

Norfolk County FA Bulletin

August 2019



WELCOME

Welcome to the latest edition of the Norfolk County FA bulletin and the second of the 2019/20 Season.

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.

IAN GRANGE COMPLETES RUN NORWICH

Over 6,000 people completed the 10km course at Run Norwich this year and our Facilities, Development & Investment Manager, Ian Grange was one of those runners. He completed the 10-kilometre road race based in the heart of Norwich's beautiful and historic city centre in 46.58 minutes. In the process Ian was raising funds for Norfolk County FA's Charity Partner, The Community Sports Foundation.



Ian said: "I had been training for the race for two months and am really pleased with the time I ran on Sunday. Thank you to the Community Sports Foundation for holding such a brilliant event for which I was glad to be a very small part of."

You can find out more by [clicking here](#).

SIN BINS TO BE INTRODUCED ACROSS GRASSROOTS FOOTBALL

The Football Association has announced that temporary dismissals, also known as sin bins, will be introduced across all levels of grassroots football in Norfolk from the start of the 2019/20 season.

The mandatory rule change will be implemented up to Step 5 of the National League System and Tier 3 and below in women's football. Sin bins of 10 minutes will be issued by referees as a sanction for dissent in adult football, and will apply to all levels of grassroots football. Shorter sin bins will apply across youth football.

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

'HEADS UP' MENTAL HEALTH CAMPAIGN

Heads Up – launched by The Football Association [The FA] and Heads Together and spearheaded by The Duke of Cambridge - will harness the influence and popularity of football to help show the nation that we all have mental health and it is just as important as physical health. Visible across The FA's biggest assets and moments of the season, the campaign will strive to raise awareness, spark conversation and signpost support for those in need, with a 24/7 text support service established.



The Premier League, EFL, LMA and PFA also support the objectives of the campaign and Heads Up will look to work with each of the organisations to highlight some of the great work they are already doing on mental health throughout the season. To find out more please [click here](#).

THE WINNERS OF THE FA MCDONALDS' GRASSROOTS FOOTBALL AWARDS

Selected from over 4,906 nominations from across England, these awards celebrate the people who make grassroots football happen week-in, week-out.



From supporters, referees, coaches or volunteers, our winners demonstrate the values and behaviours which mean grassroots football can be the best place for people to play and enjoy football for all. For more please [click here](#).

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2019 PRE-SEASON TOURNAMENTS AT THEFDC@FLEGG

Following on from our popular Monday Night Football Tournaments that were held during January and February this year we are pleased to announce a number of Pre-Season Tournaments will be taking place on the 3G pitch during August and September.



- Monday 19 August: U15s (11v11) - £30 per team - Maximum number of teams 4
- Friday 23 August: U14s (11v11) - £30 per team - Maximum number of teams 4**
- Friday 30 August: U13s (11v11) - £30 per team - Maximum number of teams 4
- Monday 2 September: U12s (9v9) - £25 per team - Maximum number of teams 4**
- Friday 6 September: U11s (9v9) - £25 per team - Maximum number of teams 4
- Monday 9 September: U10s (7v7) - £20 per team - Maximum number of teams 8**
- Friday 13 September: U9s (7v7) - £20 per team - Maximum number of teams 8
- Friday 20 September: U8s (5v5) - £15 per team - Maximum number of teams 12**
- Friday 27 September: U7s (5v5) - £15 per team - Maximum number of teams 12

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

NORFOLK FA PCVR CRITICAL SUPPORT FUND



The Norfolk FA PCVR Critical Support Fund is to support #NorfolkFootball in critical need in the following areas of the game; Play, Coach, Volunteer, Referee.

‘Critical’ – is having a decisive or crucial importance in the success, failure or existence of something.

The Norfolk FA PCVR Critical Support Fund will offer a maximum of £500 per club per application and each application will be taken on a case by case basis.

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

SUSPENSION LISTS WILL NO LONGER BE POSTED ON OUR WEBSITE

Please note, we will now no longer be publishing the weekly suspension lists on NorfolkFA.com. Suspension details can be found through the national suspension database, which can be found in the suspension menu on our website. Alternatively, please contact a member of the Regulatory Services Team should you have a suspension related query.

