Greetings!

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

We enjoyed a day packed with action at our National Athletics Championships at the Keepmoat Stadium in Doncaster on Saturday 21st September and saw 3 new RaceRunning world records!

The Football season has well and truly started and this month the National CP Football league North and South Fixtures took place.

It's World CP Day on Sunday 6th October, we'll be celebrating with activity at our annual training camp, Awards & AGM. Why not join the #CPMoveAsOne campaign or #GoGreen4CP. Find out how you can get involved.

Please find our event information below and on our website here, we hope to see you soon!

Swimming

Upcoming Swimming events:
Worcester Development Gala -
Saturday 19th October 2019

At Perdiswell Leisure Centre. For children and adults with cerebral palsy or a physical disability. All abilities of swimmers are welcome, floatation aids or a helper in the water are allowed. Closing date 4th October 2019.
Entry fee: £11 Juniors, £12 seniors (£16.50/ £18 Non CP Sport members). **Entries close on 4th October**

Enter here

Durham Development Gala -
Sunday 1st December 2019

At Freeman’s Quay Leisure Centre. For children and adults with cerebral palsy or a physical disability. All abilities of swimmers are welcome, floatation aids or a helper in the water are allowed. Closing date 15th November 2019.
Entry fee: £11 Juniors, £12 seniors (£16.50/ £18 Non CP Sport members)

Enter here

If you are interested in volunteering at our Swimming events please contact us here
For a list of the Cerebral Palsy Sport swimming events in 2019 and 2020 click here

Athletics

Event report:

**National Athletics Championships - Doncaster**
Saturday 21st September 2019

3 RaceRunning World Records have been ratified from this year’s Championships; Rafi Solaiman (GB) in the RR3 Senior Men’s 400m, Colin van Tricht (NED) in the RR2 U16 100m and 800m – it was fantastic to see them in action in brilliant sunshine and in a packed programme of Track and Field. We were pleased to welcome a number of new athletes to the event and great to see so many familiar faces in action and we were honoured to have **Graeme Ballard** (Paralympian and Cerebral Palsy Sport Ambassador) and Lynne Wardle (Cerebral Palsy Sport Trustee) present the medals and enjoy the event. Doncaster AC were brilliant hosts and, as always, we must take this opportunity to thank our amazing officials and volunteers who make all of this possible.

National Athletics Championships Results
Upcoming Athletics event:

RaceRunning Start Session, Kingston upon Thames - Friday 1st November 2019

Come and try RaceRunning at Kingsmeadow Athletics Track, Kingston-upon-Thames. The session is open to any age with any physical disability. Siblings are also welcome to join in too.

£6 (CP Sport members), £8 (no-members).

Registration is required.

Register here

If you are interested in being a volunteer or official for our Athletics events please contact us here For a full list of Cerebral Palsy Sport Athletics events click here

Cerebral Palsy Sport's On Your Marks RaceRunning project shortlisted for Tesco’s Community Fund

Tesco shoppers in the Midlands can now vote in store for Cerebral Palsy Sport’s On Your Marks RaceRunning Project! The project is for children and young people with cerebral palsy to try inclusive RaceRunning to help them discover the joys of sport. Find out more here
Sunday 6th October 2019 - World CP Day

A Cerebral Palsy Sport training camp will be taking place on Sunday 6th October 2019, World CP Day, at the David Ross Sports Village, University of Nottingham.

Participants will also have the opportunity to join us in the Worldwide CP Move As One event as part of the day too #CPMoveAsOne

We will be holding our annual CP Sport Awards ceremony and GM / AGM at this event so keep an eye out for news of our winners very soon!

Multi-Sport Start Camps

Event report:

Wolverhampton Multi-Sport Start Camp - Sunday 14th September 2019

At the Wolverhampton Multi-Sport Start event, we saw 5 participants enjoy 5 different sports. It was held at the Community Sports and Leisure Centre, Our Lady and St Chad Academy. The sports that we had available on the day were Football, RaceRunning, Swimming (Land Training), Taekwondo and Boccia. All of the coaches did an amazing job and they were all very inclusive.

