



Kevin Milstein

President and Walking Football facilitator at Maccabi FC Caulfield

My love and involvement with football (soccer) came at a relatively late age in my 30s when my boys, I have 5 children, wanted to play a sport and I deliberately chose the most international of all sports, football.

From there I became a team manager for my boys teams, age coordinator, committee member and ultimately club president, which gives you some flexibility and power within the club.

I attended a walking football demonstration and immediately fell in love with the whole concept. I was determined to bring walking football to my club in Caulfield. When the time and the grounds were right in late 2018 I kicked off

our walking football club program with only 6 people attending in that first game. It soon grew to a larger group and now we can safely say that we will get anywhere from 10 to 21 players attending any one of the Tuesday and Thursday sessions that we run weekly.

The benefits that it has brought to the over 50s group has been enormous. They have fun, make friends and get fitter at the same time. You really couldn't ask for a better outcome.

Now Caulfield has become a walking football destination of sorts with teams from around Melbourne asking to play friendlies with us. Maybe it's the Subways lunch that we provide after the game that draws them or the friendly atmosphere, whatever the reason the more the merrier I say.

And I have coined the phrase in my group, Keep on Walking! So now I always finish with a famous KOW! Wait 'til you see that on our new uniforms this year. KOW!

I look forward to working with other committee members of the Australian Walking Football Seventies in their efforts to bring active walking football players in their seventies across Australia together for fun and competition. Walking football never stops!!

