



Terry Buck: Chairman, Team Manager 65+
 Peter Osborne: Secretary, Joint Team Manager 60+
 Gary Murphy: Kit Manager, Joint Team Manager 50+, 60+
 Mark Elnaugh: Treasurer, Joint Team Manager 50+
 Chris Jullings: Social Secretary
 Bob Willis: Committee Member
 Gerry Howard: Welfare Officer

CHELMSFORD CITY WALKING FOOTBALL CLUB NEWSLETTER, No.13

AUG 2018

Welcome to Newsletter No13.

Firstly, I would like to say a big thank you to George Keogh for his past work as social secretary – thank you!

Remember this is your newsletter, so if you have any ideas in terms of format and features please contact me.

I hope you enjoy the read.

FORTHCOMING FIXTURES FOR YOUR DIARY

DATE	VENUE	TIME	EVENT	VERSUS
Wed 15 th Aug 2018	Len Forge Centre, Southend	10.30	EWFL o60'	Various
Wed 29 th Aug 2018	Memorial Ground, Little Oakley CO12 5ED	10.00	EWFL o65'	Various
Sun 9 th Sept 2018	Len Forge Centre, Southend	10.00	EWFL o50'	Various
Sat 15 th Sept 2018	Melbourne 3G pitch Chelmsford	10.00	Prostate Cancer Cup, mixed age	Various
Wed 26 th Sept 2018	Leyton Orient, new venue to be advised	10.30	EWFL o60'	Various
Sat 13 th Oct 2018	Melbourne 3G pitch Chelmsford	10.00	EWFL o50'	Various
Tues 16 th Oct 2018	Len Forge Centre, Southend	14.00	EWFL o65'	Various
Tues 30 th Oct 2018	Melbourne 3G pitch Chelmsford	10.00	EWFL o60'	Various

Unless otherwise advised please arrive at the venue at least 30 minutes prior to kick-off to allow for registration, changing etc. In the event that you are unable to play in any match for which you have been selected, please make sure you notify your team manager without delay. Referees are instructed that anyone not wearing shin-pads will not be allowed to play. As always, please check on our website <http://www.chelmsfordcityfc.com/teams/136556> for further information on the above fixtures.

It is essential that all kit is returned as instructed in order that it is then available for the next game. If you have any questions about returning kit please contact Gary at one of the training sessions or any other committee member if he is not around.

RECENT MATCHES

Wednesday 23rd May - EWFL o60'

Both the 060' Clarets and Blues were in action in the EWFL at Leyton Orient. The Clarets continued their unbeaten run with four wins - 1-0 against Concorde Rangers; 2-1 against Eastwood Falcons Yellows; 3-2 against Little Oakley and a thumping 8-0 win against Southend Reds. Sadly the Blues lost all four games despite being 3-1 in one game. The encouraging news was that the Blues scored their first 3 goals.

30th May – Almelo City Cup 55 3 day tournament

8 of Chelmsford City walking football' finest went to the Almelo tournament. Last year the team finished 7th, so hopes were high to improve on this. The team did a fantastic job making it through to the semi finals where they lost to the eventual winners Hav UK. Undeterred by their semi final disappointment the team went on to claim 3rd place and bring back international silverware to the club. Well-done lads, a credit to the club!

Wednesday 13th June – o65' friendly tournament

The o65' turned out for 5 games in a friendly competition at Melbourne. The team put in some very good performances with a 0-0 draw against Southend; a close 1-2 defeat to Little Oakley; a first win 1-0 against Grays; and two 0 – 0 draws against Eastwood and Dagenham & Redbridge. The lads finished with 6 points, only 3 behind the winners on the day. The o65' are starting to gel.

Sunday 17th June – EWFL o50'

The over 50' went to Eastwood Falcons to play a number of EWFL games. It was a mixed outing with two 2-0 defeats against Eastwood and Fox Ash ; an unlucky 2-2 draw against Grays and a good 4-0 win against Ball Payne. The lads did very well on a challenging day out!

Wednesday 4th July – EWFL 060'

The Clarets and Blues tied up their laces ready for a mix of EWFL and friendlies at the Len Forge Centre. The Clarets lost their first friendly 1-0 to Eastwood Falcons Blues and drew 1-1 in the second with Southend Blacks. Then came the first EWFL game, not just a game a crunch game against Chelmsford City Blues. Both teams pressed hard, but it ended 0-0. First points dropped by the Clarets and a very creditable performance from the lower placed Blues. In the last Clarets game they got 3 good points winning 2-0 against Dagenham & Redbridge. Despite dropping points the Clarets remained top of the EWFL. The Blues had a fair day out losing one friendly 1-0 to Eastwood Falcons and winning one 2- 0 against Southend. In the EWFL games there was that great point against Chelmsford Clarets and a closely contested 1-0 defeat against Leyton Orient. The Blues remains towards the bottom of the table with 5 draws and are still waiting for their first win its coming !

Tuesday 10th July – o65' National Cup

Well if you ever wondered whether Chelmsford City walking footballers are committed to the cause this is the evidence! Injuries and holidays meant that 7 intrepid players did the almost 200 mile round trip to play in the national cup game at Norwich. The opposition were well organised and had 3 subs, by half time they were 2-0 up. However, a spirited second half Chelmsford fight back got it back to the final score of 2-1. Tough outing, but it sums up the spirit and commitment in the club.

