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PROJECT 3

ARGYLE



Women's
National League

SUNDAY, 15 OCTOBER 2023

KO 2PM

VS PORTSMOUTH WOMEN



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Proud to be Plymouth Argyle's Principal Partner for the
23/24 Sky Bet Championship season.

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photo by Lauren Philp

A photograph of Ryan Perks, a man with short brown hair and a beard, wearing a grey and blue patterned Portsmouth training jacket. He is standing in front of a green metal fence. The jacket has the Portsmouth crest and the initials 'RS' on it.

> RYAN PERKS <

MANAGER NOTES

A warm welcome to The Mill Stadium for the first home game in what seems like ages, and we are delighted to welcome the players, staff and supporters of Portsmouth Women to Devon.

We won in stoppage time at Chatham last week and no better feeling than a late winner, although there were still seven more minutes of added time after we scored the goal.

It was obviously great to secure three points on the road, which hopefully kick-starts our season. It was a classic game of two halves, we weren't good enough in the first period and the girls knew that. We had a few words at half-time around what it means to play for this football club.

After the break, they were superb. We re-emphasised the game-plan, asked them to increase the intensity and every single player did that in the second half. They were fantastic for 45 minutes and we now look to emulate that for a whole game.

Torpoint is a new venue for us today and another opportunity to showcase our team to a different fanbase, who will hopefully be enticed into supporting the team when we make our permanent home at Brickfields.

I know Torpoint is only just over the border but it is still always nice to play in Cornwall.



IT WAS OBVIOUSLY GREAT TO SECURE THREE POINTS ON THE ROAD, WHICH HOPEFULLY KICK-STARTS OUR SEASON

The men's team has a huge following from Cornwall and it would be nice to have that rub off on the women's team over the next few years.

Portsmouth are a top team and we are under no illusions of the task ahead today. They've had some heavy scorelines against some good sides in this league, so we know it will be a very difficult challenge.

If we get something from the game, it will be a very good result. We've got a game-plan, we've got very good players at this club and, if we execute our game-plan, we will have a chance of doing well.

Ryan

THANKS TO OUR PLAYER'S SPONSORS



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PORTSMOUTH WOMEN

Portsmouth FC Ladies was formed in 1987, although a Ladies team in Portsmouth can be traced back to the First World War.

The club established itself in the community and until the end of the 2016-17 season had teams for girls and women of all ages.

Portsmouth FC Ladies were the first women's club in Hampshire to

receive The FA Charter Standard Award for excellence in provision of coaching and support staff, and also gaining the Adult Status in December 2007. The club won the 2014-15 WPL Southern Division but lost out in the promotion play-off to Sheffield FC's 92nd-minute winner.

In July 2018, Portsmouth changed from Ladies to Women, and the club

became a part of the official Portsmouth FC umbrella.

Portsmouth FC Women's notable honours include 15x Hampshire Cups, 4x Portsmouth Divisional Cups, 2x Women's Premier League Southern Division Titles, 1x South West Combination Football League and 1x South West Combination League Cup.



PLAYER SPONSORS 2023/24

ARGYLE WOMEN'S TEAM



**JASMINE
READ**

Stoke Damerel
Community
College



**KATIE
DICKSON**

Sir-Fix-A-Lock



**ROSIE
McDONNELL**

Discovery
College
Plymouth



**JEMMA
ROSE**

Wolferstans
Solicitors



**PANAGIOTA
PAPAIOANNOU**

PASALB



**LUCY
HACK**

ToolTech



**CHARLOTTE
WHITMORE**

Step Teachers



**IMY
CRAWFORD**

ITEC



**ELLIE
SARA**

P&M Homebuild



**REBECCA
DANDRIDGE**

Scott Medical
College



**JADE
WIDDOWS**

PASOTI



**GRACE
SMITH**

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**TAMSIN
MEDD-GILL**

Argyle Fans Trust



**LIBBY
WAYLEN**

NS Cleaning &
Maintenance



**TAYA
POMFRET**

Emily The
Sweep



**ERIN
O'SHEA**

One Plymouth



**FERN
ORCHARD**

Plymouth Marine
Electronics



**MADDI
CURNO**

50/50 Lottery



**EMILY
ELLIOT**

Nick Quirk



**KATELYN
BELL**

Scott Medical
College



**GRACE
PERRINS**

Limegreen
Communications



**MIA
ENDACOTT**

Bright
Solicitors



**GEORGIE
KNOTT**

Friary Mill



MATCH ACTION

Chatham Town Women 1 Nicholls 2

Argyle Women 2 Whitmore 58, Pomfret 90+4

Argyle Women took all three points in a dramatic game of two halves at Bauvill Stadium last weekend.

