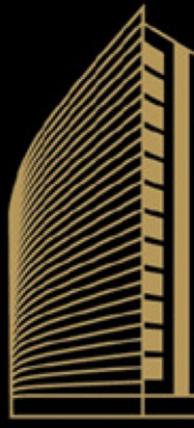


APR 14 T H FRI 19.45









COMER GROUP IRELAND



PROUD PARTNERS OF Galway United F.C.



UNITED WE STAND WITH CAOMHÁN O' CONNELL



Thar ceann Cumann Peile Gaillimh Aontaithe is mian linn fáilte a chuir romhaibh chuig Páirc Eamon Deacy anocht. Fearann muid fáilte faoi leith roimh ár gcuairteoirí ó Bhré.

Tonight's game sees first take on second in the SSE Airtricity First Division. While it is still early in the season, tonight's fixture will see the conclusion of the first round of fixtures for both sides.

Another fantastic performance in Wexford last Friday saw our team continue their winning start to the season. Our visitors come to Terryland in fine form also, having lost just once in their

opening games. The togetherness in the squad and the unity between the supporters and the team has been striking at home and away all season. United fans continue to travel the length and breadth of Ireland in great numbers and great voice. A strong home backing this evening will again be critical to our chances.

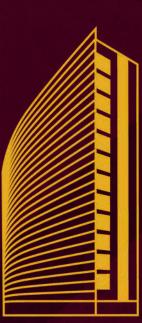
We also hope that our supporters will be out in force tomorrow as our women's team entertain title-chasing Shamrock Rovers at 5pm. It is a rare opportunity for Galway football fans to see World Cup bound stars in the flesh. More importantly, there is a chance to get behind a superb young team which has recorded two famous victories on the road in a row, away to champions Shelbourne and President's Cup Winners Athlone Town.

Ní neart go cur le chéile.





neills



COMER GROUP Ireland



FROM THE DUGOUT

John Caulfield

It has been an encouraging start to the season, but we know that Bray Wanderers will provide a really tough test at Eamonn Deacy Park this evening.

Welcome to Ian Ryan, his backroom staff, players, officials, and Bray supporters. Bray have invested well this year and we know that they are a serious team that can compete strongly for the title.

Our form during the past two months has been very pleasing. One of the great things is the support we have. When you look at the opening eight games we have played five away from home.

It is brilliant that our supporters have travelled in big numbers to games in 2023. It certainly gives us all a lift with players and management delighted with the support.

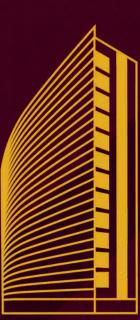
We know it is very early days in the league, we are aware how important every game is. So it is crucial for everyone that we keep that connection.

The players or supporters cannot get complacent, we must drive on, knowing the relevance of every week.

Enjoy the game.

John





COMER GROUP Ireland



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SSO

CAPTAIN'S LOG WITH CONOR MCCORMACK

Conor McCormack is the heartbeat of this Galway United side, and he retains the captain's armband for a third successive eason. Throughout this season he will be sharing his thoughts on the team's fortunes in Maroon View's Captain's Log.

Hey Conor, how are things?

We're back at home at Eamonn Deacy Park after a run of away games and we are rearing to go for tonight's game against Bray Wanderers.

Eight wins in a row is incredible, how far can this team go this season?

It's something to be proud of but the squad is taking it one game at a time as we are aware nothing is won yet. Between management and the players we are all keeping each other grounded.

Tell us about the last couple of games?

We made the short trip to Athlone Town and then had a long journey to Wexford last time out. We worked hard to come from behind and came up against tricky opposition to come away with all three points. The travelling support for the away games this season has been exceptional. To see so many travel to Athlone, but especially Wexford, gives the team a huge boost. Thanks as always to the incredible maroon faithful!

Bray are tonight's visitors, how has preparations gone this week? Bray are a very organised team and recruited well in pre-season. As usual we've prepared well during the week for tonight and the guys are aiming for another three points to keep the momentum going in our pursuit of promotion!

WOODQUAY WANDERER Bernie O'Connelll

Fáiltíonn Gaillimh Aontaithe roimh Fáinnithe Bhré anseo tráthnóna don chéad chluiche eadrainn sa bPríomh Roinn i mbliana. Is ceann do sna cluichí is tarraingtí é sa bhféilire. Beidh leantóirí ag súil go mbeidh cluiche den scoth againn arís tráthnóna.

