

PONTYPRIDD TOWN AFC #THEDRAGONS

PONTYPRIDD TOWN VS SWANSEA CITY
OFFICIAL MATCHDAY PROGRAMME



VS



genero



ADRAN
PREMIER

SUNDAY, 12/09/2021, 2PM

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CONOR
BLACKLOCK



TOTAL
Teamwear

Kristine Perwan-Davies
PHOTOGRAPHY

MATCH DAY PREVIEW

SWANSEA CITY

The Dragons welcome Swansea City to the USW ground today (12th September) for kick off at 14:00.

Swansea City are last year's league champions having gone the whole season unbeaten. They've also just returned from competing in the UEFA Champions League.



The creation of the new league and the club-merge between Cyncoed and Pontypridd has brought a positive atmosphere and new life to the club.

Sunday's game will pose a challenge for both teams. Pontypridd are looking to compete with teams like Swansea to secure a place in the top 4 having finished 6th in the league last year. A new manager and fresh faces in the squad add to the sense of confidence and belief within the team.

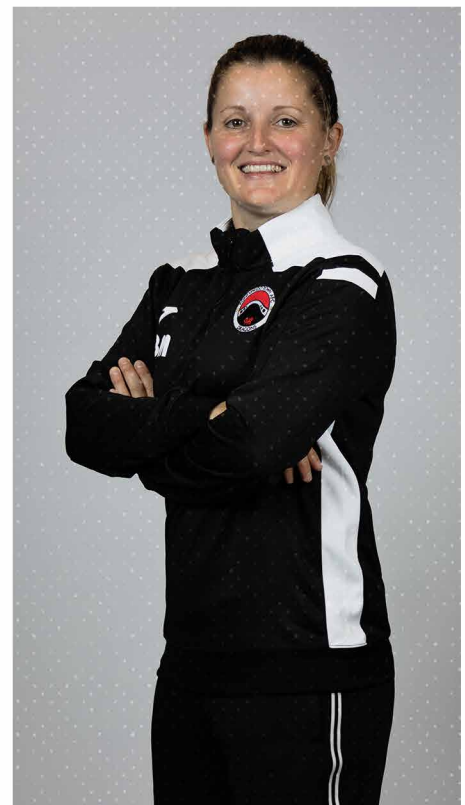
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Last time the two teams met at USW, Swansea returned with the 3 points and a score line of 3-0 after gaining an early lead.

Speaking to the manager Fern Buggage-Male ahead of this week's match she said, "We're looking forward to the game, always a great physical and tactical game between the sides."

Fern is confident about what her squad can do.

"We want to be challenging ourselves week in week out against the best opposition," she said.



MATCH DAY TEAM

1. MAISIE JONES
2. CARYS MINTON
3. JESS OSBORNE
4. MILLIE JONES
5. CLARE DALEY-SMITH
7. ALANA MURPHY
8. RENEE DAY
9. ELLIE GUNNEY
10. JASMINE SIMPSON
11. KIRSTIE PERVIN-DAVIES
14. ALISON WITTS
16. FFION SPENCE
17. SINEAD MELINN
19. OLIVIA BARNETT
20. CARYS BUFTON



PLAYER PROFILES

MAISIE JONES

DOB: 06/03/2004

NATIONALITY: WELSH

NUMBER OF SEASONS

AT THE CLUB: TWO

FUN FACT: 'SLIGHT' OBSESSION WITH MOTORBIKES/ CARS

#1

CARYS MINTON

DOB: 18/03/2004

NATIONALITY: WELSH

NUMBER OF SEASONS

AT THE CLUB: ONE

FUN FACT: COMPETED IN THE WORLD YOUTH CUP, SWEDEN

#2

JESS OSBORNE

DOB: 15/06/1997

NATIONALITY: WELSH

NUMBER OF SEASONS

AT THE CLUB: FOUR

FUN FACT: PASSION FOR THEATRE AND IS A GRADE I IN TRUMPET

#3

3
Osborne



DRAGONS

Witts



TNS VS PTAFC MATCH REPORT

DRAGONS START THE SEASON WITH 2-1 WIN OVER THE NEW SAINTS

A 3 ½ hour bus journey to Park Hall Stadium and blazing 25-degree heat saw the dragons return with the 3 points on Sunday.

Kicking of the season in the brand new Adran Premier League meant Sunday's game was big for both teams. The New Saints are a newly formed team for the league, and it was exciting to see what they had to offer.

The game got off to a good start with Ponty creating a few chances however they were unable to capitalize. An early foul in the 20th Minute on Jaz Simpson in the box won a penalty which saw Alison Witts calmly net the ball into the bottom left corner. Thus, winning the Dragons their first goal of the match.

The lead was short lived with a goal from TNS in the 36th minute. After a breakthrough pass, Francesca Scott looped the ball over goalkeeper Maisie Jones's head from just inside the box.

The Dragons continued efforts paid off late in the half when a throw in led to an impressive ball from Carys Minton to Alison Witts who took a touch and volleyed it into the left-hand corner.

