

Cumberland FA

YOUR GAME, YOUR COUNTY FA...



SUNDAY 27 SEPTEMBER 2020

10:30 am Under 12 Girls County Cup Final
Unisun Athletic JFC v Whitehaven AFC Blue

12:30pm Under 14 Girls County Cup Final
Cockermouth JFC v Northbank JFC 1970

2:30pm Under 12 County Cup Final
Whitehaven AFC Blue v Unisun Athletic JFC

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Cumberland FA

County Cups

Supported by



A Message from the Chairman of Cumberland FA

Season 2019-20

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Fred Conway

Chief Executive

Ben Snowdon

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Limited

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On behalf of Cumberland Football Association, I would like to welcome you to the 2019-20 Youth County Cup Finals, supported by Cumbrian Cottages.

In a year which has seen football curtailed, we are delighted to be able to conclude a number of our County Cup competitions, with today the last of the 6 Finals rescheduled during September.

Football was quite rightly put on hold earlier this year and we have seen how important the phased return of football across the County has been to everyone, from players, volunteers, referees and supporters. With this in mind, the County Cup Final experiences will be different this time (as everything is at the moment), but we are grateful to the teams and local football volunteers who have enabled us to provide this occasion.

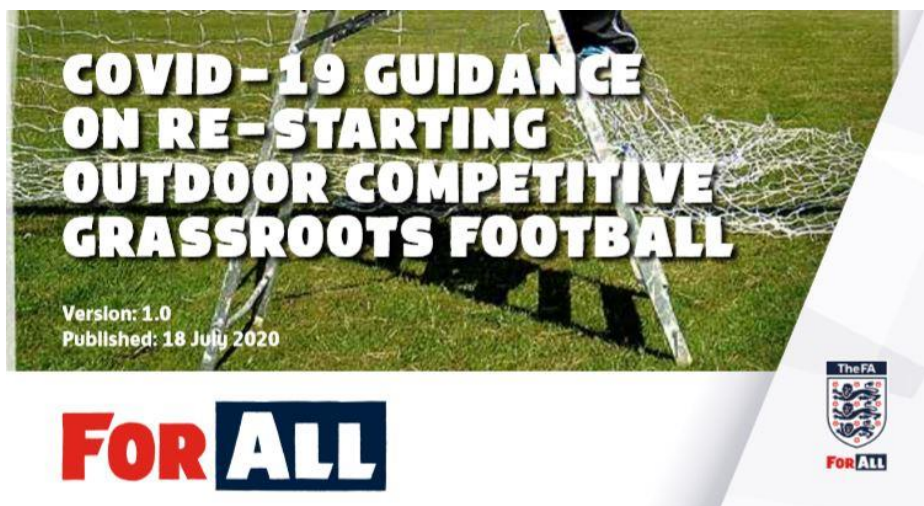
Our sincere thanks are also due to the volunteers of the host venue Cumbria Football Academy, who's support has enabled us to conclude these competitions.

Special mention to the young match officials who we wish good luck for the Finals. These Referees are also learning their trade and we hope all those in attendance give them support and show respect throughout.

We're expecting some entertaining and quality football to be played in these Finals, we hope everyone enjoys the day.

Good luck to all involved, may the best team win.

Mr Fred Conway
Chairman, Cumberland FA



CODE OF BEHAVIOUR

Covid-19 is a highly infectious and dangerous disease. A resumption of contact play is only achievable if those involved create and maintain a controlled environment that minimises the threat of infection.

Risk in sport cannot be completely eradicated but with caution and care these risks can be reduced.

Each player will need to decide when to return to contact football, based on their own circumstances and the arrangements that have been put in place for a safe return. This is particularly the case for players from BAME communities or those with underlying health conditions.

