

SPORT

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GRAHAMLynch:
timing's
right for
IngramLYNCH FEELS TIME WAS RIGHT FOR
INGRAM TO MAKE THE STEP UP

ALEX Lynch believes Matt Ingram has earned his transfer to Queens Park Rangers and it was the right time for the goalkeeper to move on from Wycombe Wanderers.

Ingram's consistent performances in League Two secured him the move to Loftus Road for an undisclosed fee last Friday.

Lynch, who is now first choice keeper at Adams Park, feels that Ingram is fully deserving of the move to the Championship side. "Obviously it is brilliant that Matty has got his move and I am delighted for him, he deserves it," said Lynch after Saturday's defeat to Leyton Orient.

"I found out yesterday that he was going and that I would be playing, but it is the right move for him and the timing is right."

Having spent more than a year as Ingram's understudy, Lynch had grown close to him during his time at the club.

He added: "He is a very good friend of mine even though he is quite quiet and just gets on with his business. We have become very good friends and hopefully he will still be around the area and we will stay in touch."

Seeking
a strikerAINSWORTH LOOKING TO KICK-
START RUN OF SCORING FORM

from back page

"They (a regular goalscorer) will be in there somewhere, it is just about having a little bit of luck or we need one to come off of someone's shin or something to kick start a goalscoring run," the Wanderers boss said.

"In training we can stick it in the net no doubt and it is up to me to transfer that to Saturday and we will be working hard to do it.

"We have got players with goals in them. We have a couple of strikers who have scored 100 league goals each (Hayes and Thompson) so there is definitely goals in them."

Such is the inconstancy across the league, Wycombe are still well within touching distance of the play-off places despite their poor run of form.

COACHING

Trainer Losasso focuses on
football fun and technique

By Harry Gray

A FORMER Reading academy footballer is set to bring an original coaching course to the Marlow area later this year.

Now a personal trainer, after a knee injury affected his chances of making it as a professional player, Charlie Losasso has set up the Fusion Performance Training sessions.

Despite the personal setback, Losasso feels the experience he has gained in his new profession gives him the ideal set of skills to run new and innovative football coaching sessions for children.

"I am a personal trainer so I want to try and bring that experience into what we are doing but also make it fun," explained the 23-year-old.

"I remember as a kid sessions would be based on technical skills and would not focus on a lot of the other sides of the game.

"I think with my experience as a personal trainer I'll be able to focus on all aspects of football, like speed and fitness, which can be just as fun as the technical side of things."

Losasso ran a limited number of courses, which are aimed at children aged from six and upwards, last year and wants to increase that amount in 2016.

After holding a successful taster session on Sunday he is expecting to be able to roll out regular training sessions in March.

A positive response to last year's course has seen a number of the children involved express an interest in returning this year.

Losasso says that the inclusive nature of his training style means that children of any ability are welcome,



Showing off his own skills: Charlie Losasso is looking to increase the number of his Fusion Performance Training sessions this year.
Picture: TOM HARTWELL

and will enjoy themselves. He said: "It is not just about turning up and kicking a ball about. Sessions like that sometimes mean the kids who are better get all the focus and some kids get left behind.

"Those kids are often the ones who come away from our sessions showing the biggest improvement because they get more attention, more touches of the ball and feel more involved."

This commitment to helping

children of all abilities get involved has seen Losasso extend his training beyond the football pitch and to the internet.

He is planning to set up a YouTube channel to run alongside the sessions which will help keep the children he coaches engaged in sport.

Losasso explained: "We are aiming to set up a YouTube channel where the kids will be able to post videos of themselves taking part in challenges.

"We will also be giving out prizes and this will really help keep the kids interested in the sessions and it is also a good way of getting the parents involved with their kids."

While Losasso's experience is clearly a benefit to the children he coaches, he says he learns as much from them as they do from him.

For more information about the training sessions and prices, contact Charlie Losasso by email on fusion-performancetraining92@gmail.com.



Back at Adams Park: Paris Cowan-Hall.

Loan man Cowan-Hall
backed to make impact

WYCOMBE Wanderers boss Gareth Ainsworth has revealed what he believes new signing Paris Cowan-Hall can offer the club during his loan spell.

Cowan-Hall, who played for the Blues from 2013 until 2015, has joined the club from Millwall until the end of the season.

