

# GIRLS FOOTBALL MASH UP

BRING THE FUN BACK INTO FOOTBALL



**Use football to keep fit  
More fun than the gym  
Cheap workout session  
with your mates**

**f 'Football Mash Up'**

For your local Football Mash up

Every Thursday from 19 March to 23  
July 2015

6.30 pm to 7.30 pm

Abbeyle Community Centre, Glevum  
Way, Gloucester (behind Morrisons)



your mates. your coach. your terms.



# So you want to play football?

## Get involved with Football Mash Up

### What is Football Mash Up?

Football Mash Ups are coaching sessions that are run by proper FA trained coaches. The casual way the sessions are structured means that you can decide what happens in the session. So if you don't want to do too much football stuff and you'd rather concentrate on the more fitness orientated drills then stick on some music, get sweaty and start burning some calories. They really are a great way to get fit with your mates.

They're more fun than the gym and much cheaper too! You don't need to commit to anything long term and not only will you get fit, but you might turn out to be a better footballer than some of the boys you know.

### Who is the Football Mash Up Session open to?

Football Mash Up club is open to girls aged primarily between 13 and 16 but girls are also welcome from a slightly younger age and the maximum age for any player is 17.

### When will the Football Mash Up session run?

All Football Mash Up clubs will run for one hour a week and take place on a Thursday from 6.30pm to 7.30pm. The sessions will last for a 20 week period starting on Thursday 19 March 2015.

### Who will be delivering the Football Mash Up Clubs?

All sessions will be delivered by proper FA trained coaches or leaders or FA trained youth workers. These will be known as Football Mash Up Coordinators and Activators respectively. All those over 18 will also have undertaken FA Safeguarding training and have been Criminal Record Check checked.

### How much will the Football Mash Up sessions cost?

Participants will be charged £1 each week. Before you can take part in Football Mash Up, an application form needs to be completed and handed to your Football Mash up Coordinator ideally before the start of your first club session. The application can be obtained from your Football Mash Up coordinator. If you have any questions relating to this, please checkout Football Mash Up on Facebook.

### To book onto a Football Mash Up session:

Come along to a Football Mash Up session (with a parent or guardian on your first occasion) and complete the application. Then enjoy bringing the fun back into football!