

# PLAYERS WANTED

## Join the Purple Hearts



Small-sided soccer for people with a disability



For men and women  
aged 14 years and over

Training on Wednesdays

5.30 – 6.30pm

Matraville Sports High School  
Anzac Pde Chifley

**Cost and duration:** It's free. Each term is 10 weeks (includes insurance, club membership, shorts, socks and club jersey)

**Contact:** Ben Folino  
purplehearts@rcfc.org.au  
or phone 0419 973 631

Check us out at <http://rcfc.org.au/index.php/allteams-2/purple-hearts>

# Frequently Asked Questions – Purple Hearts



## Who are the Purple Hearts?

The Purple Hearts are a team of footballers (soccer) with a disability formed by the Randwick City Football Club in 2010 out of the vision to be an inclusive club that uses the power of sport to promote friendship, commitment, and team spirit.

## Who participates?

The program is open to men and women with a disability aged 14 years and above. It's open to any disability type and players don't need to be a resident of the area to join.

## Where and when is training held?

Training is every Wednesday nights from 5.30pm – 6.30pm at Matraville Sports High School Anzac Pde

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

The set-up at the Kikoff Centre enables easy participation for people with a disability.

The playing area is about the size of a tennis court and is fully enclosed.

## 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 Purple Hearts compete in regular gala days organized by Sports4All and Football4All.

They currently play in the Football NSW Athletes with Disabilities Futsal Competition.

At training, 30 minutes is 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'.

Proper football boots can be worn at training but are not compulsory.

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) me and I'll send you a form to fill in and we'll take it from there.

## Is there a cost?

There is no cost with this program.

Each term runs for 10 weeks and follows the school term.