



Welcome to Walking Football at Xcel Leisure Complex, Waterside Drive, Walton KT12 2JG
The Newest, Slowest & Fastest Growing Form of the Beautiful Game!

This new form of football has been life changing for many of us: it has given us new friends, regular exercise, reduced isolation and, most importantly, been lots of fun. We are blessed here at Walton with fabulous 3G astroturf pitches, a big café and a very friendly bunch of men and women. We are now the second largest group in the country and have sessions suitable for people of all 50+ age groups and ability levels. We cater for guys that wish to play in competitive matches and those that just want to play for fun and fitness. To facilitate this we have a clear ethos:

- To always encourage and not to abuse anyone verbally
- To respect any player who is less able physically or ability wise
- To appreciate that some players will attend for fun, exercise and friendship and not to win football games
- To never complain to or argue with a referee, if we do we are taking it too seriously
- To have a duty of care for the health and wellbeing of everyone
- Not to use any offensive words or gestures
- To deliberately not challenge for a ball that could endanger or make contact with a fellow player
- To deliberately try to walk at all times on the pitch
- To look out for players that don't look well or have gone quiet

We play on 3G Astroturf where astroturf boots or moulded football studs are best, but it's ok to start with trainers until you are sure the game is for you. Definitely no screw in studs or blade boots are allowed as they are dangerous for you, twisted knees etc.

Since Covid-19 we have to **prebook for all sessions** and we have different booking procedures as we have Xcel, Walton WF, Chelsea & Fulham Foundations organising our sessions. For safety reasons we are a cashless group now with online payments only.

A medical form will need to be completed before the first session, this is a one off. Most important information we need is an emergency contact number, just in case, and details of your medical history, it's helpful to know what to look out for!

Sessions:

Monday 9.00 – 10.00am 50+ Book via Xcel 01932 260300

Monday 10.30 – 11.30am 50+ and 65+ sessions Book via Xcel

Monday 8.00 – 9.00pm 50+ Book via Zapaygo, contact Mark Blythe

Thursday 9.00 – 10.00am 50+ Book via Xcel 01932 260300

Thursday 10.30 – 11.30am 50+ Book via Xcel 01932 260300

Friday 9.00 – 10.00am Ladies only 40+ Book via Zapaygo, contact MB

Friday 11.00-12.00pm 50+ Book via www.fulhamfc.com website

Monday & Thursday morning sessions cost £3.50/£3 and this needs to be booked and paid the day before the session to Xcel. Monday evening 8pm is prime time and costs £5.25.

We are a group that coordinate our WF activities, we are not a Club as such. We purchase the equipment we require from donations from you the players. We suggest £1 per session attended payable via bank transfer to Keith Harris, treasurer, Sortcode 09-01-29 Acc No. 00656801. This pays for 1st aid stuff, balls, cones, paperwork, bibs, trophies, spare kit, Christmas Dinner & Summer BBQ discounts etc.

The WWF Core Team: Chris Callaghan (07825 026611), Dennis Howard (07880 354660), Keith Harris (07958 634573), Mark Blythe (07885 778501), Paul Stewart (07951 746466), Rob Salt (07932 601749), Sheila Richards (07941 683551), Tony Proud (07588 573963)



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. Sometimes you will have a strong team and others not so, please enjoy whatever strength team you have. *We try our hardest to win, but the team leaders/refs do not keep the score*, it's just for fun! We are grateful to be back playing who wins is an unimportant bonus.
- **Competitions:** Some players, about 50%, like to play other teams. We facilitate this by often enter competitions run by Surrey CFA and others. We also play friendlies against other clubs. We've played Arsenal, West Ham & Man City! Match Fees are fixed at £5pp.
- We have **unique club clothing** (hats, tees, sweats, jackets, team kit etc) available at 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 orange kit, although we try to have some spares. If you are keen then ask Mark for the next available shirt number, we are at 110+ now.
- Post Footy: It used to be down the pub, now we have a **coffee at the Xcel Café** after most sessions, it's a great way to get to know people.
- **Other Sports:** We have groups that play Badminton, Golf, Tennis, Cycling, Running, Netball
- 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.
- Check out our website www.waltonwalkingfootball.co.uk
- We have 3 **WhatsApp groups**, for frequent Quizzes, Match info and the other for 'Chat' ie videos, banter etc If you would like to join any just ask MB
- **Tours:** We go on tour most years, all welcome, just ask for details
- **Events:** Meals out, Quiz Nights, music nights – all welcome, please ask for info



The walking football rules:

NO CONTACT. With fragile bones and ageing bodies there is no desire to see people put off playing and out of the game for life. This is just for fun, please jockey and intercept passes rather than tackling. No contact by hands, arms or feet please before or after you have challenged for the ball. NO TACKLES from the side or behind, even if there is no contact, a 1 yard gap between players is encouraged.

NO RUNNING! With or without the ball, ie no running into space either. We use the Olympic walking rules that part of one foot must be on the ground at all times. Practice walking with your heel touching the ground first, this helps to straighten the front leg. A bent front leg is the normal running action & if you don't change that you will often be blown for running. Also swing your arms across your body with your thumbs to mid chest, not up and down along your sides, you will be thinking walking, perfect!

3 TOUCHES ONLY. This brings more people into the game, reduces contact and running & makes better football. If you have had 3 touches you must move away from the ball, ie no shielding until a teammate arrives. You can though move into a defensive position 2 yards away until someone else touches the ball.

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 Blythe is our Xcel Sports Centre Chaplain as part of the Fit Lives team, if/when you have any issues feel free to chat in confidence, just call 07885 778501.



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