

Keynsham Town Ladies F.C.



**FA WOMEN'S NATIONAL LEAGUE
DIVISION ONE SOUTH WEST**

ABINGDON UNITED

**Sunday 14th April 2024
Kick off 2 p.m.**

£5



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Manager's Notes...

Today is our penultimate home fixture for the season and we welcome Abingdon Utd for the first ever meeting between the clubs and trust that they have had a safe journey to Somerset today.

Our final game at home is scheduled for Sunday 5th May when Bridgwater are our opponents. In between we have away trips to Maidenhead and Abingdon on Sundays the 21st and 28th respectively.

That is not to forget the re-arranged Senior Cup Final against Yeovil Town on Thursday 25th April at Paulton Rovers FC with a 7.30pm kick off. We have played at Paulton Rovers once before in a County Cup Final and I well remember the slope on the pitch, which needs to be taken into account. The entry fee for spectators has been increased by the Somerset FA this year to £7 per person and £4 for concessions.

Not helpful, when everyone is suffering from inflationary pressure. The address for Paulton is :-

Winterfield Road, Paulton, Bristol. BS39 7RF (tel 01761 412907).

We hope to have as many supporters there as possible to see if we can finish this season with some silverware. We know that Yeovil will bring lots of fans.

For today's match, we will be without leading scorer Naomi Clipston who is away in Italy on a school trip. Instead, recent signing, Kerry Bartlett, will lead the line. Kerry has an exceptional goal scoring record at this level and will be keen to open her account with the club today.

We are already looking towards next season and areas where we will need to recruit. We managed to sign Ciera Lundy just before the transfer deadline and she trained with the squad on Thursday, Ciera is a busy central midfielder player, born in Canada and been playing this season for USW in Wales, the team that won the BUSA (South) competition this season. Ciera will make her debut for Keynsham next Sunday at Maidenhead and then travels to the US to play there for a couple of months before returning to the UK for pre-season. We also have a trialist centre back training next Thursday and have other potential signings in various stages of discussions.

Last week, Reserve manager, Sven Kierk, organised a special gym session for 11 players to participate. I understand this was very well received. On Thursday, with coach Avril Cooke away in Turkey, we rang the changes and Linette Zerk did a special fitness session, which led to several players asking for repeat sessions in pre-season.



A handwritten signature in black ink, appearing to read 'B. Newk'. The signature is stylized with a long horizontal line underneath.

Secretary's Views...

Today we welcome Abingdon United to The AJN for our first game against them this season and then the away game is in two weeks time.

I am pleased to say our grant application to the FAWNLI has been approved in total. This will cover a camera and new signage amongst other items which should be in place before next season which is likely to start on Sunday 18th August.

I have now received a draft version of the proposed FAWNLI Minimum Standards and am busy ploughing my way through it, in advance of next week when clubs are due to be sent the 24/25 Minimum Standards checklist, which has to be completed by 31st. May. This will be looked at by the Women's Football Pyramid who will make recommendations to a FAWNLI Minimum Standards Panel and each Club will then receive one of the following categories, 1) Pass, 2) Pass with comment, 3) Special Measures. Reminds me of Ofsted. We now have access to mental health resources which like head teachers we may well need!

Then next week we have the final webinar of the season on action plans to set your club up for success as something to do in the off season, should you have time, of course, and/or umpteen staff. This is all promoted by paid employees of the FA who do not seem to realise how difficult it is to get volunteers regardless of inclusion and diversity. We are always grateful to anyone who helps in anyway so if you wish to volunteer please do. There are always plenty of roles, including putting this programme together, a task admirably performed by Mia before returning to the states. We also thank Vicky and Sven for all their social media work.

PAM NEWTON



Today's Teams.....



KEYNSHAM TOWN

Green & Black shirts
Black shorts, Black socks

GK	Charlotte Haynes
2	Lily Withers
3	Celyn Garton
4	Jade Radburn
7	Vicky Vipond
8	Brooke Stirrup
10	Justine Lorton
11	Lily Reed
12	Sophie Price
14	Kerry Bartlett
15	Hannah Price
19	Issy Amphlett
21	Olivia Bees
23	Nellie Bullock
24	Alexandra Hurst
31	Alice Tanner

ABINGDON UNITED

Yellow & Blue shirts
Blue shorts, Blue socks

1	Hannah Cox
5	Sahara Osborne-Ricketts
7	Amy Ewen
10	Lauren May
11	Molly Lygo
12	Erin Hartigan
13	Amy Chivers
14	Libby Gilmore
15	Freya Gilmore
17	Lia Francis
19	Alexandra Ashley
22	Lucy Durham

Manager - Barrie Newton
Coach - Avril Cooke
Coach - Mark Graham
Physio - Callum Barnfield
GK Coach - Liam Jacques

Head Coach - Paul Corrie
Coach - Sam Froud
Physio - Martin Dobbins

Today's Match Officials

REFEREE

Mr. Adam Wilson (Gloucestershire FA)
Assistant Referees -
Mr. Brian Russell (Somerset FA)
Mr. Fraser Lewis (Gloucestershire FA)

At the AJN Today ...

