Hello!

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

In celebration of 15 years of CP Sport many of you shared your favourite CP Sport memories to #CPSport - thank you for all those who took part and well done to Emily Seyler who won our goody bag for her photo of Ryan at his first CP Sport event.

As part of our celebrations, a big thank you goes to Goodman Corporate Finance who raised over £10,000 for Cerebral Palsy Sport at a charity dinner.

Our Athletics Competitions for 2016 came to a conclusion at our National Finals on 24th September. The standard of competition and atmosphere was excellent.

We're looking forward to our first Swimming and RaceRunning training day on 30th October for participants and coaches. We have had so much interest...
in this event that Swimming is now fully subscribed. If you are interested in RaceRunning as a coach or participant please apply via the website events page.

This week we've been celebrating World CP Day as well as Women's Sport Week. Join the conversation at #WorldCPDay and #WSW16

**Swimming**

**Upcoming events:**

**Training Camp - NOW FULL!!**
**Sunday 30th October 2016** at Harvey Hadden Sports Complex, Nottingham. The interest for this event has been so high that it is now fully subscribed. Keep checking our events page for future opportunities.

**Sussex SplashStart**
**Saturday 5th November 2016** at The Dolphin, Haywards Heath, West Sussex, RH16 1LY. A family fun session for children and adults with cerebral palsy or a physical disability. Free entry. Registration required, closing date Friday 4th November 2016. Sign up here

**Manchester Swimming Development Gala**
**Saturday 3rd December 2016** at the Manchester Aquatics Centre, Manchester M13 9SS. For children or adults with cerebral palsy or a physical disability. All abilities of swimmers are welcome. Full members £7.50, affiliate and non-members £10. Registration required, closing date Wednesday 23rd November. 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** **Sunday 26th March 2017**. For the second year the event will take place at Harvey Hadden Sports Village, Nottingham. More information on entries will be available soon.

**Coaching resource:** SwimStart DVD £10 inclusive of VAT and have a go at the many sports on offer! You can see all the pictures here.
News:

**Suffolk KickStart:** On 25th September, a CP Football KickStart session was held at Bury St Edmunds Leisure Centre, giving new players the opportunity to participate in local inclusive football as a first step into Frame Football or ambulant CP Football. This initial event attracted 15 new players. Read our report. Following on from the day, regular sessions will take place every Sunday from 16th October 2016. To find out more about this club and others across the country offering CP Football and Frame Football opportunities click [here](#).

**Upcoming events:**

**Brighton Football KickStart:** Albion in the Community are introducing a new cerebral palsy and frame football session which is taking place at the University of Brighton's sports centre in Falmer. For junior players up to 18-years-old and will be held on Saturday mornings. The first session and launch event is on the 15th October. For more information about this session in Brighton please visit our website page [here](#) or contact Philip Broom by calling 07876 898028 or email: philip.broom@albioninthecommunity.org.uk.

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](http://www.cpsport.org).

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**Athletics**

**News:**
Cerebral Palsy Sport Athletics National Championships We finished the season off in style with some great competition at our National Finals. Full report and results can be found on our [website](http://www.cpsport.org).

**Upcoming events:**
Oldham & Royton Harriers RaceRunning taster day Saturday 15th October
Cerebral Palsy Sport and Quest 88 are supporting Oldham & Royton Harriers in their RaceRunning launch. We are holding a taster session, so come and have a go! For school year 3+ 10am - 1pm. Details [here](http://www.cpsport.org).

RaceRunning Training camp and taster day
Sunday 30th October 2016
This is open to everyone, regardless if you currently competing or just want to try RaceRunning. Details [here](http://www.cpsport.org).

**Coaching resource:**
'An Introduction to RaceRunning' £6 (including VAT) plus postage and packaging. Order through our shop [here](http://www.cpsport.org).

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

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**Table Cricket**

**Upcoming events:**
National Finals - Enter Now

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**Keep in touch!**

Interested in volunteering or fundraising for CP Sport?

Volunteers contribute invaluable time and energy to support us achieve our vision and we could not do it without them. You can get involved with fundraising events, whether that be a bucket collection, running a marathon or helping us at a range of fundraising events each year. Find out more [here](http://www.cpsport.org).

Boccia balls and referees kit are available through our website shop!
Do you play table cricket and want to see if you can beat the best at the Cerebral Palsy Sport National Finals Day at Edgbaston? Click [here](#) for more information.

**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](#)

**4th Young Sporting Ambassador announced!**

**Ben Meadows**

[Cerebral Palsy Sport National Sports Development Manager](#)

*Lisa Morton - Smith with Ben Meadows*

*Photo credit: Alice Ferrebe*

Cerebral Palsy Sport are delighted to announce our 4th Young Ambassador Ben Meadows. Read the full story [here](#)

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.

**Best wishes from us all at Cerebral Palsy Sport.**

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**Membership**

We are offering **automatic affiliate membership** to everyone who receives this FREE regular emailed newsletter. As a recipient of this newsletter this means you will become an automatic affiliate member, unless you chose to opt out by unsubscribing. There is no cost for this type of membership!

If you are already a full member of CP Sport (paid member) and need to renew or want to become a full member and receive exclusive benefits including discounted entry fees for our events and AGM voting rights please click [here](#).