



# EAST RIDING ADULT PAN DISABILITY FOOTBALL LEAGUE



The East Riding County Football Association have recently created a new 5-a-side adult pan disability football league. There are currently seven adult teams competing against each other on a monthly basis and we are looking for new teams to enter.

- **FIXTURES, RESULTS AND LEAGUE TABLES ALL PUBLISHED ON WEBSITE**
- **CERTIFICATES FOR ENTERING**
- **MEDALS AND TROPHIES FOR WINNERS AND RUNNERS UP**
- **TOP GOAL SCORER AWARD**

## NEW TEAMS WANTED!!

### LEAGUE DETAILS:

**Dates:** Last Saturday of every month, excl. December and January.

**Time:** 9.30am – 11.30pm

**Location:** Hull University Sports and Fitness Centre

**Format:** 5-a-side

**Cost:** £5 per team, per day

**Gender:** Male and female teams — NO MIXED TEAMS



# WANT TO GET INVOLVED IN DISABILITY FOOTBALL?



The East Riding County Football Association are committed to providing opportunities at all levels for all individuals to get involved in football – whether it is as a player, referee, administrator or coach. The FA have a number of regional Disability Centres of Excellence providing a structured pathway for individuals to reach their full potential. Locally there are a number of disability football teams for players of all abilities and experience and the East Riding County FA hold numerous coaching and refereeing courses throughout the year so whatever your interest why not get involved?

### FIND A CLUB

#### Cottingham Rangers

Adults and juniors  
Training Details: Saturdays 9.30-11.30am,  
Inglemire Lane, Hull. Contact Carol  
Holcombe - 01482 709309 / 07538847064

#### Beverley Whitestar Rhinos

Adults  
Training Details: Sundays 10am-12pm,  
Beverley Leisure Centre, Flemingate,  
Beverley. Contact Tracey Kay 07810688865

#### West Marsh Tigers Disability FC (Grimsby)

Adults and juniors, min age 9 years  
Training Details: Wednesdays 7-8pm, West  
Marsh Community Centre, Grimsby, Sundays  
10.30-11.45am, Kent St. Grimsby. Contact:  
Denise Miller - 07960486911 / 07504274993

#### Easy Access

Adults and juniors  
Training Details: Mondays 6.30-8.00pm at  
Adelaide, Walker Street, Hull &  
Wednesdays 1.00-3.00pm, West Park,  
Anlaby Road, Hull. Contact Tracy Chapman -  
01482 318019

For more information on disability football or for details of how to get involved please contact Gemma Thomas on 01482 221158 / 07920 047705 or e-mail [gemma.thomas@eastridingfa.com](mailto:gemma.thomas@eastridingfa.com).

Alternatively visit our website: [www.eastridingfa.com](http://www.eastridingfa.com)