

# Cumberland FA

*YOUR GAME, YOUR COUNTY FA...*

## COUNTY CUP FINALS 2022-23

**Sunday 26 March 2023 at Cleator Moor Celtic FC**



### **GIRLS UNDER 16 COUNTY CUP FINAL**

**ABBEYTOWN U16 ATHLETIC GIRLS V WHITEHAVEN AFC U15 GIRLS**

**11:00 am**

### **MIXED UNDER 16 COUNTY CUP FINAL**

**CARLISLE CITY U15 V CRUSADERS U16**

**2:00pm**



**ENGLAND  
FOOTBALL**



# Cumberland FA

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## County Cups

### A Message from the Chief Executive Officer of Cumberland FA

**On behalf of Cumberland Football Association, I would like to welcome you to the 2022-23 Under 16 County Cup Finals.**

The fact that I am writing this a little bittersweet for me as this would usually be the task of our late Chair Fred Conway, who we sadly lost towards the end of the 2022 and who we still miss dearly.

Fred was immensely proud of his being a part of Cumberland FA and most latterly his role as Chair, to which he dedicated a large part of his life, time, and energy towards various aspects of the grassroots game.

This was certainly the case when it came to our County Cup Competitions. He loved the fact that these competitions brought teams together from across the county. He loved the Finals and the opportunity to attend different grounds to catch up with and have a good crack with their volunteers, some of whom became close friends of his through this association. He also loved the competitive element and would often be heard telling anyone who would listen, and even some who would not, of his success as manager in leading Mirehouse AFC to three Sunday County victories in a row. However, as competitive as he was, ensuring that the game was played within the right spirit and, whilst he didn't always agree with their decisions, respecting match officials was integral to his philosophy and character.

So on Fred's behalf I would to congratulate all of the finalists who have made it to the Final and thank all of the club officials, team coaches, parents and supporters who will have worked tirelessly behind the scenes to allow the players to have the success on the pitch.

I would also like to thank the volunteers of the host venue Cleator Moor Celtic FC, who's support has enabled us to provide a suitable and fitting County Cup Final match day experience for these two Finals.

Finally, a special mention to the match officials who we wish to congratulate on their performances this season, which has led to their appointment to the final.

We hope all those in attendance have a good experience, although often this is very much dependent upon the result and play their part in ensuring that this year's finals are befitting of the memory of Fred.

Regards,  
Ben Snowdon  
Cumberland FA



# JOIN THE WALL

***SIGN THE COMMITMENT, JOIN THE WALL  
& PROTECT OUR GOAL OF CREATING  
A POSITIVE FOOTBALL ENVIRONMENT!***

## JOIN THE WALL

We're asking clubs across #CumberlandFootball to ***Join The Wall*** by signing our Positive Football Environment Club Commitment Statement



**In Cumberland 99% of our football played within leagues has been played without any report of misconduct.**

**However**, we are aware that the number of reports is slowly growing, and the perception of the game is under threat and so in order to ensure that we do not see incidents, that have been widely reported in other counties, here in Cumberland, we understand that we must continue to address the problematic few that display undesirable or unacceptable behaviours.

FIND OUT MORE:

<https://www.cumberlandfa.com/news/2023/mar/21/join-the-wall>



# TODAY'S MATCH OFFICIALS

## Season 2022-23

### **Chairman**

John Rogerson

### **Vice Chairman**

Adam Pattison

### **Directors**

Steve Poole

John Taylor

Ian Parker

Adam Pattison

Jackie Hayhow

Ben Snowdon

### **Honorary Members**

Fred Dandy, Andrew Jenkins, Albert

Murphy, John Taylor, Geoff Turrell,

Jack Williamson, Tommy Jackson,

Tony Barnett, Brian Taylor

### **Chief Executive & FA Representative**

Ben Snowdon

### **Chief Executive**

Ben Snowdon

Cumberland Football Association

Limited

Registered Office:

Unit 3 & 4, Tithe House, Station

Street, Cockermouth, Cumbria CA13

9QW

Email: [info@CumberlandFA.com](mailto:info@CumberlandFA.com)

[www.CumberlandFA.com](http://www.CumberlandFA.com)

