



YOUNG DONS

NO.1

COMIC



SPECTACULAR!

NEW STORY



barcode

COMICS
LIMITED
EDITION



THE OFFICIAL 2021 MK DONS COMIC

WELCOME TO THE NEW YOUNG DONS NEWSLETTER...

HOW ARE
YOU DOING
???

**WE'RE MISSING YOU, AND WE
HOPE YOU'RE MISSING US TOO!**

SINCE THE BEGINNING OF THIS LAST LOCKDOWN WE'VE KEPT OURSELVES BUSY. MK DONS SPORT AND EDUCATION TRUST HAVE CREATED A HEAP OF VIDEOS TO HELP IMPROVE YOUR FOOTBALL SKILLS, ALONG WITH FITNESS VIDEOS, AND FACEBOOK LIVE COACHING SESSIONS.

THE MARSHALL ARENA AND DOUBLETREE BY HILTON HAVE BEEN OCCUPIED WITH A COMPLETELY DIFFERENT BALL GAME...SNOOKER, IN JANUARY THEY HOSTED THE MASTERS, WHICH SAW 16 OF THE WORLD'S TOP PLAYERS STAY AT THE HOTEL AND COMPETE IN THE MARSHALL ARENA. THE EVENT WAS LIVE ON TELEVISION, MAYBE YOU CAUGHT A GLIMPSE OF IT?

AND THE DONS...WELL WHAT CAN WE SAY! WHAT A BUSY TRANSFER WINDOW, WHICH SAW SIX IN, AND SIX OUT. RUSSELL MARTIN WAS ABLE TO SECURE THE SIGNINGS OF ETHAN LAIRD, CHARLIE BROWN, HARRY DARLING, MATT ORILEY, ZAK JULES AND WILL GRIGG. THERE HAVE ALSO BEEN CONTRACT EXTENSIONS FOR KEEPER ANDREW FISHER AND MID FIELDER ANDREW SURMAN, AND WARREN O'HORAS LOAN SPELL FROM BRIGHTON HAS BEEN MADE PERMANENT.

I HOPE YOU ARE FINDING WAYS TO KEEP ACTIVE, HEALTHY, AND UP TO DATE WITH ALL THINGS DONS, MAYBE YOU'LL FIND SOME GREAT TIPS IN THIS NEWSLETTER, SO KEEP READING!



LOOKING AFTER YOUR BODY & MIND !!!

A BALANCED DIET AND ACTIVE LIFESTYLE IS IMPORTANT FOR MANY REASONS, NOT LEAST TO ENSURE YOU HAVE ENOUGH ENERGY TO KEEP ACTIVE THROUGHOUT THE DAY.

ENSURING YOU HAVE THE RELEVANT NUTRIENTS IN YOUR DIET FOR GROWTH AND REPAIR WILL ALSO HELP YOU TO STAY WELL AND HELP PROTECT YOU FROM GETTING POORLY.

SNACKS

GREAT NEWS, SNACKS ARE GOOD FOR US. THEY KEEP OUR ENERGY LEVELS UP AND OUR BRAINS SUPER-CHARGED AVOID EATING TOO MUCH SUGAR LIKE - UNDILUTED FRUIT JUICE, FIZZY DRINKS, SWEETS, BISCUITS AND CAKES AND TRY TO CUT BACK ON SALTLY SNACKS SUCH AS - CRISPS, SALTED NUTS AND PASTRIES.

