

# Norfolk County FA Bulletin

February 2018



## WELCOME

Welcome to the latest edition of the Norfolk County FA bulletin and the second of 2019.

As always we aim to continue to provide you with engaging content from the various Norfolk FA departments as well as relevant information regarding what's on the horizon within the #NorfolkFootball calendar.

## OPPORTUNITY TO JOIN THE BOARD AT NORFOLK COUNTY FA



Following on from the recently held EGM where revised Articles of Association were unanimously approved, the opportunity to join the Board at Norfolk County Football Association is now available, with six appointed Director Positions within the revised leadership structure.

The positions will start in July and will be for a 3 year term through to June 2022 with the existing Board of Directors continuing in post until the AGM & Council Meeting taking place on 1 July 2019.

The Director role requires a commitment to monthly Board meetings which predominantly take place at 6.30pm on Monday evenings at the County Headquarters along with being part of Norfolk County FA's Council.

NCFA has an aspiration for the appointed Board of Directors to cover across the following areas of expertise:

- Legal
- Finance
- Marketing / PR
- Experience of company management
- Youth Football & Safeguarding
- Adult Football

The closing date for applications is 4pm Friday 29 March 2019.

To read more about applying to become a non-executive director and see a document outlining the role profile please [click here](#).

## NORFOLK U18'S SEMI-FINAL OPPONENTS ANNOUNCED

Norfolk U18's are to travel to Cheshire in the Semi-Finals of The FA County Youth Cup.



Norfolk reached the Semi-final stage by beating Cornwall, The Isle of Man and Sussex.

Cheshire received a bye in the first round of the competition. In the second round Cheshire hosted Sheffield & Hallamshire and comfortably beat them 7-2. In the third round they narrowly beat Lancashire. The Quarter-Finals saw Cheshire require penalties to beat Gloucestershire.

Gavin Lemmon, Norfolk FA U18's Manager, spoke of his excitement of the match: **"We are fully expecting an extremely difficult fixture against Cheshire as they have beaten some excellent Counties on their route to the Semi Final, but we will travel there with the confidence that we have got a good group of players that have excelled themselves once again this season to get us in this position where we are in the final four alongside three big County FA's.**

**"As a squad we are very used to travelling away from home, enjoying trips to Cornwall and Sussex so far this season. This away trip we will once again embrace the occasion, make the most of the time we'll have with the players on the Friday with the focus very much on this game only, beyond that is irrelevant for me.**

**"The players have done the County and Norfolk Football proud to date; I have no doubts that they will continue to do so with this fixture."**

To read a full match preview please [click here](#).

## FUNDING AVAILABLE FOR FEMALE AND DISABILITY TEAMS IN NORFOLK

Grow the Game, which is delivered by the Football Foundation and funded by The FA, was first launched in 2010 to provide clubs with funding for the creation of new teams and chances for aspiring footballers in the local



# Norfolk County FA Bulletin

February 2018



community to play. Since launching, the scheme has helped to create over 11,000 new teams, delivering new playing opportunities to an estimated 144,000 community footballers.

Grow the Game grants of £1,500 will be made available to every new team created, helping to relieve the financial burden on clubs by helping towards FA coaching courses, league affiliation costs, referees' fees, first aid kits or even kit and equipment. In 2018, the scheme helped to support the growth of 872 female and 294 disability teams respectively.



The application window for Grow the Game is now open and closes on Thursday 28 March. Clubs seeking more information on the Funding available should contact Harry Diggins at Norfolk FA on [Harry.Diggins@NorfolkFA.com](mailto:Harry.Diggins@NorfolkFA.com) or visit [the Football Foundation website](http://theFootballFoundation.org.uk).

To find out more about the Grow the Game scheme please [click here](#).

## MENTAL HEALTH IN FOOTBALL AWARENESS EVENING

The Mental Health Awareness in Football Evening, organised by The Norfolk Women's and Girls League, attracted over 80 players, coaches and referees to the Nest on Tuesday 22 January. The evening was focused around raising awareness of Mental Health and tackling the stigma that surrounds the subject.

Louise Riseborough, the evening's main organiser came to the stage to read a chapter of Ruth Fox's book 'Between the White Lines'. The chapter detailed Ruth's struggles with Mental Health and the effect football has had on her life.



Toby Nickerson, the evening's host, then welcomed special guest, Cedric Anselin Ex-professional Footballer, to the stage where Toby directed a question and answer session with him. Cedric spoke very openly around his struggles with his mental health during different stages of his life.

Louise returned to the stage to talk around the league's plans for supporting the mental health of all involved within their league. She outlined exciting plans to have a designated Club Mental Health Support Officer at each club within the league. If you are a member of the Norfolk Women's and Girls League and would like to express an interest in becoming your club's Mental Health Support Officer, please click on the following [link](#).