OFFICIALS	UNDER 16 GIRLS CUP
Referee	John Burns
Assistant Referee	Lillias Hodgson
	Seb O'Reilly
Fourth Official	John Dixon
OFFICIALS	UNDER 16 MIXED CUP
Referee	Lee Tedford
Assistant Referee	Harry Hufton
	Austen Davidson
Fourth Official	John Burns



**NOMINATE BEFORE 19 APRIL 2023!**

**Visit [www.CumberlandFA.com](http://www.CumberlandFA.com) for more details**

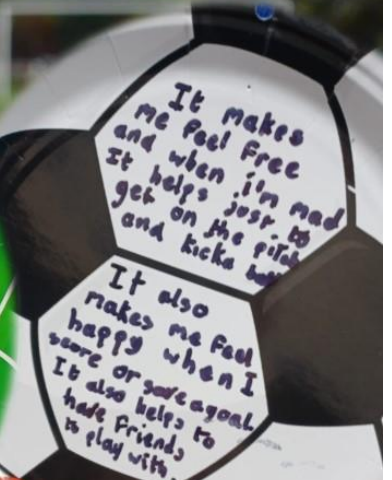
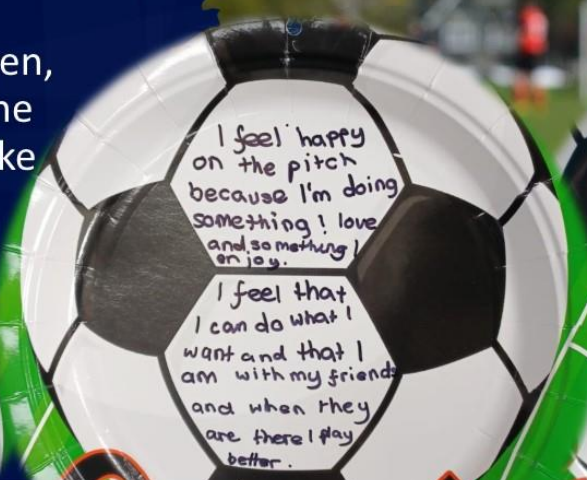
- Coach of the Year – Female, male and disability pathway
- Grounds Team of the Year
- Club of the Year
- Match Official of the Year
- Young Volunteer of the Year
- New Volunteer of the Year
- The Lioness Award
- Positive Football Environment Award





## #WeOnlyDoPositive in Cumberland

During our recent consultation with children, they told us some of the POSITIVE things they like about football.....



**Make Positivity a Permanent fixture in your Football! #WeOnlyDoPositive**

[Safeguarding@CumberlandFA.com](mailto:Safeguarding@CumberlandFA.com)

Last season we consulted with youth players in Cumberland and asked them several questions about their experiences in football.

Here's some of the feedback we received.