Contact details can be [found here](#).

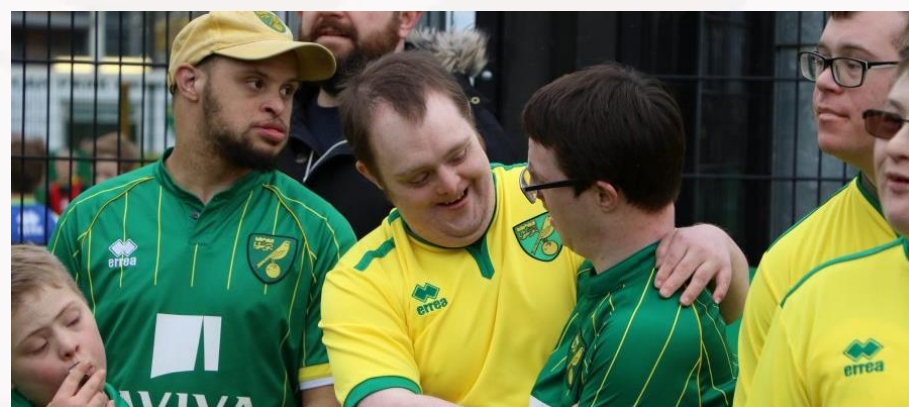
DISABILITY FOOTBALL FORUM

We are looking to set up a disability football group/forum with individuals who are already involved with or would like to get involved with disability football.

The group will meet roughly three times a year and it will be an opportunity to network with clubs, organisations, schools, SEN schools and charities to look at ways we can grow the provision of disability football within Norfolk. It will be a forum where we can discuss ideas, share contacts and link up organisations and participants to start developing a better disability football provision within the County.

Does this sound like something you want to get involved with?

If so, please email Senior Football Development Officer (Inclusion), Rachel Cossey, Rachel.Cossey@NorfolkFA.com to register your interest.



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DISABLED FOOTBALLERS WORKSHOP

Interested in widening your coaching knowledge? Want to be able to support players with a disability? We are running a coaching disabled footballers course on Monday 21st October at theFDC@OpenAcademy. The course is six hours and covers both theory and practical elements and by the end of the workshop each participant should be able to meet the following outcomes:

- Apply and extend your existing coaching skills and experience to meet the needs of players with a range of impairments
- Establish basic communication skills for coaching disabled footballers
- Use appropriate terminology
- Identify appropriate safety and medical considerations
- Plan a wide range of coaching sessions for disabled footballers
- Using the Inclusion Spectrum, plan your coaching sessions to include disabled players or provide alternative appropriate opportunities
- Understand the player pathways available for disabled players including the appropriate structure for competition.

For more information and to book online, please click [here](#).

THEFDC@OPENACADEMY PITCH AVAILABILITY

TheFDC@OpenAcademy has pitch availability on a Friday evening:

- **Friday, 5-6pm.** £550 for Season Ticket. £12.50 per session.
- **Friday, 7-8pm.** £720 for Season Ticket. £16.36 per session.

If you want to book one of these slots then please contact theFDC@OpenAcademy on theFDCOpen@NorfolkFA.com or call 01603 704050 (Opt 3)

SEASON TICKETS
Your training venue for the 19/20 season

PRIME TIME SLOT

Friday night Slot
7-8pm
Only **£720**
(Just £16.36 per session!)

