

Project	Description	Where	When	Time	Contact
Schools Programme:	All sessions are delivered by highly qualified staff at affordable prices.				
After-School Clubs	CUFC CST after-school clubs provide opportunities for reception, KS1 & KS2 school children to take part in fun sport sessions. The children play, learn new skills and gain new experiences in a safe environment.	School Premises	Monday – Friday in school term time	3.00pm-5.00pm	Liam Jackson 01228 554169 communitycoaches@carlisleunited.co.uk
Breakfast Clubs	CUFC CST breakfast clubs give primary school children the opportunity to start their school day off with action packed fun sports sessions.	School Premises	Monday – Friday in school term time	8.00am-9.00am	Liam Jackson 01228 554169 communitycoaches@carlisleunited.co.uk
Lunchtime Clubs	CUFC CST lunchtime clubs give primary schools the opportunity to give their pupils an extra sports session. This will give the pupils the chance to stay active and learn new skills.	School Premises	Monday – Friday in school term time	12.00pm-1.00pm	Liam Jackson 01228 554169 communitycoaches@carlisleunited.co.uk

National Curriculum Coaching	CUFC CST National Curriculum Coaching is aimed at primary schools Reception, KS1 and KS2 classes. The sessions are designed in line with the school ethos and national curriculum. The sessions are fun, engaging with all children being challenged at their level of ability. All sessions are delivered with the highest quality PE provision.	School Premises	Monday – Friday in school term time	9.00am-3.30pm	Liam Jackson 01228 554169 communitycoaches@carlisleunited.co.uk
Premier League:					
Premier League Primary Stars	Primary Stars – The P.L Primary Stars work with children aged between 5 and 11 in a primary school setting with a focus on developing the whole child – improving their physical literacy, enhancing their learning, and teaching them relevant life skills and behaviours. P.L Primary Stars	School Premises	Monday – Friday in school term time	9.00am-3.30pm	Carl Carr 01228 554169 carlcarrNCS@carlisleunited.co.uk

	<p>partners benefit from, teacher CPD in the delivery of physical education, assemblies and classroom sessions covering P.H.S.E subjects, intervention sessions with school selected target groups, access to classroom and practical resources through the online platform, the integration of literacy and numeracy with sports, school and pupil rewards, and mass participation events for pupils, teachers, and schools to attend.</p>				
PL Girls Football	<p>Premier League Girls Football is in place to increase the number of women and girls playing football on a regular basis and increase the opportunities for women and girls to develop skills and</p>	<p>Caldew School Richard Rose Morton Richard Rose Central Solway CTC Harraby Sports Campus William Howard</p>	<p>Monday – Friday in school term time</p>	<p>3.00pm-5.00pm</p>	<p>Georgia Smethurst 01228 554169 georgia.smethurst@carlisleunited.co.uk</p>

	confidence to progress as a player, coach or official. At CUFC CST we provide fun diverse sessions for 11-13 year olds and 14+ with the aim of creating an informal environment, allowing participants to progress at their own pace				
FA:					
SSE Wildcats Girls Football Centres	The Wildcat Centres are designed to inspire girls aged 5-11 years old to be involved in football. The sessions provide opportunities to play football in a fun and engaging environment.	University of Cumbria Fusehill Street Harraby Sports Campus	Wednesday & Thursday	4.00pm-5.00pm	Georgia Smethurst 01228 554169 georgia.smethurst@carlisleunited.co.uk
Walking Football	CUFC CST walking football sessions are aimed at 50+ year old males who want to stay involved in football. The sessions are fun, engaging and help keep the	CUFC Neil Sports Centre (Brunton Park)	Tuesdays & Fridays	2.00pm-3.00pm	John Halpin 01228 554169 fitc@carlisleunited.co.uk

	participants both mentally and physically fit.				
EFL:					
Football Development Scholarship	The CUFC CST Football Development Scholarship is a two year full time course which gives 16-19 year old school leavers the opportunity to train like a professional footballer but gain a first class education at the same time. The sports course the students study is a BTEC Extended Diploma in Sport. They also gain work based qualifications in completing FA Level 1 in coaching Football and FA Level 1 in coaching Futsal. The course also gives the students opportunities for work experience at Carlisle United and on completion of the two years they will be	CUFC CST Study Centre	Monday – Friday in school term time	9.00am-4.00pm	James Tose 01228 554169 fitc1@carlisleunited.co.uk