Bhí Gaillimh ar an mbóthar le coicíos anuas agus is breá an rud cluiche baile a bheith arís againn. Anseo i dTír Oileáin thóg sé i bhfad orainn an ceann is fearr a fháil ar Longphoirt. Scrúdaíodh an teacht aniar a bhï sa bhfoireann againn in Áth Luain ansin agus bhí sásamh le fáil ag an slua ollmhór a thaistil soir an oíche céanna. I Loch Garman choinnigh muid orainn i gceart le bua cuimsitheach eile.

Bhí omós tuillte ag Ian Ryan leis an tréimhse aige i gceannas ar Loch Garman. T'éis dó cúram na bhFáinnithe a thógáil air féin bhí sé soiléir go mbeadh dáíríreacht ceart faoin bhfeachtas acu i mbliana.

Le Lorcan FitzGerald agus Pat Devlin ar fáil aige níl aon easpa taithí ag baint leo agus le sínithe mar Dane Massey agus Dave Webster is léir an uallmhian atá sa gclub ach cé go gceapfá go dtógfadh sé seal na codanna éagsúla a shníomh le chéile tá Bré sa darna áit sa tsraith anois.

T'éis an bua acu ar Áth Luain an tseachtain seo caite beidh spiorad agus uallmhian na gcuairteoirí ard go maith anocht. Cúl ag Cole Omorehiomwan a thug an bua dóibh agus le Luka Lovic,Chris Lyons, Stephen McGuinness, Zack Donoghue, Jake Walker, agus Harry Groome ar bord is léir go bhfuil caighdeán cumasacha ar fáil

FÓ dheas d'éirigh le Gaillimh an ceann is fearr a fháil ar Loch Garman. Ní bhíonn aon cheo éasca san ionad sin ach d'fhill na Gaillimhigh aneas le bua slachtmhar 4-0.

Choinnigh sé an tús iontach ag imeacht ach d'fhéadfá bheith lán cinnte nár thóg sé i bhfad ar an bhfoirean ná an bhainistíocht a naghaidheanna a dhíriú ar an gcoimhlint seo tráthnóna. Sin an bealach atá acu agus caithfear cloí leis. Beidh an fhoireann bainistíochta féin breá sásta go raibh ceathrar ar chlár na scór. Ina dhiadh sin agus uile is mó cosúlacht go gcuimhneofar ar 2023 mar Bliain Borden ná Bliain Biden.

Ba mhór an rud é an t-aitheanntas náisiúnta a fuair Stephen Walshe le gairid agus é ainmnithe mar iarrathóir d'imreoirí na míosa seo caite. Tá mé t'éis os cionn deich mbliana a chaitheamh ag tabhairt suas ar aon iarracht gan a bheith claonta ag cur síos ar Stephen. I mbeagán focal s'é croí agus anam na foirne againn é. Cuireann sé laochra mar Jimmy Nolan, John Mannion,John agus Mark Herrick i gcuimhne duit. Go nDéana Dia Grásta ar Chick agus Miko ach tá comrádaí don déanamh céanna againn i Stephen. Go maire sé!



CALWAY INITED

VS Athlone Town















THE IMPORTANCE OF SPORTS FOR GIRLS Michaela McGough

Having spent most of my life playing sport, I will always be the first person to tell you to get involved in it, but I make sure to tell young girls to try and get involved in any sport they enjoy. It is such an amazing way to learn new skills, meet new people and get the exercise your body needs, all at the same time.

There is such a big drop-off when it comes to boys and girls involved in sports, which is such a shame as sport has so many benefits for a young person. Sport is where I have learned so many critical skills that I will need in life. For example, I have learned teamwork, goal-setting, time management, determination, patience and leadership all from either playing or coaching.

My local club is Corrib Celtic FC who I played with up until last year, I am currently signed with Galway United U17s. I am very lucky to be able to play in the League of Ireland and train at such a high standard. We train three times a week and have our matches on Saturdays. We have access to a great group of people to work with, like our management, personal trainers and physios who help us play to our best ability.