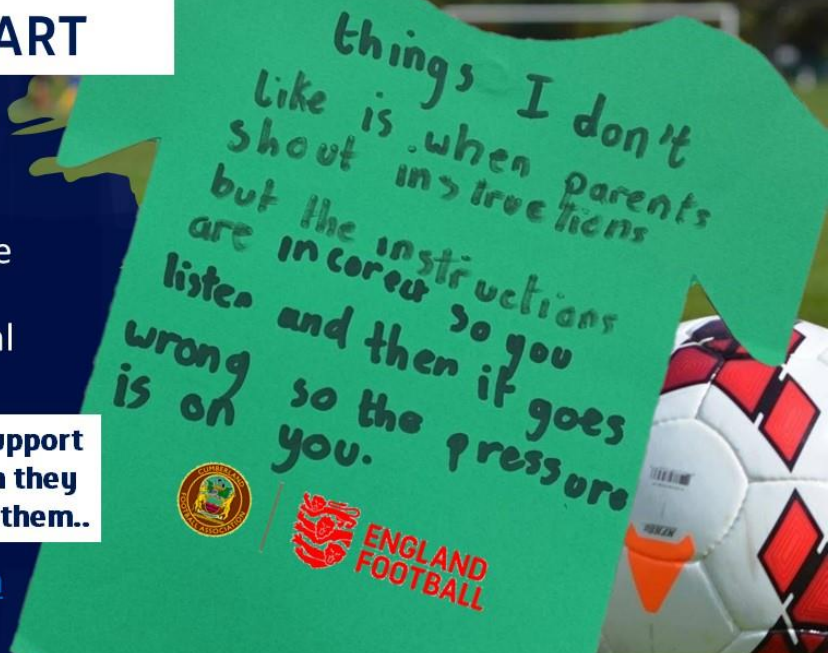
## SPECTATORS in CUMBERLAND

### PLAY YOUR PART

During our recent consultation with children, they overwhelmingly told us that "Excessive shouting and pressure from the side lines is what NEGATIVELY impacts their mental well being the most!"

**We're calling on ALL SPECTATORS to support the Mental Wellbeing of children when they are playing THEIR game by listening to them..**

[Safeguarding@CumberlandFA.com](mailto:Safeguarding@CumberlandFA.com)



## REFEREE ARMBAND INITIATIVE

The armbands act as a visual reminder to Coaches, Players and Spectators that the Match Official is New to Refereeing or a Child.

Ben Snowdon, Cumberland FA CEO commented on what the armband initiative brings to Cumberland Football:

"The armbands were devised as part of our commitment to Safeguarding. They act as a visual reminder to coaches, players and spectators that the individual wearing them are new to refereeing, have less experience and, like everyone else learning something new, will make mistakes.

**They support the FA Respect programme and our responsibility to creating the safe and positive environment that in turn leads to an enjoyable experience for all."**



## 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 visit**  
**<https://www.englishfootball.com/explore/inclusive-football/Respect>**

# **TEAM NEWS**

**The Route to the Final**

**Coach / Manager**

**Squad**

**A Short History**

**Team Photo**



# UNDER 16 GIRLS CUP FINALIST

2022 / 23

## ABBEYTOWN U16 ATHLETIC GIRLS



### Route to the Final

Round 1	Cockermouth U16 JFC Girls	1 - 5	Abbeytown U16 Athletic Girls
Quarter Final	Stanwix U15 Hornets	1 - 2	Abbeytown U16 Athletic Girls
Semi Final	Abbeytown U16 Athletic	5 - 1	Whitehaven AFC U16 Girls

COACHING TEAM | Abbie Wharton | Wayne Ferguson | Greig Nicholson

SQUAD: Phillippa Harrison, Molly Nicholson, Amy Fisher, Jacey Austwick, Ella Todd, Connie Miller, Maddy Ferguson, Kayleigh Wharton, Evie Brookfield, Holly Carruthers, Megan Clark, Sandra Holecova, Chloe Scott, Lauren Bennett

**Abbeytown Juniors U16 Athletic Girls was established back in September 2016, when a group of school friends decided to try their luck at football.**

**With the addition of a few new players along the way, the majority of the County Cup squad remains the same group of friends, this being their seventh season playing together, (six seasons playing in the Carlisle Glass Longhorn youth League and this season in the Andrea Buggy Women's League).**

**Despite all players being either 14 or 15yrs old, what they lack in years is compensated by their hard work and determination; an attribute which has secured them a place in this season's County Cup final.**



# UNDER 16 GIRLS CUP FINALIST

2022 / 23

## WHITEHAVEN AFC U15 LIONESSES



### Route to the Final

Round 1 Penrith AFC U16 Girls 1 – 4 **Whitehaven AFC U15 Girls**

Quarter Final **Whitehaven AFC U15 Girls** 5 – 1 Allerdale U16 Pumas

Semi Final **Whitehaven AFC U15 Girls** HW Stanwix JFC U15 Wasps

**HEAD COACH | Rob Campbell**

**ASSISTANT COACHES | Paul Greeson | Mark Kegg | Graham Gill**

**SQUAD:** Lauren Glynn, Molly Blair, Ava Greeson, Lilia Gill, Erin Duffy, Millie Clark, Katie Kegg, Sophia Conway, Ella Beadsmoore, Destiny Campbell, Tilly Gregg, Kacey Currie, Aisha Sandwith, Aarleah Robertson, Oakley Hocking, Molly Butler, Abbie Kegg

The majority of the team has been together since U7/U8s with a few joining over the years. The team has previously won the County Cup at Under 12 and u14 as well as County Futsal Cup at U12.

