Hello!

Welcome to your Sports Newsletter from the Sports Development Team at Cerebral Palsy Sport.

What a busy month we have had, with events taking place far and wide including our first ever Swimming and RaceRunning training camp last weekend at Harvey Hadden Sports Village in Nottingham and our first ever event in Jersey - a football KickStart.

We also held our 15th annual AGM and Awards. Thank you to all of you who attended and congratulations to all our annual award winners. The full list of winners can be found here.

This week is National Trustees’ week and we are recognising our Trustees with a series of features being shared throughout the week on our social media.

Thank you to all our Trustees for the hours of their time they give to the charity!
Swimming

Training Camp 2016:
On 30th October we held our first ever Swimming training camp for participants and coaches. Over 17 swimmers aged 11-37, and 6 coaches attended and the swimming sessions were lead by a team of 4 expert coaches, Rebecca Gilbertson, Su Stanbridge, Ryan Crouch and Caroline Warlow. There were also seminars on nutrition and communication delivered by England Cricketer Fran Wilson. Read the full event report here.

Sussex SplashStart: On Saturday 5th November five families took part in our fun swimming event in Sussex. For information on other sessions in the area or introduction to swimming please contact us.

Upcoming events:
Manchester Swimming Development Gala
Saturday 3rd December 2016 at the Manchester Aquatics Centre, M13 9SS.
For children or adults with cerebral palsy or a physical disability. Full members £7.50, affiliate and non-members £10. Registration required, closing date Wednesday 23rd November. *This event is almost full now* Sign up here.
Winchester Development Gala
Saturday 28th January 2017 at St Swithun's School, Winchester. For children or adults with cerebral palsy or a physical disability. All abilities of swimmers are welcome. Free entry. Registration required, closing date Friday 13th January 2017. Sign up here.

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.

Save the date! Following the success of our recent training camp, we are planning an event for 11th February 2017 at Stoke Mandeville. Keep checking our events page for further details.

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

Football

Frame Football KickStart Jersey: JTC Jersey

Wanderers coach, Paul Greenwood, alongside Sam Turner, National Football Development Officer for Cerebral Palsy Sport organised a Frame Football launch event on Saturday 29th October 2016 in Jersey. Our first event on the island. The event was very well received and has gained a lot of interest. For the full report please read here

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

Supporting our RaceRunning, Swimming and Table Cricket programmes

If you know someone who might be interested in reading our newsletter, please share the fun and click below!

Find out more about the wide variety of sports you could try at www.cpsport.org
Upcoming events:
Adapted Sports Taster Session- RaceRunning and Frame Football
Saturday 28th January 2017. Cerebral Palsy Sport are working with CP Teens and Sheffield FA to host a taster session at the English Institute of Sport, Sheffield. This opportunity is for current and new participants to come and "have a go" at either OR both adapted sports. Cost: £5 for full CP Sport or CP Teens UK members or £7.50 non-members. Please note, entry fee covers either or both sports. Enter here.

We are working with a number of clubs to develop programmes in more areas. If you are interested as a club or participant please contact our National Football Development Officer, Sam Turner. Telephone: 0115 925 7027 Email:sam.turner@cpsport.org

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

Athletics
Training Camp 2016
On 30th October we held our first ever RaceRunning taster and training camp for participants and coaches. The track was filled with 15 RaceRunners over the course of the day, aged 6-21, and 3 coaches, excited to learn more about RaceRunning. The morning saw a technical session in the indoor facility before taking to the outdoor track in the afternoon to focus on longer distances. Both sessions were led by Craig Corscadden, representing CPISRA, and Graham Felton. We were also able to give new athletes the opportunity to try RaceRunning for the first time in both our morning and afternoon sessions. There were also seminars on nutrition and communication delivered by England Cricketer Fran Wilson. Read the full report [here](#).

Save the date!
Following the success of our recent training camp, we are planning an event for 11th February 2017 at Stoke Mandeville. Keep checking our [events page](#) for further details.

***More details for the Athletics Series 2017 soon***

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

Table Cricket

National Finals - Volunteers needed
Are you interested in supporting our Cerebral Palsy Sport National Finals Day on 4th December as a volunteer? No cricket experience required. Please contact us!

rachel.ward@cpsport.org

Try Table Cricket
Do you play Table Cricket at school or in your community and want to meet more people with the same interest. We run a performance hub at Portland college, NG18 4TJ. The next session is on Sunday 27th November. For more information please click here

NEW 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 given guidance and advice to those who lead sport and physical activity.
Cost: £30 per person. Ideal for coaches and teachers.

Dates:
- 16th November 16
- 22nd February 17
- 17th May 17
- 27th September 17

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

Trustees' Week 2016
7th - 13th November

We talked to our Trustees about their role - find out more.
That's all for now, but don't worry we'll keep you up to date on our social media!

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.

Best wishes from us all at Cerebral Palsy Sport.

Cerebral Palsy Sport Team
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