

# Norfolk County FA Bulletin

December 2018



## WELCOME

Welcome to the latest edition of the Norfolk County FA bulletin.

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.

## NORFOLK REACH THE NEXT ROUND AT THE EXPENSE OF THE ISLE OF MAN

Norfolk reach this year's FA County Youth Cup Quarter-Finals by beating Isle of Man by three goals to one at the FDC, Field of Dreams on Saturday 24 November.



Norfolk started the game with a real desire to keep the ball and kept the Isle of Man out of the game by playing the ball around. It was clear to see early on that Norfolk wanted to play on the front foot and pressure the Isle of Man goalkeeper.

Norfolk scored the opening goal of the game when Josh Ford launched a long throw into the opposition box. With the ball bouncing around in the Isle of Man penalty area Emre Upston poked the ball home to give Norfolk the lead just before the half time whistle.



With less than three minutes played in the second half Norfolk were caught out when a shot from the edge of the

area beat Connor Milligan in the Norfolk goal causing the Isle of Man to draw level.

Bemrose latched onto a through ball from the midfield and used his pace to go round the keeper and calmly slot the ball home, giving the boys in green the lead once more just three minutes after the visitor's goal.



Norfolk managed to put the game to bed when a cross from Norfolk's overlapping left back Brady Philpott found the head of Bemrose who buried the ball into the net for his second goal of the game.

To read the full match report [click here](#).

## NORFOLK DRAWN AWAY TO SUSSEX IN FA COUNTY YOUTH CUP

Norfolk U18's will travel to take on Sussex U18's in the Quarter Finals of the FA County Youth Cup.

The draw which took place on Friday, sealed an away trip for the boys in green, however the opponents were to be confirmed over the weekend as Sussex welcomed Northamptonshire in the 3rd Round on Sunday.

A 5-0 victory saw Sussex comfortably through to the quarter final stage and the recipient of the home advantage in tie.

Norfolk and Sussex have not met in the competition in recent years however recent results would indicate that the southern outfit will be a tough test. The game is due to take place on Sunday 6 January 2019, with Kick off at 2pm at Sussex County FA.



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## NORFOLK COUNTY FA'S FIRST AFFILIATED LGBT INCLUSIVE CLUB



Norfolk County FA and Woodton United FC have been working together closely to establish the club as an LGBT inclusive club. During this time Norfolk County FA developed a framework that all clubs could work towards if they wanted to become an officially accredited Norfolk County FA LGBT inclusive club. The idea of the framework is to guide clubs towards completing tangible, positive actions as well as identifying a clear inclusive ethos for any club who wished to achieve this award.

Norfolk County FA Chairman, Michael Banham said: **"It is excellent to see the work Woodton United FC have done in the promotion of LGBT equality and inclusion being recognised."**

**"We are proud to be working closely with the Club and supporting them with completing the relevant steps in becoming Norfolk County FA's first affiliated LGBT inclusive club. I am looking forward to being able to visit the club and congratulate them on their efforts."**

Woodton United FC Secretary and Player, Zak Nelson said: **"We wanted to do this to allow LGBT players to know that there is a safe space to come and enjoy playing football. We don't want to have to officially announce ourselves as LGBT inclusive, but we're still in a time where people feel the need to use derogatory and offensive language towards people of that community, especially within sport, and more specifically football."**

**"Our overall aim is to encourage more and more clubs to do the same so that it becomes the norm, thus allowing LGBT people to feel welcome and accepted as who they are."**

To find out more about Woodton United FC and how they became a LGBT Inclusive Club please [click here](#).

## INTERESTED IN PLAYING IN AN OVER 45'S LEAGUE?

The Leathes Prior Veterans League are wanting to gauge interest in an Over 45's Provision.

After speaking to and receiving feedback from members of the Veterans game in The Leathes Prior Veterans League it has been suggested that an Over 45's provision would keep more players in the game they love for longer.