The group are very caring group and have raised approximately £10,000 over the years for good causes such as MacMillan and the staff of Covid Wards at West Cumberland Hospital. A number of the players are young leaders at the club, acting as role models and supporting coaching and refereeing.







ENGLAND  
FOOTBALL



Cost: £130

Price includes a whistle, flags,  
red and yellow cards,  
CFA Referee Registration, 2 years  
membership of the Referees' Association  
and the first FA DBS application (worth £10)

# BE THE REFEREE

## Make a Difference to the Game

If you're thinking about taking up the whistle, remember, refereeing is a great way to:

- Give something back to the game you love
- Remain involved in the game after injury or retirement
- Play a vital role in ensuring players enjoy the game
- Increase participation in the sport and make new and lasting friends
  - For anyone aged 14+

Visit [www.CumberlandFA.com/referees/get-into-refereeing](http://www.CumberlandFA.com/referees/get-into-refereeing)

### NEXT COURSE DATES

Course 1: Friday 14 July (5 – 8pm) & Saturday 15 July (10am – 4pm)

VENUE: • Workington (St Joseph's Catholic High School)

Course 2: Monday 24 July & Tuesday 25 July 2023 10am-3pm

VENUE: St Benedict's Catholic High School, Whitehaven

Course 3: Monday 4 Sept & Tuesday 5 Sept 2023 10am-4pm

VENUE: Gillford Park Stadium, Petheril Bank Road, Carlisle



ENGLAND  
FOOTBALL

## Women's Over 35's Football

### TURN UP & PLAY EVENTS

Sunday 30 April 2023  
Workington: Lakes College  
2:00 – 4:00pm

Sunday 21 May 2023  
Carlisle: Harraby 3G (pens)  
10:00 – 12:00pm



Contact

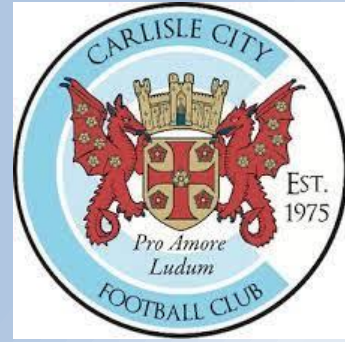
[Development@CumberlandFA.com](mailto:Development@CumberlandFA.com) or call Helen on 01900 511800 for more information or to register an interest



# UNDER 16 MIXED CUP FINALIST

2022 / 23

## CARLISLE CITY U15



### Route to the Final

Round 1	<b>Carlisle City U15</b>	BYE	
Round 2	<b>Crusaders U15 Blue</b>	2 – 5	<b>Carlisle City U15</b>
Round 3	Warwick Wanderers U16 Reds	0 – 4	<b>Carlisle City U15</b>
Quarter Final	<b>Unisun Athletic</b>	3 – 4	<b>Carlisle City U15</b>
Semi Final	<b>Carlisle City U15</b>	0 – 0 5-4 Pens	Carlisle City U16 Navy

**MANAGER | Craig Nugent**      **COACH | Neil Emmerson**

SQUAD: Aden Clifford, Oghenero Otteri, Arron Cleough, Nathan Emmerson, Alfie Broatch, Theo Wasilkowski, Micheal Dodds, Zak Nugent, Benjamin Rook, Leighton Nimmo, Ethan Russell, Sonny Dickinson, Stevie Harkness, Owen Wilkinson, Connor Marsden, Keiran Reveley

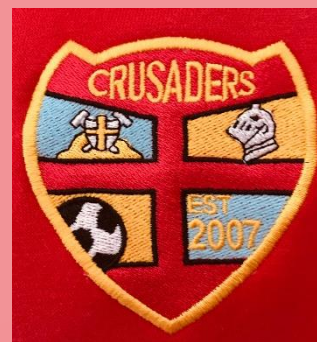
**Craig Nugent “They’re great bunch of lads who won the Under 14 Carlisle Glass Longhorn Youth League last season.”**



