

# CASE STUDY

## “ACTIVE FELLAS” OVER 35’s SOCCER LEAGUE



Dec 21/Jan 22 at Rosslare Rangers AFC, Rosslare Harbour

### Overview

Sports Active Wexford linked in with the FAI Development Officer for Wexford, Brendan Corish and Rosslare Rangers AFC to facilitate a 5 a side soccer league during the Winter months aimed at men aged over 35, to encourage them to engage in physical activity. The league was supported by Healthy Wexford through the Healthy Ireland fund.

### Aims

- To encourage men over 35, who are not physical active generally, to get moving in the Winter months
- To provide a social outlet
- To provide something to break up the week and for them to look forward to

### Implementation

- Sports Active Wexford and Brendan Corish chose Rosslare Rangers grounds for this programme as there is a good relationship with the club as the Social soccer programme is held there. They have also offered the use of their grounds for future use.
- An initial six week programme was planned to encourage over 35 men to get active, every Thursday from 8.30pm—10.30pm commencing 2nd December, 21 (programme was cut to 5 weeks due to high Covid numbers, and a blitz on the 6th week was cancelled).
- Organised with the help of Brendan Corish, FAI Development Officer. Also Ger Feeney and Andy Carr, auxiliary FAI staff, assisted with refereeing the matches.
- It was advertised on social media and in local papers. Brendan also contacted soccer clubs in the area, along with advertising it on the Richie Dwyer soccer page where more individuals were contacted.
- Either teams or individuals were able to register by contacting either Triona from Sports Active or Brendan Corish by phone or email. It was free to participate.
- Top two teams played each other, 3v4 and 5v6 on the final night.
- Cllr. John Hegarty attended on the final night and presented the cup to the winning team, Kilmore Utd.

### Next Steps

We are currently holding another Over 35’s league in New Ross due to the interest shown in this league when first advertised.

45-50 men took part, ranging in age from 35-53 years



### Outcome

Sports Active Wexford was very happy with the number of participants. The feedback from the programme was extremely positive, all the men enjoyed it and there have been requests to make it a regular fixture in the calendar. Two teams from this league are currently taking part in the New Ross league, Rosslare Rangers are planning to host their own league in the coming weeks, while one of the other teams has continued to have a weekly kick about. We see this as a great success and are delighted that all our aims were achieved