe-to-toe with a WSL side and really test ourselves against that quality of opposition. Secondly, albeit for a group game, it was a chance for the players to show their mental strength in overcoming the pressure of a competitive penalty shoot-out. It was great for Lucy Thomas in particular, who pulled off a couple of saves there including the decisive kick. Passing those kinds of tests is what allows us to assess where we are as a club and the more often, we can come through those, the further and quicker we will develop.

It's back to league action for us today. As I say, last time out in the Championship, we secured a strong three points away to Crystal Palace with a really late goal from Liz Ejudi. That kind of determination and 'never say die' attitude is exactly what we need to continue our strong run in the league. Most teams can demonstrate those values for a few games at a time, but we are striving to do that for the duration of the season. If we do that, I am sure we'll be looking back on this year with immense pride.

I hope you enjoy today's game – thanks again for your support.

*Diane Culligan*





The FA Women's  
Championship



**DON'T MISS A GAME  
THIS SEASON**

**BUY TICKETS: [LONDONCITYLIONESSES.COM/TICKETS](https://londoncitylionses5es.com/tickets)**

# MESSAGE FROM JOHN BAYER

*"We showed a level of quality and intensity in that game that proved we are capable of competing at a higher level and we want to reproduce that today."*



Hello everyone and welcome to Prince's Park Stadium for today's game versus Sheffield United.

In the context of the league, today is a huge game for both sides as second take on third in the FA Women's Championship. We are aware of the threat that Sheffield United hold and we note their recent cup and league double over Durham, who are regarded as one of the stronger teams in this division. Our visitors are much improved and essentially the league's form side but that being said, we believe that as we approach the Christmas break, ourselves, Durham, Aston Villa and Sheffield are all contenders for promotion this season.

Our fixture break last weekend meant that we dropped from second place after wins for both Aston Villa and today's opponents and it really cements this game as a must-win for both sides. The fixture break last week means the players are raring to go and really fresh and fit for this game. We have prepared well during the week and we want to progress from our win away at Crystal Palace a couple of weeks ago – a performance we were really pleased with.

We also wanted to mention a particularly pleasing result at Bristol City, where we matched the WSL side for much of the game and eventually beat them on penalties. We showed a level of quality and intensity in that game that proved we are capable of competing at a higher level and we want to reproduce that today.

As we come into this game, I wanted to thank our Head Coach James Marrs and Head of Strength and Conditioning Ali Monajati for their work with the team over the past few weeks.

It felt like a good atmosphere at last week's game so thank you to all who came along to show their support for us and the women's game. We hope that we can build on that and see even more here at Prince's Park today.

We are also currently seeing good progress with our Development Squad who last week beat Watford's Under -23s with an impressive B-O scoreline. We've been pleased by the role that Jack Wheeler has played in coaching that team and we're encouraged by the number of young players that underpin our first team squad. Hannah Short, a regular in our first team, also assists Jack in coaching the Development Squad and she is able to offer her own experience and knowledge of the game to the up and coming players. The Development Squad features players that are working toward first team football one day, but we are also really pleased to be able to give first team players who are not involved in the match day squads time with the Development Squad so they get much needed game minutes and the young development squad players can see the level expected of them. It goes without saying, we are always keen to hear from talented young players - you are our future!

I hope you all enjoy today's game - and if you've joined us in celebrating the festive season today – let's hope we can secure our own early Christmas present in the form of three points!

*John Bayer*

Head of Player Development





TheFA Women's  
Championship



**MAKE FOOTBALL  
EVERYONE'S GAME.**

**#RAINBOWLACES**

**RAINBOW LACES**



# PLAYER INTERVIEW

**LIZ EJUPI**

**LDN CITY LIONESSES TV**

2019-20 SEASON



CLICK TO WATCH

FA Women's  
Championship



**WATCH FA WOMEN'S  
CHAMPIONSHIP  
GAMES LIVE. *FOR FREE.***

**TheFA *PLAYER***

The Home of Women's Football



**FAPlayer.tv**



# STAFF INTERVIEW:

## JACOB BAILEY



### **Jacob, tell us a little bit about your role within the club?**

I'm a sports therapist. I graduated from uni in the summer and took on basically a physio role, dealing with injured players, carrying out assessments and overseeing rehab. I might help Ali [Monjati] with strength and conditioning stuff at times, and warm-ups and cool downs, that sort of thing.

