Hello!

Happy New Year and welcome to your monthly update from the Sports Development team at Cerebral Palsy Sport!

Enjoy reading this month's newsletter and we hope to see you at one of our events soon!

Athletics

Upcoming events:

We are pleased to announce the dates for the 2018 Athletics Series which includes some new venues. Most of the dates and venues are agreed. We are in the process of confirming an event in July and detail will follow once this is all agreed and confirmed.

- **Saturday 7th and Sunday 8th April 2018** in Kingston upon Thames - for more information click [here](#)

- **Saturday 12th May 2018** in York - for more information click [here](#)
If you would like to get in touch with us about athletics please email Richard at richard.kerr@cpsport.org

Event Feedback:
In 2017 we asked those who attended any athletics series events for their feedback. From this feedback we found that 73% rated the events very good and a further 27% rated them excellent.

89% said that attending the athletics series events increased their confidence and self esteem and 67% felt that attending them increased their physical health.

We also found that 89% of participants felt that they were either extremely likely or very likely to attend the athletics series events in the future.

If you attend events please complete our feedback forms as this feedback is vital in helping us secure funding for future events.

Football

Development Days:
This year is the first year that the National Strategic Frame Football Development Group is coming together to deliver frame football events that bring together players, coaches, parents and clubs to play frame football and consult on the key elements needed to continue to progress and develop the sport.

FREETHS SOLICITORS

Thank you for supporting our sports programmes in Nottingham

MY STORY
Catch up with our series #MyStory
This month we have featured wheelchair racer Yasmin. Read more about her story here.

Supporting our Athletics programme

ST. JAMES’S PLACE WEALTH MANAGEMENT

Floatsation®
A unique matrix of balls giving total support and independence in water visit www.floatsation.com
Upcoming events:

Frame Football Development Event

Sunday 18th March 2018 at
Aston Villa Training Ground, Trinity Road, Birmingham.

The day will provide the Frame Football Strategic Group along with players, coaches and parents with the opportunity to develop the rules, equipment and coach CPD involved with developing further the beautiful game. For more information see here.

Regional opportunities:
A list of local football opportunities can be found here.

Coaching resource:
'Frame Football - A new way to play the Beautiful Game' £6 (including VAT and delivery). Order through our shop.

For further information and support about Frame Football visit our website.

If you would like to get in touch with us about football please email us at football@cpsport.org.

RaceRunning

Upcoming events:

Find out about our RaceRunning taster sessions that are being held at University of Nottingham.

These events are taking place on the following dates between 10am-12pm:

- 3rd February 2018
- 10th February 2018
- 17th February 2018

Interested in Fundraising for Cerebral Palsy Sport?

If you would like to receive our fundraiser newsletter please email us at fundraising@cpsport.org.
These race running taster sessions are limited to 10 places per session, so book your place quickly.

Cost: £5 per session

For more information click here

For more information about RaceRunning please click here or contact Richard at richard.kerr@cpsport.org

Swimming

Upcoming events:

National Swimming Championships 2018
Sunday 25th March 2018 at Harvey Hadden Sports Village, Nottingham, NG8 4PB. £5 CP Sport members per event, £7 non members per event. Closing date: 23rd February 2018. Enter here.

We will be confirming new Swimming Gala events for 2018 soon including April in Sheffield and October in Worcester - watch this space!

If you are interested in volunteering at our swimming events please contact: jennifer.basford@cpsport.org

Operation Tokyo 2020
A series of Swim Wales Galas have been announced as part of Operation Tokyo 2020. For new or beginner swimmers in an informal and fun environment. Dates, venues and further information can be found here.

**Coaching resource:** SwimStart DVD £10 (inclusive of VAT and delivery). Order through our shop here

If you would like to get in touch with us about swimming please email jennifer.basford@cpsport.org

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**Table Cricket**

We will be confirming new Table Cricket events for 2018 soon - watch this space!

Do you want to deliver table cricket? if so take a look at our Table Cricket Activator Resources here

For more information about Table Cricket please click here or contact Richard.Kerr@cpsport.org

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**CPD Course**

Cerebral Palsy and Sport Awareness Workshop

The Cerebral Palsy and Sport Awareness Workshop will provide knowledge and understanding of what cerebral palsy is, the opportunities within disability sport and give guidance and advice to those who lead sport and physical activity. For more information on our courses, please click here

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Keep in touch!

My Coaching Story

We appreciate all the hard work that coaches do and are pleased to share some of those stories with you here

If you have got a cp coaching story to share please email info@cpsport.org
2018 dates:
- Wednesday 28th February 12pm-3pm
- Thursday 10th May 6-9pm
- Saturday 8th September 10am-1pm
- Thursday 29th November 12pm-3pm

Venue
CP Sport, Nottingham, NG7 2QJ
Cost: £30 per person.

We offer a 10% discount for Professional and Organisation members.

If you would like further information about booking or would like to host a workshop please contact:
Lisa.morton-smith@cpsport.org
0115 925 7027.

Membership
We have a number of different ways you can become a member of CP Sport:

- Individual Membership
- Family Membership
- Free Affiliate Membership
- Professional Membership
- Organisational Membership
- Life Membership

Full information on membership benefits can be found here

We love to hear and share your stories so please do get in touch if you want to share your sporting experiences as a participant, parent, volunteer, professional or coach.

We need Volunteers!
We are currently looking for event volunteers for the Rushcliffe 10K on Sunday 4th March and the Nottingham 10k on Sunday 12th August.

If you are interested in volunteering for a Cerebral Palsy Sport event please get in touch!
info@cpsport.org

You can read some of our volunteer stories here
info@cpsport.org

We sell Boccia balls and equipment. Take a look in our shop!
Cerebral Palsy Sport Team
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W: www.cpsport.org

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