theFDC@
openacademy

NEW COURSES AVAILABLE FOR THE 2019/20 SEASON

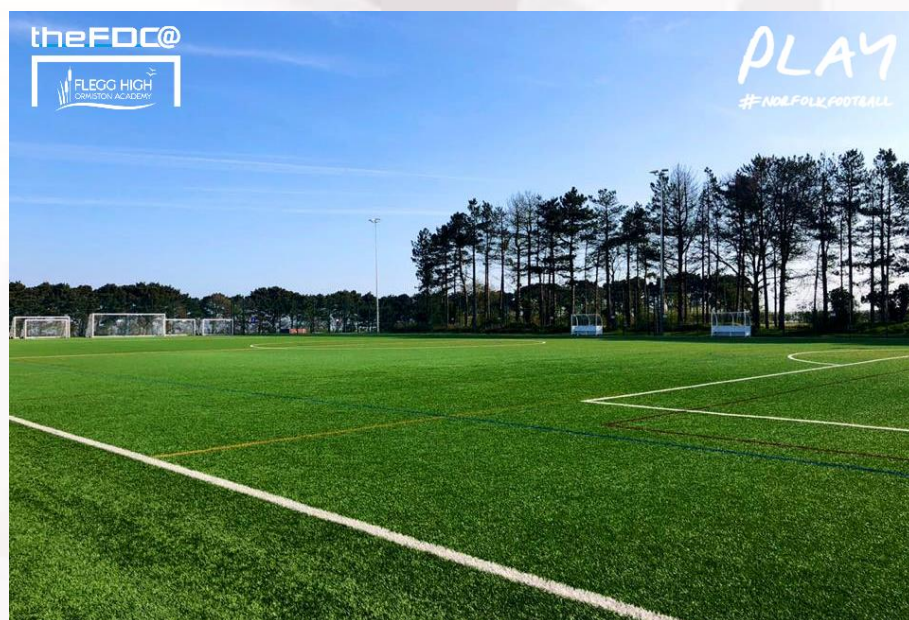
We are pleased to announce that next season's courses from July 2019 - January 2020 are now available and can be found through the individual links on the [Development & Courses](#) page on our website.



We are also pleased to confirm that we have again received funding from Norfolk Community Learning Services (NCLS), Sport England and The FA enabling us to offer half price or discounted places and bursaries on some courses for the first half of the 2019/20 season.

SUMMER HOLIDAYS PAY&PLAY

Pay&Play is available at all three of our Football Development Centres during the Summer Holidays, subject to availability!



The centres are making their 3G pitches available for just £2.50 per person during the break. To check available Pay & Play times for each venue, please head to their social media channels for regular updates.

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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 or call 01603 704050 if you have any concerns.



NOTICEBOARD

Are you a club looking for players, a player looking for a new team?

The Norfolk FA Noticeboard is where you can advertise anything related to Norfolk Football. Need equipment? Looking for volunteers? Submit your post now!

To view the Noticeboard please [click here](#).

NORFOLK TEAMS IN THE EMIRATES FA CUP

Nine Norfolk teams were in action in The FA Cup last weekend. Results were as follows:

- **Great Yarmouth Town** 4-2 Wellingborough Whitworth
- **Gorleston** 1-0 Pinchbeck United
- **Thetford Town** 0-1 Rothwell Corinthians
- Biggleswade United 1-0 **Swaffham Town**
- Holbeach United 2-0 **Fakenham Town**
- Bugbrooke St. Michaels 1-0 **Norwich CBS**
- March Town 2-1 **Norwich United**
- **Mulbarton** 0-0 Boston Town
- Kirkley and Pakefield 2-2 **Wroxham**

As Wroxham and Mulbarton drew they both had to play a replay. The Results of the replays were:

- Boston United 4-2 **Mulbarton Wanderers**
- **Wroxham** 3-2 Kirkley and Pakefield

Congratulations to Great Yarmouth Town, Gorleston and Wroxham who all join Dereham Town in the Preliminary Round, due to be played on Saturday 24th August.



NORFOLK FA VOLUNTEERS' AWARDS EVENING

Next month sees our Volunteers' Awards Evening take place, this year at a new venue, The Space, Norwich on Friday 6 September.

The evening celebrates both The FA & McDonald's Grassroots Football Award and Norfolk FA Long Service Award winners from across the game, providing us with an opportunity to thank them all for the great services they give to Norfolk Football.

On the evening we aim to be joined by 'special guests' that represents all facets of the game, such as referees, disability football along with the male & female game. Two special guests confirmed so far are Premier League Referee, Kevin Friend and former England Blind Footballer, David Clarke, with hopefully two more to follow.

Should anyone wish to attend the evening, tickets can be purchased at £35 per person, via contacting Val at the County Headquarters on 01603 704050 (option 1 then 5) or via email at Val.Lemmon@NorfolkFA.com.



AND FINALLY,

We hope all involved with #NorfolkFootball have enjoyed the summer break and good luck for the upcoming Season.

Best wishes

Norfolk County FA