Abingdon United Women F.C.

Abingdon United Women's FC has a fascinating history! Let's delve into it:

Foundation and Early Years:

Abingdon United FC Women's First Team was established as the first women's football team associated with Abingdon United FC.

The club's inception dates back to 1946, when it was founded by ex-servicemen. It emerged as a rival to the existing Abingdon Town club.

In their debut season, Abingdon United Women's FC joined Division One of the North Berks League and clinched the league's Charity Shield by defeating Wallingford Town with a thrilling 3–2 victory after extra time in the final.

Current Status:

For the 2023/24 season, Abingdon United Women's FC is competing in the FA Women's National League Division 1 South West.

Their upcoming match is against Swindon Town on April 21, and they are currently positioned 7th in the league table.

Team Information:

Head Coach: Paul Corrie

Management Team: Sam Froud



*Abingdon on the attack against Portishead earlier in the season
(Women's Soccer Scene)*

Football Quiz

Q1: Which former England internationals reached No. 12 in the British Singles Chart with the 1997 song 'Diamond Lights'?

Q2: Which Swedish footballer had a clause in his Premier League contract that said he would not be asked to travel into space?

Q3: Which Spanish club has a nickname which means 'The Carpet Makers'?

Q4: Which Portuguese island off the coast of Africa is Ronaldo from?

Q5: Frank Lampard scored more Premier League goals than did Robbie Fowler, Thierry Henri and Michael Owen each did. True or False?

Q6: Thomas Muller of Bayern Munich is a keen chess player and once won a Bavarian Chess tournament. True or False?

Q7: Which manager first named David Beckham as an England player?

Q8: Which manager was reported to have given players the hair dryer treatment?

Q9: In which year did the back pass rule come in?

Q10: Which manager succeeded Sir Alex Ferguson at Manchester United?

....Answers Later in the Programme

Interesting Fact

A team in Holland has the longest name in football!

There's a Dutch team "Nooit opgeven altijd doorzetten, Aangenaam door vermaaken nuttig door ontspanning, Combinatie Breda" (Never give up, always persevere, pleasant for its entertainment and useful for its relaxation). They're more commonly known as NAC Breda, which is so much easier to shout on the terrace and fit on a football shirt.

Match programme produced on behalf of Keynsham Town Ladies FC by

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We can also turn your programme into a

Digital online version for mobiles and computers/tablets



Five amazing football stories

1 Referee Who Cannot Count

English referee Graham Poll announced his retirement from internationals after yellow-carding a player three times in a match. The ref, who had sent off players from both sides in a fiery match between Australia and Croatia, carded Josip Simunic twice but did not produce the mandatory red for a sending off.

The crowd in Germany for the 2006 World Cup finals group match were incredulous. Poll did not realize his mistake until after the final whistle when he yellow-carded Simunic for a third time and finally produce the overdue red.

2 A 10-minute managerial job

Leroy Rosenior created a record by holding a manager's job – for just 10 minutes. He was re-appointed to Torquay United just as they were relegated from English football League, but minutes later the club was sold and the new owners wanted their own manager.

3 Ireland's dead granny resurrected

Irish international Stephen Ireland 'killed' his own grandmother in order to avoid playing for his country so he could visit his girlfriend instead. When the so-called 'death' was revealed, the Man City midfielder had to resurrect his maternal grandmother, Patricia Tallon, fast and apologize.

Ireland admitted he made up a reason to be excused from the Republic of Ireland's 1-0 defeat in the Czech Republic in 2007, in order to visit his lonely girlfriend in Cork. He even asked the club manager Sven-Goran Eriksson to leave him out of a club fixture because he was still grieving and had to help with the funeral arrangements.

Eriksson later described Ireland as 'stupid'.

