

## **The Prince's Trust - Get Started with Football**

### **What's it all about?**

Get Started with Football is a *free* Prince's Trust course aimed at young people aged 14-25. The course will help build confidence, develop new skills and give young people the opportunity to work towards a **FAW (Football Association Wales) Level 1 in Coaching**.

The young people will receive tuition from Cardiff City's Football in the Community Officer's; get a free football kit and the opportunity to attend a Cardiff City Football match!

Following the course, all participants will be offered 3 months progression support in accessing further training, education or employment.

### **Where is it?**

The course starts on Monday 26<sup>th</sup> January 2009 and finishes on Saturday 31<sup>st</sup> January 2009, at the home of Cardiff City Football Club, Ninian Park.

### **Criteria:**

Candidates must be aged 14-25, who are not in education, employment or training.

### **Who do I contact / How do I get involved?**

If you are interested in Get Started with Football and would like some more information, please contact **Jane Davies** at the **Prince's Trust Cymru** on **02920 437 057** or **07943 864 557**