He appeared as a second-half substitute during the 2-0 defeat against Leyton Orient on Saturday and Ainsworth feels he showed a brief example of what he will be able to offer Wycombe.

He said: "He left the club on a high and was in a real good vein of form. Today we saw glimpses of what Paris

is all about – his energy, his pace and his power will be a real thorn in the side of defenders in League Two.

"He moved away from League Two because he is better than League Two and I think he is a great addition to the squad."

Matt Ingram's departure for Queens Park Rangers a day earlier allowed Ainsworth to bring in Cowan-Hall and his arrival comes as a timely boost for the club.

The 25-year-old scored ten goals in his 37 league starts during his previous time at Adams Park but has struggled for first-team football since joining Millwall last January.

A brief loan spell at Bristol Rovers

brought only two league starts but he is likely to enjoy a more prominent role in Ainsworth's plans during his stay.

He replaced the injured Paul Hayes on Saturday and Ainsworth views Cowan-Hall as a versatile player who can perform in a number of attacking positions.

"He can play in any of the front four positions, and has played on the right wing or up front," the manager said.

"He played in all those positions when he was here last season and scored some good goals from those positions.

"I think that he is going to be an exciting player for us."

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'This is my chance to stake a claim in goal'

BLUES: Lynch relishing his big opportunity

By Harry Gray

AFTER five years of service and 140 appearances, the departure of Matt Ingram has left a void in the Wycombe Wanderers goal.

It is a void that Alex Lynch is relishing the opportunity of filling and a challenge the 20-year-old is looking forward to rising to.

An apprenticeship of 18 months as back-up 'keeper has helped prepare Lynch and he hopes to show he has the ability to take over from fans' favourite Ingram, who joined Queens Park Rangers for an undisclosed fee on Friday and signed a four-and-a-half-year deal.

"I am really looking forward to it. I have been here for a year and a bit now and have been working hard to get fitter and stronger," Lynch said.

"My chance has come now and it is my job to try and keep myself in the team every week. There is nothing better than playing football and hopefully I will get a chance to play in a few games."

Lynch's first taste of being out-and-out number one at Adams Park came in Saturday's 2-0 defeat against Leyton Orient.

Having previously featured in the occasional game, including last season's play-off final at Wembley, Lynch will have to get accustomed to playing every week.

The Welshman does not



A disappointed Alex Lynch trudges off after Saturday's defeat.

Picture: ANITA ROSS MARSHALL

see an increased workload being an issue and feels sticking to the basics will allow him to prosper.

"I have just got to keep playing week in, week out. I need to be consistent, play safe and do the right things when I train and play," he explained.

"The manager just said to do what I have done in the games I have played so far, to be consistent and to come for crosses."

Ingram's move leaves Ga-

reth Ainsworth with just two recognised goalkeepers in his squad including Barry Richardson.

The 46-year-old, who also works as a coach at the club, has not made an appearance since 2005 and it is difficult to see how he could step up at short notice should Lynch be unavailable.

Ainsworth, who was quick to wish Ingram well, therefore confirmed that the Blues will consider

bringing in another 'keeper quickly.

He is, however, willing to give Lynch a chance as number one and is hopeful that the youngster will cope well with the added responsibility.

"Matty is a great goal-keeper and we have to be proud that he is moving on. I can't see him not playing for too long and he will play at QPR," Ainsworth said after Saturday's match.

"It is fantastic for Alex

Lynch. I thought he kicked well today, didn't make any mistakes and didn't have any chance with the goals.

"He is a young lad who has played some big games and I hope he can become consistent in the league games and make a claim to be the regular stopper."

Ingram was in attendance for the match on Saturday, less than 24 hours after his move and received a warm reception from the Adams Park crowd.

Wanderers 'totally at sea defensively'



An animated Gareth Ainsworth.

GARETH Ainsworth bemoaned the defensive mistakes that led to Wycombe Wanderers' 2-0 defeat against Leyton Orient on Saturday.

Blues had held their opponents at bay for over an hour at Adams Park before poor marking allowed League Two top scorer Jay Simpson to fire past Alex Lynch from close range.

It was the key moment in an otherwise even match of few chances and Ainsworth was disappointed to see his usually solid defence falter.

"There was not much in the game, just two shots on goal and they have both gone in and that is poor. The first goal really was not like us and we were totally at sea defensively," Ainsworth said.