I have access to amazing facilities with Galway United; however the same does not apply to all girls' teams across the country. I have heard of girls' teams being put on pitches that are not lined, pitches that are dug up from a previous game or pitches that are waterlogged. We need to be held to the same standard as mens' teams and be given the same quality of pitches and facilities.

While I was picked to sign and play with exceptional teams now, I wasn't always. There were plenty of times I was told I wasn't good

enough for a team or didn't make match day squads. However, this didn't make me love the sport any less. You don't have to be one of the best players on your team to enjoy playing. Everyone brings something different to a team and everyone should be able to enjoy playing whether they are the best on the team or not.

I also help coach the U12 girls in my local club Corrib Celtic. As much as playing has shown me how important sport is for girls, coaching the U12s has really opened my eyes to how sport can affect a young girl's life for the better, as I see the girls coming into training happy and excited to get active every week. That is what I think sports should be all about, getting active and enjoying what you're playing.

There are the obvious physical health benefits of playing sports, an average training session for any underage team is an hour which is the recommended time any girl from the ages of 6-17 should spend doing physical activity a day. Training sessions for children are a more fun and entertaining way to get that daily exercise than just going for a run or walk, as while at training they can talk to their teammates, do fun drills, and play games. As much as physical health is important and sport can improve a young person's health, it can help your mental health as well. I completed my Junior Cert last year and I found sport was such an amazing way to switch off after a long day of school and study and focus on something else. If I was stuck in school all day and then I came home to do nothing else but study, I would have been way more stressed than I was; but instead I could come home, study for a bit, then get out in the fresh air for a training session or match.

Michaela McGough is a TY student at Coláiste Bhaile Chláir on work experience at the Galway Advertiser. Artcicle originally appeared, Galway Advertiser, Thu, Mar 30, 2023

SEAMUS CONNEELLY MIKE GERAGHTY

Hi Seamus. Do you still follow the fortunes of Galway United?

Hi Mike, Thanks for the chance to catch up. It's been a while. Yes, I still keep an eye out for United's results each week. I've followed the last few seasons closely as you've come so close to promotion back to the Premier Division. This year has started very well. It would be great for the players and fans to get back to the top division, but also for the League in general. I think a strong side from Galway is best for domestic football in Ireland.

You were born in Lambeth, England with strong Conemara roots, spent time at Mervue anf four seasons at Terryland. Tell us about

My time with United was one of a similar story each season. Battling relegation. Each year managed to avoid it one way or another. The first year is probably the most memorable. 2008 under Jeff Kenna. We were cut adrift at the bottom of the table in August and very few gave us any hope of staying up. But we went on a terrific run over the final third of the season and it culminated in an away win at UCD on the final night and safety. (It was some performance at Belfield and we held on for a 1-0 victory).I still watch the video of that match on YouTube from time to time. It's hard to believe it's over 14 years ago now. My second year was under Ian Foster, who had been Kenna's assistant the year before. Again, it was a struggle. We managed to avoid a relegation playoff because Derry City were demoted due to financial irregularities. I don't remember the ins and outs of the situation, just that we were safe once again.

The final season was with Sean Connor as manager. We weren't lucky enough to avoid a relegation playoff this year and we ended up facing Bray Wanderers at home. Karl Sheppard scored the only goal and we were safe again, by the skin of our teeth.

You joined Sheffield United for a reported fee of €60,000. How did you find working for a professional club and the change in lifestyle?

Moving to Sheffield United was a big step up for me. I never managed to settle. The manager who signed me, Gary Speed (Another Leeds great), left before I'd moved over. The new manager, Micky Adams (A below average former Leeds player), didn't know anything about me and I didn't get a look in. For 18 months I had little confidence, and felt safer training and playing with the reserves than with the first team. I wasn't surprised when I was released at the end of my contract.

Next up was a very successful period at Sligo Rovers where you won the League, FAI Cup and Setanta (cross-border) Cup. You obviously were ambitious enough to return to England to make a professional career for yourself. Were you apprehensive returning?

It took another stint in the League of Ireland, with Sligo Rovers, for me to get my confidence back to where it needed to be. I knew I could play at that level and I already knew most of the Sligo Rovers squad from my time with United. I was lucky that John Coleman became the Sligo Rovers manager in the summer of 2014. Without him, I don't think I would have had a route back to England. He took me with him when he began his second stint at Accrington Stanley. Straight away I felt more confident than I did in Sheffield. I knew this manager rated me and knew how to get the best out of me. He gave me the armband about a year after I arrived and started playing me in centre midfield week in, week out. I'd lost the little pace I had and couldn't keep up with speedy wingers anymore.







