

Norfolk County FA Bulletin

November 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 UNDER 18'S LEAVE IT LATE IN CORNWALL

Norfolk won their first game of the season in the second round of The FA County Youth Cup on Saturday, beating Cornwall in extra time by four goals to three.



Norfolk started the game with desire to play well, outplaying their Cornish counterparts in the first few passages of play. Thanks to goals from James Bemrose and Lewis Johnson Norfolk lead 0-2 at Half Time.

Cornwall rallied in the Second Half and took the lead with 20 minutes left to play. This forced Norfolk to go forward and find another goal. With the tie in stoppage time, Jordan Forbes received the ball out wide and took on the Cornish full back, with the centre back coming across to cover Forbes was tripped, earning Norfolk a chance to save the game in the 93rd minute. Owen Murphy stepped up to take the spot kick and smashed it down the middle as the keeper dove to his right.

With just five minutes left of Extra-Time, Norfolk won a free kick on the edge of the Cornwall box. Ford took the free kick, which deflected off the wall and into a mix of players, resulting in a goalmouth scramble. Within the melee, the ball fell to Cottingham who managed to get it out of his feet quickly and connect well, striking a thunderous shot into the bottom corner of the goal.

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

NORFOLK UNDER 18'S CAN'T STOP WINNING

Norfolk FA's Under 18 Representative Squad were recognised at the Active Norfolk Sports Awards 2018 on the evening of Wednesday 14th November. After their success in The FA County Youth Cup the Squad were nominated in the category of Sports Team of the Year. The Representative Squad were shortlisted in the final three entrants alongside Norfolk Sportshall Athletics and CONAC U15 Girls Cross Country. The Under 18's were presented the award by Zoey Gusterson of Easton and Otley College as seen below.



NORFOLK FOOTBALL COMES TOGETHER TO SUPPORT LGBT INCLUSION



Last season saw plenty going on throughout the county, including the creation of Proud Canaries FC. This year, Norfolk FA is looking to support more local games than ever before and many are hoping to be involved. Eleven of its fourteen member leagues having confirmed interest in hosting feature fixtures this season, including The Anglian Combination League and the Leathes Prior Veterans League.

Norfolk FA Inclusion Officer, Rachel Cossey said: **"It is great to have a consortium of high-profile organisations working together to promote the Rainbow Laces campaign in Norfolk. The Workplace Laces day also**

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allows more individuals to get involved in showing their support, but this time off of the pitch.”

Head of Talent Acquisition & Inclusion at Aviva, Jonny Briggs said: **“Aviva is proud to once again fully support this year’s Rainbow Laces campaign. We believe it is vital in sport, as it is in business, that diversity and inclusivity is supported and celebrated. We stand side by side with Stonewall, Norwich City and Norfolk FA to help make sport everyone’s game.”**

Norwich City’s Chief Operating Officer Ben Kensell said: **“This is a campaign we’ve supported for a number of seasons, as inclusivity and diversity are vitally important to us, and we’re delighted once again to take part in this vibrant initiative with our partners and friends at Aviva, Community Sports Foundation, Proud Canaries and Norfolk FA.”**

To read more about Norfolk Football supporting LGBT Inclusion [click here](#).

For more information about being involved in this year’s campaign, please contact our Football Development Officer (Inclusion) Rachel Cossey via Rachel.Cossey@NorfolkFA.com.

NORFOLK FOOTBALL IS PROUD



Rainbow laces is back and this year, we want to make Norfolk’s campaign even bigger and better!

This year Rainbow Laces will run from Friday 17 November to Friday 7 December 2018. It’s a way for everyone involved in football to show their support for LGBT equality and inclusivity.

Norfolk County FA are committed to providing a safe and inclusive environment for all individuals across our County who participate in football. Whatever your involvement in football, whether it is as a player, coach, volunteer, referee or fan; football should be enjoyed by all and that is why we are supporting the Rainbow Laces Campaign again this year.