All those returning to competitive grassroots football must adopt the following code of behaviour:

- **Be aware of your own personal health.** If you show any of the Covid-19 symptoms you must stay at home, inform NHS Test and Trace and seek medical advice.
- **Be responsible.** Read the guidance provided by The FA and by your club so that you are aware of the changes to the game and what is expected of you. This will include things like being prepared to wash your own kit, bringing your own labelled water bottle and being aware of changes to meet-up times.
- **Practise good hygiene.** Wash your hands regularly and before, during and after a game.
- **Where possible maintain social distancing.** This won't always be possible in a competitive match environment (for example when tackling an opponent) and that is acceptable. However, before, and after a game you should maintain social distancing.
- **Support NHS Test and Trace.** You're likely to be asked to provide your details so that in the event of a Covid-19 outbreak those potentially infected can be traced. This is to everyone's benefit so please cooperate.
- **Do not spit.** Spitting and the rinsing out of mouths is now a recognised risk to health and must not be done. Avoid shouting or raising your voice if face to face with other players.
- **After the game.** Be aware that other users may be waiting to use the facilities. Changing rooms and showers are likely to be closed and any socialising must follow the Government's guidance on social distancing

Visit our website for the latest FA Guidance

[THE FA ISSUES GUIDELINES FOR THE RETURN OF OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL](#)

Updated Guidance 23 September 2020

Cumberland FA are proud to partner with Cumbrian Cottages for the 2019-20 County Cup competitions.

It's the first time Cumbrian Cottages have got involved in the Grassroots game in Cumberland which has helped to raise the profile of the beautiful County, with holiday cottages and football in fantastic locations.

The partnership brought a number of live Facebook draws from some beautiful holiday cottages across Cumberland raising the profile of both the County Cups and Cumbrian Cottages.

The 'Team of the Round' also returned in the Cumberland Cup thanks to the support from Cumbrian Cottages.



Who are Cumbrian Cottages?

Cumbrian Cottages is part of the Cottages.com family, the UK's number one holiday letting agents. Cumbrian Cottages provide a friendly and face-to-face service to help those with homes across Cumbria let their property to holidaymakers.

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Who encourages respect for
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RESPECT NEEDS YOU

The FA's Respect Programme is based on a collective responsibility to promote what is good about football and deal with anything that diminishes the nation's favourite game.

Whether you're a Referee, a Player, a Coach, a Parent, a Spectator or a Club or League Official we all have a responsibility to create a fair, safe and enjoyable environment in which children can play football.

For more information please visit

www.thefa.com/my-football/more/respect/



UNDER 12 GIRLS CUP FINALIST

2019 / 20

UNISUN ATHLETIC JFC



Route to the Final

Round One	Unisun Athletic JFC	9 - 0	Moor Row JFC Black
Round Two		BYE	
Q/Final	Unisun Athletic JFC	1 - 0	Abbeytown JFC
Semi Final	Unisun Athletic JFC	1 - 0	Allerdale Pumas

Team Squad

Alisha Whittaker, Ruby Mitchell, Lucie Robinson, Ella Farish, Amie Elliott, Annaliese Newton-Kerr, Katie Barbour, Amber McIntosh, Hollie Robinson, Macy Crone

Team Manager Jonathan Knott commented *"This group of girls has been a pleasure to work with since the moment they joined the club, they are always full of smiles and it's great to work with kids who play the game for the love of it. A coach's job is easy when you get a group of players who work hard and listen to advice, it's easier still when you are backed up by parents who have instilled a great attitude towards the game into their daughters. I think I've probably got the easiest job in youth football."*



We're fortunate to have a very talented group who have experienced victory a lot more than defeat and who always seem to rise to the challenges that are put in front of them. Several members of the squad have experienced success in previous seasons, winning back to back League Cups and both the County Futsal Cup and North West Regional Futsal Championships last season. Before the season was cut short the girls were chasing 3 trophies in their first season of proper competitive football and it will be great for them to play the County Cup Final as reward for the exceptional season that they'd had.

I'm incredibly proud of this team and, win or lose, I'm sure that they'll use the experience of Sunday to take them onto even greater things."