Sunday 15th July – Age Concern Essex mixed age tournament

It was sweltering at the Len Forge Centre for this mixed age tournament. The simplicity of this format is that we had to enter a team of 9 players (3x o50; 3x o60; 3x o65) with 2 of each age group on the pitch at any one time. It was a group format with 4 group winners going through to the semi – finals. Sadly the team lost 1-0 in the group stage to the eventual finalists, but the team won the other group game 2-0. They then played two friendlies, winning 2-1 and 3-0. Overall a great performance from our lads in the demanding heat.

Saturday 28th July – EWFL o50'

Well this was a triumph of a day! The o50' had been trying their hearts out, but their league position told a story of lots of effort but few points. This outing at the Melbourne 3G pitch changed all that. The detailed match report is being filed, but 3 wins 4-1; 1-0; 1-0 and an unlucky 1-1 draw has added 10 points to the league board and pushed the Clarets towards mid – table. A great team effort.

Remember that all of the detailed match reports telling the in depth stories (listing dazzling goal scorers, feats of defensive defiance, moments of midfielder mastery and gallant goalkeeping displays) can all be found on Pitchero.

If you haven't already got the Pitchero app (which also connects you to a wealth of information about fixtures, sharing your availability and much more) you can easily download it from App store or Google play. Or use the web site on <http://www.chelmsfordcityfc.com>. If you need any advice a send an email to Terry Buck will quickly get you up and running. You will need to use this to play in a tournament.

TRAINING DATES & TIMES

Tuesday 10.00 to 12.00 outside on the 3G pitch at Melbourne Park (boots with moulded studs must be worn – no trainers of any type are allowed). Also remember that shin pads are now mandatory.

Thursday 11.00 – 13.00 inside at Chelmsford Sports Centre.

Always remember to check on the Chelmsford City Walking FC website for further up to date information as these times and dates can be changed due to tournaments or poor weather.

OTHER NEWS

Player health & safety and wellbeing

Gerry Howard has undertaken excellent work on creating a practical health & safety plan, with a very strong focus on player safety and wellbeing. He has also reviewed our medical equipment and first training. We will be sharing the plan in due course, **but please note the following -**

(1) We are investing in further first aid equipment;

(2) We are also investing in 2 further first aid training places – **if you are interested in becoming another one of our first aiders please contact me or Gerry;**

(3) You will have seen Terry' e-mail re the Committees decision re wearing shin pads. Just to reiterate, it is mandatory from the 1st August 2018 for all club members to wear shin pads at training on the outdoor 3G pitch. You will not be allowed to play without them. You can buy them from a number of retail outlets for as little as £3 a pair, put them in your kit bag with the muscle rub!!!

It has always been mandatory to wear shin pads at EWFL games and tournaments.

We also recommend that is sensible practice to wear shin pads at indoor training, although of course the risk of injury from studs does not exist in the same way as it does outdoors.

Playing the game

A reminder that Bob & Peter' video (How to play and not play walking football) demonstrating the up to date basic rules of walking football (concentrating on the non-contact aspects of our game) is still available at <http://www.chelmsfordcityfc.com/videos/how-to-play-not-play-walking-football-124572.html>

I've watched it and I only run 50% as much as I used to so improvement is possible!!!! (I'm working on the other 50%!).

International news

We are delighted to share that a member of Chelmsford City Walking FC, Chris Jones, has been selected for Wales as the o50' goalkeeper. Well-done Chris!

Chris Jones has been selected as goalkeeper for the Welsh over 50 squad. Chris played for us for many years before moving to play for Shooters and then Dagenham and Redbridge. He moved teams because he lives over that way. He was our first real goalkeeper and played in many of the tournaments at the start of our team.

He won't come up against Spencer as Spencer plays for the over 60.

We wish him every success with Wales, o50's only that is, and good luck against England later in the year.

Watch this space for more news about our very own Spencer as England prepare for their next o60' international against yep you couldn't have written this script, its Wales in the on the 8th September.

Social activities

Please note that there will be food and a drink on the club after training on **Tuesday 21st August**. It will take place in the Chelmsford City bar area as usual. Please set your availability on Pitchero if you wish to come.

We are also planning an autumn social evening for early November; this is likely to be a mix of a quiz night, a bit of music, some conversation and a bite to eat. This will be open to club members and their family and friends. There will be more on this event very shortly.

Finally, I am introducing a new feature in the September edition called 'Player Profile'. This will share some interesting information about the featured player' background, past sporting interests, hobbies etc. It will be a light-hearted approach to getting to know each other just that little bit better. I would welcome volunteers for the Oct –Dec editions.

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USEFUL LINKS

Walking Football United:

<http://www.walkingfootballunited.co.uk/>

Chelmsford City Walking FC:

<http://www.chelmsfordcityfc.com/teams/136556>

Essex Walking Football League:

<https://www.essexwalkingfootballleague.org/>

Chelmsford City FC:

<http://www.chelmsfordcityfc.com/>