The League has recognised that the gap between regular Veterans Football (Over 35's) and Walking Football needs to be bridged. Therefore the League wants to gauge interest in whether players would want to play in a strictly Over 45's League in some capacity.



We have launched a survey to measure interest into how many players would like to play in an Over 45's provision. The survey asks around:

- Format of Play
- Venue of Matches
- Scheduling of Fixtures (How often games are played)

The Secretary of the Leathes Prior Veterans League, Thomas Constance said **"As a League, we have been discussing the prospect of an Over 45's division for some time now."**

**"We have recognised that a number of players over 45 can no longer play in the current format due to the number of 35-40 year olds in the league and feel that they can't physically keep up with the younger players in the league."**

**"Therefore in order to keep players in the game we feel that an Over 45's provision is important to keep the careers for these players going for longer. A survey is now open for anyone wanting to be involved in this new provision to complete before Friday 21st December at 5pm."**

You can find the survey by [clicking here](#).

## GARETH SOUTHGATE SHOWS SUPPORT FOR FA RESPECT CAMPAIGN

Gareth Southgate has called upon parents and coaches to support The Football Association's Respect campaign, having led the contributions to a 'We Only Do Positive' handbook.



Research from The FA has shown that 90% of young players perform better with positive encouragement and the insight has shaped the Respect campaign's new mantra [having been originally launched in the 2008-09 season] 'We Only Do Positive'.

The campaign aims to improve touchline and on-pitch behaviour in youth football across the country by raising awareness and the importance of Respect among a new generation of parents, coaches, volunteers and players.

Gareth Southgate said: **"I'm hugely supportive of The FA's 'We Only Do Positive' mantra as I'm a big believer that positive encouragement is vital to young people's development.**

**"As coaches, our job is to help give young people confidence, the same is true for parents. Youth football has to be about fun and enjoyment. It is so important that children are encouraged to develop, flourish and grow their love for playing football. That should be the priority for all coaches."**

To find out more about the 'We Only Do Positive' Campaign and to view the latest handbook, [click here](#).

## JUST PLAY CENTRES

Are you currently running a recreational football session in Norfolk that could benefit from some equipment or promotion? Or would you like to set up a football session, but would need some additional support? Just Play Centres are organised sessions of recreational football providing access for adults to affordable and fun kickabouts in suitable facilities with trained organisers in their local area.

The centres are supported by a range of benefits as a result of being part of the programme, some of which are listed below:

- Equipment Pack – 5 x Nike Footballs, a set of branded bibs, cones and a marketing banner
- Digital Marketing Library – Access to a range of digital marketing assets including A4 & A3 posters, A5 leaflets, social, digital & email signatures
- Just Play Organiser Kit – Each organiser will receive Nike branded kit
- Events Platform – A new digital platform upon which activity can be managed efficiently
- Reward and Recognition – Various initiatives aimed at driving retention amongst participants and recognising the hard work of organisers
- Local bespoke support from County FA



### What are the requirements for a Just Play Centre?

- The centres are for participants who are 16+
- You would need to have a lead coach who has a minimum of a level one and first aid certificate.
- Your lead coach must also be responsible for completing the online application to become a Just Play Centre
- Applications for the centres open on 13th November with a view to CFAs approving these in early December

If you have any questions relating to Just Play Centres or would like to discuss further, please contact Rachel Cossey via [Rachel.Cossey@NorfolkFA.com](mailto:Rachel.Cossey@NorfolkFA.com)

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## RACKHEATH STARTS BUILDING WORK ON SPORT PAVILION

Rackheath Parish Council has been awarded substantial grants to improve the existing Sports Pavilion.

The building work started on Monday 26th November, will see the Pavilion extended and refurbished to establish a sustainable community facility which will become a focal point for sporting and recreational activities in Rackheath.

Planned changes to the building include new changing rooms and shower facilities, a community office and function room as well as a bag room and lockers.



