



The Walking Footballer Newsletter Edition 7 March 2021



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.

In this edition, we will look at news about the return of the Whittlesea U3A program, spreading the Walking Football message, partner news, participant interviews, funny pictures, some great photos, Australian and World Football news, Player profile Tim Cahill, COVID-Safe Rules, Magic moments, and Football Trivia.

Whittlesea U3A Walking Football Program News

The program now has over 30 registered players and most of them are turning up each week. We had to cancel the program one week when Victoria was put into a 5 day lockdown but everything is back to "COVID" normal now.

The weekly program has resumed at 10am, Mill Park Basketball Stadium, Redleap Avenue Mill Park.

The Walking Footballer Newsletter information is current from 10 March 2021. 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

OUR WALKING FOOTBALL PROGRAM PARTNERS

Doreen Utd Soccer Club



Mill Park Basketball and Netball Stadium

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WALKING FOOTBALL IS GROWING

We welcome Football Victoria and Doreen Utd Soccer Club as supporting partners 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. Other Partners include: U3A Network Victoria, Melbourne City Football Club (City in the Community), City of Whittlesea (Positive Ageing Team) and Mill Park Basketball Stadium.

There is keen interest by Football Victoria to expand Walking Football. We have had a visit from Stephen Frantzekakis from Football Victoria, and from Mick and Joe from Doreen United Soccer Club. On 27 February thirty participants attended the club open day and walking football demonstration at Doreen United Soccer Club synthetic pitch. Gerry opened the session with warmups and fourteen keen participants from our own Whittlesea U3A program joined in fun mini games. Fourteen participants attended the weekly walking football program at Doreen on 1st March. This outdoor walking football program will be on every Monday from 15 March from 7.15pm. Painted Hills Reserve, cnr Painted Hills Road and Eminence Boulevard Doreen. Cost is \$50 for the year. Contact Mick Trim on 0430 163 550 or

mick_trim1@hotmail.com

The City of Whittlesea's Positive Ageing Team and partners, as part of the Ageing Well Plan, visited the YMCA Leisure City indoor sports centre in Epping. The venue boasts three indoor football (soccer) courts, tennis courts, pool and gymnasium. Partners will explore the possibility of commencing a new walking football program available to all community members 50 years and over, including current Whittlesea U3A participants and a backup venue when Mill Park Basketball Stadium is unavailable.

Walking Football Program Launch Doreen United Soccer Club



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

Telephone 94641339 leave

A message

Tom and Louis at Doreen Soccer Club Walking Football

An interview with Sue, Walking Football Participant

Interview that was held at the Walking Football session on Thursday 4th February. The interview was with a new member called Sue.

Sue enrolled in 2020 but did not have a chance to attend sessions or classes due to COVID-19. This session today (February 4th) is her first activity. Sue has always been interested in sport and being active. Although she states that she is a slow learner she finds walking football good and it gives her a good workout. It is going to be excellent for her wellbeing and for developing of friendships, especially in the current environment. When asked what advice she had for those not sure about walking football she states: 'Get out of the house and do something to keep yourself active. Think positive about your life!'

LET'S HAVE A LAUGH



FOR THOSE THAT HAVE
NEVER SEEN A
CATFISH !!



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
Thomastown and Mernda

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 5 games and losing 4 games, so far and sitting 5th on the ladder. Recently beating rivals Melbourne Victory 6-0.

The women's team are currently 8th with 1 win, 1 draw and 6 losses. Other Victorian teams Western United is 9th with a memorable 5-4 win in Geelong against Perth Glory and 4-3 win against Melbourne Victory. Melbourne Victory is 12th.

European soccer continues with no spectators at the ground

Manchester City (Our partners Melbourne City's parent club) lead the English Premier League. By 11 points.

The Scottish Premiership

continues with Rangers already winning the league being 20 points ahead.

Player Profile - Tim Cahill

Timothy Filiga Cahill AO is an Australian former professional footballer who played as a Striker, but also played as an attacking midfielder on several occasions. A box-to-box midfielder, Cahill became recognised for "his aggressive and powerful approach and his ability to head the ball in the penalty area". He currently works as a pundit for BBC Sport and Sky Sports. In 1997, Cahill left Sydney for England to play professionally; there he was signed by Millwall on a free transfer from Sydney United. He was part of the Millwall side that won the Football League Second Division title in the 2000–01 season, and was also central part of Millwall's run to the 2004 FA Cup Final. Before the start of the 2004–05 season, Cahill was transferred to Everton. He was named both Everton Player of the Season and Everton Players' Player of the Season in his debut season, and in the following year he was named as one of 50 nominees for the Ballon d'Or, becoming the first Everton player in 18 years to be nominated. He was also part of the Everton side that reached the final of the 2008–09 FA Cup. Since leaving Everton in 2012, Cahill has played for the New York Red Bulls, Shanghai Shenhua, Hangzhou Greentown and Melbourne City. After a brief spell at former club Millwall, he ended his career at Jamshedpur. Cahill is the all-time leading goalscorer for the Australia national team, having scored 50 goals in 108 caps between 2004 and 2018. He was the first Australian to score at a FIFA World Cup. Cahill has scored in three World Cups (2006, 2010, 2014) and has scored the most goals by any Australian in the World Cup with five goals. In 2007, he became the first Australian player to score at an AFC Asian Cup. Cahill is known for his adept heading ability and high vertical leap, having scored many of his goals with his head. He is famous for his regular goal celebration of shadow boxing around the corner flag



COVID SAFE RULES

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

1. All equipment including goals, soccer balls, bibs, wickets 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 also scan QR code.

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

5. Wearing masks if not at a safe distance.

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

7. Don't attend if feeling unwell.

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

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

10. No heading of the ball.

11. No kicking ball above head height.

12. No tackling

13. No corner kicks

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

Coronavirus hotline 1800 675 398



Walking Football Program Magic Moments

Celebrate International Women's Day

International Women's Day was on 8 March. The Theme for this year was Women in Leadership, Achieving an equal future in a COVID-19 World

Its great to see many of the women returning to the weekly program. Here are some great photos from last couple of weeks.



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

When was the inaugural Premier League season? 1992-93

Most goals scored? Allan Shearer with 260 goals.

Fastest goal scored? 7.69 seconds Shane Long Southampton v Watford 2018-19 season.

By Con Constantinou
Positive Ageing Officer