

Cumberland FA

YOUR GAME, YOUR COUNTY FA...



SUNDAY 20 SEPTEMBER 2020

11 am Under 16 County Cup Final

Workington Wanderers AFC

v

Unisun Athletic JFC

2pm Under 16 Girls County Cup Final

Northbank JFC

v

Abbeytown JFC

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Cumberland FA

County Cups

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A Message from the Chairman of Cumberland FA

Season 2019-20

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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 Under 16 and Under 16 Girls Cup Finals.

In a year which has seen football curtailed, we are delighted to be able to conclude a number of our County Cup competitions, supported by Cumbrian Cottages with 6 Finals to be played in 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.

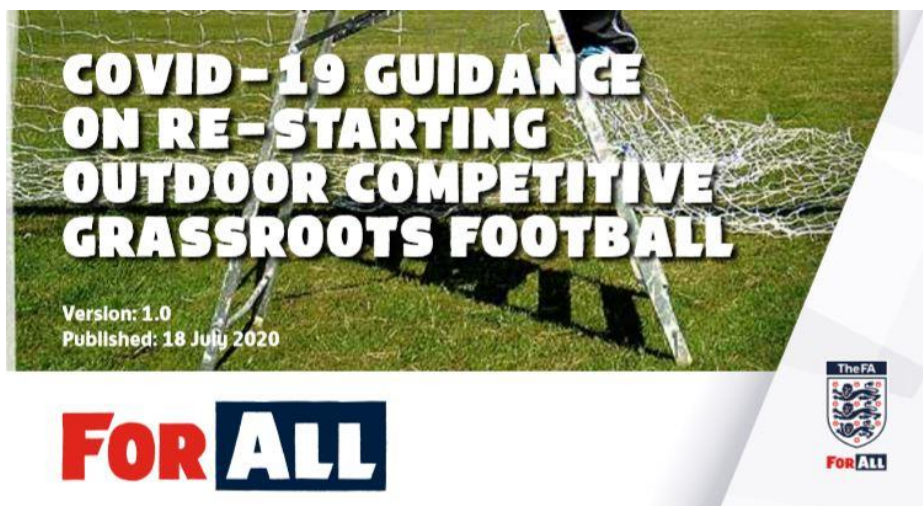
Our sincere thanks are also due to the volunteers of the host venue Cumbria Football Academy, who's support has enabled us to conclude these competitions.

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 which were postponed in March.

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 18 July 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.

Cumbrian Cottages provide all holiday cottage owners with a flexible and professional service that meets their needs and helps owners let their property in a stress-free way.

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on **07786 705186** or email **Mark@cottages.com**

Who encourages respect for players and supporters on your match days?

X



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 16 CUP FINALIST

2019 / 20

WORKINGTON WANDERERS AFC



Route to the Final

Round One	Northbank JFC U15	2 – 8	Workington Wanderers AFC
Round Two	Workington Wanderers U15	0 – 8	Workington Wanderers AFC
Round Three	Cleator Moor Celtic U16	1 – 2	Workington Wanderers AFC
		(AET)	
Q/Final	Workington Wanderers AFC	6 - 1	Workington Rangers U15
Semi Final	Castletown JFC Athletic	0 - 2	Workington Wanderers AFC

Team Squad

Alexi Kyprianou, Joe Humes, Jay Dempsey, Keenan Musgrave, Conner Heywood, Ethan Heron, Chad Grisdale, Ciaran Booty, Will Adams, Finley Smith, Alfie Green, Jonathon Yates, Daniel Whitehead, Lewis Whitehead, Brodie Richardson, Spencer Glaister, Jake Wight, Sam Batty & Liam Drinkwater

Workington Wanderers AFC formed in 2013 when a group of parents got together to form a new club to compete in the West Cumbria Youth League and play their home games on Walker Road, Salterbeck (affectionately known locally as "the Bernabeck")



Gary Heron commented *"The coaches and parent's feel privileged and proud to be part of their development and sharing in their experiences on and off the football field win or lose."*

Every player including parents and guardians are buzzing with excitement, they are all so proud of how far they have come in this competition and can't wait to enjoy the whole experience of competing in a County Cup Final."