	University ready or Work ready.				
USW Foundation Degree in Community Coaching & Development	The CUFC CST 2 year foundation degree is a distance learning degree which is supported by the University of South Wales and the EFL Trust. The students take part in an extensive work experience programme working with CUFC CST staff alongside their studies. The course has the option of a top up 3 rd year where the students can gain a full degree. The main aim of this course is to educate students about coaching, sports development and get them ready for full time employment.	CUFC CST Study Centre	Monday – Friday in university academic year	9.00am-5.00pm	James Tose 01228 554169 fitc1@carlisleunited.co.uk
National Citizen Service (NCS)	National Citizen Service (NCS) – The NCS is a national award for 15-17 year olds, geared towards helping them develop	CUFC CST (Brunton Park)	Spring (Easter Holidays) Summer (Summer Holidays) Autumn (October Half-Term)	1 week 4 weeks 1 week	Carl Carr 01228 554169 carlcarrNCS@carlisleunited.co.uk

skills and shape their future. NCS gives teenagers the chance to embark on exhilarating challenges, work as part of a team and meet new people, make their mark and build skills for work and life. More than 400,000 young people have already taken part in the award and are reaping its rewards. C.U.F.C runs NCS programmes three times a year – during Spring, Summer, and Autumn; and has worked with young people from all over the Carlisle area. Whether you want NCS to look good on your UCAS personal statement, learn the skills employers value, learn to budget and live for yourself, meet incredible people, or get your voice heard...

	NCS has something for everyone.				
CUFC CST:					
Little Foxes	Little foxes club is designed for beginners boys and girls aged 4-6 years old who want to play and learn about football in a fun and safe environment.	Neil Sports Centre (Brunton Park)	Saturdays in school term time	9.00am-10.00am	Michelle Aiston 01228 554169 michellecst@carlisleunited.co.uk
Junior Foxes	Junior foxes is designed for boys and girls aged 7-9 year olds who want to play and learn about football in a fun and safe environment.	Neil Sports Centre (Brunton Park)	Mondays in school term time	4.00pm-5.00pm	Michelle Aiston 01228 554169 michellecst@carlisleunited.co.uk
Soccer Schools	CUFC CST Soccer Schools are designed to give boys and girls the opportunity to develop existing skills, learn new skills in safe, fun and engaging environment. The courses run throughout the year in the school holidays at Carlisle, Penrith, Whitehaven and Wigton.	Carlisle – Harraby Sports Campus Penrith – Ullswater Community College Whitehaven – Whitehaven Amateurs FC Wigton – Wigton Rugby Club	Monday - Friday	8.30am-2.00pm	Harry Butler & Ryan Godderidge 01228 554169 communitycoaches@carlisleunited.co.uk

<p>Birthday Parties</p>	<p>Our CUFC CST Birthday parties are for boys and girls who want to celebrate their birthday with friends playing football at Carlisle United. The children take part in a fun warm up followed by a football tournament organised by our staff.</p>	<p>Neil Sports Centre (Brunton Park)</p>	<p>Tuesdays & Thursdays</p>	<p>4.00pm-5.30pm</p>	<p>Michelle Aiston 01228 554169 michellecst@carlisleunited.co.uk</p>
<p>Saturday Match Club</p>	<p>Our CUFC CST match club gives local Cumbrian charter standard football clubs the chance to take part in a Carlisle United match day experience. Participants will have a ground tour, coaching session and have the chance to meet Carlisle United Players and watch Carlisle United Play.</p>	<p>Neil Sports Centre (Brunton Park)</p>	<p>Saturdays</p>	<p>12.00pm-5.00pm</p>	<p>John Halpin 01228 554169 fitc@carlisleunited.co.uk</p>
<p>Disability Football</p>					<p>Georgia Smethurst 01228 554169 georgia.smethurst@carlisleunited.co.uk</p>