STATS MITH

DIVISION 1 TABLE

		Р	W	D	L	F	A	D	PTS
1	Galway United	8	8	0	0	23	3	20	24
2	Bray Wanderers	8	4	3	1	12	8	4	15
3	Waterford	7	4	2	1	17	6	11	14
4	Cobh Ramblers	8	4	2	2	12	9	3	14
5	Athlone Town	8	3	1	4	10	12	-2	10
6	Wexford	8	2	2	4	9	14	-5	8
7	Finn Harps	8	1	4	3	8	16	-8	7
8	Longford Town	8	1	3	4	6	9	-3	6
9	Treaty United	7	1	3	3	7	11	-4	6

10 Kerry 8 0 2 6 5 21 -16

DIVISION 1 RESULTS

Bray Wanderers	1 - 0	Athlone Town
Cobh Ramblers	1 - 3	Waterford
Kerry	1-1	Finn Harps
Treaty United	3 - 2	Longford Town
Wexford	0 - 4	Galway United

DIVISION 1 FIXTURES

V V	Cobh Ramblers Treaty United
V	Bray Wanderers
V	Kerry
V	Wexford
	V

TOP GOALSCORERS - 2023

2

J. Doherty	Cobh Ramblers	6
V. Borden	Galway United	5
E. Curran	Treaty United	4
B. Feeney	Bray Wanderers	4
C. Omorehiomwan	Bray Wanderers	4
R. Coughlan	Waterford	4
W. Aouachria	Waterford	3
A. Robinson	Wexford	3
E. McCarthy	Galway United	3
R. Rainey	Finn Harps	3
F. Pierrot	Athlone Town	3
S. Walsh	Galway United	3
R. Idowu	Waterford	3
D. Hurley	Galway United	3
J. Giurgi	Longford Town	3



