



SportRCT Case Study

Hot Steppers Walking Football

The Hot Steppers are a Ladies Walking Football group from Tonyrefail. Set up in September 2021, they are a group that encourage all levels of players, from complete beginners to those who have played previously. They are all about having fun, keeping fit, and enjoying football.

Their founder, Jo wanted to play women's walking football locally. She was unable to find a session, so she set about starting her own! There were no women's only walking football sessions running anywhere in Rhondda Cynon Taf but she was sure that there would be demand out there. She used social media, Whatsapp groups, and her family and friends to help spread the word. Jo identified a local venue and sessions began. The group borrowed equipment and all chipped in to cover the facility hire cost. The women that attended loved the sessions and numbers began to increase.

Soon we heard about the group and how well they were doing. We got in touch and offered our support! We provided some funding for equipment and facility hire and started advertising the session as part of our Community Sport Programme. The group has done incredibly well in a short space of time. They have appointed a coach and they have all

improved their fitness and skills. More importantly than that they have made new friendships and developed a strong family ethos. The social aspect is just as important to them as the football. That being said, they love the game and are enjoying the competitive element. They have a playing kit, 3 ladies are completing coach education training and the team have entered the Wales Women Walking Football Federation Welsh League. Most of the members are completely new to football and have loved discovering a new hobby. Five members have been selected to play for the Wales Over 40's and Over 60's squads.

"It's made me realise it's never too late to do what you love"
"Football nights are the best nights, with non-stop laughter and fun"
"I was hooked from the first training session"
"It doesn't matter that I'm not very good, what matters is that I enjoy it and I'm a bit fitter"
"Its been the best decision I've made in a long time"