The evening was rounded up by Paolo, from Norwich Mind, who discussed various initiatives run by the charity in Norwich.

To read more about the evening please [click here](#).

## NCFA GAMEDAY LIVE: WYMONDHAM LADIES BEAT TAVERHAM WOMEN

We visited Ketts Park on Sunday 20 January to witness Wymondham continue their defense of the Norfolk Women's Cup after cruising past Taverham.

Becca Russell opened the scoring in the opening minutes with a good shot from distance that left the Taverham Goalkeeper no chance.



The difference between the teams was evident as Taverham struggled to get out of their own half. Wymondham were able to capitalise on their dominance and scored multiple goals with the pick of them coming half way through the half. Mollie O'Callaghan picked the ball up 20 yards from goal and hit her shot into the top corner.

Taverham did eventually get their goal when poor defending from Wymondham allowed the Taverham Striker to have a shot from 30 yards out. The Wymondham goalkeeper could do nothing except watch the ball fly over her head and into the net.

To read a full match report please [click here](#). To view the full video highlights of the match please [click here](#). To view a full album of images taken at the game please [click here](#).



# Norfolk County FA Bulletin

February 2018



## THE SEMI-FINAL DRAWS FOR THE NORFOLK SCHOOLS FA CUPS

The draws for the Semi-Finals have been made for U12 Boys, U13 Boys, U14 Boys, U15 Boys, U16 Boys, U13 Girls, U14 Girls and U16 Girls.



These draws can all be found on our website - <http://www.norfolkfa.com/cups-and-competitions>. The play by date for this round is Friday 1 March. If you have any results from the 2nd round or Quarter-Finals then please get in touch.

A big thank you to Phoenix Sporting Goods, our Portable Floodlight Provider, for supporting the Norfolk FA Schools Cups. To find out more about Phoenix Sporting Goods and ILites please [click here](#).

If you require more information about the Norfolk County FA Schools County Cups please contact [Thomas.Constance@NorfolkFA.com](mailto:Thomas.Constance@NorfolkFA.com) or 01603 704050 (Opt.1, Opt.1, Opt.4).

## NORFOLK FA WALKING FOOTBALL WEEK

We are launching a week of Walking Football highlights to raise the profile of Walking Football in our County, running from Monday 18th February – Sunday 24th February.



Walking Football is growing fast and we want more and more people to get involved with this adapted version of our beautiful game. The week will aim to highlight the

opportunities, benefits and current activities happening around Walking football in Norfolk.

There are things happening most days that week:

- 18<sup>th</sup> – **Walking Football Referee Workshop**
- 19<sup>th</sup> – **Walking Football Success Story**
- 20<sup>th</sup> – **Where can you play?**
- 21<sup>st</sup> – **Set up your own Walking Football Session**
- 23<sup>rd</sup> – **The FA's People's Cup**

To book a place for your team to enter into the Walking Football People's Cup, please click [here](#).

For more information on Walking Football and how you can get involved, please contact Senior Football Development Officer (Inclusion), Rachel Cossey, via [Rachel.Cossey@NorfolkFA.com](mailto:Rachel.Cossey@NorfolkFA.com).

## CHARTER STANDARD UPDATE

FEBRUARY 2019				
Date	Time	Workshop/Event	Venue	Information & To book
		Football Foundation Grow the Game Grant 2019		<a href="#">Click here</a>
Thursday 21 February	09:00 – 16:00	FA Junior Football Leaders (12-16)	<a href="mailto:theFDC@OpenAcademy">theFDC@OpenAcademy</a>	<a href="#">Click here</a>

MARCH 2019				
Date	Time	Workshop/Event	Venue	Information & To book
Monday 4 March		Norfolk FA PCVR Transition Support Fund		<a href="#">Click here</a>
Monday 4 March	18:30 – 20:30	Introduction to Coaching Workshop	<a href="#">Alive Leisure, Lynn Sport</a>	<a href="#">Click here</a>
Friday 29 March	17:00	Annual Health Check – deadline to award		

## THE NORFOLK FA NOTICEBOARD

The [Norfolk FA Noticeboard](#) is where you can post content related to #NorfolkFootball such as advertising for players, coaches and volunteers.

## SAFEGUARDING IN NORFOLK

Please be reminded that safeguarding children is everyone's responsibility. Please contact our County FA Designated Safeguarding Officer, Ken D'Rosario via [safeguarding@NorfolkFA.com](mailto:safeguarding@NorfolkFA.com) or call 01603 704050 if you have any concerns.



# Norfolk County FA Bulletin

February 2018



## FRIDAY NIGHT FOOTBALL AT THEFDC@FLEGG



theFDC@Flegg is pleased to announce the introduction of our Friday Night Football Tournaments. Tournaments this year will be held on Friday evenings for U7s – U12s teams with all tournaments being played in a 5v5 format on our 5v5 3G pitches under the floodlights.

