

# BLUE & WHITE

Issue 11, Spring 2011

For Supporters by Supporters - United by Football

**Queens**



**Trust**

**We know our manners and how to spend our tanners  
We are respected where ever we may go**



The ALBA Challenge  
Cup Final  
Queen of the South  
v Ross County  
McDiarmid Park, Perth.  
Sunday 10th April, 2011  
Kick-Off 3.00 p.m.



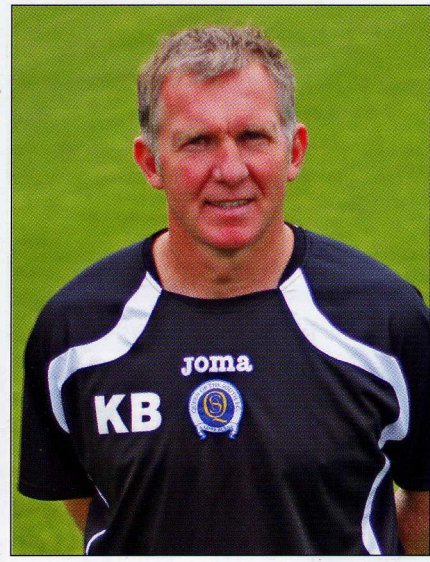
## **The £1 per Game Season Ticket Returns**

After a recent meeting between the Queens Trust and Queen of the South FC it was agreed that the price of a Junior Blue's season ticket for season 2011/12 would be reduced back to £18 for the 18 league matches, which offers excellent value of £1 per game. The Junior Blues season ticket will be available to those supporters who are 16 years old and under at the time of purchase. The club are also reducing the pay at the gate price for U16's from £10 per game down to £5 per game, so a big thumbs up to the club for this fantastic gesture.

## FOOTBALL

Queens Gaffer Kenny Brannigan wishes he could see each and every kid being involved in football. He would like to see kids being more involved at matches in the form of entertainment at half time and even before games and also for getting the kids to meet the first team players. KB likes the actual thought of kids around the club as it makes the players and club feel alive with an honest football atmosphere about it. Kenny has always felt this way, and he always enjoyed

this when he was a player at different clubs and he hopes his players feel the same way as he does, and in return hopefully an inspiration can be revolved in the best ways for yourselves and the future of the club. Finally Kenny would like to thank you all for playing football.

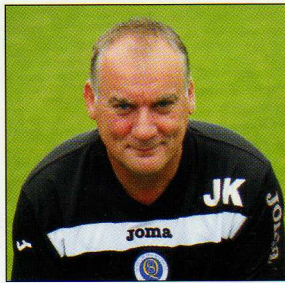


## ALBA CUP FINAL

Player/Coach Neil Scally hope's you have all bought your tickets for the upcoming Alba Cup Final on Sunday, 10 April. He hopes that as many of you as possible will turn up to support the Queens, after all the Junior Blues are the future of our Club. So come along and make some noise for what we hope can be a memorable day in our young fans lives and the clubs history.



# GET FIT AND HEALTHY WITH KERSO



Hello to all the Queens Junior Blues

My name is John Kerr or Kerso to all my friends, so you can call me Kerso. You may have seen me running on to the pitch at Palmerston. I have been a physiotherapist in football for the past 20 years, before that I was a football player.

I would like to give you a couple of tips on health and fitness. At your young age is very important to live a healthy balanced life. Here are some simple things to do to help keep you active.

1. If you get the bus to school or into town try to get off a couple of stops earlier and walk
2. Instead of using a lift or escalator, take the stairs
3. A great gift is a bike, so if anyone in your family wants to spoil you - get one. Cycling trips out with your friends are great fun.

The Queens players cycle every day at training!

The other important thing is to eat a healthy balanced diet. Here are some more simple things to remember:

1. Remember your 5 a-day, this keeps your body extremely healthy
2. Keep away from sugary snacks and drinks, fizzy drinks aren't good for you. You never see a pro drinking them ☺
3. Fish, Chicken, potatoes (not chips!) and pasta give your body the energy it needs
4. Fast foods and pre-packed meals are often full of additives and these aren't good for you

If you want to ask me more let me know

## WIN THE CHANCE TO SHADOW KERSO ON MATCH DAY

How would you like the opportunity to spend time on a match day with Queens' Physio Kerso?

For your chance to win this fabulous prize all you have to do is plan a full day's healthy menu, consisting of breakfast, lunch and dinner. Kerso himself will judge what he considers to be the most appropriate healthy balanced menu entry and the winner will have the opportunity to accompany him on a match day as part of their prize. The overall winner and 9 runners up will also be invited along to a training session with Queens' Scottish Cup Final captain, Jim Thomson where they will be put through their paces. All 10 winners will also receive a Backpack Soccer Training Kit thanks to The Queens Trust and NHS Healthy Working Lives.

Closing date for entries is Saturday 16th April 2010. Send entries to 'Kerso Competition' c/o Palmerston Park, Dumfries, DG2 9BA