# UNDER 16 MIXED CUP FINALIST

2022 / 23

## CRUSADERS U16



### Route to the Final

Round 1	Crusaders U16	BYE	
Round 2	Crusaders U16	HW	Dearham Rangers U15 Orange
Round 3	Workington U15 Whites	0 – 8	<b>Crusaders U16</b>
Quarter Final	Crusaders U16	3 – 0	Carlisle City U16 Sky
Semi Final	Crusaders U16	2 – 1	Moor Row U16 Reds

**MANAGER | Phil Pattinson | COACH | Jonny Raffles**

**SQUAD:** Archie Elder, Jake Swailes, Matthew Williams, Alfie McAuley, Daniel Jackson, Ethan Bell, Sam Routledge, Charlie Hope, Charlie Riley, Joe Pattinson, Matty Beattie, Jake Raffles, Aaron McKeown, Archie Lamb, Alex Acton, Matty Williamson

**The core of this Crusaders team have been together since U7's and currently play in the Carlisle Glass Longhorn U18's League.**



Phil Pattinson said “Last season the team won the League and Cup double but missed out on the County Cup against a strong Cleator Moor Celtic side in the final. This season the main aim has been the County Cup and to get to back-back finals is a great achievement especially given the fact we have played some really strong teams along the way.

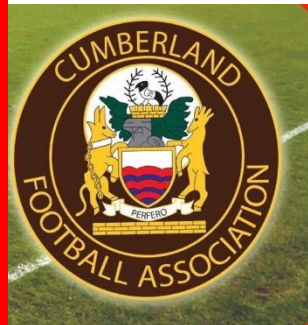
It's a brilliant competition for the boys and they have worked extremely hard to get this opportunity again and as their coach I'm very proud of what they have achieved and the way they have gone about it.



The Cumbria Veterans League offers more than 500 Over 35's an opportunity to play weekly throughout the summer months.

The League operates in two sections keeping the mid-week fixtures local while the League Cup and Cumbria Veterans Trophy offers cross county ties.

Get in touch if you're interested in 'pulling your boots back on!' [Development@CumberlandFA.com](mailto:Development@CumberlandFA.com)



# Cumbria Veterans League

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 **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](mailto:Ray.Sempill@CumberlandFA.com) for more details or 07807 665543



## GREAT SAVINGS FOR CUMBERLAND FA CLUBS

When it comes to making goalposts, we are one of the industry leaders. Our goals are built, tested and delivered by our team of experts, guaranteeing you a perfect product, every time.

You may not be Premier League (yet!) but the goals you use can be. The goals we make for Premiership clubs and the goals we make for you are no different. Not sure which goal is best for you? Contact our knowledgeable sales team today.

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VISIT [MHGOALS.COM](http://MHGOALS.COM) OR CALL 01502 711 298





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## GET IN TOUCH

If you're interested in joining a team or starting your own team, then please contact us on [Development@CumberlandFA.com](mailto:Development@CumberlandFA.com) or call us on 01900 511800

## THE ANDREA BUGGY WOMEN'S LEAGUE

Every  
life  
matters...



Supported by Every Life Matters, Cumbria

The 9 v 9 midweek league is played from April to September offering regular playing opportunities for girls and women aged 16 and over across the County.

For 2023 there are 10 teams playing weekly with almost 200 female players enjoying the format of the game.

It's open to all ages (16+) with many players returning to the game or starting their football journey in the League.



# Every life matters...

[www.every-life-matters.org.uk](http://www.every-life-matters.org.uk)

For the past couple of seasons, Cumberland FA have been working in partnership with Every Life Matters who promote suicide safer communities and provide bereavement support across Cumbria.

We're asking Cumberland Teams to help raise awareness of Every Life Matters, Cumbria amongst players and volunteers as well as having the open conversations which could ultimately support someone in need.