4 Fatal joke

Lazio midfielder Luciano Re Cecconi's sense of humour was his downfall. In 1978, he walked into a Rome jewellery shop and shouted 'Stop! This is a robbery.' The shop owner shot Cecconi, who died trying to explain the joke.

5 Manager sells himself as a player

Player-manager Ivor Broadis sold himself to another club in 1949 to boost the finances of the team he was leaving. Broadis became at 23 the youngest player-manager ever when he went to Carlisle United in 1946.

But with the club's finances showing some worry signs, he saw a chance to leave a financial legacy for Carlisle and sold himself to Sunderland for £18,000. After a career that won 18 England caps and took him to Manchester City, he returned to Carlisle as a journalist for a local newspaper.

Quiz answers

A1: Chris Waddle and Glenn Hoddle.

A2: Stefan Schwarz.

A3: Atletico Madrid.

A4: Madeira.

A5: True.

A6: False.

A7: Peter Taylor.

A8: Sir Alex Ferguson.

A9: 1992.

A10: David Moyes.



KEYNSHAM TOWN LADIES F.C. 2023-24

Get in shape for soccer

Some of the most efficient ways to get in shape for soccer include cardio training, strength training, a healthy diet and improving your agility.

Speed is just one of the basic requirements. Players have to be extremely fast.. in modern football, 90 percent of all sprints are no longer than 20 meters. In addition to speed, aspirational soccer players must master certain skills that a player like Neymar makes look easy. Those skills include good footwork, discipline, agility, foot-eye coordination, and stamina. But as players go up to higher levels of soccer, strength and muscle development become just as important.

Below, we get into what a soccer player needs to do, and how they should drill to get in shape for the physicality of a full season.

Take a look below at the five steps you can take to get in shape for soccer.

Cardio Training

On average, soccer players run more than five miles per game, including sprinting, jogging, and some sporadic walking. In order to keep up with that pace of play, players MUST do cardio!

While there are many options to maximise cardio training, including running, biking, jogging, and swimming, soccer players can greatly benefit from sprinting. It is recommended performing 15-20 sprints of 20-30 meters each, with 30-60 second breaks in between. The sprint sequence correlates to match play because soccer is usually played in quick 10-30 yard bursts.

Throughout the game, there are also stretches where players jog at a consistent pace for 30 to 60 seconds. To prepare for that type of running, 30/60s are the perfect cardio exercise. 30/60s involve a player running as hard as they can for 30 seconds straight, then walking for 60 seconds, then running for 30, and repeat.

Strength Training

While cardio training is the most important thing in soccer, strength training is not too far behind. Lifting weights, performing HIIT workouts, and weighted plyometrics are all necessary for players to take their games to the next level.

Squats and deadlifts are the two most dynamic lower body exercises and would contribute greatly to a soccer player's performance. Other exercises include single-legged squats, deadlifts, shoulder press, weighted squat jumps, and dumbbell press. Exercises like a shoulder press, and dumbbell press can help build muscles in the arms and shoulders to prepare players for contact and physicality.

A good lower body circuit is 3 sets of 6 barbell squats, 3 sets of 12 single-legged squats, and 3 sets of 30-second squat jumps.

Healthy Diet

A majority of soccer players have fit builds, meaning chiseled cores and cut calf muscles. A portion of that is built in the gym, while the majority is built in the kitchen.

A balanced diet includes fruit, vegetables, and multiple sources of protein. Fruits and vegetables provide energy for all of the cardio, and the protein helps build the muscles needed to withstand the physicality of the game.

A good sample menu begins with carbs and protein, like fruit and oatmeal. The remainder of the day should include healthy fiber and protein-dense options like chicken stir fry, salmon, grilled chicken salad, nuts, whole grains, avocado, and vegetables.

In addition to a balanced diet, players drink three liters of water or more per day. They stay hydrated even on days they don't have games.

Improving Agility

Agility is the ability to move quickly and easily. If you watch any soccer match, you'll notice that players need the ability to start and stop at the drop of a dime. They are also constantly changing directions.

There are a lot of drills players can perform to maximize their agility, including an agility ladder. While there are a lot of different ladder drills, we recommend the lateral in and out. To perform a lateral in and out, the player will start on the side of the ladder instead of in front of it. Next, the player will quickly tap each foot in each square on the ladder while advancing. The goal is to move quickly through the ladder without forfeiting form.

Another way to improve agility is with cone drills. There are a variety of cone drills players may use like the W drill, the short shuttle, and the square drill. Soccer players can make these drills more dynamic and more game realistic by using a soccer ball while performing the drills

MOBILITY TRAINING

Mobility training is often forgotten, but completely necessary to be successful in soccer. Mobility is the ability of a joint to move actively through a range of motion. It keeps muscles healthy.