All age groups are 5-aside with a maximum squad of 8 players in a competitive format. Cost to enter the tournament is £15 per team with a maximum of 12 teams per age group with places expected to fill up fast. The tournament will be a mixed football event allowing boys/girls/mixed teams to enter.

Details of tournaments are found below:

- Friday 1st March 2019: **U9s**
- Friday 8th March 2019: **U10s**
- Friday 15th March 2019: **U11s**
- Friday 22nd March 2019: **U12s**

Each tournament will start at 6.30pm and finish at around 8.30pm

To enter a team into your chosen tournament please click [here](#).

Alternatively you can email [elliott.pride@norfolkfa.com](mailto:elliott.pride@norfolkfa.com) or call 01603 704050 (ext 4).

## THE SSE WOMEN'S FA CUP FINAL

The SSE Women's FA Cup Final had a record breaking crowd of 45,423 spectators filling Wembley stadium in 2018, why not be part of history and help increase the number of spectators for the 2019 final.



If you would be interested in attending The SSE Women's FA Cup Final 2019, please complete this expression of interest by [clicking here](#). The purpose of this is to understand if there is a demand for us to put on a Norfolk FA Excursion trip for this fixture.

To find out more please [click here](#).

## NORFOLK FA GRASSROOTS DISABILITY STARTER PACK

The Disability Starter Pack is aimed at providing support to clubs who would like to establish a provision of disability football. These grants can be used towards things such as specialist equipment for disability football.



The provision of football established as a result of the starter pack, is primarily aimed at supporting a turn up and play style taster session. The idea being that the pack provides an opportunity for clubs to instigate initial interest from disability players with the potential to develop this into a disability team in the future.

To view the conditions of applying, what you will receive in addition to the funding and how to apply; please [click here](#).

## UPCOMING INTRODUCTION TO COACHING WORKSHOPS



We are running two 'Introduction to Coaching Workshops' at theFDC@OpenAcademy and Alive Leisure in King's Lynn. The dates for the Workshops are as below:

- Friday 14 September, 19:00 - 21:00, theFDC@OpenAcademy
- Monday 4 March, 18:30 - 20:30, Alive Leisure Lynn Sport

This workshop is for the non-qualified coach, for example parents and volunteers who want to get a taster of what a FA Level 1 course entails. [Click here](#) for more information.



# Norfolk County FA Bulletin

February 2018



## BECOME AN FA EMERGENCY FIRST AID IN FOOTBALL TUTOR

Norfolk are in need of people to become part of The FA's Affiliate Tutor Workforce and deliver IFAiF & EFAiF courses throughout the County.



FA affiliate tutor licences cover the full breadth of education areas across the grassroots game - including coach education, medical, safeguarding, and refereeing. Details of each licence will vary in terms of qualification requirements, minimum delivery and expected rates of pay.

To find out more about becoming an FA emergency First Aid in football tutor [click here](#).

## THE UTILITA ENERGY FDC YOUTH CUP RETURNS FOR 2019

Norfolk FA's biggest tournament is returning to theFDC this July!



As per tradition the showcase summer tournament, held on the fully enclosed 3G artificial grass pitches at theFDC in Bowthorpe, will see even age groups compete on the Saturday and odd age groups compete on the Sunday.

The tournament is taking place on the weekend of 6 and 7 July and will host 96 teams in eight age groups.

With age groups expected to fill fast, don't delay in entering your team. The tournament costs just £30 and you can enter online by [clicking here](#).

If you have any questions, please contact theFDC on 01603 704050 (Ext. 2) or email [theFDC@NorfolkFA.com](mailto:theFDC@NorfolkFA.com).

## NEW PORTABLE FLOODLIGHT MODEL COMES TO NORFOLK

We're pleased to announce that Phoenix Sporting Goods, our Official Portable Floodlight suppliers, will be available to visit Norfolk clubs in early March to demonstrate the qualities of their newest product - the iLite Cannon.



General Manager of Phoenix Sporting Goods, Lee Crocker said: **"We at Phoenix Sporting Goods continue to enjoy working with Norfolk FA and it will be great to visit the County and its clubs once again. I look forward to showcasing our latest products to those involved in Norfolk Football."**

Lee will be available to visit clubs on the evenings of March 5, 6, 12 & 13, so book a demo session early to ensure you can see the lights in action.

This season Phoenix Sporting Goods launched the previously iLite Cannon and also the iLite Pro, the company's most powerful light to date, which features its own generator. A brochure featuring both products can be found attached below.

If you are interested in booking a demonstration evening at your club on the above mentioned dates, please [CLICK HERE](#).

## AND FINALLY,

We would like to wish all the people involved within #NorfolkFootball the best of luck with their fixtures in the coming weeks.

Best wishes  
**Norfolk County FA**