COMPETITION

We will be running a competition in which we encourage all of the Norfolk Football family to get involved with. We are inviting you to take to social media to compete with your fellow Norfolk clubs to see who offers the biggest and most creative show of support during the campaign.



To find out more about the Rainbow Laces Campaign please [click here](#).

RAINBOW LACES – FEATURE MATCHES

We are delighted to announce our Rainbow Laces feature matches will be the following fixtures:

- **Stalham Town v Easton**, 17.11.18 (Rivers Park, Stalham - 2:00pm KO in the Anglian Combination)
- **Hellesdon Belles v Norman Wanderers**, 18.11.18 (The Nest – 2:00pm KO in the Norfolk Women & Girls League)
- **Yaxham v Hockering**, 24.11.18 (Jubilee Park, Yaxham – 2:00pm KO in the Central & South Norfolk League)
- **Horsford v Thetford**, 25.11.18 (The Nest – 2:00pm KO in The Leathes Prior Veterans League)
- **Bowthorpe Rovers v Rockland United Res**, 01.12.18 (Recreation Road, Sports Centre – 1:15pm KO in the Norfolk Primary Cup)
- **Woodton United v Eaton Park**, 02.12.18 (Church Road, Woodton – 10:30am KO in the Norwich & District Sunday League)

We have had an excellent response to the request to get involved with the Rainbow Laces Campaign and we would like to thank all of our clubs for their support so far. We hope that those who are not involved with the feature matches will also be producing some big displays of support! If you are an organisation or individual who would like to get involved with the campaign, but are yet to express your interest, please do so by clicking [here](#).

We will be participating in a number of activities over the campaign, so keep a look out for ways to get involved.

Come out in support, wear Rainbow Laces

NORFOLK FA LGBT SURVEY

Please take a couple of minutes to complete the survey and help us to understand and improve the current picture for the LGBT community in our sport. [Click here](#).

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THE SSE WILDCATS APPLICATION WINDOW IS NOW OPEN

The Centres are a key part of The FA's commitment to doubling Women's and Girls' football participation by 2021.

An SSE Wildcats Centre is an opportunity for girls aged 5-11 to have fun, develop fundamental skills, try a variety of sessions and lay down the foundations for a lifelong love of sport. Sessions are delivered by qualified coaches on a weekly basis, either after school, during an evening or at weekends.



For all of those participating, the aim is simple; have fun, make friends and play football.

The application window is now open so don't miss out on a great opportunity to get involved in this ever growing programme.

To find out more [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

WALKING FOOTBALL – REVISED LAWS OF THE GAME

The FA have released a revised version of the Laws of the Game for Walking Football. The key changes are as follows:

- A goal may not be scored directly from the kick off
- When the ball rises above the designated height restriction resulting from a save or block performed by a goalkeeper the goalkeeper gains possession of the ball and must restart play with a goal clearance
- The game will be played with all free kicks being indirect free kicks
- A height restriction must apply, which cannot be less than the height of the crossbar and not greater than two metres
- A player being sent off will result in a permanent reduction in the number of players on the team
- The referee will award an indirect free kick against any player who is not walking regardless of whether or not they are in possession or if they are within playing distance of the ball or not



To view the full set of the revised laws, please click [here](#).

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NORFOLK FOOTBALL BOLSTERED THANKS TO FUNDING FROM THE FA

New figures show that football in Norfolk is set to receive a significant boost over the next 12 months.

New investment provided by The FA, and delivered by the Football Foundation, has been announced that will support the growth and maintenance of 70 teams in the area, which is expected to cater for 1,400 footballers in local leagues.



Ian Grange, Facilities, Investment and Development Manager at Norfolk FA said: **“The traditional format of the game is really important to us and this funding will help to stabilise participation within our grassroots club network.**

“Of equal importance is the growth of the game within non-traditional participant groups and the Grow the Game fund will support our ambitious strategic targets of increasing participation.”