Upcoming Multi - SportStart camp:

Manchester Multi-Sport Start Camp - Sunday 24th November 2019

At Parrs Wood High School. Come and have a go at a new sport or activity at our SportStart Camp. A range of local sports clubs will be present. Registration in advance is required. £6 CP Sport member (£8 non-member)

Find out more about SportStart events here or contact jennifer.basford@cpsport.org for further information.

Football
Event reports:

Football KickStart, Oxford

Cerebral Palsy Sport ran a free CP Football KickStart session with Summertown Stars AFC and Oxfordshire CFA at St Philip & St James School, Summertown on 28th September. The event was an introduction to Cerebral Palsy Football and provided those who took part their first opportunity to play. A total of 5 participants took part in the session, which was led by CP Sport and support by volunteers from SummerTown Stars. The club are keen to look at how they can further develop future opportunities and have some coaches who are keen to be involved.

Frame Football Development Day, Burton-on-Trent

On Sunday 29th September Cerebral Palsy Sport supported the Frame Football Foundation to deliver a Frame Football Development Day at St Georges Park.

National Cerebral Palsy Football League Kicks Off

The National CP League kicked off on Saturday 28th September, across venues in Sheffield and in Bicester, Oxford. The league welcomed new teams Cambridge United Trust CP and Bingham Town CP. Find the results here

Upcoming football events:

Cerebral Palsy Inclusive Football Open Day, Milton Keynes - Saturday 19th October 2019

Cerebral Palsy Sport are working with MK Dons Sport and Education Trust and Berks & Bucks FA to deliver a free morning of football activity. Includes Frame Football, Wheelchair Football and Female CP Football.

Click for more details

Junior Cerebral Palsy Football Festival, Oxfordshire - Saturday 9th November 2019

Cerebral Palsy Sport are hosting a Junior Cerebral Palsy Football Festival in Bicester, Oxfordshire. The event is open to players with Cerebral Palsy and associated conditions. We welcome registrations from teams and individuals.

Register here

Female Cerebral Palsy Football Development Day, St Georges Park Burton-on-Trent - Sunday
24th November 2019

Cerebral Palsy Sport will be hosting a Female Cerebral Palsy Football Development Day at St Georges Park on Sunday 24th November 2019. The event is open to females with cerebral palsy and associated conditions aged 8 and over and is FREE to attend.

Register here

For more information about Frame Football contact us here
Where can I play CP Football and Frame Football? Click here

More upcoming events and dates!

World CP Day - Sunday 6th October 2019

There are lots of ways to get involved in World CP Day 2019!

Find out more!

Parents in Sport Week - 7th-13th October 2019

Make the Sports Parent Promise

Solihull Gets Active Games - Wednesday 9th October 2019

Cerebral Palsy Sport will be delivering a RaceRunning Start Session and Table Cricket as part of the free Solihull Gets Active Event. Working in partnership with Everyone Active as part of our CP Can programme which is supported by BBC Children in Need.

Find out more

Ambassador blog
Cerebral Palsy Sport Sporting Ambassador James Shaw’s has made a special blog for World CP Day.

Find out more about our Ambassadors here

**CPD Courses**

Cerebral Palsy and Sport Awareness Workshop

The session 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.

This course will cover:

- What is cerebral palsy?
- What are the barriers for people with cerebral palsy when accessing sport?
- Adapting sport to suit those with cerebral palsy
- Safety considerations when supporting people with cerebral palsy in sport
- How to promote sport to people with cerebral palsy
- Different pathways and opportunities available with Cerebral Palsy Sport

**NEXT COURSE:** 20th November 12pm-3pm (Nottingham)

Course information

**Resources and Equipment**
Cerebral Palsy Sport has a range of resources to help professionals, coaches, PE staff and parents learn more about what cerebral palsy is and what it involves.

- Swimstart DVD - £10
- An Introduction to RaceRunning - £6
- Frame Football – A new way to play the beautiful game - £6
- Boccia Games Resource - £29

All prices above include delivery and we offer 10% discount to Organisation Members.

Boccia

We stock a wide range of Boccia balls, referees kit and bags as well as a fantastic Boccia Games resource! Visit our shop

Membership

We have several Cerebral Palsy Sport membership opportunities. Please choose the right membership package to suit you, your family or your role within sport: