



DLR WAVES

OFFICIAL MATCH DAY PROGRAMME

DLR WAVES V SLIGO ROVERS

AUGUST 24TH, KICK OFF 3:00PM

SPORTS DIRECT FAI CUP 1/4 FINAL



MANAGERS WELCOME



I would like to again welcome Tommy and all the players, staff and travelling support from Sligo Rovers to the UCD Bowl.

Our last game out was a fantastic win against current league champions Peamount United and for me it was a just reward to all players and staff for the hard work they have put in over the last couple of months.

Although results haven't gone our way in all games we have been putting in good performances and showing good progression so it was great to get another three points on the board and close the gap on those teams above us. We have had some tough periods during the season but the girls have really pulled together despite some set backs and we are looking forward to our remaining games and trying to keep that form going.

Today is a huge game for us and a chance to take the club to an FAI Cup Semi Final but we know the challenge ahead today and we hope we can put in the performance required to move on to the next round.

A big thanks to everyone for bringing the support today!

Enjoy the game,

Laura Heffernan



FOOTBALL STARTS HERE



**SPORTS
DIRECT**

UPCOMING FIXTURES

AUG 24TH - DLR WAVES V SLIGO ROVERS

UCD BOWL - 15:00 KICK OFF - FAI CUP 1/4 FINAL

AUG 31ST - DLR WAVES V WEXFORD FC

UCD BOWL - 15:00 KICK OFF

SEPT 7TH - SLIGO ROVERS V DLR WAVES

THE SHOWGROUNDS- 14:00 KICK OFF

SEPT 14TH - DLR WAVES V GALWAY UTD

UCD BOWL - 15:00 KICK OFF

SEPT 21ST - TBC

SPORTS DIRECT FAI CUP SEMI FINAL



ACADEMY UPDATE

It was another positive step in the club pathway this week as we finalised our U15 Development squad, with an U13 group also to begin later in the year.

The squad will train together up until the end of November and play a number of challenge games as a group while still playing and training with their local clubs.

The aim of the academy is to give all players an introduction to DLR Waves and league of Ireland football.

The programme allows them an additional training night in line with their club schedules to help all players continue in their development while ensuring clubs also benefit from the partnership.

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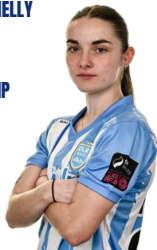


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*In 6 weeks, Ledwidge, M. et al. PRECISION Study, Int J Clin Pharm (2023).

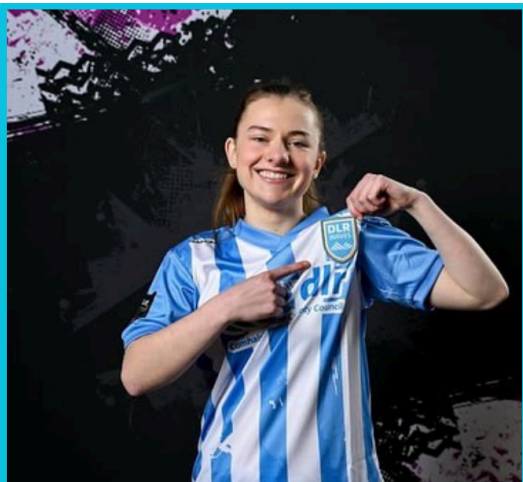
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**A big thank you to
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for their continued
support
this season.**





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
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ROUND 16

STANDINGS

LEAGUE TABLE		GP	W	D	L	GD	PTS	
1		ATHLONE TOWN	14	11	1	2	15	34
2		SHELBOURNE	14	9	4	1	19	31
3		GALWAY UNITED	11	7	1	3	15	22
4		PEAMOUNT UNITED	14	6	4	4	3	22
5		WEXFORD	13	6	3	4	5	21
6		BOHEMIANS	14	5	3	6	-6	18
7		CORK CITY	14	5	2	7	-15	17
8		SHAMROCK ROVERS	13	3	5	5	3	14
9		TREATY UNITED	14	4	2	8	-1	14
10		DLR WAVES	14	2	4	8	-18	10
11		SLIGO ROVERS	13	0	3	10	-20	3



LEAGUE OF
IRELAND
WOMEN'S PREMIER DIVISION



RECENT RESULT

DLR WAVES 0 - 2 TREATY UNITED

SHELBOURNE FC 4 - 0 DLR WAVES

DLR WAVES 4 - 0 WHITEHALL RANGERS

DLR WAVES 3 - 2 PEAMOUNT UNITED

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THE LATEST NEWS, MAKE BANNERS, HAND OUT
FLAGS AND MORE. EVERYONE IS WELCOME!

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