## Every Life Matters Training Courses Summer 2023

**FREE Bitesize Online Training**

### Suicide Awareness

Learn more about suicide and what we can all do to help

- 1 Getting Informed
- 2 Being Aware
- 3 Asking Directly
- 4 Listening Carefully
- 5 Building Support

**FREE 1 Hour Information session**

### Supporting childrens mental health and wellbeing

#### For Parents & Carers

- 1 Mental Health
- 2 Self-harm
- 3 Suicide

**FREE Half Day Online Training**

### Self-harm Alertness

- 1 Getting informed
- 2 Cycle of self harm
- 3 Coping Strategies
- 4 Safe Plan

**FREE Half Day Online Training**

### Emotional Resilience

Develop and enhance your own emotional literacy as a way to support others

A Continuing With People Training Module

Delivered by:  
**Every life matters...**

**FREE Half Day Online Training**

### Suicide First Aid

Understanding Suicide Interventions

For people living or working in South Cumbria

Delivered by:  
**Every life matters...**

**Orange Button Training**

**FREE Half Day Online Training**

### Suicide Alertness

- 1 Getting informed
- 2 Being Aware
- 3 Asking Directly
- 4 Listening Carefully
- 5 Building Support
- 6 Checking in
- 7 Looking after Yourself

**Orange Button Training**

**FREE Two Hour Online Training**

### Safety Planning

- 1 My Reasons for Living
- 2 Making my Situation Safer
- 3 My Warning Signs
- 4 Lifting My Mood
- 5 My Internal Support
- 6 My Distractions
- 7 Professional Support

**Orange Button Training**

### Orange Button Training

Healthier Lancashire & South Cumbria

All these courses are fully funded for people living or working in Cumbria (except Youth MHFA which is heavily subsidised) and can be booked via:

[Every Life Matters Events | Eventbrite](#)

Almost £2000 has been raised by the grassroots football community across the county to support the local charity.

Find out more on how you can support your Club members and donate by clicking [HERE](#).



# First Aid Supplies for Grassroots Football at Discount Prices



RECORD | ANALYSE | The Veo Camera enables football clubs, (big & small) to record & analyse their matches automatically!

With the football season drawing to a close our partners Veo Camera are already getting ready for next season!

Veo have launched a new lower cost subscription as well as offering £200\* off the for Cumberland FA Affiliated Clubs



## BOOK YOUR PLACE ON INTRODUCTION TO COACHING FOOTBALL

Complete the course online and  
at your own pace

Gain confidence and build your  
coaching skills

Create the best environments  
for fun and inclusive football

Just scan the QR code  
to get started:



Or visit: [learn.Englandfootball.com](https://learn.Englandfootball.com)



A free online course to help you play  
a more active role in football.

**CLICK TO FIND OUT MORE**

# ADVICE FOR ANYONE HAVING A HARD TIME

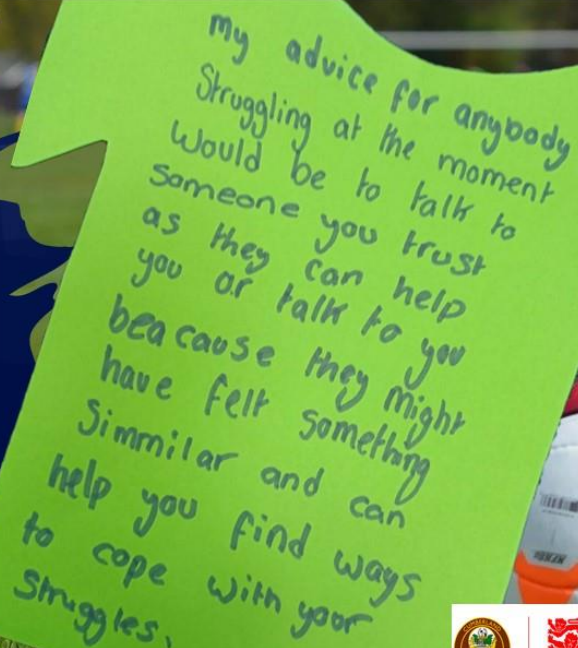
During our recent consultation with children, we asked them:

What advice they would give to other kids if they were having a hard time.

## WHO TO TALK TO:

Talk to your Coach  
Talk to your Parents / Carer  
Talk to your Teammates / Friends  
Talk to your Teacher  
Ring Childline on 0800 1111

[Safeguarding@CumberlandFA.com](mailto:Safeguarding@CumberlandFA.com)



my advice for anybody  
Struggling at the moment  
Would be to talk to  
Someone you trust  
as they can help  
you or talk to you  
because they might  
have felt something  
Simmilar and can  
help you find ways  
to cope with your  
Struggles.



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





[illegible]