Soccer players make many movements throughout a game, and that's where their mobility comes into play. They are kicking, sprinting, defending, dribbling and goalkeeping the entire game!

While injuries are a part of the game, mobility training helps limit them. Hip flexors are among the most important muscles for soccer players.

To target your hips, try lying hip rotations as they are among the top mobility exercises. Start by lying on your back with your knees bent and feet flat. Then place one ankle on the opposite knee. Push that knee back and forth ten to twelve times or for thirty seconds.

Conclusion

While playing soccer is one of the most efficient ways to get in shape for soccer, cardio training, strength training, a healthy diet, improving your agility and mobility training are the details that separate great players from the rest.

KTLFC on Instagram

Keynsham Town LFC are now on Instagram! Simply click on the QR code below to take yourself to our home page.....



KEYNSHAM TOWN LFC FIXTURES SEASON 2023-24

Date	Opponents			Goalscorers
2023				goalscorers
AUG Sun 20	MAIDENHEAD UTD	H	L 3-4	H.Price, Clipston, og
Sun 27	QUEEN'S PARK RGS (LCDR)	H	L 1-2	Vipond
SEP Sun 3	Southampton Women	A	W 1-0	Stirrup
Thu 7	SWINDON TOWN (7.45pm)	H	D 0-0	
Sun 10	PORTISHEAD TOWN	H	W 7-1	Clipston 4, Vipond 2, og
Sun 17	Torquay Utd	A	W 2-1	Clipston, S.Price
Sun 24	SELSEY WOMEN	H	W 10-0	Clipston 4, Vipond 3, H.Price, Radburn
OCT Sun 1				
Sun 8	Moneyfields	A	L 0-8	
Sun 15				
Sun 22	BOURNEMOUTH SPTS (FAC)	H	W 1-0	Clipston
Sun 29	Cambridge Utd (LP2)	A	L 1-2	Clipston
NOV Sun 5	Exeter City	A	L 2-5	Clipston, H.Price
Sun 12				
Sun 19				
Sun 26	MARINE ACADEMY (FAC1)	H	D 3-3*	Lorton, Vipond, Clipston (won 8-7 on pens)
DEC Sun 3	Bristol Rovers (FAC2)	A	W 2-1	Lorton, Clipston
Sun 10				
Sun 17	Luton Town (FAC3)	A	L 0-1	
2024				
JAN Sun 7				
Sun 14	Portishead Town	A	W 3-2	H.Price, Stirrup, og
Sun 21				
Sun 28	TORQUAY UTD	H	W 3-1	Clipston, H.Price, Vipond
FEB Sun 4	Bridgwater Utd	A	D 1-1	Vipond
Sun 11	Selsey Women	A	W 5-0	Vipond 2, Stirrup 2, Garton
Sun 25	AFC BOURNEMOUTH	H	L 1-3	Vipond
MAR Sun 3	PORTISHEAD TOWN (SCSF)	H	W 5-1	Vipond 2, Lorton, Clipston, Stirrup
Sun 10	MONEYFIELDS	H	W 2-1	Amphlett, Clipston
Sun 17	SOUTHAMPTON WOMEN	H	D 0-0	
Thu 21	Swindon Town	A	L 0-5	
Sun 24	AFC Bournemouth	A	D 1-1	Vipond
Sun 31				
APR Sun 7	EXETER CITY	H	L 0-5	
Sun 14	ABINGDON UTD	H		
Sun 21	Maidenhead Utd	A		
Thurs 25	Yeovil Town (SSWC FINAL)	N		at Paulton Rovers F.C.
Sun 28	Abingdon Utd	A		
MAY Sun 5	BRIDGWATER UTD	H		

FA WOMEN'S NATIONAL LEAGUE DIVISION 1 SOUTH WEST

	P	W	D	L	F	A	Pts	GD
EXETER CITY	19	18	1	0	104	14	55	90
AFC BOURNEMOUTH	18	16	2	0	78	11	50	67
MONEYFIELDS	19	12	3	4	82	28	39	54
SWINDON TOWN	20	11	2	7	91	31	35	60
ABINGDON UTD	18	9	2	7	36	32	29	4
BRIDGWATER UTD	19	9	2	8	34	34	29	0
KEYNSHAM TOWN	18	8	4	6	41	38	28	3
MAIDENHEAD UTD	20	7	3	10	39	47	24	-8
SOUTHAMPTON WOMEN	20	3	5	12	22	51	14	-29
PORTISHEAD TOWN	18	4	2	12	26	67	14	-41
TORQUAY UTD	19	3	2	14	28	53	11	-25
SELSEY WOMEN	20	0	0	20	2	177	0	-175