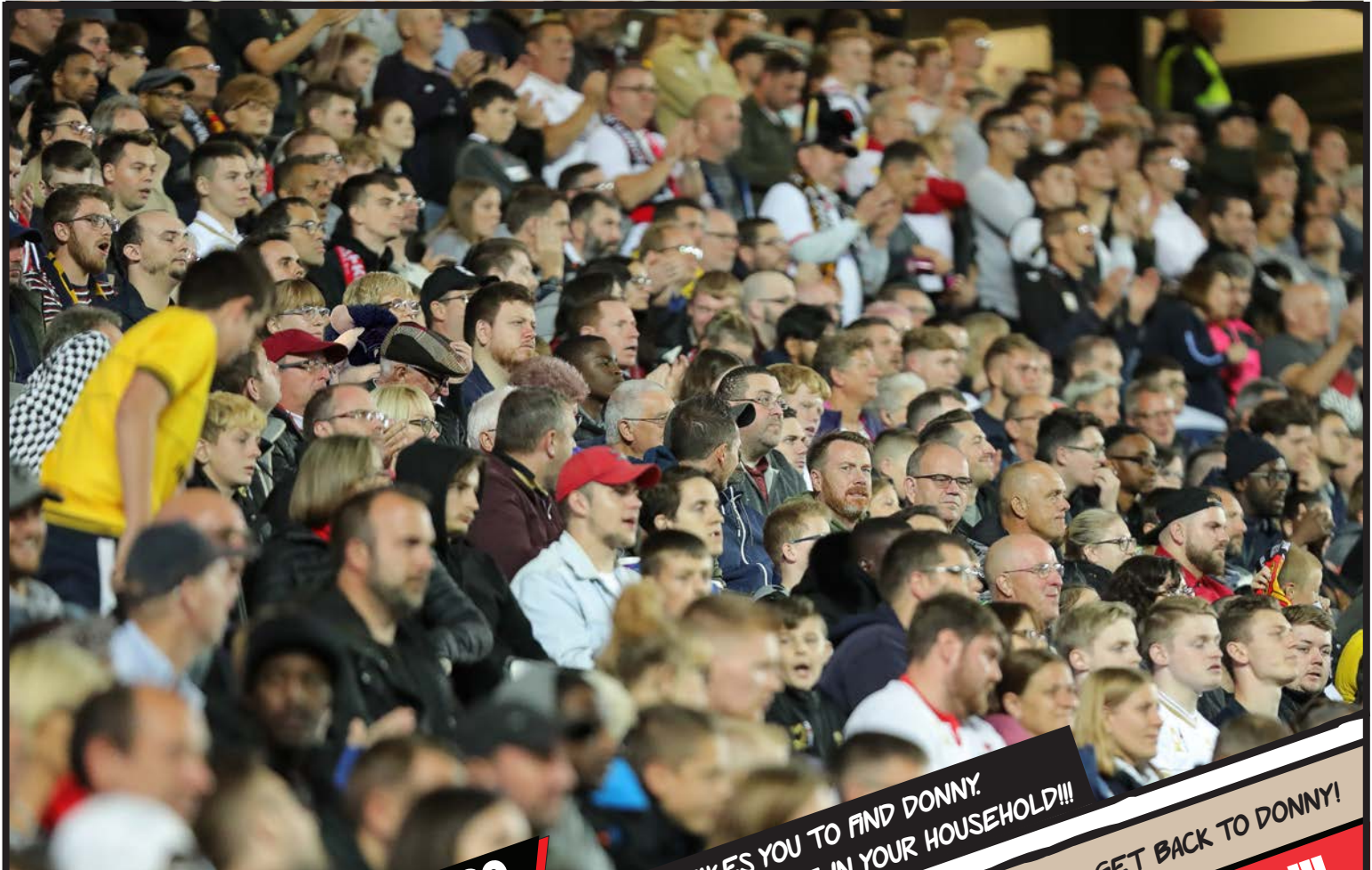
WE ASKED SOME OF THE FIRST TEAM WHAT THEIR FAVOURITE SNACKS ARE, HERE'S WHAT THEY TOLD US.....

I LIKE CARROTS & HUMMUS BECAUSE THE PROTEIN & HEALTHY FATS GIVES ME LOTS OF ENERGY

MY FAVOURITE SNACKS ARE NUT BARS & BANANAS. NUTS ARE PACKED WITH PROTEIN, FIBRE, AND ESSENTIAL FATS WHICH KEEP ME GOING ALL DAY.

I ENJOY PORRIDGE & FRUIT. PORRIDGE OATS ARE INCREDIBLY NUTRITIOUS. THEY ARE A GOOD SOURCE OF CARBS AND FIBRE.

LOOKING FOR IDEAS AND WAYS TO STAY ACTIVE ? VISIT THE COMMUNITY SECTION ON MK DONS YOUTUBE CHANNEL



WHERE'S DONNY ???