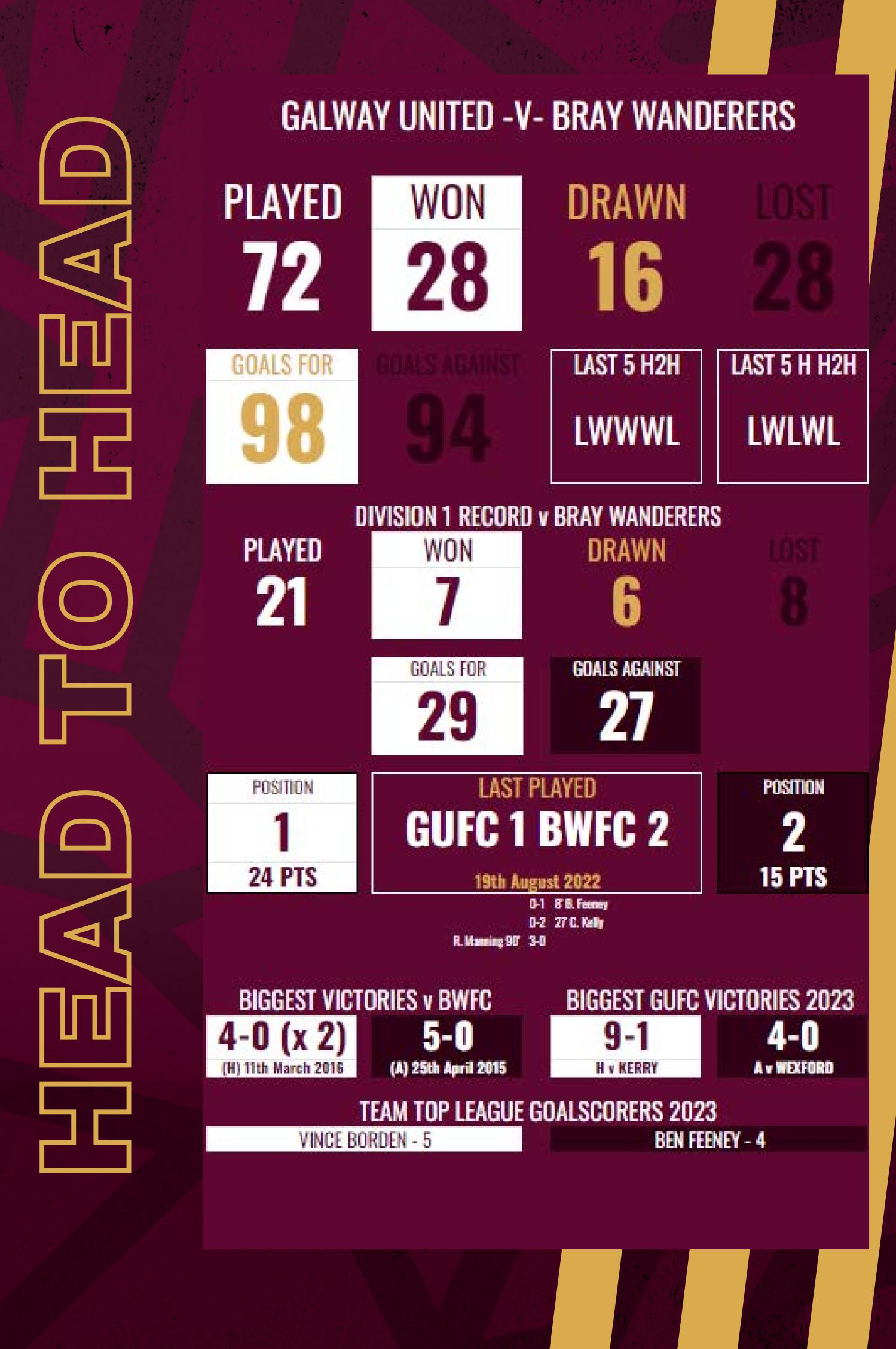
CLUB TABLES S FIXTURES WOMEN'S NATIONAL LEAGUE TABLE

V	UIVIER 3 NA	IUI		. LI	CAU	JUI		ADI	
		P	W	D	L	F	A	D	PTS
1	Peamount United	5	4	0	1	11	5	6	12
2	Shelbourne	5	3	1	1	14	4	10	10
3	Shamrock Rovers	4	3	1	0	11	3	8	10
4	Bohemians	5	3	0	2	5	4	1	9
5	Galway United	5	3	0	2	5	4	1	9
6	Wexford Youths	3	2	0	1	5	3	2	6
7	Athlone Town	4	1	1	2	10	5	5	4
8	DLR Waves	4	1	1	2	3	4	-1	4
9	Treaty United	5	1	1	3	3	17	-14	4
10	Cork City	4	0	1	3	1	11	-10	1
11	Sligo Rovers	4	0	0	4	3	11	-8	0