"You can't gift teams goals like that. We are not renowned for scoring a lot of goals, but we do defend really well and shut people out. Once you are not doing that you are giving yourself a mountain to climb.

"When you are not creating chances you have to try and keep things secure at the back. You can't let Jay Simpson have two touches in the box because he is going to tuck it away."

A close first half in which neither team looked likely to score was notable for a perceived foul on Luke O'Nien. The midfielder appeared to be pulled back as he set himself to shoot from just inside the Orient box.

The penalty appeal was turned down and drew a furious reaction from Ainsworth, who was certain his team had been denied a clear spot-kick for the second week running.

He said: "I think it is a clear penalty but I said that last week as well. I am not going to get into trouble by talking about the officials though."

Wycombe never really threatened to get back into the game after going behind and they often resorted to having hopeful long-range efforts.

Orient ultimately managed to pick Wycombe off on the counter as they threw more men forward.

Simpson again proved instrumental in the decisive second goal, with a perfectly weighted through ball for Calum Jahraldo to round off Blues' third league defeat on the bounce.

Wycombe Wanderers: Lynch; Jombati, Stewart, Pierre, Jacobson, Harriman (Udumaga 83), McCarthy, O'Nien, Wood, Hayes (Cowan-Hall 57), Thompson (Ugwu 71). Subs not used: Richardson, McGinn, Bean, Kretzschmar.

Leyton Orient: Cisak; Clohessy, Essam, Baudry, Shaw, Jahraldo, Payne, Atangana (Pritchard 72), McAnuff, Palmer (Gnanduillet 80), Simpson. Subs not used: Grainger, Turgott, Kashket, Kpekawa, Nolan.

Ainsworth happy with McCarthy decision

GARETH Ainsworth believes his decision to play Jason McCarthy as a holding midfielder during Saturday's defeat against Leyton Orient was justified.

The youngster played the full 90 minutes in the unfamiliar position after Sido Jombati returned to the starting line-up at right-back.

He looked comfortable throughout and Ainsworth claimed that the South-

ampton loanee coped well with the demands of both screening the Wycombe back four and maintaining possession.

"Blooms (Matt Bloomfield) picked up an injury at Aston Villa and I thought Jason came in and did really well today. He got on the ball in the first half and that is when we had most of the possession," Ainsworth said.

"Jason hasn't done any-

thing wrong to be out of the team and I know he can play the holding midfield role. Personally I thought Jason had a good game, he broke up the game and got on the ball well."

McCarthy's versatility has been a boon for Ainsworth during the 20-year-old's time at Adams Park and he has now played at right-back, centre-back and defensive midfield during his loan spell.

He made a cameo appearance in the more advanced position during a friendly against Leeds United earlier in the season but his inclusion on Saturday was still something of a surprise.

Marcus Bean, a more natural replacement for Bloomfield, has been available for three weeks after returning from injury but was an unused substitute on Saturday.

Ainsworth though, was quick to highlight his selection policy is based on previous performances when quizzed on Bean's exclusion from the starting XI.

He explained: "You don't just put people back in the team because they are fit, you pick your team accordingly."

"Opportunities are vital in football, and when they come you have to take them to stay in the team."

SPORT

BIG CHANCE

Lynch relishing opportunity to become Wanderers' new number one goalkeeper



BLUES: Ingram pens open letter to fans following QPR move 'I will never forget my time at Adams Park'



Matt Ingram.

MATT Ingram has thanked Wanderers fans for their support in an open letter posted on the club's website.

Ingram joined Queens Park Rangers for an undisclosed fee last Friday after playing 140 times for the Chairboys and becoming a fans' favourite along the way.

The goalkeeper praised the fans for their unwavering support during his time at Adams Park in a heartfelt goodbye to the club.

"My family and I have been overwhelmed by the messages of support from fans, players and staff and

I leave with only happy memories from the club," Ingram said.

"The Wycombe fans have been unbelievable in their support of me throughout my time at the club.

"It was an honour to hear them sing my name as 'one of their own' each and every time I played in front of them."

In progressing from the youth team to become an integral part of Gareth Ainsworth's first team plans Ingram achieved a childhood dream. He made his debut in 2013 and took time to reminisce on what

has been an eventful few years in his short career.