UNDER 12 GIRLS CUP FINALIST

2019 / 20

WHITEHAVEN AFC BLUES



Route to the Final

Round One		BYE	
Round Three	Castletown JFC	1 - 8	Whitehaven AFC Blue
Quarter Final	Northbank JFC	0 - 8	Whitehaven AFC Blue
Semi Final	Whitehaven AFC Blue	9 - 0	Whitehaven AFC White

Team Squad

Lauren Glynn, Erin Duffy, Millie Clark, Evie Kerrush, Katie Kegg (Captain), Layla Rudd, Molly Blair, Aarleah Robertson, Ella Beadsmoore

Rob Campbell told us ahead of the Final *"As a team it's a real dream to reach what we believe is the Champions League of Youth Football in the County. It feels a real validation for the girl's hard work, bravery and confidence in younger years being brave on the ball and not being scared to stay on the ball even if it means losing goals and games, something we are still proud to do today."*

The girls were so excited to find out this competition was going to conclude as they were so sad over this difficult time to be missing out on this big dream for them and we thank the CFA for their hard work and motivation to conclude it."





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Formed in 2011, the Ability Counts League offers regular playing opportunities to disabled players aged 16 and over. Fixtures are held once a month between March and October, with teams from across Cumberland taking part at a central venue in Carlisle.

With continued support from Cumberland Building Society the League has been renamed 'The Cumberland Ability Counts League'

The Cumberland
In partnership with



The NEW Cumberland Walking Football League began across Cumberland in 2019 with players aged 50+ playing regular festival and league fixtures at central venues.

Contact Ray.Sempill@CumberlandFA.com for more details or 07807 665543

UNDER 14 GIRLS CUP FINALIST

2019 / 20

COCKERMOUTH JFC



Route to the Final

Group Stages

Played 6, Won 3, Draw 2, Loss 1

Semi Final

Abbeytown Juniors 4 – 7 Cockermouth JFC

Team Squad

Grace Bullock, India Starkie, Alice Kemp, Amelia Jackson, Ellie Ritchie, Elise Wilson, Ellise Teasdale, Zara Sandelands, Liv Bennett, Kacey Rodgers, Rowan Williams



Coach Colin Teasdale said ahead of the Final

"Reaching this final has been a fantastic achievement for us as a team. We have a small squad, but a fantastic attitude towards playing football as a team."

UNDER 14 GIRLS CUP FINALIST

2019 / 20

NORTHBANK JFC 1970



Route to the Final

Group Stages

Played 6, Won 3, Draw 3, Loss 0

Semi Final

Whitehaven AFC U13

3 – 4

Northbank JFC 1970

Team Squad

Alexandra Harper, Darcie Dixon, Jessica Forster, Jessica Norman, Lucy Nevison, Ellie Carruthers, Evie Duffin, Chloe Patterson, Chantelle Peart, Hannah Proud, Paola Reimarstuse, Sadie Skinner, Megan Ward, Sophie Ward, Abbie Storey

Thierry Le Roux told us ahead of the Final *"The main core of the 1970s have been with the team since Under 9 and they have always worked together as a team. They have grown together but always welcome new girls into the team in view to have a women's team in the future."*

Coming second in the national futsal two years ago was their highlight. They have won the county cup, league futsal league, league cup and many other tournaments. Their achievements been unreal over the years and I have been privileged to be part of it.



"It would mean the world to the 1970s girls to win, as they did very well last season. The girls are over the moon that football got started again. "

2019-20 COUNTY CUP FINALS

Given the current circumstances with regards to Covid-19 there have had to be a number of concessions made on the usual Cup Final experience in order that we can ensure social distancing, safety and most importantly the ability to play the game, in line with both government and FA guidance

Ben Snowdon, Cumberland FA CEO stated *"It has always been our wish as a County FA to allow spectators into the final. However, this had to be done in a way that we can ensure that spectators always remain social distant whilst attending the final."*

Following numerous discussions with our Health and Safety consultant we have reached a compromise that allows a limited number of spectators to attend the Final.

All details have been distributed to Clubs with regards spectator arrangements as well as the Test and Trace questionnaires to be completed prior to arrival at the Final.

As stated in previous guidance (which should be happening across grassroots football), the County Cup Finals will be adhering to:

- There will be no Pre-match handshake. Instead players will be asked to hand-sanitise before kick-off;
- Team talk huddles should not take place. Team talks can take place, if social distancing is observed and held outdoors;
- Warm-ups/cool-downs should always observe social distancing;
- Coaches, other team staff and substitutes are allowed, but must also always observe social distancing on touchlines. Social-distancing must also be observed during interactions when a substitution is being made;
- Match preparation meetings by officials should be held by video call, telephone call or outside;
- Set plays – free kicks: referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls;
- Set plays – corners should also be taken promptly to limit prolonged close marking
- Goal celebrations should be avoided;
- Interactions with referees and match assistants should only happen with players observing social distancing.

