



WORLD CEREBRAL PALSY DAY

SUNDAY 6 OCTOBER 2019

This year we can all play our part to showcase what CP Football means to us by making goals for ourselves and sharing them to inspire others.

For World CP Day, we want to bring together the worldwide CP Football Family by asking, **What's Your Goal?**



#MYGOAL

pure football

Example goals



- #MyGoal is to learn how to play Frame Football
- #MyGoal is to represent my country in CP Football
- #MyGoal is to become more active playing CP Football
- #MyGoal is to make new friends and team mates

Types of Media

- **Video Clips:** Tell us what your goal is or show yourself in action working towards your goal
 - Clips up to 30 seconds long
 - What not hold up a sheet with the #MyGoal logo
- **Photos:** Take a photo to show us more about you and your goal
- **Social Media Frame:** Why not use one of our social media frames to show on your profile that you're supporting the #MyGoal campaign

How to post

- Tag us by using **@ifcpf**
- Use the hashtag **#MyGoal** to join in the story
- Include photos / videos to inspire others and bring your goal to life
- Post on Instagram, Twitter or Facebook

Share your goal with the world on World CP Day (October 6th)!

In sharing your goal with the world on October 6th you'll be setting an example for others. Maybe someone will read your post and be inspired.

We want to send a positive message around the world and show that whatever your goal in life, nothing can hold me back from achieving **#MYGOAL**



@IFCPF



@IFCPF



@IFCPF