



The Walking Footballer

Newsletter Edition 5

December 2020



FROM THE PRESIDENT - GLEN WALL

Welcome to another edition of the Whittlesea U3A Walking Footballer Newsletter. We hope you enjoyed the previous editions. 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.

As you are all aware COVID-19 is continuing to interrupt our normal way of life. On 22nd November more easing of restrictions were announced. Based on this easing of restrictions we have decided that we will restart the Walking Football Program on Thursday 3rd December at 10am. Location, meet outside Mill Park Basketball Stadium, Redleap Ave Mill Park. We are optimistic that the Basketball Stadium will be available on that date, but if it isn't we will play on the Mill Park footy ground next door to the stadium. Program will run till 17 December and return on 4 February 2021.

We wish you a merry Christmas and happy new year in 2021.

In this edition, we will look at COVID-19 regulations and changes to the rules of play to keep everyone safe. We will also include a player profile, professional soccer in Australia and Europe, a tribute to Diego Maradona, partner news, crazy football moments and football trivia.

Melbourne and Victoria

- No restrictions on reasons to leave home.
- You can now travel freely in Victoria, with some state borders opening
- Up to 15 people from same household can visit another house, once a day.
- "Good News"- You can exercise or kick a soccer ball around Indoors and outdoors. No more than 20 in a group indoors.
- Face masks must be worn, except for when exercising.

Coronavirus hotline 1800 675 398

The Walking Footballer Newsletter information is current from 1 December 2020.

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.

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ENJOY FOOTBALL

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. Teams will be entered for over 50's and 60's. 30 international teams in each age group.

Trials for Australian representatives likely in Sydney.

Gerry and Con have had some initial discussions with the organisers of the Australian Masters Games to consider including Walking Football as a sport for the October 2021 games in Perth.

If Walking Football is accepted as a sport we will find out the requirements to enter a team or teams. If Walking Football isn't included then we are suggesting to the organisers that they consider putting on a demonstration game so that it might be considered for the next Masters games. Negotiations are continuing.

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.

Whittlesea U3A walking Football partners City of

Whittlesea, Whittlesea U3A and Melbourne City Football Club—City in the Community, will be working closely with Football Victoria to promote Walking Football.

There is keen interest by Football Victoria to expand Walking Football throughout Victoria. They have been very impressed with the success of our program and want to see how we could work together. One area may be that if Football Victoria want to introduce Walking Football to a new group they could get that group to come to our program to watch and observe. Our discussions are aimed at how we can help Football Victoria promote the sport and also how they could help us with our program.

Author: Gerry Fay Whittlesea U3A Walking Football Program Leader

WHITTLESEA U3A NEWS

Online Classes

WU3A has in excess of 45 classes and activities running.

The committee is working to reintroducing face to face classes with COVID safe practice in early 2021.

Learn how to use Zoom.

Chat from Home.

IPAD & Mobile Phone Classes.

Social Seniors. Using phone to talk and see

Keep connected by email.

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

DIEGO MARADONA - A TRIBUTE



Known as the greatest football player ever with great skill with the ball and famous for dribbling past players and scoring many goals.

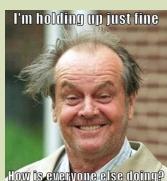
Born 1960. Died 2020. Played for Argentinos Juniors, Boca Juniors, Barcelona, Napoli. Represented National team Argentina, scoring 34 goals in 91 appearances.

First world cup tournament in 1982. Winning world cup in Mexico in 1986.

He's famous for the hand of God incident during the 1986 world cup when playing for Argentina v England. A controversial goal deemed to have touched the ball with his hand, but called it a header to score and then for goal 2, dribbling 60m past 5 players to score an outstanding goal.



LET'S HAVE A LAUGH



Author: Story adapted from story
Michael Murray Whittlesea U3A member

OUR WALKING FOOTBALL MEMORIES

Con and Gerry grow up together, but after college one moves to Mill Park and the other to South Morang. They agree to meet every ten years at the Mill Park Basketball Stadium and other local venues to play walking football and catch up with each other.

At age 32 they meet, finish their walking football and head for lunch.

"Where you wanna go?" "Hooters."

"Why Hooters?"

"They have friendly staff and a disco,"

"You're on."

At age 42, they meet and play walking football again

"Where you wanna go for lunch?"

"Hooters."

"Again? Why?"

"They have great coffee, big screen TVs, and side action on the games.. "OK."

At age 52 they meet and play again. This time for, Team Australia in the Walking Football World Cup.

