



# The Walking Footballer

## Newsletter Edition 6

### February 2021



#### FROM THE PRESIDENT - GLEN WALL

Welcome to 2021 and 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.

In this edition, we will look at news about the return of the Whittlesea U3A program, partners news, World Football, player profile Christiano Ronaldo, COVID-Safe rules, and changes to the rules of play to keep everyone safe.

We will also crazy football moments and football trivia.

#### Whittlesea U3A Walking Football Program News

The weekly program will resume on Thursday 4 February at 10am, Mill Park Basketball Stadium Redleap Avenue Mill Park

For 3 weeks in December 2020 we restarted our program. The main aim was to test out the COVID-19 Safe practices to ensure we could run our program within the guidelines by the Health Authorities. This was successful and we were enormously proud of the great turnouts we had with 24 participants on first day, 29 on the second day and 26 on the third day. This shows that everyone is keen to get back to a normal weekly program. We are looking forward to a great year and keep this one in your diaries: Young at Heart Games (Olympics for Seniors) Community torch walk, Opening ceremony and Walking Football Tournament and Come and Try. 23 September Mill Park Basketball Stadium.



**The Walking Footballer Newsletter information is current from 29 January 2021. Enter the competition to design a logo for the walking football program and win prizes. Send any suggestions to [gerry4919@hotmail.com](mailto:gerry4919@hotmail.com) or telephone 0418 137 631 or post to 1A Westleigh Court Mill Park 3082.**

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## WALKING FOOTBALL PARTNERS

We welcome Football Victoria as a supporting partner for Whittlesea U3A Walking Football program. We now have a strong, supportive group of organisations working together to promote and implement Walking Football programs and events in Victoria. Partners include: Whittlesea U3A, U3A Network Victoria, Melbourne City Football Club (City in the Community), City of Whittlesea (Positive Ageing Team), Mill Park Basketball Stadium and Football Victoria.

Whittlesea U3As program is 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.

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.

Melbourne City has kindly offered 10 season passes to participants from the Whittlesea U3A Walking Football Program and have supported with young leaders, events and tickets to some A League games.

**Harry and Maria at AAMI Park**



**Gerry and Tom, dedicated fans**



**Author: Gerry Fay Whittlesea U3A Walking Football Program Leader**



2.



## WHITTLESEA U3A NEWS

WU3A has in excess of 45 classes and activities running

Face to face classes will return in 2021. Term One dates are:

1 February to 1 April.

Classes include Line dancing, tai chi, table tennis, snooker, computer learning, chess, art for fun, carpet bowls, tennis, bocce, water aerobics leisurely bike rides, gardening and of course Walking Football

Online classes include, chats with friends, apple iphone and ipad

creative writing, genealogy, singing, beginners yoga and exercises

To join any of these programs contact:  
coordinator@whittleseau3a.org.au  
or enrol via the website.

[www.whittleseau3a.org.au](http://www.whittleseau3a.org.au)

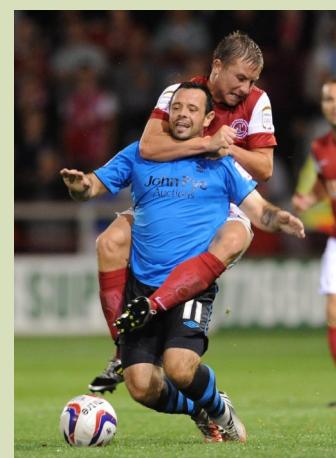
Telephone 94641339 leave a message

## Funny Football Photos

**Duck**



**Give me a piggy back**



## LET'S HAVE A LAUGH

Author: Alex Shepherd,  
Whittlesea U3A member



I've been hiding from exercise - I'm in the fitness protection program.

Singing in the shower is all fun and games until you get soap in your mouth ... then it becomes a soap opera.

Don't worry about what people think. They don't do it very often.

A perfect metaphor for my life would be someone trying to stand up in a hammock.

People are usually shocked when they find out I'm not a very good electrician.

I went outside and checked on my plants. I felt something cold and wet on my arm. I looked down and a mosquito was using a wet wipe before it bit me.

The more I know people, the more I know why Noah only let animals on the boat.

Everyone at John Lennon International Airport has been quarantined. Imagine .... all the people..

And finally, If my mother charged \$1 for every walking football top she washed, for her 13 children, over 10 years, she would have enough money to buy a washing machine



## CITY OF WHITTLESEA NEWS



### Uplift and Connect, Whittlesea Seniors Social and Friendship Program

Wednesdays 3pm-4.30pm  
alternate weeks Barry Road Community Activity Centre, Thomastown and Mernda Community Activity Centre Mernda

Cost: \$7 per week, includes activities and afternoon tea

Fun entertainment, music, craft, guests, games

### Exercise classes for seniors more informative next edition

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

## AUSTRALIAN AND WORLD FOOTBALL NEWS

The new A League season has started with OUR PARTNER Melbourne City Men's team winning 2 from 3 games so far and sitting 6th on the ladder. The women's team are currently 7th with 1 win and a draw. The new men's team, Macarthur are fourth with 2 wins and a draw.

Other Victorian teams Western United is 7th with a memorable 5-4 win in Geelong against Perth Glory, named as one of the best games ever played.

European soccer continues with no spectators at the grounds.

Manchester Utd, Leicester and Manchester City (Our partners Melbourne City's parent club) lead English Premier League.

The Scottish Premiership

continues with Rangers having a 23 point lead over second placed from Celtic and the other teams.

In the Italian Serie A C Milan and Inter Milan lead.

## Player Profile Cristiano Ronaldo

-Born in Portugal 1985, aged 35  
-Wears number 7  
-Position midfield/forward  
-Salary 32 million euro  
-Played for Sporting, Manchester United, Real Madrid.  
-Current club: Juventus and captain of Portugal  
-Won 31 major trophies including 7 league titles, 5 UEFA champions league, -  
Scored over 750 goals,  
Only second male to score 100 national team goals



## **COVID SAFE RULES**

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

1. All equipment including goals, soccer balls, bibs, witches hats to be cleaned after use. WU3A responsible
2. Stadium cleaning and all contact points within the stadium Management responsibility.

### **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.



**Michael Murray, Whittlesea U3A member playing it safe**

## **Walking Football Program Magic Moments**



**Women's Tournament North Melbourne 2016. Whittlesea team 1 and 2 played in final.**



**Whittlesea Walking Football Group promotion Seniors Festival launch Federation Square 2017**



**Team Sri Lanka Walking Football World cup 2018**



## **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 - English Football Facts**

**Which 3 clubs only spent one season in the English Premier League?**

Swindon Town, Barnsley, Blackpool

**What were the original names of Burnley, Arsenal, Tottenham and Manchester City?**

**Burnley Rovers, Dial Square, Hotspur FC, St Marks**

**4.**