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

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 Di Cunningham talking about her involvement with Proud Canaries, Three Lions Pride and LGBT Inclusion within Football.

You can listen to the first seven 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.

PCVR CRITICAL SUPPORT FUND – NOW OPEN!

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.

Click [here](#) to apply online or to download an application form.



RECRUITING: NEW INCLUSION STRATEGY ADVISORY GROUP

We are currently looking for enthusiastic individuals to be part of our new Inclusion Strategy Advisory Group (ISAG).

Our recently launched strategy '#NorfolkFootball ForALL' identified our desire to establish a group that will contribute towards embedding inclusion across all of Norfolk FA's operations and culture.

We are encouraging expressions of interest from individuals who have a passion to promote inclusivity in Norfolk football and who believe they can contribute strategic insight, experience and/or ideas that will help us achieve our goals.

For further information please [click here](#).

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CARROW ROAD TO HOST WOMEN'S COUNTY CUP FINAL

Norfolk County FA tonight released the dates of their annual County Cup Finals including those played at the home of Norwich City.

The big news is that for the first time ever Carrow Road will play host to the Women's County Cup Final, giving the ever growing female game a significant boost.

Norfolk County FA Chairman, Michael Banham said: **"We're really excited about this year's calendar of County Cup finals and hope everyone will get on board in supporting grassroots football through to the end of the season."**

"For us to now be in a position to host the Women's County Cup Final at Carrow Road is fantastic recognition for the female game locally and we cannot thank Norwich City FC enough for providing us and our grassroots clubs the potential opportunity to have a Cup Final experience that they will never forget."

"The double header will provide a great opportunity for people to see both the male and female grassroots game in action followed by our Senior Cup on the Tuesday evening and culminating in what is always an entertaining Final in the Junior Cup competition."

"Irrelevant of the clubs that make each of the finals, we truly hope the Norfolk Football Family comes out in their masses to support all of the finals to ensure these are an ever present fixture in the local football calendar for years to come."



The six County Cup finals that includes the new U12 competition will be hosted on the 'Field of Dreams' at the FDC and will also see the return of 'Friday Night Finals' - kicking off at 7.30pm on Friday evenings from the end of March to the start of May.

The full programme of the 18/19 Cup Finals is as follows:

- Sunday Junior Cup Final - Friday 22 March, 7.30pm (the FDC)
- Primary Cup Final - Friday 29 March, 7.30pm (the FDC)
- John Savage Cup Final - Friday 5 April, 7.30pm (the FDC)
- Stuart Dracup Cup Final - Friday 26 April, 7.30pm (the FDC)
- Sunday Senior Cup Final - Sunday 28 April, 11am (Carrow Road)
- Women's Cup Final - Sunday 28 April, 3.30pm (Carrow Road)
- Senior Cup Final - Tuesday 30 April 7.30pm (Carrow Road)
- Junior Cup Final - Wednesday 1 May, 7.30pm (Carrow Road)
- Veterans Cup Final - Friday 3 May, 7.30pm (the FDC)
- U12s County Cup Final – TBC (the FDC)

NORFOLK SCHOOLS FA SECOND ROUND CUP DRAWS

The draws for the second round of the Norfolk Schools Cups, sponsored by Phoenix Sporting Goods, have been made for the U12, U13, U14, U15 & U16 competitions.

These draws can all be found on our website – [here](#).

The play by date for this round is FRIDAY 14TH DECEMBER. If you do have any results or scheduled fixtures from the 1st round then please get in touch.