BEFORE YOU BEGIN, SET A TIMER AND SEE HOW LONG IT TAKES YOU TO FIND DONNY.
MAKE A NOTE OF YOUR SCORE AND THEN COMPETE AGAINST THOSE IN YOUR HOUSEHOLD!!!

MOOIE MAZE !!!

HELP MOOIE FIND HER WAY BACK THROUGH THE MAZE TO GET BACK TO DONNY!





DONS MATHS QUIZ

CAN YOU USE THE SQUAD NAMES AND NUMBERS TO HELP YOU CRACK THE CODES AND SOLVE THE PROBLEMS?

WE'VE DONE THE FIRST ONE FOR YOU

1. BROWN 11 + DARLING 6 = O'RILEY 17

2. CAN YOU FIND THE MISSING PLAYER NAMES?

_____10 - _____3 = _____7

3. THOMPSON 23 + NICHOLLS 1 + DARLING 6 = _____

4. SORENSEN 18 - KASUMU 8 + FISHER 13 + DARLING 6 = _____

5. JOHNSON 36 - DARLING 6 = _____

6. LEWINGTON 3 X GLADWIN 7 = _____

7. FRASER 10 X LEWINGTON 3 - SURMAN 16 = _____

8. KASUMU 8 + _____ = JEROME 35

9. HOUGHTON 24 + LAIRD 12 - SURMAN 16 = _____

10. WHO IS THE MISSING PLAYER IN THE SEQUENCE?

BIRD 27, DAVIES 28, _____, FREEMAN 30



- | | | |
|------------|-------------|-------------|
| 1 NICHOLLS | 3 LEWINGTON | 7 GLADWIN |
| 13 FISHER | 4 JULES | 8 KASUMU |
| 22 WALKER | 6 DARLING | 10 FRASER |
| | 12 LAIRD | 16 SURMAN |
| | 15 O'HORA | 17 O'RILEY |
| | 21 HARVIE | 18 SORENSEN |
| | 28 DAVIES | 23 THOMPSON |
| | 29 SORINOLA | 24 HOUGHTON |
| | | 30 FREEMAN |
| | | 9 GRIGG |
| | | 11 BROWN |
| | | 14 AGARD |
| | | 20 MASON |
| | | 27 BIRD |
| | | 35 JEROME |
| | | 36 JOHNSON |

CHARLIE BROWN

11



PERMANENT



STRIKER

AGE 21

HEIGHT (CM) 182

WEIGHT (KG) 75

CAPS 1

WOW!

ETHAN LAIRD

12



LOAN



DEFENDER

AGE 19

HEIGHT (CM) 177

WEIGHT (KG) 66

CAPS 17

OMG!

HARRY DARLING

06



PERMANENT



DEFENDER

AGE 21

HEIGHT (CM) 180

WEIGHT (KG) 75

CAPS ENG

SNAP!

MATT O'RILEY

17



PERMANENT



MIDFIELDER

AGE 20

HEIGHT (CM) 188

WEIGHT (KG) 77

CAPS 5

MEET THE NEW PLAYERS

WILL GRIGG

09

SNAP!

STRIKER

AGE 29

HEIGHT (CM) 180

WEIGHT (KG) 70

CAPS 13



LOAN



ZAK JULES

04



PERMANENT



DEFENDER

AGE 23

HEIGHT (CM) 191

WEIGHT (KG) 72

CAPS 14

WARREN O'HORA

15



PERMANENT



DEFENDER

AGE 21

HEIGHT (CM) 183

WEIGHT (KG) 75

CAPS 6

OMG!

WHAT IS THE TRANSFER WINDOW?

THE TRANSFER WINDOW WAS INTRODUCED TO CREATE GREATER STABILITY BETWEEN PLAYERS AND SQUADS.

THERE ARE TWO TRANSFER WINDOWS EVERY SEASON, ONE IN BETWEEN SEASONS, AND ONE MIDWAY THROUGH.

WOW!



MESSAGE FROM DONNY & MOOIE !!!!

WELL HELLO,

IT'S BEEN A WHILE SINCE WE HAVE SEEN EACH OTHER BUT WE JUST WANTED TO SAY...