WEEVEND CITIE EIVTIDEC

	WEEKEND CLUB FIXIURES																			
Saturday 15th April																				
												men's National League 17:00 Eamonn Dead					eacy	cy Park		
	Galway United v Treaty United Mer										en's u	n's u19 Lol Academy 17:00 Maree Oranmore								
	Athlone Town v Galway United Men										en's u	17 Lol Academy		14:00	A	thlor	ie To	wn S	Stad	ium
											nen's	u17 Lol Academy		14:00		anga				
		Galway United										14 Lol Academy		14:00				a		
	Sunday 16th																			
	-											u19 Lol Academy		15:00) R	oads	tone			
		Galway United	v		Sligo							15 Lol Academy		15:30				nmo	re	
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		U19 PHAS			_	- A				DTC		OMEN'S U19 I	P P	ASE		RUI	JP /			PTS
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	2	Shamrock Rovers	5	4	0	1	13	5	8	12	2	Sligo Rovers	4	3	0	1	7	2	5	9
	2	Waterford FC	5	3	0	2	12	7	5	9	3	Athlone Town	4	2	0	2	8	9	-1	6
	4	Treaty United	4	3	Ő	1	7	4	3	9	4	Bohemians	4	1	1	2	1	4	-3	4
	5	Shelbourne	3	3	Ő	0	6	3	3	9	5 6	Galway United DLR Waves	4	0	0	4	4	8	-4	4
	6	Cobh Ramblers	4	2	Ō	2	6	5	1	6							nina in			
	7	Kerry FC	5	1	1	3	6	14	-8	4	N	OMEN'S U17 I		ASE '	1 G	ROI	JP(с ти	٩BL	1000 C
	8	Wexford FC	4	1	0	3	8	9	-1	3	-	Ashlana Tauna	P	W	D	L	F	A	D	PTS
	9	Cork City	4	1	0	3	4	9	-5	3	2	Athlone Town Galway United	4	4	0	0	23	5	22	12 6
	10	Bray Wanderers	4	0	1	3	1	8	-7	1	3	Sligo Rovers	3	2	0	1	4	3	1	6
	11	CK United	5	0	0	5	6	22	-16	0	4	Treaty United	3	0	0	3	3	12	-9	0
F				CD			ТЛЕ				5	Longford Town	3	0	0	3	1	17	-16	0
		U17 PHAS				A			D	PTS		U15 PHAS	E 1	GRO	DUP	A	TAB	BLE		
	1	Shamrock Rovers	5	W 4	0	L 1	r 20	A 5	и 15	12			Р	W	D	L	F	A	D	PTS
	2	UCD	5	4 3	0	2	20 15	5	10	9	1	Athlone Town	5	5	0	0	12	4	8	15
	2	Sligo Rovers	5	2	0	2	8	9	-1	6	2	Finn Harps	5	3	1	1	15	8	1	10
	4	Athlone Town	4	2	0	2	5	6	-1	6	3	Galway United	5	3	0	2	21	12	9 -3	9
	5	Galway United	5	2	0	3	8	10	-2	6	4 5	Sligo Rovers Derry City	5 5	1	0	4	8 7	11 14	-3 -7	3
	6	Longford Town	4	1	0	3	2	23	-21	3	6	Longford Town	5	Ö	0	5	4	18	-14	0







HAPPY BIRTHDAY



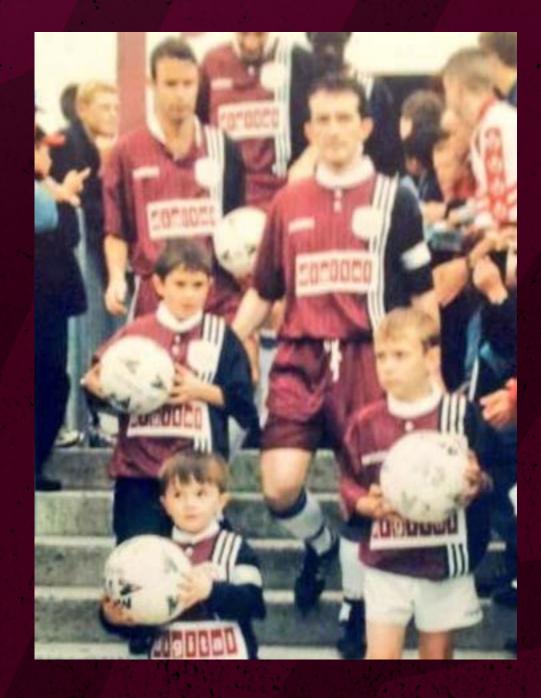
Happy birthday to Daniel Acton who celebrated his 13th birthday at our last home game. Daniel was Galway United mascot for our last home game against Longford Town.

Is this Galway United's oldest fan? Meet Helen Lynch who recently celebrated her 101st birthday. The photo shows Helen wearing her pink Galway United hat outside Fort Vancouver in Washington State, USA. Happy Birthday Helen.



BEST WISHES

Best wishes to Galway United supporter Cillian Quinn, Dangan, who is getting married to Sarah next weekend in Clare. Cillian (right of the photo) was one of the mascots for our friendly against Leicester City at Terryland Park on July 26th, 1998.









GALWAY UNITED FC

2023 FIXTURES

17/02/23 Finn Harps
24/02/23 Treaty United
03/03/23 Waterford
10/03/23 Kerry
17/03/23 Cobh Ramblers

23/06/23 Longford Town
30/06/23 Kerry
07/07/23 Cobh Ramblers
14/07/23 Athlone Town
23/07/23 FAI Cup 1st Round

Longford Town 24/03/23 **Athlone Town** 31/03/23 07/04/23 Wexford 14/04/23 Bray Wanderers 21/04/23 Kerry **Cobh Ramblers** 28/04/23 01/05/23 Longford Town 05/05/23 Waterford 12/05/23 Wexford 19/05/23 **Treaty United Athlone Town** 26/05/23 **Bray Wanderers** 02/06/23 **Finn Harps** 05/06/23 Wexford 09/06/23