Paula Lowe, Chair at Rackheath Parish Council, said: **“Rackheath Parish Council consulted with the football teams, residents and others who currently use the facility and it was clear from the feedback that the condition of the facilities was a major concern, so I am delighted that we have been able to secure funding and start work on these improvements.**

**“Rackheath has a growing and vibrant community and I know that this facility will be well used and will be of real benefit to residents.”**

Michael Banham, Chairman of Norfolk County Football Association, added: **“It’s always brilliant to see the improvement and development of sport facilities in the County and I’m sure Rackheath’s residents and sporting groups will benefit enormously from this development.**

**“Supporting communities in gaining funding for projects like this is a key element of our new strategy and we aspire to continue to work hard in this area in order to ensure football provision can take place in areas that are suitable and safe.”**

The project is estimated to be completed in May 2019.

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

## CHARTER STANDARD UPDATE



### FA Charter Standard Annual Health Checks 18-19

The Annual Health Check window is open for clubs to complete. The Annual Health Check is open from 1 September until 31 January 2019. [Click here](#) to go to the Whole Game System.

For support in completing the annual health check, please do not hesitate to contact [charterstandard@NorfolkFA.com](mailto:charterstandard@NorfolkFA.com) or 01603 704050 (Option 1 and then 2).

### Norfolk FA Charter Standard In-Service Calendar

#### Introduction to Coaching Workshops

Mon 28 January, 6:30 – 8:30pm, Alive Leisure Lynn Sport

This workshop is for the non-qualified coach, for example parents, assistants and volunteers who want to get a taster of what a FA Level 1 course entails.

[Click here](#) to book now!

## THE #NORFOLKFOOTBALL PODCAST

The #NorfolkFootball Podcast aims to add another arm to our increasing communication channels with the view of enabling anyone involved in local football to easily digest information regarding the grassroots game.



In the most recent Podcast we have special guest Chris Brown talking about a recent National Youth League Conference and his involvement with Horsford FC.

You can listen to the first nine episodes on our website [HERE!](#)

If you have ideas for future discussion topics or are interested in coming on the Podcast as a guest, please email [Marketing@NorfolkFA.com](mailto:Marketing@NorfolkFA.com).

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## GET INTO REFEREEING!

The FA Referees Course is designed for anyone aged 14 and up who wants to join the tens of thousands of referees who operate week in week out on local parks, throughout the English football pyramid, up to those who officiate The FA Cup Final and on the International stage.



Whether you want to referee in youth and adult leagues, men's or women's football or have aspirations of one day walking the ball out at Wembley Stadium, The FA Referees Course is the starting point for your refereeing career. Refereeing is not only rewarding in a football environment, but the social and life skills that come from becoming a referee extend far beyond your initial expectations.

- Respect
- Empathy
- Fitness
- Evaluation
- Reliability
- Education
- Excellence

These seven core values underpin all aspects of English refereeing and are all required from the start of your refereeing journey.



We are running two FA Referee Courses in the New Year! One course will be held at Alive Leisure, Lynn Sport and the other at theFDC, Bowthorpe. Additionally both of these courses are also Taster Sessions, meaning that you can come along for FREE and see if you want to get into refereeing.

To find out more and book onto a course [click here](#).

## U19's LEAGUE - FRIDAY NIGHT 5IVES AT THEFDC@OPEN



Recreational players/teams can enter the league; however it can also be an option for clubs to use as a supplementary training session to complement their existing provisions.

Small sided football is fast paced - improving players' skill, touch, speed of movement, and decision making. It's also hard work - perfect for additional fitness!

Playing in an appropriately aged league with friends and peers can improve social experiences, enhance physical and emotional well-being and promote player self-esteem.

Entries are now open & the league starts in January. Spaces are limited & will be offered on a first come, first served basis. If you want to enter the League please [click here](#).

## CHRISTMAS & NEW YEAR OPENING TIMES



To view all of the opening times over the Festive Period for Norfolk County FA Headquarters and the three FDC Facilities please [click here](#).

## AND FINALLY, MERRY CHRISTMAS!

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

Best wishes

**Norfolk County FA**