



CEREBRAL PALSY UNITED FOOTBALL CLUB *NEWSLETTER*

Issue 8 – Nov 2015

“Be the Best you can Be”

UP & COMING EVENTS

COE:

Monitor visit from FA 14th Nov Regional Talent officer Paul Harrison

COE FIXTURE PROGRAM:

Sat 21st Nov, coach times TBC (Venue: Moat House Leisure & Neighbourhood Centre, Winston Avenue, CV2 1DX.)

ADULT FIXTURE PROGRAM:

Sun 29th Nov (Transport and Meet times TBC).
(Venue: Moat House Leisure & Neighbourhood Centre, Winston Avenue, CV2 1DX.)

ADULTS:

A reminder that every Thursday night sessions are held in Rainhill (Merseyside) 8 – 9 pm. Anyone wishing to attend please let Sean know. (COE players if you are 15 and over and would like to attend these sessions please speak to Michelle)

ALL AGES:

23rd Nov see's the start of more Sessions in Merseyside. In partnership with LCFA - Monday nights 6 -7 pm at Walton, Liverpool County FA headquarters.

There will be two further taster sessions before Xmas - 30th Nov and 7th Dec. These sessions will start up fully in the New Year.

Christmas Events:



Foundation : Sunday 13th Dec
(times & venue TBC)

COE: Saturday 12th Dec
(times & venue TBC)

Adults: (date, times & venue TBC)

ADULTS/FOUNDATION & DEVELOPMENT

We have had great start to the season with high numbers attending sessions across each phase/ age group.

Most paper work is complete and been handed in now so thank you very much for your patience and co-operation in helping us to get this in order. If you have not yet filled in club registration and medical info forms please see Ruth in the meeting room on a Saturday as soon as possible and we can update your details and add you to our contact lists.

Just a reminder to please let your coaches know if you cannot attend a session as this helps them in their planning. Thanks :)

FUTURES PROGRAMME

Well done to Sam, Ben, Ethan and Josh who all completed their FA Futsal level 1 during the half term break with Liverpool FA. All four have had glowing reports and represented the club in a great way.



In the New Year we will hold an in-house FA Coaching Disabled footballers course, any of our players or volunteers who are interested in attending this please let Michelle know. (More details will be given out in the January News Letter)

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CENTRE OF EXCELLENCE

It's been a very busy start to the season with paper work, introduction to psychology, fitness testing, additional fixtures and merging into the new age groups.

Thank you all for your patience with this. We are lucky to have CPUFC to support the Centre of Excellence and provide "The Extra's" for you, these include, extra training sessions, Yoga and Pool sessions to aid recovery. These sessions are optional to support your development but should never substitute your Centre of Excellence training session on a Saturday, they are there to compliment this.

Numbers have been great at yoga on a Saturday, A great attitude from all wanting to do the extra's...WELL DONE!

We will be doing more recovery sessions after training in the coming weeks, these will include pool sessions and foam roller work (dates and times to be confirmed by Luke ASAP).

Just a reminder, if you are injured please don't miss a Saturday session, we are lucky enough to have Luke's support and he can work with you to help you get fit again as soon as possible.



Thank you to AFC Oldham and Pete Tupman for coming in to play a development fixture. Lots of learning took place and we wish them well with their season.

OTHER NEWS

SPONSORED CHALLENGE

We did it!!!!

What an amazing day!!!!

41 people (& 4 dogs) up and down a mountain!!!



Thank you so much to everyone who took part in our sponsored challenge, parents, grandparents, brothers, sisters, cousins... your effort and support was fantastic and very much appreciated!! You should all be so proud of yourselves! It wasn't an easy walk but you all helped each other and the lads along the way.



Our players...it was a pleasure to walk with you! You are genuinely the most inspiring, funny, determined group of young men and you are a

credit to your families and our club!! You looked after each other, helped each other, laughed with each other and got each other through a very tough challenge!! Everyone at the club is so proud of you!!!

WELL DONE!!!!!!!

There were so many outcomes from taking part in the challenge, raising money was just one. We are still collecting in donations & will let you all know asap the total amount raised.



THANK YOU so much all who sponsored and donated.

A special thank you to Heron Eccles who are a grassroots (non CP) club in Liverpool, who kindly donated to our challenge. A lovely gesture and we appreciate it very much.

MONTHLY DONATIONS & REGISTRATION

WE WOULD LIKE TO REMIND EVERYONE to pay the registration fee of £15 & 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 to us & we will collect it at the start of each month. FOR THOSE WHO HAVEN'T YET PAID THEIR REG FEE IT WOULD BE APPRECIATED IF THIS COULD BE PAID ASAP. MANY THANKS.

THE CLUB WOULD LIKE TO THANK YOU FOR YOUR CONTINUED SUPPORT

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