

Example Facebook posts

Teens:

Girls, are you ready? We are running free taster sessions this Tuesday night. It doesn't matter what ability you are, you just need to turn up with your trainers and a smile. Have a kickabout and make some new friends. We'll see you there! Aimed at parents with little ones:

Do you have a bundle of energy bouncing off the walls? Join us this Thursday as we welcome new girls under 7 years old for a friendly kickabout. Pitch side tea and homemade cake will be provided for parents and a few treats for the girls. You never know, you might unleash a little football star who loves to play!

Women's Football Club:

There's no better way to make new friends, keep fit and unleash your competitive nature! No matter your ability, fitness levels, or knowledge of the game, you can come along to XXX football practice on Wednesdays to give it a go!

Match Day:

It's on! We have made it to the semi-finals and the girls have been training their socks off all week for this momentous day. Come armed with your loudest cheering voice to support our club and celebrate how far we've come! General:

It's the new season! If you are thinking of coming to your very first training session, we can't wait to meet you! If you're not sure what to expect and need some help on how to prep, take a look here for some tips: <https://forgirls.thefa.com/en/Article/Prepare-for-training>

We could not be prouder of our very own homegrown star XXX. She's recorded a little sneak peek behind the scenes, especially for us. Take a look as she prepares with her team for the league finals. - Remember you must request consent from your featured player and they must be over the age of 16.

We all need enough energy for our Tuesday training session, but what do the pros eat? Find out what our fave Lioness, Fran Kirby, eats before and after a big match: <https://forgirls.thefa.com/Article/Eat-Like-Fran-260717>