

# NWCP NEWSLETTER

Issue 5 Mar/2015



## "STRIVING FOR EXCELLENCE"

### FIXTURE PROGRAM

#### MARCH

- We are away at Coventry – hosted by the West Mids Region
- 28<sup>th</sup> March
- Please bring suitable packed lunch and plenty of drinks.
- £5 each for travel.
- Further details next week.

#### APRIL

Saturday 18<sup>th</sup> April will see us host our home fixture program at Partington.



Due to the circumstances this year and not having a County FA as our host, it will be a case of all hands to the pump! CPUFC our grass roots club will provide hospitality for the visiting teams staff and referee's but we will need some volunteers to help with meet and greet, car park assistance, tea's and coffee's, sandwiches etc...

Our coaching staff will be looking after the players as normal on the day so any help anyone can give us in organising the event and support on the day off the field to run it would be brilliant. Please speak to Ruth/Brian/Michelle about this and we can start to get things organised.

#### MAY

Saturday 2<sup>nd</sup> May will be the National Cup at St Georges Park.

### ACHIEVEMENTS:

#### WELL DONE TO:



Jordan Twiss who has been selected for the England emerging talent camp in March.  
Dale Smith who has been selected for England senior training camp in March.



Good luck to Pete and Sean, two of our staff who will be starting their FA Youth award module 3 course later this month.

### STRETCHING/YOGA SATURDAYS:



Aaron and Jack two of our sports science support team have offered to do some early morning stretching classes/Yoga for all our NWCP players.

They take place Saturdays before training. 9.30-10am, if you want to come and join in just let the lads and Michelle know. This will take place in the stretching room at Partington on Saturday 21<sup>st</sup> March, 11<sup>th</sup> April, 25<sup>th</sup> April and 9<sup>th</sup> May.

## SPORTS THERAPY

If you are injured or have a knock please still come to training and work with Luke. If you are unable to play you can work with him on your rehab and use the time to have treatment, a pool session, stretching session or core stability session. There is lots on offer to support your recovery and development please use the resources and good people we have to better yourselves.



## CP WORLD CHAMPIONSHIP



As you may be aware the CP World Championship will be held at St Georges Park in June this year. CPUFC will be putting a coach on to go and watch some games and would like to invite all our players and their families to come along and help us to cheer on our England team. It will be a great experience to watch the best CP players in the world and be part of this fantastic event. We will give out further information in the coming weeks regarding our coach trip and tickets for the tournament.

### CP World Championships Groups:

Group A	Group B	Group C	Group D
Ukraine	Russia	Brazil	Holland
Iran	Rep of Ireland	Scotland	Argentina
England	Australia	USA	Canada
Japan	Portugal	Venezuela	Northern Ireland



### A FEW REMINDERS!!

If you can't make training for any reason, please continue to let us know in advance as this helps our coaching staff with session planning and design. A reminder of coaches telephone numbers are below.

If you haven't yet paid your £30 player fee for the season, this needs to be in by the end of March. If you can't access Local Giving please pay cash to Sean or Michelle by 28th March. (Thanks)

Michelle Wilcock	079888 66107
Lee Burke	079835 54215
Sean Bailey	078334 30214



North West FA Centre of Excellence for CP



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