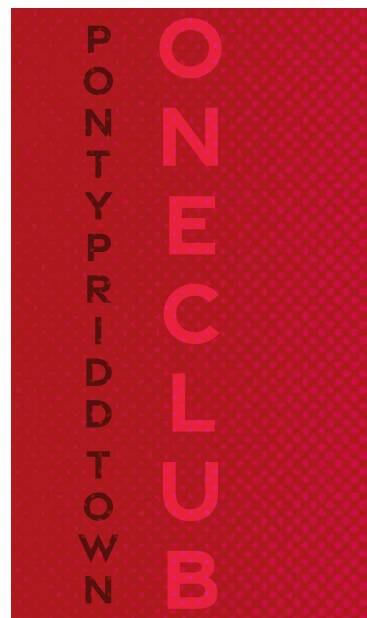
The second half kicked off with a great save from Maisie Jones saving TNS's effort at an equaliser. The Dragons created many chances late into the half but failed to convert, with one disallowed goal due to a questionable offside call. The game could have easily ended with a larger goal difference and the team will be looking to capitalise on their chances going onto to next week's home game to reigning champions Swansea City.

Top scorer Alison Witts said "we definitely had a point to prove today... so it was good for us to take the win home". Despite the win she emphasised that "There is definitely a lot we can be working on". We also spoke to Manager Fern Burrage-Male who said, "Moving forward in the season we know that we're going to have to finish those chances that we had today". Whilst she described the play on Sunday as "open" with "a lot of chances" she was aware Swansea will be a challenge and such chances cannot afford to be missed in such big games.

& FIXTURES & RESULTS

WOMENS FIRST TEAM

05/09/2021	THE NEW SAINTS I-2 PONTYPRIDD TOWN
12/09/2021	PONTYPRIDD TOWN - SWANSEA CITY
19/09/2021	PORT TALBOT - PONTYPRIDD TOWN
26/09/2021	PONTYPRIDD TOWN - ABERYSTWYTH TOWN
07/10/2021	CARDIFF MET - PONTYPRIDD TOWN
10/10/2021	CARDIFF CITY - PONTYPRIDD TOWN
24/10/2021	PONTYPRIDD TOWN - BARRY TOWN UNITED
31/10/2021	PONTYPRIDD TOWN - THE NEW SAINTS
07/11/2021	SWANSEA CITY - PONTYPRIDD TOWN
14/11/2021	PONTYPRIDD TOWN - PORT TALBOT
21/11/2021	ABERYSTWYTH TOWN - PONTYPRIDD TOWN
28/11/2021	PONTYPRIDD TOWN - CARDIFF MET
05/12/2021	PONTYPRIDD TOWN - CARDIFF CITY
12/12/2021	BARRY TOWN UNITED - PONTYPRIDD TOWN



& FIXTURES & RESULTS

MENS FIRST TEAM

PONTYPRIDD TOWN
CLUB

PONTYPRIDD TOWN 8-0 PORT TALBOT	21/08/2021
PONTYPRIDD TOWN 3-0 CWMBRAN CELTIC	24/08/2021
PONTYPRIDD TOWN 5-1 UNDY ATHLETIC	28/08/2021
SWANSEA UNIVERSITY 3-4 PONTYPRIDD TOWN	11/09/2021
PONTYPRIDD TOWN - BRITON FERRY LLANSAWEL	17/09/2021
CWMBRAN CELTIC - PONTYPRIDD TOWN	02/10/2021
PONTYPRIDD TOWN - LLANTWIT MAJOR	23/10/2021
GOYTRE UNITED - PONTYPRIDD TOWN	30/10/2021
PONTYPRIDD TOWN - AMMANFORD	06/11/2021
AFAN LIDO - PONTYPRIDD TOWN	19/11/2021
PONTYPRIDD TOWN - AFAN LIDO	03/12/2021
AMMANFORD - PONTYPRIDD TOWN	11/12/2021
PONTYPRIDD TOWN - GOYTRE UNITED	18/12/2021
CAMBRIAN AND CLYDACH - PONTYPRIDD TOWN	28/12/2021



PONS

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9

CONNOR BLACKLOCK

HEAD OF PERFORMANCE & REHABILITATION

Connor is 28 years old and currently in his first season with Pontypridd women. Originally from Ireland, he has been based in Wales for 10 years having moved here in 2012 to study.

Starting his degree in 2012 at USW, he studied Sports Science. He completed this in 2016 and secured a graduate assistant job at the university where he worked teaching and coaching students. On the side, he worked tirelessly to secure his master's degree in which he focused on research into groin strength over the season. To do this, he worked with the Cardiff City u18 squad. This was completed in 2018. The next step for Connor was to gain professional accreditation from the UK Strength and Conditioning Association (UKSCA). While studying for his masters he also coached rugby as he thought it important for him to develop his all-round coaching skills for all aspects of sport.

Connor was a previous competitor in rugby, football, and athletics. His drive to develop his own sporting performance inspired him to become a strength and conditioning coach. This transformed into a desire to help others which brought him to Wales to start his journey. Working this season with the Pontypridd women's first team is his first role in charge of the performance and rehabilitation of a sports team. Before this, he has worked with the Namibian rugby team, Dragon's Rugby, Cardiff City Academy and Celtic Dragons Netball.

Having worked with both male and female athletes Connor understands how vital it is to control injury prevention. In female athletes, anterior cruciate ligament (ACL) injuries are prominent, especially within women's football. Ensuring the footballers are strong and fit to meet the demands of the sport is essential. His approach to coaching includes looking at top level of athletes within the sport and comparing them where the team's current players are at. This enables him to bridge the gap by focusing on areas that need work.

To be the best coach you can be, he advises to find a mentor, read everything you can and get involved with coaching from the start of your journey. He says a growth mindset is key to understanding your weaknesses and Self-reflection and listening to feedback are crucial to know where you need to improve.