



Welcome to Walking Football

## The Newest, Slowest & Fastest Growing Form of the Beautiful Game!

This form of football is different to all other forms of football we have played. The playing aims are of course the same, to score more goals than your opposition, but the main goals are not related to results at all, it's about having fun and:

- To provide exercise and health benefits for people mainly over 50 years old
- To create new friendships and community groups, reducing isolation and loneliness
- To bring us back to the beautiful game that some of us stopped playing decades ago.

We are blessed with a great facility at Xcel and very supportive staff. We play on 3G Astro turf where trainers, astroboots or moulded football studs are permitted. Definitely no screw in studs as they are dangerous for you, twisted knees etc. On Thursday mornings we play 9.30-11am then go for a coffee afterwards. It is £2 each that needs to be paid at reception ideally before the session. Please note that when you pay you give your name and we receive info of who has or hasn't paid! We then collect £1 at the pitch which goes into our club kitty to pay for balls, bibs etc. Just show up, no need to book. Monday evenings is 8-9pm and is £4 (this is peak time), but that is paid at the astro pitch to Mark Blythe or whoever is leading before the session starts please. We meet at 7.45pm. NB All Weathers!!

The walking football rules:

**NO RUNNING!** With or without the ball, ie no running into space either. Part of one foot must be on the ground at all times.

**NO CONTACT.** With fragile bones and ageing bodies there is no desire to see people carried off and put out of the game for life. This is just for fun, please jockey and intercept passes rather than tackling hard. No contact by hands, arms or feet please before or after you have challenged for the ball.

**3 Touch & Below Head Height.** 3 Touch brings more people into the game & makes better football.

**NO BAD LANGUAGE.** Grandchildren sometimes join in so please let's play without any offensive, insulting or abusive language. It is possible and the norm for our footy here. Please don't lower the tone.

**SUPPORT:** Mark is our Club Chaplain, if/when you have issues feel free to chat in confidence, just ask.

**Format:**

- We split into teams in many ways, age, alphabetical order, teams we support etc. Any way but not ability. We play round robin matches. We try our hardest but we don't keep the score, it's just for fun! We are grateful to be back playing who wins is an unimportant bonus.
- **Competitions:** We often enter competitions run by Surrey CFA and others & play friendlies against other clubs. All costs are picked up by the individuals who choose to play.
- We have **unique club clothing** (hats, tees, sweats, jackets, team kit etc) available at [www.seriousfootball.co.uk](http://www.seriousfootball.co.uk) just search for Xcel in the clubs section and then buy what you like. Those wanting to play in competitions buy their own kit, although we try to have some spares. If you are keen then ask Mark for the next available shirt number, we are at 40+ now.
- Post Footy: It used to be down the pub, now we have a **coffee at the Xcel Café** on Thursdays
- We have a "**Walton Walking Football**" **Face Book Group**, if you search for it and then send a message we will allow you to join the 'closed group'. Great banter and lots of info sharing.
- **Tours:** We are going to Devon in March 2018. Do advise if you'd like to come.
- **Events:** Meals out, Quiz Nights, Golf, Christmas Dinner (Thurs 14<sup>th</sup> Dec at Xcel) – ask for info

**Share the fun:** Invite your friends and tell folks about this great new game, the more the merrier.

Do contact WF Co-ordinator Mark Blythe with any questions 07885 778501 or [mark@mccfc.org.uk](mailto:mark@mccfc.org.uk)  
Elmbridge Xcel Leisure Complex, Waterside Drive, Walton on Thames KT12 2JG