

# How to keep connected

All info on training, matches, meetings, socials etc is sent out on our email list and whatsapp info group. Email [cowgirls-footy@eastoncowfolk.org.uk](mailto:cowgirls-footy@eastoncowfolk.org.uk) to be added.

We also have various other whatsapp groups:

» **Allies for racial justice** – a place to discuss and share ideas for practical action

» **Activism chat** – a place to discuss and share info/campaigns/demos

» **'Lolchat'** - for general (usually daft) banter (you have been warned)

If you'd like to be added to any of these, ask a Cowgirl.

## Social media:

Cowgirls on facebook: [@eastoncowgirlsfootball](https://www.facebook.com/eastoncowgirlsfootball)

Cowgirls on twitter: [@CowgirlsFC](https://twitter.com/CowgirlsFC)

Cowgirls on instagram: [easton\\_cowgirls\\_fc](https://www.instagram.com/easton_cowgirls_fc)

Cowgirls on the web: [www.eastoncowfolk.org.uk/womens-football](http://www.eastoncowfolk.org.uk/womens-football)

## Full club:

For info on full club events and news see: [www.eastoncowfolk.org.uk](http://www.eastoncowfolk.org.uk)

ECCSSC facebook group: search **Easton Cowboys/Cowgirls**

You can also keep up to date with full club, community and network shenanigans via our monthly newsletter, **'The Peashooter'**. If you would like to subscribe to the 'shooter, or to submit something for it, email [peashooter@eastoncowfolk.org.uk](mailto:peashooter@eastoncowfolk.org.uk)

# How to contact us

For general enquiries or to message the Cowgirls committee, email [cowgirls-footy@eastoncowfolk.org.uk](mailto:cowgirls-footy@eastoncowfolk.org.uk)

To message the whole team, email [football-women@eastoncowfolk.org.uk](mailto:football-women@eastoncowfolk.org.uk)

To message the full club committee email [secretary@eastoncowfolk.org.uk](mailto:secretary@eastoncowfolk.org.uk)

To have anything put on the website email [webgimp@eastoncowfolk.org.uk](mailto:webgimp@eastoncowfolk.org.uk)



# EASTON COWGIRLS

**EST. 2002**

**Always inclusive, always a shambles!**



**Easton Cowboys & Cowgirls  
Sports and Social Club, est. 1992**

## Welcome to the herd!

We are part of the Easton Cowboys & Cowgirls Sports & Social Club (ECCSSC), established in 1992 and comprising a number of football, netball and cricket teams, a kids club and a whole legion of ex-players and supporters. We are much more than a sports club! We have a strong social focus, which includes supporting individuals and groups through difficulties and standing up against all forms of discrimination. We do this in a number of ways:

**Solidarity through football** - we join and organise tournaments and tours with like-minded teams all over the world in order to learn, share and play with people fighting social injustice and inequality. We've travelled to anti-racism and anti-fascism tournaments in Hamburg, Hanover, Antwerp and Stuttgart (to name just a few), been on tour to Argentina, Brazil and Palestine and played in loads of anti-racism and anti-homophobia tournaments in the UK.

**Social action** - we take part in demonstrations and campaigns that reflect our ethos of equality and justice. This can involve a physical presence on the streets, fundraising, attending events or campaigning on social media.

**Ethical fund** - part of our membership fee is set aside to support individuals and groups who are going through a hard time. This could be a member of the club, the wider community or an organisation working to support people in Bristol and beyond. We will also support members with limited funds to take part in club activities if needed. Money will never be a barrier to participation.

### How we run things...

The club is run by it's members for it's members. We all take responsibility for making things happen, upholding our core values and for maintaining a supportive and inclusive atmosphere. Everyone has a say in the running of the club at both full club and individual team level - we hold quarterly meetings to discuss key issues and take a vote when necessary. We expect all members to attend these if possible.

To make sure the club ticks over, we have both full club and individual team committees (Chair/Vice Chair, Secretary, Treasurer and Social Secretary), who are voted in at our AGM. Any member old or new is encouraged and supported to volunteer for these roles, which can be held for a maximum of 2 years.

Although we have specific roles to make sure essential stuff is taken care of, the club is only a success because we all chip in and lend a hand. This can be as simple as welcoming new members at training or as complicated as getting 25 Cows to turn up on time for a tournament (not as easy as you might think)!

## What to expect

**Membership:** We welcome female identifying and non-binary folk of all ages (18+), fitness levels and abilities. We ask that everyone who can afford to pay an annual membership fee of £20/£10 (waged/unwaged). This pays for equipment, coaching and our ethical fund. If you can't pay, no problem!

**Football:** We train weekly, year-round in all weathers. Due to our mixed-ability ethos we aim to make training safe, inclusive, supportive, friendly and fun – so please no hard tackles or aggro! Slide tackles are not allowed. Subs are £4/3 (waged/unwaged) year round, which pays for pitch hire during autumn/winter. From September to May we play in the Bristol Women's Casual League, and we also play in various tournaments and friendlies. There is no team selection based on ability – anyone who wants to play gets to.

**Socialising:** We do take a bit of time off from saving the world and letting goals in to prop up the bar at Cowfolk HQ, the Plough Inn, which is a great place to get to know folk from the wider club. We also organise non-pub related stuff such as walks, silly games, meals or watching footy.

**Support:** We're a very supportive and lovely bunch so please don't hesitate to approach any of us if you have any questions, ideas or issues. If you have a complaint or issue with another Cowgirl, please speak to a member of the committee confidentially, who will work with you to resolve it. The full club also has a formal complaints procedure which will be followed for more serious issues which can't be resolved between individuals.

### Finally, we expect every member to uphold the ECCSSC core values:

- »The ECCSSC is anti-racist, anti-sexist, anti-fascist, anti-homophobic and anti-transphobic. We respect the rights, dignity and worth of every person and will treat everyone equally regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
- »We are committed to everyone having the right to enjoy club activities free from the threat of intimidation, harassment and abuse.
- »We aim to promote and foster participation in sport to benefit individuals, the community and wider society.
- »We aim to oppose discrimination and repression in a positive way through sport and social activities locally, nationally and internationally.
- »We seek to further mutual understanding and respect for all people and to challenge discrimination.

**Discrimination or aggression will not be tolerated - If you see it, call it out!**

Now, go and practice your mooing and grow some horns...