Bray Wanderers 28/07/23 04/08/23 **Finn Harps Treaty United** 07/08/23 11/08/23 Waterford **FAI Cup 2nd Round** 20/08/23 **Cobh Ramblers** 25/08/23 02/09/23 Longford Town 08/09/23 **Bray Wanderers** 15/09/23 **Finn Harps** 22/09/23 Kerry 29/09/23 **Athlone Town** 06/10/23 Waterford **Treaty United** 14/10/23 20/10/23 Wexford

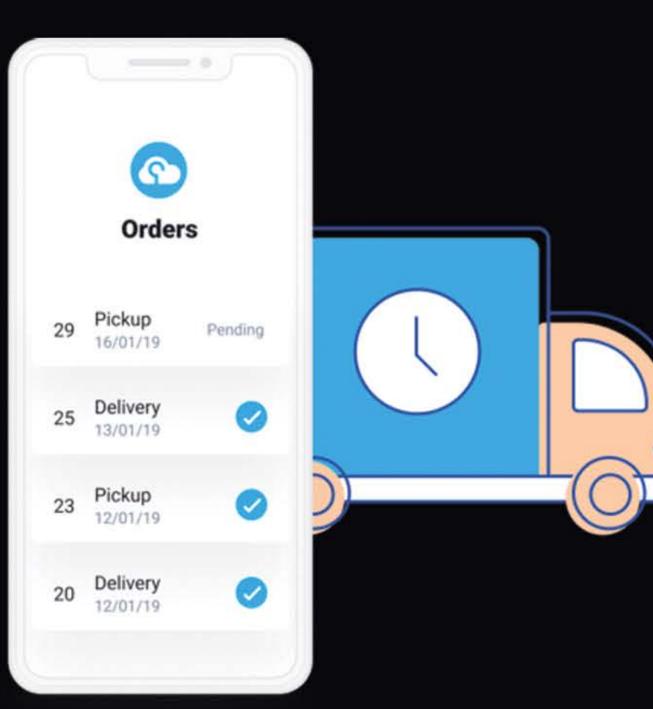








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Ankle Sprains

What is an ankle sprain? An ankle sprain is an injury to a ligament in the ankle. Ligaments are made of connective tissue, mainly collagen and their role is to connect bone to bone. When a ligament is overstretched this can result in a sprained ankle.







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How can it be treated?

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Protect- the joint from any more damage Optimal loading- loading the joint as pain allows e.g., walking if able Ice- for 10 mins to reduce swelling and help ease pain **C: Compress- with a bandage to improve circulation to ankle and reduce** swelling E: Elevate- so that the joint is above the level of the heart also helps with circulation and to reduce swelling

Step 2: Restore range of motion and strength

Additional treatments available to help speed up recovery times: Shockwave therapy: Promotes healing and can help reduce pain Deep tissue massage: Promotes healing, improves joint mobility and reduces joint/ muscular stiffness

If you've sprained your ankle, or are having ankle pain, then contact us on 091 569706 to arrange an appointment with a chartered physiotherapist or book online at www.galwaybayphysio.ie.









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 Stephen Walsh
 B. Mikie Rowe
 Rob Manley
 David Hurley



WANDER

EST 1922

VS

11. Ibrahim Keita **12.** Marc Guasch **14.** Ronan Manning **15.** Callum McNamara **16.** Alex Rutter **17.** Vince Borden **18. David Tarmey 19.** Francely Lomboto **20. Evan O'Connor 21.** Colm Horgan **22.** Conor McCormack **23.** Darren Clarke **24. Ed McCarthy 25.** Aaron Neary **27.** Steven Healy **28.** Mikey McCullagh **29.** Oisin O'Reilly

11. Ger Shortt **12.** Cole Omorehiomwan **14.** Dane Massey **15. Ben Feeney 16.** Callum Thompson **17. Darren Craven 18. Max Murphy 19. Jake Walker 20.** Conor Knight **21.** Guillermo Almirall **22.** Lorcan Fitzgerald **23. Joe Power 24.** Zach Donohue **25.** Stephen McGuinness **27.** Leon Ajala **29.** Daniel Chukwu **35. Jack Ross**