THIS LAST YEAR HAS BEEN A STRANGE AND UNPREDICTABLE TIME WE HAVE MISSED YOUR SUPPORT, TAKING SELFIES WITH YOU AND HEARING YOU CHEER ON THE DONS.

MOOIE AND MYSELF WOULD JUST LIKE TO SAY HOW VERY PROUD WE ARE OF EACH AND EVERYONE OF YOU FOR ADAPTING TO THE DIFFERENT WAY OF LIFE, HAVING TO DO YOUR SCHOOL LESSONS FROM HOME, NOT MEETING UP WITH YOUR FRIENDS, BIRTHDAYS IN LOCK DOWN, AS WELL AS NOT BEING ABLE TO PLAY OR WATCH THE SPORT YOU LOVE.

MYSELF AND MOOIE ARE STAYING SAFE AND WELL, EATING TOO MUCH GRASS BUT KEEPING FIT AT THE SAME TIME BY FOLLOWING THE MK DONS YOUTUBE CHANNEL WITH SOME WEEKLY FOOTBALL SKILLS FROM SOME OF THE SET COACHES INCLUDING ONE FROM SCOTT FRASER, SO TAKE A LOOK IT'S A GREAT WAY TO GET YOU MOOOOVING.

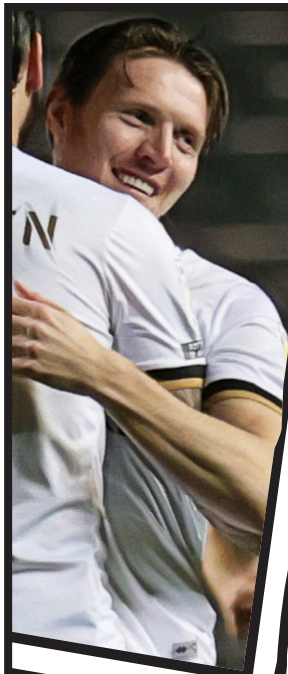
PLEASE STAY SAFE AND KEEP UP WITH AS MUCH EXERCISE AS YOU CAN. JUST TAKE A FEW MINUTES EACH DAY TO WALK OUTSIDE AND TAKE 10 DEEP BREATHS. THIS WILL HELP YOU TO FEEL RELAXED AND CALM.

HERE ARE SOME THINGS MOOIE AND I THINK YOU SHOULD TRY:

- DO ONE KIND THING A DAY
- HELP WITH THE WASHING UP
- MAKE SOMEONE A CUP OF TEA
- TELL SOMEONE YOU CARE ABOUT, YOU LOVE THEM

DOING JUST ONE SMALL THING EACH DAY WILL HELP YOU FEEL BETTER. IF YOU ARE WORRYING ABOUT ANYTHING, AND CAN'T TELL THE ONES YOU LOVE, WRITE IT DOWN, PLACE IT UNDER YOUR PILLOW AND BY THE MORNING, THE WORRY WILL BE GONE.

**AND REMEMBER, YESTERDAY IS HISTORY,
TOMORROW'S A MYSTERY, TODAY IS A GIFT.**





COME ON REF!
THAT'S A BAD
TACKLE!



WHAT?! YOU HAVE
GOT TO BE
JOKING?!!



HANG ON!
FALCON,
COME IN!

OH NO! REF IS
GOING TO SEND
RUSS OFF!!

THE END



WE NEED
YOUR HELP!

DON'T WORRY
MOOIE, I'VE
GOT THIS

OMG!



OII PUT
ME DOWN

YES!
NICE ONE
MOOIE!

STEPHANIE...ROXBURGH_ILLO

WE HAVE A PAIR OF PEREGRINE FALCONS LIVING IN THE STADIUM,
I'M SURE YOU'VE SEEN THEM FLYING AROUND ON MATCHDAYS.
THEIR NEST IS IN THE RAFTERS ABOVE THE COWSHED.

...BUT WE HAVE A
SMALL PROBLEM...

OUR FALCONS DON'T
HAVE NAMES YET!

SO WE COULD REALLY
DO WITH YOUR HELP

CAN YOU HELP NAME THE
FALCONS TO WIN A GOODIE BAG

WE WOULD LIKE TO GIVE THE FALCONS A NAME,
CAN YOU HELP US? SEND YOUR FALCON NAMES TO
MOOIE@MKDONS.COM, OUR FAVOURITE
SUGGESTION WILL RECEIVE AN
MK DONS GOODIE BAG.



