



# 50+ WALKING FOOTBALL

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# HEART OF MIDLOTHIAN FC - PLAY THE GAME

## WALKING FOOTBALL

A fantastic opportunity for anyone over 50 years of age to kick start a healthy lifestyle, get active, make new friends and be part of our sporting family at Tynecastle Park.

Walking football is a slower paced version of the beautiful game. Our sessions are open to everyone regardless of ability, weight or health and a warm welcome awaits those who would like to come and watch or try for the first time.

**Venue:** March-October: Community Pitch, Tynecastle Park, Gorgie Road  
November to February: World of Football (indoor), Chesser

**Time:** Tuesday 1.00-2.00pm weekly  
Thursday 6.00-7.00pm weekly (March-Oct, Tynecastle Park only)

**Age Range:** 50+ years

## 50+ Walking Football | The Setting

Our walking football sessions are born from the environment we used to create in the streets and school playgrounds back in the day. All inclusive, player led, fun with everyone working to build that environment that keeps us coming back every week.

### Games

- Formats include 5v5, 6v6 or 7v7 to ensure lots of involvement and contact with the ball
- 6-10 minute games before teams rotate to set up different opposition.
- Drinks breaks included to keep us all hydrated

### Referees

- We didn't have refs up the street back in the day and we don't use them here. All games are self managed by the participants.
- It's walking football so the only main rule is that there's always one heel on the ground

### Teams

Teams are randomly selected each week to ensure lots of variety and so everyone has the chance to get to know each other.

### Competitions

Some participants work together to enter formal walking football tournaments out-with our sessions. However, there is no expectation or obligation for anyone to become involved in these additional sessions. Details can be provided upon request for anyone interested.



## FAQ's & Further Information

### What if I'm not a Hearts supporter?

Easy answer....nobody cares! We have those that follow other teams all over the country (and the city!) Everyone is welcome and the more variety the better.

### Do I need to be a good player?

Abilities within the group vary at all times, so don't worry if you aren't the next Robbo or Rudi Skace! Sessions are delivered to accommodate everyone and our regular walking footballers will help you fit right in.

### What to bring?

Essentially its your PE kit from back in the day. Tracksuit, shorts and cagoule incase of rain is recommended along with a waterbottle for hydration. You don't need a top of the range pair of football boots but those with moulded studs or trainers with decent grip do help.

### Pre Session

- Changing rooms are available at both Tynecastle Park and World of Football.
- Our community staff will have all the equipment on site and ready to go ahead of each session.
- Session fees are paid to staff prior to participating.

### Post Session

Our Tynecastle Park venue offers everyone a hot shower if required and there is usually soup, rolls plus tea or coffee available as part of the participation fee. Showers are also available at the World of Football venue.



## Cost & How to Register

Email [greggveitch@homplc.co.uk](mailto:greggveitch@homplc.co.uk) with the following information:

- Full name
- Which session you wish to attend (Tuesday or Thursday)
- Date of birth
- Gender
- Daytime phone number
- Email address
- Medical conditions (if applicable)
- Emergency contact name
- Emergency contact number

**The cost is £5.00 per session payable weekly**

# TESTIMONIALS



“Walking Football helps towards my well being. I can honestly say it is the best thing I have done since retiring”

“My first game exceeded all my expectations and I was taken aback by the intensity and excitement of playing the game again”

“Gets me out of the house and has significantly increased the number of people I socialise with on a regular basis”

“I feel as if I’m rolling back the years and reliving the pleasure that football gave me. It helps to improve my awareness of my level of fitness and also gives the opportunity to recall the highs and lows of being a football supporter with my peer group”

“First thing in my diary each week - great for fitness, great fun and great socially”

“Facility to play football at 68, just amazing”

“Playing the game in your senior years has so many benefits. Being able to play football in a good environment and with like minded people is good for both physical and mental health. The banter and atmosphere at the sessions is priceless”

“I always loved playing football and the walking variety is ideal for an overweight arthritic. I also enjoy the camaraderie with the other players. I’ve lost a couple of stones since I started and that’s a bonus”

“Great place to meet new friends and improve your fitness and mental well being”

