



COMMUNITY
SPORTS
FOUNDATION

Please find below, the relevant information regarding courses run by the Community Sports Foundation. It is based at Norwich City Football Club but runs sessions at a variety of venues.

If you require more information, please give Darren Hunter a call on 07387 265896.

Monday PAN Dance (Carrow Park)

Starts: Monday 9th January, 5pm – 6pm

Age: 8+ - Learning or physical disabilities

Tuesday PAN Children's Football (Nest)

Starts: Tuesday 10th January, 5pm – 6pm

Age: 7 – 16 – Learning or physical disabilities

Thursday PAN Children's Football (Carrow Park)

Starts: Thursday 12th January, 6pm – 7pm

Age: 7 – 16 – Learning or physical disabilities

Thursday PAN Adults Football (Carrow Park)

Starts: Thursday 12th January, 7pm – 8pm

Age: 16+ - Learning or physical disabilities

Friday Impairment Specific Football (Carrow Park)

Starts: Friday 13th January 5pm – 6pm

Age: 7+ - Cerebral Palsy, Deaf and Partially Sighted participants

Friday Splash Swimming (Riverside Leisure Centre)

Starts: Friday 13th January 6pm – 7pm

Age: 8 – 12 years - Learning or physical disabilities

Saturday Downs Syndrome Football (Nest)

Starts: Saturday 14th January 10am – 11am

Age: 7+

Saturday PAN Mini Kickers Football (Nest)

Starts: Saturday 21st January 10am – 11am

Age: 4 – 6 – Learning or physical disabilities

Additional sessions:

Realising Potential (Juniors) – Part of our Premier League funded programme, these sessions are aimed at children with disabilities, aged 10-16, and involves youth club and multisport sessions. These run every Tuesday 6-8pm at the Nest.

Realising Potential (Seniors) – Part of our Premier League funded programme, these sessions are aimed at adults with disabilities, aged 16+. These sessions involve employability skills workshops, with opportunities to gain AQA Certificates of Achievement and volunteering experience where appropriate, as well as multisport/physical activity. They run every Wednesday 1:30-3:30pm at Carrow Park, or every Thursday 3-5pm at the Nest.

Disability Development Centre (The Nest)– This is more technically structured session for footballers. It is an invite only session but we encourage recommendations to it. Ages 7 – 12, 13 – 16 and adults.

FA Para Football Talent Hub (Carrow Park) – An FA funded programme that works with players aged 7 – 16 years. Aimed at those with Cerebral Palsy (male/female), that are Deaf (male/female) or partially sighted. This provides a potential opportunity to progress their football to regional or international level.

Adult Representative Football 16+ - They play in a competitive league

Cerebral Palsy National Team 16+ - They play in a national league competition. Would also love to look at an Under 16 side if we can attract some players.

Powerchair Football 7+ - We have teams that play nationally and in regional leagues. We train once a week at City Academy, Norwich, from 5.30 – 8pm on a Friday.

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