Hello!

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

We had a very busy start to the year with events in Winchester, Carlisle, and Sheffield, meeting lots of new RaceRunners, Swimmers and Frame Footballers. It's great to see so many young people giving sport a try.

We're always pleased to see lots of our regular participants too - many of you are signing up for our Swimming Championships and Athletics Series already!

Still thinking about what to enter? Have a read below.

Looking ahead, March is Cerebral Palsy Awareness month. We are encouraging people to Get.Set.Raise. Find out more about that here.

Athletics

Help us support children, young people and adults with cerebral palsy reach their sporting potential. Visit www.cpsport.org
Event report:
Adapted Sports Taster Session- RaceRunning and Frame Football

On Saturday 28th January, Cerebral Palsy Sport joined forces with CP Teens and Sheffield FA to host an adapted sports taster session at the English Institute of Sport, Sheffield. This was an opportunity for current and new participants to come and "have a go" at either or both RaceRunning and Frame Football. 15 children and adults came to the day and had a fantastic time trying out the equipment and sports in a top sporting venue. It was great to have the support of Quest 88 getting people fitted with equipment and answering lots of questions. Photo gallery can be found here.

Upcoming events:
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

Events reports:

Cumbria Frame Football KickStart
This event took place on Sunday 29th January at Yewdale Community Centre in Carlisle. 6 young people attended a fun event delivered by Cerebral Palsy Sport jointly with Cumbria Frame Football Club and Cumberland FA. Photo gallery here

Regional Football 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 report:
Winchester Development Gala

If you know someone who might be interested in reading our newsletter, please share the fun and click below!
Saturday 28th January at St Swithun’s School, Winchester.
28 people took part from ages 5-27, across our 9 events. It was fantastic to have the Mayor and Mayoress of Eastleigh attend and chat with our swimmers and parents. We had attendees who travelled from as far as Chesterfield and Suffolk. Our development galas are extremely popular because they are an excellent introduction to competitive swimming. Photo gallery here and the results and report can be found here

Upcoming events:
National Swimming Championships 2017
Sunday 26th March 2017. For the second year the event will take place at Harvey Hadden Sports Village, Nottingham. Entries now open. (Closing date 24th February 2017)

Worcester SplashStart

South Wales Development Gala
Saturday 15th April 2017. Merthyr Tydfil Leisure Centre, CF48 1UT. For children or adults with CP or other physical disability. All abilities, fun introduction to competition. Booking required.

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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**Young Ambassadors share their sporting journeys**

Read all about the sporting journey of Cerebral Palsy Sport's **Young Ambassadors** Ellie Simpson, Matthew Humphreys and Ben Meadows in the latest of the series: 'My Story'

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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.

**Dates available:** 17th May 2017, 27th September 2017

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Interested in our resources and sports equipment? Have a look in the Cerebral Palsy website shop

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**GET. SET. RAISE.**

Cerebral Palsy Awareness Month March 2017

Your support makes a
March is Cerebral Palsy Awareness Month and we are launching our Get. Set. Raise 2017 appeal campaign. We want to raise £10,000 so that more people with cerebral palsy and other physical disabilities can discover the joy of sport. Find out more.

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!

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