April 2017

Hello!

Welcome to your newsletter update from the Sports Development team at Cerebral Palsy Sport.

Highlights from March include our National Swimming Championships, another fantastic day at Harvey Hadden Sports Village in Nottingham.

Our Athletics Series kicked off in style with a new RaceRunning World Record set from one participant in Yeovil! Read more here

Now spring is here we hope you are taking the chance to get active! We have lots of events in the diary to share with you, so please take a look below and sign up!

Athletics

Event reports:
The first in the 2017 Athletics series took place on Sunday 2nd April at Yeovil Olympiads Athletic Club,
Over 100 participants attended the event which was combined with the clubs' Spring Open event. There was a fun and friendly atmosphere, and we had many CP age group track and field records broken. We even had a world record from Muninder Hayer in the 200m RaceRunning RR1 Class. Read the full event report here.

A RaceRunning Taster Session took place on 10th April at Dartford Harriers Athletic Club, Kent. 10 participants came to try RaceRunning on a fabulous sunny day at the event organised by Cerebral Palsy Sport, Quest 88 and Kent Community Health NHS Foundation Trust. It was great to see so many physios attend this event to find out what Racering is all about.

A RaceRunning Leisure and Taster Day took place on 12th April in Lewisham. Cerebral Palsy Sport and Quest 88 supported Lewisham Paediatric Physiotherapy team in their 'Local Leisure and Sports Taster day'. Over 30 children had a go a RaceRunning!

Upcoming events:
RaceRunning Taster session on Sunday 7th May at Waltham Forest Wolves Athletics Club for ages 5-21 years old. Contact: elliejbarton@hotmail.com for further information.

Athletics Series 2017
Saturday 27th May 2017, University of York, YO10 5NA. Closing date for entries: Friday 5th May 2017. Enter here.
Saturday 17th June 2017, Doncaster Athletic Club, DN4 5JW. Closing date for entries: Friday 26th May 2017 Enter here.
Saturday 8th & 9th July 2017, Stoke Mandeville Stadium, Bucks, HP21 9PP. Friday 16th June 2017 Enter here.

National Athletics Championships 2017
Saturday 23rd September 2017. Harvey Hadden Sport Complex, Nottingham, NG8 4PB. Closing date for entries: Friday 1st September 2017. Enter here.

If you are interested in volunteering at our athletics events please contact: athletics@cpsport.org
Coaching resource: ‘An Introduction to RaceRunning’
£6 (including VAT) plus postage and packaging. Order through our shop [here](#).

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

## Football

### The FA Disability Cup 2017:

CP United Seniors clinched the Northern League title with victory over Riverside at Keele University on Sunday 26th March. Catch up with the news [here](#).

The [CP Sport National Cerebral Palsy Football League](#) consists of a north conference and a south conference, with a total of nine adult teams for the 2016-17 season. The teams take part in regional central-venue fixtures through the year and then teams from both conferences come together for the National Cup competition in April. The winners of the north and south conferences qualify to play at St. George’s Park as part of The FA Disability Cup Finals day. Find out more about the league [here](#).

### Regional Football opportunities:

**Copmanthorpe CPFC** are recruiting new squad players aged 17+. Contact: Simon Keaney (Manager) on: 07793021659 / Si_keaney@hotmail.co.uk

**Flitwick Eagles FC Frame Football opportunity** 13th May in Bedford for 5 - 16 years old. Contact: russshaw1@ntlworld.com

A list of other local opportunities can be found [here](#).
Coaching resource: 'Frame Football - A new way to play the Beautiful Game' £5 plus £1 postage and packaging (includes VAT). Order through our shop here
For further information and support about Frame Football visit our website

Swimming

Event reports
The 2017 National Swimming Championships took place on Sunday 26th March at Harvey Hadden Sports Village in Nottingham. 58 swimmers entered, with ages ranging from 11 to 33 years old. It was another fantastic event, the full report and results can be found here.

Worcester SplashStart took place on Wednesday 29th March at the brand new Perdiswell Leisure Centre in Worcester. This was a free fun event for children and adults. Four families attended taking part in various games, skills and activities, and all families were provided with information on regular local opportunities.

A South Wales Development Gala is taking place on Saturday 15th April 2017 at the Merthyr Tydfil Leisure Centre.

Supporting our RaceRunning and Swimming programmes

Want to try tennis in 2017?
Visit the Tennis Foundation website here for more
Upcoming events:

East Midlands event for Competitive Disability Swimmers Sunday 14th May
This is a licenced event for swimmers in regular training. Contact EastMidsDisabilitySwim@virginmedia.com for more information.

Hampshire SwimStart session and CPD
Sunday 11th June 2017 at Flemming Park Leisure Centre, Eastleigh, SO50 9NL. Movement in water workshop for teachers, physios, parents, supporters. £20. Followed by free SwimStart session for children with CP. More details and registration here

Worcester Development Gala
Saturday 30th September 2017. Perdiswell Leisure Centre, Worcester WR3 8DX. For children or adults with CP or other physical disability. All abilities, fun introduction to competition. Booking required.

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

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 us at swimming@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.

Cost: £30 per person. Ideal for coaches and teachers.

Date: 27th September 2017

Venue: CP Sport, Nottingham
Time: 6pm-9pm

To book your place or find out further information, please contact: info@cpsport.org or telephone us on 0115 925 7027 if you would like to host a workshop please contact: Lisa.morton-smith@cpsport.org for full cost details.

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Interested in our resources and sports equipment? Have a look in the Cerebral Palsy website
We love to hear your stories so please do get in touch if you want to share your sporting experiences as a participant, parent, volunteer or coach.

We hope to see you at a Cerebral Palsy Sport event this year!

Best wishes from us all at Cerebral Palsy Sport!

Cerebral Palsy Sport Team
E: info@cpsport.org
T: 0115 925 7027
W: www.cpsport.org

We sell individual balls as well as sets if you have lost one from your set or wish to try a new type of ball get in touch!