GET YOUR FACTS RIGHT

HOW WELL DO YOU KNOW THE PLAYERS?
DRAW A LINE TO WHO YOU THINK THE FACT BELONGS TO...

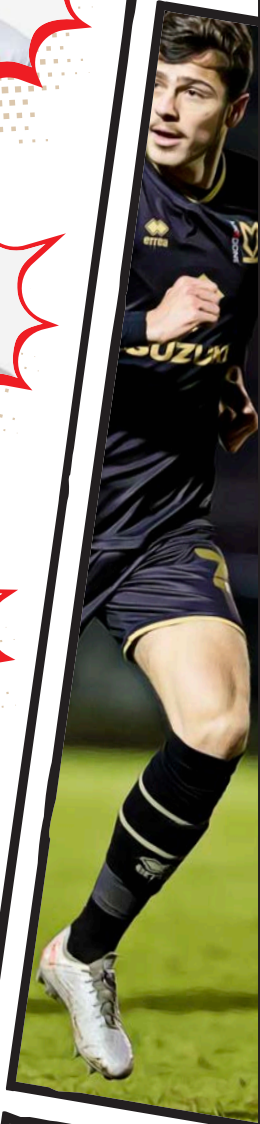
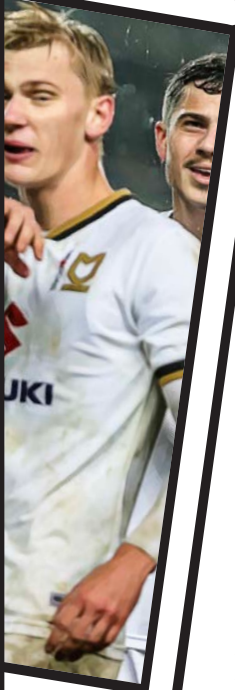
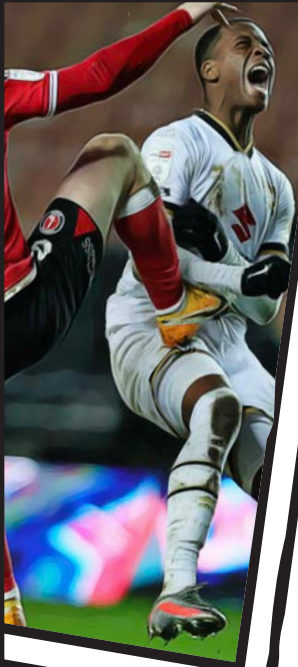
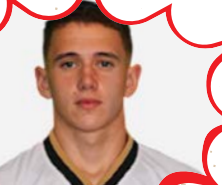
I STUDIED
HEALTH & PHYSICAL
EDUCATION IN
COLLEGE

MY FAVOURITE
COLOUR IS
YELLOW

I'M A
QUALIFIED
TEACHER

I'VE BEEN RIDING
MOTORBIKES SINCE
I WAS THREE

I LIVED IN
SINGAPORE UNTIL
I WAS TWO



TALIBETH JALLOW SELECTED FOR UNDER 20 GAMBIA SQUAD !!!

SECOND-YEAR MK DONS SCHOLAR TALIBEH JALLOW HAS BEEN SELECTED IN THE GAMBIA SQUAD FOR THE 2021 AFRICA U-20 CUP OF NATIONS. THE TOURNAMENT, WHICH HAS BEEN RESCHEDULED FROM DECEMBER 2020 DUE TO COVID-19, WILL TAKE PLACE BETWEEN 14 FEBRUARY AND 6 MARCH IN MAURITANIA.

JALLOW IS ONE OF THREE UK-BASED PLAYERS TO BE CALLED UP TO THE YOUNG SCORPIONS SQUAD ALONG WITH ETHAN BOJANG (DONCASTER ROVERS) AND SERINE SANNEH (WEST HAM UNITED).