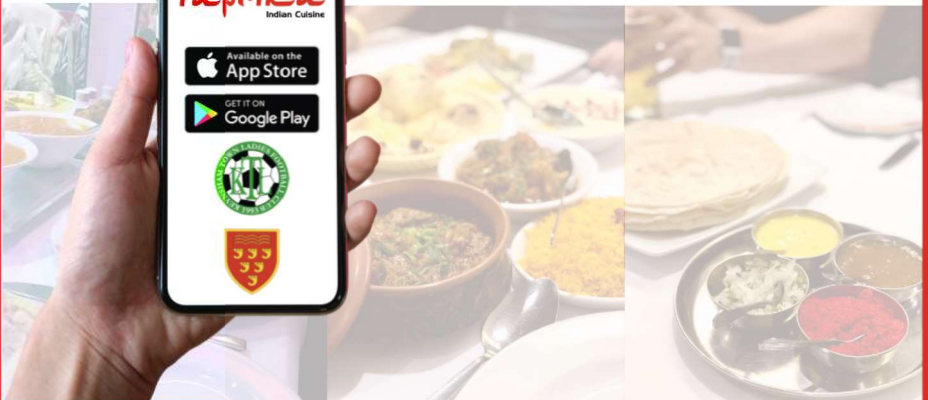
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****Photos from Paprika****

Review on Paprika from player Justine Lorton:

After being introduced to Tan (the manager) I promised him we'd go to Paprika for our quarterly curry club meet up (with 4 ex-KTLFC players).

It was really busy when we arrived, which is always a good sign. Tan and the staff were very welcoming and friendly throughout the meal. The food was perfect and what really stuck out was the presentation, it was gourmet level and very reasonably priced. It was so nice in-fact, that I took the leftovers home and ate it the next day! I would highly recommend Paprika for an amazing dining experience and will definitely go again.

Paprika
Indian Cuisine

New kits...



Today's new playing kit carries a 30 Year badge at the top of the back of the shirts. The club was originally founded as a 6-a-side team playing indoor football in 1993.

The players came mostly from Chandag Junior School in Keynsham and were all under 11 years at the time. Only one, Linette Zerk remains playing today as an emergency goalkeeper when required, although the club is in contact with most of these 'Original' players.

5 FOOTBALL

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The FA Respect Code of Conduct – Spectators



Respect

**Keynsham Town Ladies Football Club
Keynsham Town Development Football Club
Keynsham Town Girls Football Club
Respect Code of Conduct for
spectators and parents/carers**

We all have a responsibility to promote high standards of behaviour in the game.

This club is supporting The FA's Respect programme to ensure football can be enjoyed in a safe, positive environment.

I understand that if I do not follow the Code, and/all of the following actions may be taken by my club, County FA, league of The FA.

I may be:

- Issued with a verbal warning from a club or league official
- Required to meet with the club, League or CFA Welfare Officer
- Required to meet with the club committee
- Obligated to undertake an FA education course
- Obligated to leave the match venue by the club
- Requested by the club not to attend future games
- Suspended or have my club membership removed
- Required to leave the club along with any dependents

In addition:

- The FA / County FA could impose a fine and / or suspension on the club

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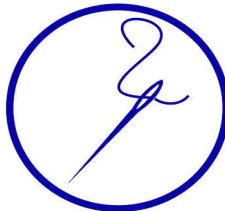
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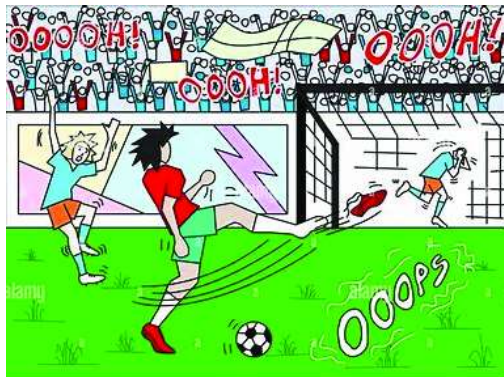
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New Signs

Thanks to our sponsor, Paprika, we were able to install our new fixture sign!

