



The Walking Footballer Newsletter Edition 2 September 2020



FROM THE PRESIDENT - GLEN WALL

Welcome to the second edition of the Whittlesea U3A Walking Footballer Newsletter. We hope you enjoyed the first edition. If you are aware of someone who is not receiving the newsletter please contact Gerry (details below) and we will add them to the distribution list. COVID-19 continues to interrupt our normal way of life. At present all of Metropolitan Melbourne is in stage 4 restrictions and the rest of Victoria in stage 3 restrictions. Unfortunately it is still uncertain when we will be able to resume our Walking Football program but rest assured we are ready to go as soon as restrictions are lifted and it is safe to do so.

Stage 4 restrictions allow you to leave the house only to:

- Shop for essential items. One person only and for one hour.
- Medical or caregiving.
- Exercise for one hour only

You are not allowed to travel more than five kilometres from home

You are not allowed out of your home between 8pm and 5am unless you are an essential worker.

“Good News”- You can exercise or kick a soccer ball around in your neighbourhood

Coronavirus hotline 1800 675 398

In this month's edition we will be looking at Walking Football in other parts of the world, player profiles, City of Whittlesea and Whittlesea U3A online programs, Coaching skills tips, an update on RMITs research project and Melbourne City News and on-line exercise program. Of course some funnies.

Walking Footballer Newsletter information current from 26 August 2020.

Everyone is welcome to suggest some articles which could be included in the next Newsletter. Enter the competition to design a logo for the walking football program and win prizes.

Send any suggestions to gerry4919@hotmail.com or telephone 0418 137 631 or post to 1A Westleigh Court Mill Park 3082.

Melbourne City Family Day 2016

1.

Inside this edition

Welcome	Page 1
Covid 19 Restrictions	Page 1
Walking Football in Australia and World	Page 2
Whittlesea U3A News	Page 2
Let's have a laugh	Page 3
City Whittlesea News	Page 3
World Football and A League News	Page 3
Walking Football Coaches corner	Page 3
Walking Football Story	Page 4
Player profile-Gerry Fay	Page 4
Partner News RMIT and Melbourne City Football Club	Page 4





Online Classes

During these times when we cannot meet together WU3A has in excess of 45 classes and activities running and the number of members participating in these activities from home is significantly increasing.

A full list of the classes is available on the Whittlesea U3A website.

Learn how to use Zoom.

Every Friday morning, a class on using ZOOM has been scheduled to assist members to use the ZOOM application on their phone or computer

Chat from Home.

Kathy Lizio is hosting 9 small “Chat from Home” sessions each week and the number of attendees is growing each week.

IPAD & Mobile Phone Classes.

Janice Boswell has over 30 members attending the how to use your iPad classes each week.

Social Seniors.

Peter Cleary and Janice Boswell have successfully introduced and are facilitating the Social Seniors Program which has assisted members master the use of their phone to “talk and see each other”

Keep connected by email.

Mary Renshaw has a ‘keep in connect by email’ group with approaching 50 members sharing interests. Good experiences of the members participating in this group will be appearing on the Whittlesea U3A website.

To join any of these programs contact:

coordinator@whittleseau3a.org.au
or enrol via the website.

www.whittleseau3a.org.au

Telephone 94641339 leave a message

WALKING FOOTBALL IN AUSTRALIA AND WORLD

Walking Football is becoming very popular all around the world. The Federation of international walking football Associations (FIWFA) organises international games and the inaugural walking football world cup in Manchester, May 2021. Many teams are playing the game in the UK. They have a Walking Football Association (England), Many of the clubs are associated with clubs in the English football league. The clubs play competitively in a formal league. The Walking Football Association is responsible for producing the league fixtures, the rules of play and for providing qualified referees.

Walking football is also played in many European countries and in the USA.

In Australia there are clubs in most of the States. The state Football Federations such as Football Victoria are now responsible for promoting walking football.