YOU CAN FOLLOW HIS PROGRESS, AND LEARN A LITTLE MORE ABOUT AFRICA AT THE SAME TIME VIA THE YOUNG DONS SECTION OF THE WEBSITE - MKDONS.COM



OUR COACHES AT MK DONS SPORT & EDUCATION TRUST HAVE BEEN SUPER BUSY WORKING ON LOTS OF **FUN ACTIVITIES** AND **CHALLENGES** FOR YOU TO TRY OUT **AT HOME!**

COMMUNITY SECTION ON MK DONS YOUTUBE
VISIT MK DONS YOUTUBE CHANNEL AND CLICK ON THE '**COMMUNITY**' TAB
WE ARE REGULARLY UPDATING THIS SECTION WITH NEW CONTENT.
HIT **SUBSCRIBE** SO YOU DON'T MISS A TRICK!

SHOW US YOUR TEKKERS.
DON'T FORGET TO FILM YOUR ATTEMPT AND
TAG US ON TWITTER OR FACEBOOK:
***MIRRORSETCHALLENGE.**
OUR COACHES WILL BE KEEPING
AN EYE OUT FOR YOUR VIDEOS!

FACEBOOK LIVE TRAINING SESSIONS
GET YOUR FOOTBALL AT THE READY AND JOIN
OTHER YOUNG DONS IN OUR VIRTUAL SKILLS SESSION.
EVERY SUNDAY AT 10AM
BROADCAST **LIVE** ON MK DONS SET FACEBOOK PAGE



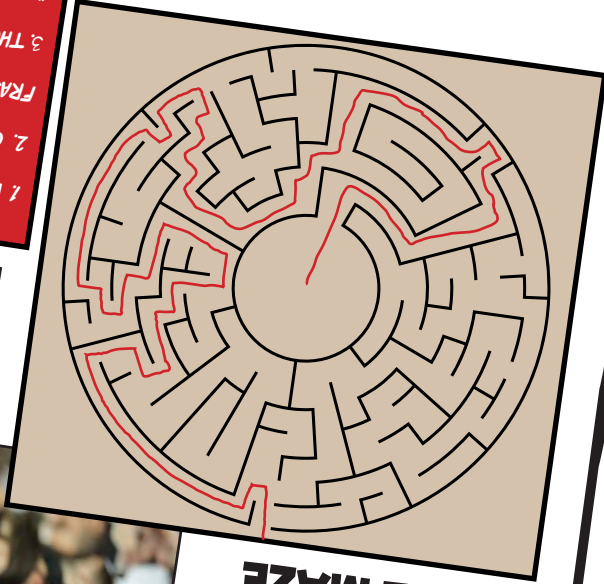
THE ANSWERS PAGE

COME BACK TO THIS PAGE ONCE YOU'VE COMPLETED ALL THE PUZZLES TO CHECK IF YOU GOT THEM RIGHT

- DONS MATHS QUIZ**
- BROWN 11 + DARLING 6 = ORLEY 17
 - FRASER 10 - LEWINGTON 3 = GLADWIN 7
 - THOMPSON 23 + NICHOLLS 1 + DARLING 6 = FREEMAN 30
 - SOERSENSEN 18 - KASUMU 8 + FISHER 13 + DARLING 6 = SORKINOLA 29
 - JOHNSON 36 - DARLING 6 = FREEMAN 30
 - LEWINGTON 3 X GLADWIN 7 = HARVIE 21
 - FRASER 10 X LEWINGTON 3 - SURMAN 16 = AGARD 14
 - KASUMU 8 + BIRD 27 = JEROME 35
 - HOUGHTON 24 + LAIRD 12 - SURMAN 16 = MASON 20
 - WHO IS THE MISSING PLAYER IN THE SEQUENCES?
 BIRD 27 DAVIES 28 SORKINOLA 29 FREEMAN 30



WHERE'S DONNY?



MOOIE MAZE

GET YOUR FACTS RIGHT

Thought bubbles (from left to right):

- I STUDIED HEALTH + PHYSICAL EDUCATION IN COLLEGE
- MY FAVOURITE COLOUR IS YELLOW
- I'M A QUALIFIED TEACHER
- I'VE BEEN RIDING MOTORBIKES SINCE I WAS THREE
- I LIVED IN SINGAPORE UNTIL I WAS TWO