### **How did you get involved with LCL?**

It started with a placement last season and then that turned into being involved with trials this season. I got a call from Ali again to help out in pre-season and that's turned into pretty much a full-time job.

### **How important is it for you to be involved with a full-time club at this stage in your career?**

It's a massive opportunity for me at this stage. Just being involved is a great learning experience for me.

### **What is the most interesting aspect of your role?**

I suppose coming in every day and just learning is interesting. You pick up different things from different people, whether it's SEC with Ali, or tactics from Marrsy [head coach James Marrs], learning from John [Bayer, head of player development], who's got bags of experience. It's great to see different aspects of the club.

### **What's the main difference between 'what people think you do' and 'what you actually do' in your role?**

Even though you deal with professional players, I guess it's not all glamour! You definitely see different things every day, and when something goes wrong you have to bounce into action and know exactly what to do, what advice to give. It's all on you.

### **What are your career ambitions?**

I always wanted to work in professional sport, at the top level. As long as I'm constantly learning and moving forward, I'm happy.

### **And what's been your biggest achievement so far with the club?**

Right at the start, I suppose. I had come out of uni and was given a great opportunity to work with a great squad of players, so that's probably my biggest achievement so far.



LDN  
CTY

# SELF MADE

A NEW ERA FOR FOOTBALL.  
A NEW CLUB FOR LONDON.  
FOLLOW THE PRIDE.

# MATCH DAY OPPOSITION

2019



2020

1. Becky Flaherty (GK)
2. Sophie Barker
3. Sam Tierney
4. Leandra Little
5. Naomi Hartley
6. Kasia Lipka
7. Jade Pennock
8. Maddy Cusack
9. Katie Wilkinson
10. Alethea Paul

11. Chloe Dixon
13. Emily Batty (GK)
14. Keri Matthews
15. Izzy Ford
16. Rimee Palmer
17. Veatriki Sarri
18. Ali Johnson
19. Olivia Fergusson
20. Megan Tinsley
26. Ellie Fletcher



## Sheffield United are currently one of the form sides in the FA Women's Championship.

Impressive recent results for the Blades and Lionesses have set up a vital clash between second and third here at Prince's Park.

Rich Laverty gives us an overview of the players to watch out for on the visiting side today.

Sheffield United are currently one of the form sides in the FA Women's Championship. Impressive recent results for the Blades and Lionesses have set up a vital clash between second and third here at Prince's Park. Rich Laverty gives us an overview of the players to watch out for on the visiting side today.

### Jade Pennock

The pacey right winger is in top form after being named the FA Women's Championship player of the month for October, where a hat-trick against Crystal Palace was one of her standout performances.

Pennock has been among the goals in three of Sheffield United's four games so far this month, scoring against Blackburn Rovers, Lewes and Durham and her finishing ability is ensuring she's regularly high up in the scoring charts. Her direct style enables her to be able to get down the wing and send crosses into the box but her timing when it comes to runs in behind is why she's become so potent in front of goal.

### Katie Wilkinson

One of Sheffield United's several new signings in the summer, Wilkinson has wasted no time making an impact at her new club and has already hit double figures in all competitions this season. Joining from London Bees in the summer, Wilkinson scored in each of her first five games, bringing her overall total to seven. A brace against Blackburn Rovers at the start of November took her into double figures and while she's yet to find the net in her last three, her ability to hold the ball up and bring others into play are key strengths of her overall play.

### Maddy Cusack

Cusack joined Sheffield United in January after a brief spell at fellow FA Women's Championship side Leicester City. The tenacious midfielder made a big impact and has hit top form this season in a midfield three alongside Rimee Palmer and Sam Tierney.

Cusack's ability to find space and drive from midfield has seen a rise in her goals and assists this season, with the latter three all coming in the Blades last six games. Her three goals have come from spectacular strikes and while she's comfortable on the ball, her energy off it often ends in her winning the ball high up the pitch for her team.

