



CEREBRAL PALSY UNITED FOOTBALL CLUB NEWSLETTER

Issue 7 – Oct 2015

“Be the Best you can Be”

Welcome all new players to the club and centre of Excellence program and a welcome back to all who have been with us for a while.

UP & COMING EVENTS

The club is growing very fast with new sessions due to start:

ADULTS: From November - Thursday nights in Rainford (Merseyside) - Sean will be in touch with dates & times asap & we will update website/ social media.

ALL AGES

FOUNDATION, DEVELOPMENT & ADULTS:

Monday nights in Walton at Liverpool County FA headquarters. (This is in partnership with LCFA & will allow us to provide CP specific sessions in another part of the Region and help bring in new players to our club).

We will advertise times and dates in the coming weeks.... this will start properly in the New Year but we are planning to have 3 taster sessions before Xmas (23rd Nov, 30th Nov and 7th Dec).

SPONSORED CHALLENGE

Our COE players are participating in a sponsored walk up Helm Crag (a fell in the Lake District) on Sunday 25th October. Please see Ruth or Michelle for details of how to sponsor or donate to the challenge.

Good luck to all those taking part, don't forget your waterproof's, plenty to drink, snacks and a change of clothes!!!!

ADULTS

Welcome back to our Adult team.



IMPORTANT: All players must fill in registration forms for both CP United & CP Sport (who will be running the adult league this year). We need to

send these in by Friday 16th Oct so you need to get registered ASAP or you won't be eligible to play in the first fixture program. Please see Ruth in the meeting room to get this done.

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FOUNDATION

Please have a think about ideas for a Christmas party or outing? The date will be either Sunday 13th Dec or Saturday 5th Dec (instead of training). Please share ideas with us asap.

FIXTURE: There will be a fixture v Chadderton Park on Sat 7th November 1-2 pm as normal at Partington. Players will be divided up into team and age groups and will play games.



CENTRE OF EXCELLENCE

Players please try to make it for the Yoga/Stretching session at 10.15 pre your training. This is a great way to start strong and well prepared. Remember to bring your foam roller as we will be doing some rehab work in the coming weeks!!



FUTURES PROGRAMME

Well done to Pete Fox, Josh Power and Gbolohan Phillips for passing their FA Level One Coaching Badge during the summer.

Also to Josh Power and Pete Fox on attending and working towards their Level 2 in Sports coaching Badge. Thank you to the Rio Ferdinand foundation for their continued support for our young coaches

Congratulations to Sam Meadows on starting refereeing at Liverpool Football Club's Academy.

visit us at:
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CEREBRAL PALSY UNITED FOOTBALL CLUB - NEWSLETTER

WHAT AN EXCITING SUMMER!

What a great summer for the club, firstly our trip to the CP World Football Championships at St Georges Park which saw players from the club being mascots and ballboys for the England v Ukraine game.



We then returned to St Georges Park for the Centre of Excellence lads to play in a friendly against Japan.



During the summer four of our Centre of Excellence players took part in the England Development camp. Well done to Reiss Blackwell, Ben Meadows, Jordan Twiss & Eddy Flinn.

Our next trip took us to the CPRISA CP World Games being held at Nottingham.

3 of our COE lads were selected in the U19s squad and all received their first England caps and helped the team to win a bronze medal – Well done and congratulations to Jordan Twiss, Reiss Blackwell & Dale Smith .



It was a great day all round with some of our players being mascots and ballboys.



In June we received the licence to officially host the North West Centre of Excellence and we also received the FA CHARTERED STANDARD award for our club.

OTHER NEWS



You will have seen our new sign. Thank you to Eddy & Brian for organizing this. The sign has been purchased from profits made from the Boot Café.



We would also like to thank Lee Reid's Grandad for helping with the donation of crisps from WALKERS.

Also, to Ben Halsall's Grandad for his contributions towards the supplies for the Boot Café.

As you know the money made at The Boot Café all goes back in to the club. So please keeping on "sopping".

MONTHLY DONATIONS & REGISTRATION

WE WOULD LIKE TO REMIND EVERYONE to pay the registration fee relevant to your age group (£15 foundation and development groups and £25 for adult group) and also to set up your monthly donation of £10 via LOCAL GIVING (DON'T FORGET TO TICK THE GIFT AID!!!!).

Don't worry if you don't use the internet that's fine just let us know and you can pay cash which we would collect at the start of each month. **IT WOULD BE APPRECIATED IF THE REGISTRATION FEE COULD BE PAID BY THE END OF OCTOBER, MANY THANKS.**

THE CLUB WOULD LIKE TO THANK YOU FOR YOUR CONTINUED SUPPORT.

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