UNDER 16 CUP FINALIST

2019 / 20

UNISUN ATHLETIC JFC



Route to the Final

Round One

Round Two	Abbeytown JFC U15	0 – 5	Unisun Athletic JFC
Round Three	Maryport Amateurs U16	2 – 4 (AET)	Unisun Athletic JFC
Quarter Final	Creighton Juniors	1 – 2 (AET)	Unisun Athletic JFC
Semi Final	Abbeytown JFC	1 – 2	Unisun Athletic JFC

Team Squad

Henry Longworth, Kieron Blaylock, Charlie Hutchinson, Thomas Dixon, Will Ellwood, Luke Sjurseth, Tom Cowx, Liam Fontana, Joe Earl, George Beattie, Alfie Batty, Jack Hetherington, Ben Wade, Toby Marshall, Louis Oxley, Nathan Burns, Oscar Roberts, Niall Siddaway

Colin Denovellis told us ahead of the Final *“Reaching the final is the result of 10 years hard work for these lads, and their families.*

From where we started, to where we are today is a credit to how much the boys have wanted this, how much they’ve wanted to better themselves and how they’ve strived for excellence and success.

After an amazing season in the Carlisle Under 16 Youth League, we proved ourselves to be the best team in Carlisle, now it’s time to put ourselves against the best team in West Cumbria.



Whatever the outcome today, I am forever proud of the players in my team and how they’ve grown over the years. Every one of them is a winner!”



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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 16 GIRLS CUP FINALIST

2019 / 20

NORTHBANK JFC



Route to the Final

Round One

BYE

Quarter Final Whitehaven AFC U16 Blue 0 - 1 Northbank JFC

Semi Final Northbank JFC 3 - 1 Stanwix JFC U16 Girls Hornets

Team Squad

Fran Telford, Amy Long, Sophie Forster, Norma-Jane Power, Anna Burgess, Abbie Pearson, Lucy McCluskey, Sophie Stubbs, Eden Beattie, Maisy Robinson, Zoe Campbell



James Claydon said ahead of the Final "Northbank U16 Girls started out as a new U12 team in 2015-2016 with only 2 players moving up to U11 from the previous year's U9/U10 team. After struggling with numbers and a vastly inexperienced squad for a season the squad was bolstered by experienced players from Carlisle City who were without a team for 2017-2018. Since then the squad have improved season after season, with their collective commitment, hard work and team spirit regularly paying off - playing some brilliant passing football along the way."

Reaching the County Cup Final means the team have now done so in every cup competition they have ever played in, and as a team of U15s playing in an U16 competition this is a great achievement for the squad and a well-deserved opportunity for the girls to showcase their talents."

UNDER 16 GIRLS CUP FINALIST

2019 / 20

ABBEYTOWN JFC



Route to the Final

Round One	FC	BYE
Quarter Final	Abbeytown JFC	2 - 1 Workington Reds Diamonds U16
Semi Final	Abbeytown JFC	4 - 0 Penrith AFC Juniors U16

Team Squad

Abigail Mossop, Amy Carr, Lucy Carr, Ella Baker, Sophie Ferguson, Abi Heaton, Caitlin Harrison, Gracie Miller, Abbie Woodburn, Amy Robinson, Sarah Dodd, Anna Todd



Ahead of the Final Paul Harrison said:

"This will be the last time these girls will play as a Junior side.

The season was cut short but they have had 6 great years together and built great friendships it is a mixed aged team, but they have bonded well!"

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.

Prices HELD for the 2020/21 Season

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Prices include VAT.

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...

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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Men's helpline 5pm-Midnight

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Text Shout to 85258

24/7 Crisis Text Line

Papyrus

0800 068 4141

Young people's helpline 2-10pm

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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

OFFICIALS	UNDER 16 CUP	UNDER 16 GIRLS CUP
Referee	Cameron Sealby	Matthew Rogerson
Assistant Referee	Matthew Rogerson	Callum Reveley
	Callum Reveley	Cameron Sealby

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