The dates for the finals have also been released and are as follows:

- U12's – Wednesday 15th May – 6:30pm
- U13's – Wednesday 8th May – 4pm
- U14's – Tuesday 14th May – 4pm
- U15's – Wednesday 24th April – 7pm
- U16's – Tuesday 14th May – 7pm
- U19's – Tuesday 7th May – 7pm
- U13 Girls – Wednesday 15th May – 4pm
- U14 Girls – Wednesday 24th April – 4pm
- U16 Girls – Wednesday 8th May – 7pm

A big thank you to Phoenix Sporting Goods, our Portable Floodlight Provider, for supporting the Norfolk FA Schools Cups. To find out more about Phoenix Sporting Goods and ILites please [click here](#).

If you require more information about the Norfolk County FA Schools County Cups please contact Thomas.Constance@NorfolkFA.com or 01603 704050 (Opt.1, Opt.1, Opt. 3).

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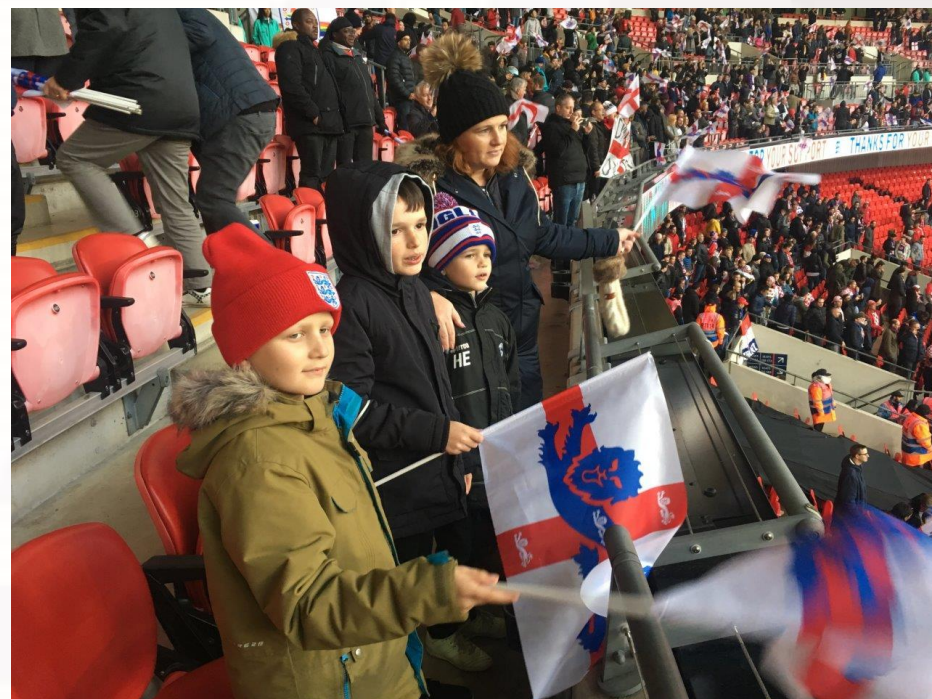
SUPERSTAR OLLIE WATCHES ENGLAND WIN



On the 13th May 2018 Ollie, a keen footballer for Hillside Rovers & Norwich CSF PDC was diagnosed with Acute Lymphoblastic Leukaemia (ALL). After a very intensive first 5 weeks of treatment, which left Ollie only able to crawl up the stairs, he has gradually built his strength back up and is beginning to enjoy some of the physical activities he's always loved; never going more than a few hours without kicking a ball around!



Since being diagnosed with 'ALL' Ollie has set himself challenges to raise money for the 'Build the Nest' Campaign and Addenbrooke's Charitable Trust. You can donate by [clicking here](#).



After hearing about Ollie and his inspirational story Norfolk County FA wanted to reward him for all his efforts. Therefore we sent Ollie and his family to Wembley to watch England Vs Croatia last weekend. As you can see from the pictures, Ollie loved his day out at Wembley with his family and he also celebrated his 9th birthday recently, Happy Birthday Ollie!



AND FINALLY, GOOD LUCK!

We would like to wish all the teams playing within #NorfolkFootball the best of luck with their fixtures in the coming weeks.

Best wishes
Norfolk County FA