



# CEREBRAL PALSY UNITED FOOTBALL CLUB



## NEWSLETTER – CHRISTMAS EDITION

*“Be the Best you can Be”*

Issue 19 - Dec 16

### FOUNDATION & TOTS PHASE

Last training session of the year will be on 3<sup>rd</sup> December 2016 at Partington and on 12<sup>th</sup> December 2016 at Walton, Liverpool (See General News Below for events happening on this date).

Training will start back on Saturday 7th January 2017 at Partington and we'll be back at Walton on 9th January 2017.

#### Tournaments/Fixtures:

Development Festival at Keele on Sunday 27th November has now been moved to an indoor facility in Stoke City Academy Dome, Dennis Violet Avenue, Trentham Lakes, Stoke on Trent, Staffs ST4 4TN. KO at 1.30pm, please arrive at the venue for 1pm and meet at the entrance to the dome.

Warrington inclusion league fixtures Monday 28th November, please meet at the centre reception no later than 6.40pm. KO of first fixture will be 7pm and last fixture will finish at 8.30pm.



**Christmas Party Saturday 17th December** at LA Bowl in Warrington, Winwick Quay, Warrington WA2 8RF at 1.30-3.30pm.

Its £11.50 per child, they get two games of bowling and some dinner. Please confirm your attendance by Saturday 10 December and pay in cash on the day.

### ADULT PHASE

Last training session of the year :  
10<sup>th</sup> December 2016

Futsal sessions and sessions at the Etihad will commence in the new year, dates will be provided after Christmas.



MISSILE-TOE

### REGIONAL TALENT CENTRE

Last training session will be on 3<sup>rd</sup> December 2016 at Partington.

Training will start back on Saturday 7th January 2017 at Partington.

**Player Support Packs** - please use these to help you with your extra's away from the centre and use them to understand how you can best look after your bodies and familiarise yourselves with the club's ethos and values so you can Be the Best you can Be, if you are unsure about anything in this pack please contact your coaches asap.

#### DATES TO REMEMBER:



3<sup>rd</sup> December - EXTRAS 10 – 11 AM TO BE TAKEN BY DERRY MATHEWS – Derry is a professional Lightweight Boxer from Liverpool. He has won Interim WBA World, British and Commonwealth Title Honours. Derry

will be joining us to take a strength and conditioning session. Derry's gym is based in Liverpool city centre and they have recently started disability and autism friendly boxing training sessions. You are welcome at Derry's gym to do your extras away from training.



**Festive get together - 10th December** at "Rack and Dollar" in Liverpool (Berry St, Liverpool, L1 9DF). This will replace the training session we had scheduled. We will meet at Lime St Station at 1pm or you can meet at Rack & Dollar for 1.25pm, tables are booked for 1.30pm.

Please confirm your attendance asap with Ruth.

**REMINDER ON FEES:** A payment of £50 for the FA Regional Talent Centre can be paid via your online set up, cheque or cash and can be paid in installments if you prefer. Please see Ruth regarding payment. (This fee is separate to the club Reg Fee of £20 for the season and any monthly donations you can afford).  
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Cerebral Palsy United FC

@CP\_United\_FC



# CEREBRAL PALSY UNITED FOOTBALL CLUB – NEWSLETTER

## GENERAL NEWS! J

Monday 12th December will be our final session of the year at Walton Sports Centre in Liverpool. We will be joined that evening by Liverpool FC Legend Kenny Dalglish, Local MP Steve Rotheram and Paralympic football stars Sean Highdale and Jack Rutter.

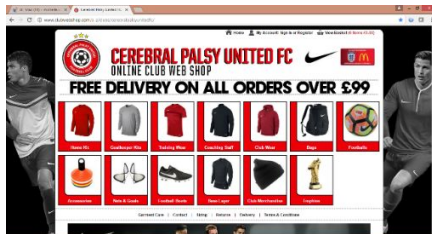
We will be training on the grass that evening and will share the visit of the special guests with Walton Sports Centre FC (Pan disability teams) and Autism in Motion FC. The local press will also be in attendance. All players from our Liverpool sessions are asked to be there that night if possible and we would like to invite any players from our Partington groups to join us for the evening and help us to promote the club. The event will take place between 6pm -8pm but the actual training session will take place as normal 6-7pm.

## KIT

We are still waiting on some kit to arrive and will give it out as soon as it does. Thanks for your patience with this.

If you would like to order further kit eg: rain jackets, black socks, woolly hats, tracksuits etc...all available in the club shop. Please follow the link.....

<http://www.clubwebshop.com/a-z/clubs/cerebralpalsyunitedfc/>



You will need to register as a member before you can buy anything, but feel free to do some Christmas shopping in the shop \*please note you may have to attach the

club badge to garments if it is not already assigned to the item. (please use the embroidered badge option).

## SPONSORSHIP & DONATIONS

Thanks to everyone who has set up a monthly donation this really helps us to sustain the provision we have for all our players. The facility fees have increased considerably this season and any money coming in is a massive help to keep everything going. You can do this via the online set up (details below) or if you need to pay cash that is fine too. Any help you can give would make a big difference.

SORT CODE: 30-84-63

ACCOUNT NO: 57958560

ACCOUNT NAME: CP UNITED FOOTBALL CLUB

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Cerebral Palsy United FC

@CP\_United\_FC

## CP UNITED HELP THE HOMELESS



If anyone can help us make some Christmas boxes for the homeless this Christmas it would be much appreciated. We can drop them off at the relevant centres and try to make a difference to someone this Christmas. Please take some ideas from the list but feel free to add what you can (maybe include some dog food/treats too and a Christmas card?)



*Have a wonderful Christmas with your families and we look forward to seeing you all in the new year.*

MERRY CHRISTMAS