### Rimee Palmer

The teenager already has five goals and four assists for her club this season, two of which came in the team's last two games against Durham, the latter of which earned Sheffield United a vital three points against Durham. Her ability to dictate, pass and strike from distance make her a highly-rated all-round midfielder able to get from box-to-box.

### Sam Tierney

The third of Sheffield United's midfield trio, Tierney spent almost a decade in the club's academy before moving onto Doncaster Rovers Belles, though she re-joined the Blades last season ahead of their debut FA Women's Championship campaign.

Tierney has been a constant in the United midfield this season, sitting deeper than Palmer and Cusack and often dictating games from deep and taking the ball off her centre-backs. Her qualities come in her energy and her raking passes into the channels for the Blades' pacey and direct wingers.

The 21-year-old recently popped up with her first goal for the club against Blackburn Rovers at the start of November.



LDN  
CTY

SELF



M  
E  
MADE

A NEW ERA FOR FOOTBALL.  
A NEW CLUB FOR LONDON.  
FOLLOW THE PRIDE.

# MEET OUR PRIDE

2019  2020

- |                      |                     |
|----------------------|---------------------|
| 1. Lucy Thomas       | 13. TBC             |
| 2. Chantelle Mackie  | 14. Kallie Balfour  |
| 3. Leanne Cowan      | 15. Vyan Sampson    |
| 4. Poppy Wilson      | 16. Harley Bennett  |
| 5. Hannah Short      | 17. Lucy Fitzgerald |
| 6. Ylenia Priest     | 18. Ellie Mason     |
| 7. Liz Ejupi         | 19. Lily Egg        |
| 8. Freda Ayisi       | 20. Annie Rossiter  |
| 9. Gabby Ravenscroft | 21. Flo Fyfe        |
| 10. Juliette Kemppi  | 22. Eden Bailey     |
| 11. Evie Clarke      | 23. Amber Gaylor    |
| 12. Grace Neville    | 24. Ellie Arnold    |





**A LIONESS  
SLEEPS IN  
THE HEART  
OF EVERY  
WOMAN.  
IT'S UP TO  
YOU TO  
WAKE HER  
UP!**





# THESE WILDCATS JUST LOVE TO PLAY

**SSE Wildcats provide girls aged 5-11 the opportunity to have fun, make friends and play football.**

With over 1,000 centres nationwide,  
find a centre near you and join the fun!



• THE FA GIRLS' FOOTBALL CENTRES •

Find your nearest centre at  
**[TheFA.com/SSEWildcats](http://TheFA.com/SSEWildcats)**



# Pre-match Christmas Fun

IT'S THE MOST WONDERFUL TIME OF THE YEAR, SO COME TAKE A STROLL DOWN LIONESSES LANE AND TAKE IN THE SOUNDS, FLAVOURS AND FUN OF CHRISTMAS:



## PRE-MATCH FUN 11AM-2PM KICK-OFF 2PM

FACE PRINTING | CHRISTMAS MUSIC | HOT CHOCOLATE |  
MULLED WINE | SANTA'S GROTTO | CHRISTMAS PENALTY  
SHOOT OUT | BAUBLE DESIGN COMPETITION | POPCORN |  
CHURROS | HOT CHIPS | BALLOON ANIMALS | MUCH MORE

'Twas weeks before Christmas, when all through the town,  
Citizens were asking, what's on for the kids this year around?  
The London City Lionesses knew what had to be done, Christmas  
cheer for everyone, mixed in with some football fun.  
It didn't take too long before "Christmas with the Lionesses" was  
born,  
Pre-match fun that would include everything, from Santa to  
popcorn.

So come meet the Pride, mingle, eat and play;  
There will be something for everyone all through the day.  
From Christmas tunes, to halftime carols, hot chocolate and more;  
This is one fun way to spend your Sunday and make memories  
galore.