"It was my childhood dream to play for Wycombe and that was fulfilled in March 2013 when Gareth Ainsworth gave me my first chance in the team," Ingram said.

"The two-and-a-half years since have been a real rollercoaster but an amazing learning curve, and I was proud to play my part in the side that avoided relegation and then achieved the club's best ever points total in a Football League season.

"I have made some friends for life,

and want to thank all my teammates who made it such a pleasure to play alongside them."

The move to QPR brings with it a step up to Championship football for Ingram and he will now compete with Alex Smithies for the number one shirt at Loftus Road.

Ingram ended the letter with a final message of support for his former club: "I'll never forget my time at Adams Park and I wish everybody every success for the rest of the season and beyond. Thank you from the bottom of my heart."

WANDERERS: Aiming to avoid a cup hangover Blues manager hopes squad can find form

BLUES manager Gareth Ainsworth says he is keen to avoid an extended hangover from his side's FA Cup run when they take on Plymouth Argyle tomorrow.

Wanderers were in grim form last time out as they lost 2-0 against Leyton Orient just four days after they had been knocked out of the FA Cup by Aston Villa.

Ainsworth knows that his side must lift themselves considerably if they are to take anything from Argyle, and is also aware of the history of teams faltering in the wake of cup runs coming to an end.

"What you can't let happen after a cup run is let it give you a hangover. I think Cambridge United had one after they played Man United last year," Ainsworth said.

"It took them a little while to get over it and I don't want to be the team that does that this year.

"I will be waiting for someone to take the bull by the horns and make something happen for us."

A run of just two defeats in their last ten games has seen Plymouth cement their place in the top two and they are just two points behind League Two leaders Northampton Town.

They head into the match off the back of a 1-1 draw with fellow promotion hopefuls Bristol Rovers and will take extra confidence from the 2-1 win they recorded at Adams Park earlier this season.

Ainsworth therefore knows that

By Harry Gray

Home Park will be no easy hunting ground for the Chairboys ahead of a run of fixtures that included three members of the current top six in their next six games.

"I have looked at the fixtures we have coming up and there are some real tough games. We are going to be on a tough run of opposition and we are going to have to be on it," said Ainsworth.

"On our day we can match anyone but it is tough.

"Like I say we will be working hard to try and turn things around and get back to winning."

Matt Bloomfield could be in contention for a return for Wycombe after sitting out Saturday's defeat with a dead leg.

Paul Hayes is a doubt with a knee problem, but Ainsworth suggested he is hoping one of his back-up forwards will take the chance to impress should Hayes' complaint rule him out.

Ainsworth said: "We will assess him [Hayes] because he is a big player for us. If Paul is not fit the person who comes in has to prove they are worth their weight by sticking the ball in the goal."

Plymouth could give a debut to Daniel Nardiello after the striker arrived on loan from Bury.

The 33-year-old scored 14 goals last season as Bury secured promotion to League One.



'On our day we can match anyone but it is tough': Gareth Ainsworth.

Picture: ANITA ROSS MARSHALL

Ainsworth asks team to step up

WANDERERS BOSS SEEKING REGULAR SCORER TO STEP TO THE FORE

GARETH Ainsworth is looking for one of his Wycombe players to take on the mantle of regular goalscorer and help end the club's poor run of form.

The Blues are without a win in 2016, including a run of three defeats in a row in League Two, and again looked insipid going forward during Saturday's 2-0 defeat against Leyton Orient.

Ainsworth is therefore hopeful that one of his strikers can start scoring regularly to help the Chairboys rediscover a winning formula.

He said: "I am waiting for the person now who is going to say 'I am going to be the one to score the goals for you'."

"In recent years we have had players in double figures for goals and we do have the players who are able to pick up the goalscoring form."

It is hard to see where Ainsworth will find the prolific finisher he is looking for, and the club have looked turgid in attack in recent weeks.

They have failed to muster a shot on target in two of their last three league games and are yet to score a goal in open play since the turn of the year.

Last season's top scorer, Paul Hayes, has endured an injury-hit campaign and limped off after taking a blow to his knee during Saturday's loss.

Garry Thompson, whose seven goals have come sporadically throughout the season, is without a goal in his last six games.

Ainsworth though, remains confident he has the players in his squad to arrest the club's slump and increase their output in front of goal.

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