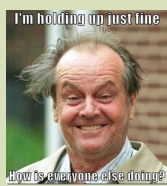
Whittlesea U3A’s program is one of the front runners in Victoria and has been used to get Walking Football established in a number of other areas.

An important distinction between the types of Walking Football programs needs to be made. Whittlesea U3As program will be a social program. This program will focus on allowing people to exercise, have some fun and socialise with others. Whittlesea U3A’s program is not a competitive form of the game. When we do play in tournaments, then naturally the competitive level will rise but the weekly program is a social program. Our modified rules ensure a social environment and our health and safety.

So it is possible that in the future Australia could follow the lead of England and form some sort of Walking Football league for players who want to be more competitive.

Author: Gerry Fay, Whittlesea U3A Walking Football Program Leader

LET'S HAVE A LAUGH



Not even in my wildest dreams I imagine myself entering a Bank, wearing a mask and asking for money.

Never thought my hands will one day consume more alcohol than my liver...ever!

Quarantine seems like a Netflix series...just when you think is over, they release the next season.

I'm starting to like this mask thing...went to the supermarket and two people that I owe money to didn't recognize me.

Who was complaining that 2020 didn't have enough holidays...now what?

I need to social distance myself from my fridge; I tested positive in excess weight

Someone can tell me if the 2nd quarantine will be with the same family...or we can change?

In just two weeks we will hear if there still two more weeks to let us know that two more weeks of quarantine are needed...

I'm not planning adding this 2020 to my age...I didn't even use it!

We want to publicly apologize to the year 2019 for all the bad things we said about it.

To all the ladies that were praying for their husbands to spend more time with them... how are you doing?

My washing machine only accepts pyjamas...I put a pair of jeans and a message came "stay home"!

After all that we have been through, the only thing missing is that the vaccine will be available only in suppository form.

I feel like a teenager... no money in my wallet, hair long and out of control, thinking what to do with my life, and grounded home.

MOST IMPORTANTLY KEEP BUSY:

Speak with family and friends, keep smiling, exercise and kick a soccer ball, eat well, but healthy, watch the A league or your favourite TV show, listen to beautiful music, tend to your garden and be safe! Look forward to playing walking football in the future.

Author: Pathmanathan (Alias Mr Shan)

Whittlesea U3A Walking Football Program participant

CITY OF WHITTLESEA NEWS



Uplift and Connect Program

Keep in touch with your walking football friends by joining a chat group either through Microsoft Teams if you have a computer and internet or mobile phone.

Exercises for Seniors classes

Join an online exercise program Monday to Friday 10am.

Contact 9407 5913 or leap@whittlesea.vic.gov.au

WORLD FOOTBALL NEWS

The A-League (Men) and W-League (Women)

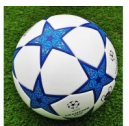
The men's Australian Competition season has restarted. Melbourne City FC (City in the Community) is a supporting partner of our Walking Football program. Melbourne City's W league Women's Team won the championship in March this year and the men's team will play in the finals in September after finishing second on the ladder.

World Football

Many football leagues across the world, including our own walking football program have been postponed. Congratulations to Arsenal winning the FA cup. Well done Socceroos and Matildas for qualifying for the Tokyo Olympics 2021 and Football Australia in winning the bid to host the Women's World Cup with New Zealand in 2023



WALKING FOOTBALL COACHES CORNER



When we do get back to playing Walking Football we will have to remind ourselves of some of the skills of the game. These include: **Do not step on the ball.** Trap it with the side of your foot and then kick it.

Accuracy in passing. Even in the professional game everything revolves around the accuracy of your passing. When you have the ball look up, see free players and get the ball to them as quickly as possible.

Moving around. Once you have passed the ball then move into a position where you can get it back again.

Accuracy in shooting for goals.

When approaching the goal, look up. Observe the goalkeepers position, head down, eyes on the ball, keep body over ball, make contact with middle to top half of the ball.

