

# PLAYERS WANTED

## JOIN THE JUNIOR PURPLE HEARTS

### SMALL-SIDED FOOTBALL FOR KIDS WITH DISABILITIES

For boys and girls aged  
7–13 years of age.

Training on Wednesdays:  
4.30 – 5.15pm at Matraville Sports  
High School, Anzac Pde, Chifley.

Free. Fully supervised and  
run by experienced coaches.

CHECK OUT

[www.purplehearts.rcfc.org.au](http://www.purplehearts.rcfc.org.au)

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OR PHONE 0419 973 631



# JUNIOR PURPLE HEARTS

# FREQUENTLY

# ASKED QUESTIONS



## WHO ARE THE JUNIOR PURPLE HEARTS?

The Junior Purple Hearts is a football (soccer) program designed for children with a disability 7–13 years.

It is an initiative of the Randwick City Football Club created out of the vision to be an inclusive club that uses the power of sport to promote friendship, commitment, and team spirit.

## WHO PARTICIPATES?

Our program is open to boys and girls with a disability aged 7–13 years. It's open to any disability type. It is recommended that players be able to follow simple instructions and have basic social interaction skills. You don't need to be a resident of the area to sign up for the Purple Hearts.

Parents are also encouraged to participate.

## WHERE AND WHEN IS TRAINING HELD?

Training is every Wednesday afternoon from 4.45pm – 5.30pm at Matraville Sports High School Anzac Pde Chifley.

The set-up enables easy participation for people with a disability. The playing area is about the size of a tennis court and is fully enclosed.

The emphasis is on having fun. Our coaches use simple drills to teach the basics of the game.

## WHAT HAPPENS AT WEEKLY TRAINING?

Weekly training sessions are fun, safe and provide a great opportunity to make new friends.

Each session incorporates some stretching, simple fitness work, skill work and a fun match.

Led by an experienced and dedicated coach, there is a great sense of enjoyment, encouragement and camaraderie at the training sessions.

## ARE GAMES PLAYED?

They sure are. The Junior Purple Hearts compete in regular gala days organized by Sports4All and Football4All.

At training, time will be set aside for games. Parents and carers are sometimes involved.

## WHO ARE THE COACHES?

Our coaches are enthusiastic, patient and motivated individuals who come from a range of backgrounds.

They encourage players to develop their soccer skills and fitness.

## WHAT DO PLAYERS NEED TO PARTICIPATE?

Players will be provided with a kit-bag containing a jersey, shorts and socks, a ball, shin pads, a cap and water bottle.

We encourage players to come to training 'geared up'. Only runners or indoor football shoes can be worn at training.

If you do not have the appropriate shoes or clothing, our coaches may be able to assist.

## HOW DO PLAYERS REGISTER?

It's really easy.

Either email ([purplehearts@rcfc.org.au](mailto:purplehearts@rcfc.org.au)) or phone (0419 973 631) and I'll send you a form to fill in and we'll take it from there.

## IS THERE A COST?

There is no charge with this program.