Chatham took an early lead through Letitia Nicholls after pressure on the Argyle defence caught the Greens off guard. Chatham continued to fashion out dangerous chances as the half went on, but Argyle showed signs of improvement. The second half began with Argyle piling the pressure on Chatham, who made it 13 minutes into the half until Charlotte Whitmore brought the scoreline level.

The Greens continued to battle as the game drew to a close, but Chatham equally tried to regain the lead through multiple dangerous chances in the area, but none could find a way past Jasmine Read who stopped each chance. Argyle took their chance to steal victory in the 94th minute

thanks to Taya Pomfret, whose late run at the far post met a corner from Whitmore, securing three points in the dying embers of the match.

Chatham began the match with high tempo, pressing Argyle into their half from the referee's whistle. Their pressure proved to be too much for the Argyle defence who conceded early on following a defensive error outside the 18-yard box that allowed Nicholls to pounce on a loose ball in the area following a save at the far post by Read.

Chatham continued to be a threat throughout the half, but Argyle's defence stood firm and denied the home side a chance at extending their lead further. Meanwhile, Argyle's determination and grit began to grow and chances to equalise became more common. The Greens closest chance of the half came to Ellie Sara who after

regaining the ball from a spilled save in the area attempted to blast the ball home, but Davies and her defence did well to clear the danger.

Argyle's performance in the second half continued to improve and following a sin bin for Chatham, the Greens took their chance to level the scoreline. A superb counter-attack launched by Sara from deep found the run of Whitmore who cut inside on her right foot and placed the ball into the top right corner, sending the Argyle players into joy and stunning the keeper Davies.

Motivated even further by Whitmore's leveller The Greens continued to put pressure on the home side but struggled to convert their chances into goals. As the match drew closer to full-time Chatham gradually began to take control of the game once more and fashioned out numerous chances from set pieces,



MATCH ACTION

but the incredible reactionary saves from Read and blocks in the penalty area from the Argyle defence continued to frustrate Chatham's forwards. Chatham were eventually able to find the back of the net in the 90th minute, but the referee's assistant flagged the goal offside, keeping the scoreline intact.

With 90 minutes of regular play done and 14 minutes of extra time added, Argyle found their chance to take the lead from a corner. Whitmore's delivery placed the ball towards the far post and just missed the head of captain Panagiota Papaioannou, but a late run from Taya Pomfret connected with the loose ball and hammered home Argyle's second in the 94th minute.

Read was called upon on multiple occasions following Argyle's goal, making tremendous last-minute saves to hold on to vital points on the road, one being a stop on the line following a series of scrappy shots in the area from a corner. Chatham continued to fight for an equaliser as the game drew closer to its end, but the Argyle defence proved too strong to beat and following a sensational clearance from Pomfret the referee blew for full time, sending the Argyle players into raptures.

Argyle: 1 Jasmine Read, 2 Katie Dickson, 5 Panagiota Papaioannou (c), 6 Lucy Hack, 7 Charlotte Whitmore, 8 Imy Crawford, 9 Ellie Sara (20 Fern Orchard), 14 Tamsin Medd-Gill, 17 Libby Waylen, 18 Taya Pomfret, 19 Erin O'Shea (15 Georgie Knott).



NEWS

ARGYLE STAFF UNDERGO MENTAL HEALTH FIRST AID TRAINING

We all have mental health, and just like physical health, it needs looking after.

One in four of us will experience a mental health issue in any given year.

Learning more about our mental health and ways to get support can empower people to thrive and that's why Argyle as a club has taken an important step to get as many of its staff trained to not only support players and fans, but staff too.

15 employees from across the club undertook a two day course this week to become Mental Health First Aiders to coincide with World Mental Health Day.