# CHRISTMAS MARKET VENDORS



## REALLY AWESOME COFFEE

*We have freshly ground to order Barista coffee, various flavour teas, frappes, smoothies, Gourmet hot Chocolates, variety of cans & bottles of drinks, including juices, water. A selection of cakes and pastries along with crisps and chocolate bars.*

**WE ARE KEEN FOOTBALL LOVERS AND SO WERE VERY HAPPY TO ATTEND THIS SUNDAY TO SUPPLY OUR HOT DRINKS TO THE SUPPORTERS AND CHEER ON THE LIONESSES AT THE SAME TIME.**

### Contact:

**Dee & Jim**

**Tel: 0333 577 0762**

### Email:

**borehamwood@ReallyAwesomeCoffee.co.uk**

**Web: [www.ReallyAwesomeCoffee.co.uk](http://www.ReallyAwesomeCoffee.co.uk)**



**The Lunch Runner**

## S & E THE LUNCH RUNNER

*To be recognised as a leading distinction brand of fresh, homemade, satisfying food.*

*To inspire healthier communities by connecting people to real food. Making the best amazing cuisines and to offer the most reasonably and affordable priced quality food, served quickly, in attractive, clean surroundings and unforgettable food.*

**WE WOULD LIKE TO GIVE OUR 100% SUPPORT TO A WOMEN'S FOOTBALL CLUB ESPECIALLY TO LONDON CITY LIONESSES THAT THE TIME IS NOW RIGHT THAT A WOMEN'S FOOTBALL CLUB CAN BE A WOMEN'S FOOTBALL CLUB.**

### Contact:

**Edith Zarate**

**07917206756**



**LONDON / SINCE 2018**

## EXQUISITE BBQ

*The wonderful Exquisite Kitchen is the ultimate comfort kitchen on wheels, capable of serving an amazing variety of no nonsense classic dishes from their stunning food truck. Founded by the brilliant chef Iustinian Busaga, Exquisite are a family-run business with over 15 years experience in hospitality and as you would imagine, have catered at just about any event you could imagine in that time. Weddings, birthdays, corporate parties, these guys have done it all! Their signature dish is their delicious Angus Aberdeen beef burger, served on soft French brioche with salad, tomatoes, fried onion and relish. It's just as delicious as it sounds and will have your guests queuing up for seconds. Thankfully they won't have to queue for long as these guys can serve over 200 portions an hour!*

**I HAVE A SIX YEAR OLD DAUGHTER THAT HAS A GREAT DEAL TO LEARN FOR THIS WONDERFUL EXPERIENCE AND WE WILL BE ABLE TO BE PART OF SOMETHING 5000 EXTRAORDINARY .**

### Contact:

**Iustinian Busaga**

**[info@exquisitebbq.com](mailto:info@exquisitebbq.com)**



## DINKY DONUTS

*Since the first "Dinky Donuts" appeared in 1986, Millions of Dinky Donuts have been sold throughout the UK*

**OUR STANCE IS STRONGLY SUPPORTIVE OF WOMEN'S FOOTBALL WHICH IS CURRENTLY BECOMING STRONGER AND MORE WIDELY RECOGNISED AND FOLLOWED.**

### Contact:

**Lynn Garrard**

**[lynn@dsg32.co.uk](mailto:lynn@dsg32.co.uk)**





**London City Lionesses  
are proudly supported by**

# **TED<sup>x</sup>** Camden

**x = independently organized TED event**





Thank you to our principal partner,



We look forward to a successful season together.



# 'BRIGHTON' UP YOUR WINTER EVENING

In 10 days time, we're back at home taking on Women's Super League opposition in Brighton & Hove Albion in the Continental Cup. Floodlit football, on a Wednesday night, at Princes Park – what could be better?

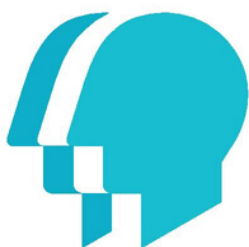
GET 50% OFF YOUR TICKETS, WHEN YOU BOOK  
ONLINE BEFORE DEC 9TH, USE CODE:

***BRIGHTONMEUP50***

**BOOK TICKETS**







**Heads Up**

**TheFA ForALL**

**Change the conversation  
on mental health**

**#headsup**

**[thefa.com/headsup](https://thefa.com/headsup)**

WE ARE



THE PRIDE

*proudly sponsored by*



SETL