Online Walking Football play at home challenge - Activity Guide and Videos.

www.playfootball.com.au/walking-football/play-at-home-challenge



Tom Vlahos Walking Football participant at an A LEAGUE Game with the group

WALKING FOOTBALL STORY SO FAR

Walking Football in Whittlesea has been an on-going success story. It started in 2016 as part of Whittlesea Council's Young at Hearts games (mini Olympics). Participants attended an 8 week walking football training program leading up to the games where four teams played in the inaugural tournament at Mill Park Basketball Stadium. A regular weekly program commenced with support from Melbourne City Football Club and City of Whittlesea's Positive Ageing Team. Whittlesea U3A took over the running of the program at the start of 2017.

Participant Profile - Gerry Fay

Date of Birth: 4/12/1949 (70 years old)

Born: Belfast N. Ireland

Family: Wife (deceased)

4 Children: 13 Grandchildren

Favourite Movie: Shane

Favourite Singer: Roy Orbison

Hobbies: All sports

(especially AFL and soccer)

Keeping fit;

Interests: Volunteering Walking

Football leader; St. Vincent De

Paul; Relay for Life.

Favourite teams:

AFL, Collingwood

Soccer, Manchester City and

Melbourne City

Proudest achievement:

Being nominated for Victorian

Senior of the year for my

involvement in walking football.

4.

Gerry looking like a Walking Football Manager at Government House 2018



RMIT NEWS  

Author: Liz Pressick

Walking Football Research

What's it all about?

The research is aimed at documenting the benefits senior people obtain by being involved in a modified sports program like Walking Football.

Why is it important?

The research has significant value after COVID restrictions are lifted, because we will look at how the restrictions have effected each one of you in terms of your health and quality of life due to the reduced ability for physical activity and socializing with your walking football mates as well as the isolation you may have felt at home. The research will also assist to refine the design of Walking Football and future programs for senior people.

What do you get out of it?

The opportunity to contribute to the sustainability of your Walking Football program. The opportunity to continue participating in Walking Football, and newly introduced modified sports through additional funding.

What's next?

When Walking Football returns, Liz from RMIT will invite you to participate and send you the project description prior to restarting Walking Football so you have time to consider if you would like to participate or not. Assistance will be available at the program to complete the questionnaires.

MELBOURNE CITY FC Home Exercises



The concept of the online Facebook group was created by Melbourne City in the Community, specifically George Halkias. George contacted Nathan Jaenicke about running weekly physical activity sessions for those who were interested.

The objectives of this online initiative includes engaging with the people in Walking Football and attempting to keep them fit and active during these trying times. The aim is to raise people's spirits and give them a weekly exercise routine. It allows the Walking Football participants to improve their physical and mental health by giving them something to look forward to while they are stuck at home during the COVID-19. As the weeks progressed and Nathan received feedback, a good routine has been built with the best exercises that could be performed by everyone easily at home.

City in the Community run online Facebook programs for two target groups to engage with at home. One being Walking Football and the other, our Carers program. The Carers program is relatively new to Melbourne City in the Community and targets individuals who, due to constantly caring for family members or people in need, struggle to find time to engage in physical activity themselves. Each program normally receives around 25-30 views on the CITC City Strikers Walking Football group out of a total 33 members involved in the group. The participants often provide some very positive feedback that can be seen in the comments of each post. Due to the COVID-19 situation being a new experience for everyone it was difficult at the start but many have provided valuable feedback which allowed us to improve and find the best session for everyone involved. We are still open to any and all feedback to make this an engaging and enjoyable program for everybody. facebook group called "CITC City Strikers Walking Football Group" to get access. Nathan is live at 10am on Thursday mornings but the video remains on facebook and you can play it at any time that suits

Message from George Halkias from Melbourne City. My best wishes to all our walking footballers, stay connected. We can still support each other, in other ways. Team work, stick together. This will end and we'll enjoy the walking football spirit together.