There was representation from throughout the whole club, including a focus on Academy staff members to ensure our young players can safely navigate through their critical development years, both physically and socially, as well as managing the experiences of school and exams.

The Mental Health First Aid (MHFA) course uses both national and international research and lived experience insight to create MHFA courses to benefit individuals and the people they live and work with.



The courses are intended to increase mental health knowledge and confidence and give people the skills to recognise signs of mental ill health in both children and adults. The training can reduce stigma and increase people's willingness to support.

Mackenzie Brown, Argyle Head of Academy Player Care and Wellbeing said of the initiative: "The mental health and welfare of the young people in our Academy is at the forefront of everything we do and to have so many Academy staff across different disciplines completing this course is fantastic. This training is going to contribute to ensuring that we continue to offer the best support possible."

The mental health issues covered included depression, anxiety, eating disorders, psychosis, and substance misuse while the mental health crises covered were suicidal thoughts, self-harm, panic attacks, and trauma.

Siobhan Robbie-James
Argyle Diversity, Equity

and Inclusion Manager added: "The knowledge and skills I have learned from the course have given me the confidence to start conversations and hopefully be able to support individuals should they need support.

"I'm really pleased that so many staff volunteered to undertake the training and I hope that it will make a positive impact to our workplace, our players, and fans for years to come."

Over the past 20 years the importance of improving the physical, mental, and emotional health and wellbeing of children and young people has been especially important in the UK and through the government.

A mentally healthy community is a productive and creative one. Argyle is taking a whole-organisation approach – with trained personnel in nearly all departments across the Club and partner sites – together to make a positive change to conversations around mental health.

FIXTURES

AUGUST

Sun 20 Billericay Town L 0-6
Sun 27 Exeter City W 4-1

SEPTEMBER

Sun 3 Ipswich Town L 1-7
Sun 10 Cheltenham Town W 3-2
Sun 17 Oxford United L 0-5
Sun 24 Rugby Borough L 2-6

OCTOBER

Sun 1 Cardiff City Cup L 1-3
Sun 8 Chatham Town W 2-1
Sun 15 Portsmouth (H)
Sun 22 Hashtag United (A)

NOVEMBER

Sun 5 London Bees (H)
Sun 19 Cardiff City (H)

DECEMBER

Sun 3 Milton Keynes Dons (A)

JANUARY

Sun 7 Chatham Town (H)
Sun 14 Cheltenham Town (A)
Sun 28 Oxford United (H)

FEBRUARY

Sun 11 Rugby Borough (A)
Sun 25 Portsmouth (A)

MARCH

Sun 3 Ipswich Town (H)
Sun 10 Cardiff City (A)
Sun 24 Hashtag United (H)
Sun 31 London Bees (A)

APRIL

Sun 21 Billericay (A)

MAY

Sun 5 Milton Keynes Dons (H)

TEAMSHEET



Manager
Ryan Perks



Manager
Jay Sadler

1	Jasmine Read
2	Katie Dickson
3	Rosie McDonnell
4	Jemma Rose
5	Panagiota Papaioannou
6	Lucy Hack
7	Charlotte Whitmore
8	Imy Crawford
9	Ellie Sara
10	Rebecca Dandridge
11	Jade Widdows
13	Grace Smith
14	Tamsin Medd-Gill
15	Georgie Knott
17	Libby Waylen
18	Taya Pomfret
19	Erin O'Shea
20	Fern Orchard
21	Maddi Curno
22	Emily Elliot
23	Katelyn Bell
24	Grace Perrins
29	Mia Endacott

1	Hannah Haughton
2	Nicole Barrett
3	Kelci Bowers
4	Leeta Rutherford
5	Evie Gane
6	Jazz Younger
7	Tierney Scott
8	Ava Rowbotham
9	Emma Jones
10	Dani Lane
12	Sophie Quirk
14	Annie Rolf
15	Jess Smith
16	Ella Humphrey
17	Georgie Freeland
19	Mia Adaway
20	Ella Wild
21	Ali Hall
23	Emily Pitman
25	Izzy Collins
26	Beth Lumsden
27	Riva Casley

Match Officials

Referee: Martin Chilver

Assistants: Stephen Mcculloch & Nathan Mack