

WOMEN'S REC FOOTBALL FACEBOOK PAGE

THE COMMUNITY FOR FEMALE RECREATIONAL FOOTBALLERS IN SURREY

The Women's Recreational Football Facebook page is a place where female players can find a variety of footballing opportunities. The page is run by the Surrey County FA and is designed for local clubs, organisations and groups to advertise their activities.

The aim is to reach any female player looking to find some form of football in the Surrey area, whether that's competitive teams or the more social turn up and play sessions. The page mainly posts opportunities for ladies players however there will be the occasional post from teams about youth players opportunities, so it's worth taking a look!

There will also be posts concerning coaching opportunities within Surrey and also clubs looking to recruit new coaches for their girls/women's sections. To sign up to the page please visit:

www.facebook.com/SurreyWomensRecreationalFootball



With
A Partner Of
Sport England

Surrey Women's Recreational Facebook page

TURN UP AND PLAY

INFORMAL, TURN UP AND PLAY SESSIONS ACROSS THE COUNTY

Please see below the current Turn Up & Play sessions in Surrey. If you're interested in finding out more about any of the sessions, what they involve and what kit you'll need then please make contact.

Woking Leisure Centre | Woking Park, Kingfield Road, Woking, GU22 9BA

Matt Glazier | matthew.glazier@woking.gov.uk | 01483743804
Tuesdays, 7-8pm

AFC Wimbledon Foundation | 422A Kingston Road, Kingston, KT1 3PB

Emma O'Connor | femalefootball@afcwimbledonfoundation.org.uk
Saturdays (when there's a home game) 12-1pm

The Vine London - Rocks Lane | Rocks Lane Sports Centre, London W4 1RZ

Amy Anderson | info@thevine.london | www.thevine.london
Thursdays, 8-9pm

Virgo Fidelis Convent School | 147 Central Hill, Upper Norwood, London SE19 1RS

Leanne Taylor | Imagicyouthsports@yahoo.co.uk | 07984362835
Wednesdays, 6-7:30pm

Futsal Fever – Ladies Futsal Development | Dorking Sports Centre, Reigate Rd, Dorking RH4 1SN

Richard King | hello@futsalfever.co.uk | www.futsalfever.co.uk
Saturdays, 6.15–7pm



GET FIT WITH SOCCERCISE

THE FA INITIATIVE HELPING WOMEN GET FIT THROUGH FOOTBALL



Soccercise is an instructor led aerobic exercise or circuit class, typically lasting 45 – 60 mins in length. It can be delivered indoors or outdoors and combines a variety of fitness exercises with a football. Classes are delivered to music and is based on repetitions of specific exercises (i.e. toe taps, squats, sit-ups). Interested in setting up a Soccercise session at your club or finding it more? **Download the resource pack by clicking here.**

PREMIER LEAGUE AND FOOTBALL LEAGUE

SURREY FA'S PARTNER PROFESSIONAL CLUBS PROGRAMMES WITHIN SURREY

Premier League and Football league Linked clubs currently delivering Girls and Womens Programmes across Surrey are listed below. To get involved with any of these sessions please contact the session coordinators listed below.

Crystal Palace FC Foundation

Roxanne Bennett | Sports Development Officer | RoxanneBennett@cpfcfoundation.org

Crystal Palace Football Club Foundation, Selhurst Park, London, SE25 6PU

Tel: 0208 768 6047 | Mobile: 07808 323 018



Fulham FC Foundation

Abigail Ingram | aingram@fulhamfc.com

Fulham Football Club Foundation, Training Ground, Motspur Park, Surrey, KT3 6PT



Chelsea FC Foundation

Robert Marsden | robert.marsden@chelseafc.com

Cobham Training Ground, 60-64 Stoke Rd, Stoke D'Abernon, Cobham, Surrey, KT11 3PT

Tel: 07525593139



FOUNDATION

AFC Wimbledon Foundation

Emma O'Connor | Sports Development Officer (Female & Disability) | femalefootball@afcwimbledonfoundation.org.uk

AFC Wimbledon Foundation, Kingston Rd, Kingston upon Thames, KT1 3PB

Tel: 020 8547 3528 | Mobile: 07824 536545



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