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Visit your County FA website for details on how to purchase our products at these great discounted prices

SPECTATORS

All spectators must adhere to Social Distancing on arrival and throughout the Finals.
Thank you for your support with this...

UNDER 12 CUP FINALIST

2019 / 20

WHITEHAVEN AFC YELLOW



Route to the Final

Round One		BYE
Round Two	Crusaders Red	0 - 5 Whitehaven AFC Yellow
Round Three	Whitehaven AFC Yellow	9 - 0 Castletown JFC Hornets
Quarter Final	Northbank JFC 1970	2 - 3 Whitehaven AFC Yellow
Semi Final	Gillford Park Gillies	Whitehaven AFC Yellow

Team Squad

Matthew McLean, Lennon Pearson, Corben Irvine, Dylan Moore, Lennon Dixon, Jake Thompson, Alex Kitchen, Rowan Johnstone, Charlie Hodgson, Lleyton Foster, Joe Carney



Coach Paul Smith said ahead of the Final *"The coaching staff and players all believe the chance to play in the county cup is the best thing you can get to do in youth football. Everyone was really disappointed about not being able to finish off the season. This opportunity of winning the county cup would more than make up for it. That is why every one of the players is bursting to get the game on and give it their best shot.."*

UNDER 12 CUP FINALIST

2019 / 20

UNISUN ATHLETIC JFC



Route to the Final

Round One		BYE
Round Two	Unisun Athletic JFC	9 – 3 Crusaders Blue
Round Three	Unisun Athletic JFC	5 - 3 Stanwix JFC
Quarter Final	Castletown JFC Dragons	1 – 3 Unisun Athletic JFC
Semi Final	Workington Reds JFC Blacks	3 - 4 Unisun Athletic JFC

Team Squad

Joe Reid, Tyler Harris, Thomas Towns, Freddy Barrett, Aser Mohamed, Sam Cowx, Bailey Whitfield-Lane, Kieran Bell, Spencer Thomlinson, Michael Dodd, Joey Holmes, Ollie Karge



“The boys were nothing short of fantastic last season, unbeaten in the league, league cup finalists again and now a county cup final, we couldn’t be prouder!! Every single one of them gave everything for each other over the last few seasons to get where we are as a group which does make our jobs as coaches easier (sometimes).

Watching them turn into the players and young men they are, has been an honour over the past 6 years and we look forward to these lads having a great future both on and off the field.”

The FA Have Launched A New, Entry-Level Football Course for Both Current And Future Volunteers In The Grassroots Game

FA Playmaker Supported by BT



It's open to anyone aged 14+, completely free, and requires no previous football experience or qualifications before signing-up.

While FA Playmaker is a football course, you don't need to have extensive football knowledge or experience of the sport to get the most out of it. The focus throughout is about providing skills, guidance and tips so anyone can help create safe, fun, and inclusive football.

The modules include:

- * Creating Fun Sessions: a module focused towards FA session plans and ideas which anyone can pick up and use at training straight away
- * Connecting with Your Players: a module which explores motivation and communication techniques to help engage individuals and teams
- * Make Football For All and Keep Football Safe: which provide guidance on concussion management, sudden cardiac arrest and safeguarding children

Tough times like these can leave us feeling stressed, anxious and out of control. Don't go through it alone.

Reach Out and Talk

There is hope

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CALM

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24/7 Crisis Text Line

Papyrus

0800 068 4141

Young people's helpline 2-10pm

Every
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Find out where to get help and support at www.every-life-matters.org.uk

Suicide Safer Cumbria



Cumberland FA

County Cups

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TEAMS STATS

No.		Sub	Goal	No.		Sub	Goal

UNDER 12 GIRLS CUP | UNDER 14 GIRLS CUP | UNDER 12 CUP

MATCH OFFICIALS

Geoff Ellison
Sean Reed
Barney Pannone
Owen Reid

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