"So where you wanna go for lunch?"

"Hooters. "Why?"

"The food is pretty good and there's plenty of parking." "OK."

At age 62 they meet again. at the Whittlesea Festival demonstrating walking football.

During a demonstration game one says, "Where you wanna go?" "Hooters."

"Why?" "Wings are half price and the food isn't too spicy." "Good choice"

At age 72 they meet again.

Once again, after visiting the physio with a walking football injury, one says, "Where shall we go for lunch?" "Hooters." "Why?" "They have six accessible parking spaces right by the door and they have senior discounts." "Great choice."

At age 82 they meet and sit as spectators watching the group go through their walking football warmups, skills sessions and mini games. Again. "Where should we go for lunch?" "Hooters." "Why?" "Because we've never been there before." "Okay, let's give it a try."



Me and my Mate, Tom and Harry at Melbourne City v Newcastle A League Game 2018

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 Wednesday 10am.

Join live on www.facebook.com/events/943537222779581/ or later www.facebook.com/trac.com.au/live_videos/.

Seniors Ready to Rock

Join in this exciting new online fun social seniors connection program, every Wednesday from 3pm - 4pm, 4 November to 16 December. Guest speakers, art workshops, live music. Christmas show. To participate you need internet, email, desktop computer or laptop.

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

WORLD FOOTBALL NEWS

The new A League season will start on 27 December. There will be an additional team MacArthur FC from Sydney's South West. This makes it 12 teams.

Our supporting partners senior men's team Melbourne City FC kick off their season v Sydney FC on 30 December 7pm

The Men's Team (Socceroos) continue their qualifying games in March 2021. They currently lead their group by 2 points with a game in hand.

European soccer continues with no spectators at the grounds. Liverpool and Tottenham are top of the English Premier League and have had a great start to the season. The Scottish Premiership continues with Rangers starting to pull away from Celtic and the other teams. The Greek Super League continues with

Olympiacos, Aris and PAOK doing well at the top of the table.

In the Italian Serie A C Milan and Sassuolo lead.

WALKING FOOTBALL COACHES CORNER

Online Skills Practice Sessions

Football Federation Australia has produced some great online coaching skills programs

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

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

Author: Gerry Fay Whittlesea U3A Walking Football Program Leader



Gerry Fay leading warmup Whittlesea Community Festival 2019

MELBOURNE CITY FC

Home Exercises

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 restrictions.

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 targets individuals who, Care for family members.

Check 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 you.



Author: George Halkias

FOOTBALL TRIVIA - Australian Football Facts

FFA Cup is a major competition in Australia. 700 teams enter.

Tim Cahill has scored most goals for Socceroos. (50) between 2014-17

Archie Thomson scored most goals for Socceroos (13) in one match v American Samoa in 2001

Whittlesea U3A and partners have held a Walking Football World Cup in 2017-19. Last cup attracted 12 men's teams and 6 women's teams

3. Attendance Register

Everyone attending the program must record their name and telephone number. The WU3A attendance list will still be used for WU3A purposes.

4. Hand sanitisers will be located at the entrance and at various places in the stadium.

5. Keeping a safe distance when not playing.

6. Wearing masks when not playing,

7. No sharing of equipment i.e. water or bibs

8. Don't attend if feeling unwell.

9. Skill training exercises will involve kicking the football only.

10. No handling of the ball except the goalkeeper who must wear gloves.

11. No heading of the ball.

12. No kicking ball above head height.

13. No tackling

14. No corner kicks



Signage will be placed around the stadium to remind everyone of the basic rules.



Crazy Football Moments

MICHAEL KEVIN PATRICK

MURRAY - Player Profile

Date of Birth: 4/8/47

Born: Murchison Bush Nursing Hospital

Family: married with 2 daughters and 4 grandchildren

Favourite Football Team

None, but likes Richmond

Interests: Whittlesea U3A member committee since 1998 Red cross special recovery officer

Proudest achievement:

Played in same school Assumption College footy team as Francis Burke and Michael Green

Employment: Qualified wool classer, army reserve 37 years, public service, consumer affairs and gaming regulations

Walking Football Career:

Started playing in 2016



Michael with team Ireland

winners walking football world cup 2018

COVID SAFE REGULATIONS

For a safe return to walking football program we have the following safe rules of participation.

- All equipment including goals, soccer balls, bibs, witches hats to be cleaned after use. WU3A responsible

- Stadium cleaning and all contact points within the stadium