

Hamstead Diamonds Community Football Club

(Formed 2004)



Dear Participant, Player, Parent and Carer,

Welcome, we hope you will / have enjoy(ed) your First, Second, Third season or Forth, as part of Hamstead 'DIAMONDS' Community Football Club. In this welcome pack, there is various information for you and your parents / carers. If you can take a few minutes to read through them you can pick up a few hints & tips on how the Club is run and what you need to do to get even more enjoyment out of training and playing football.

The bits for Parents/Guardians

A committee has been formulated to run the football club and will be governed by the rules from various groups. The first is the Governing Body for football the Football Association and the Leagues that the teams will be competing. The insurance cover has certain Health & Safety rules and the Football Club has a constitution, which is the base from which we work. A copy of which is included.

Each age group team has its own manager(s), who run the coaching, training and match days.

Although the club is still very young we do encourage boys and girls to come and train, whatever their ability or skill level. It is important that the boys and girls give commitment to the club. Regular training means, however well, they maybe, they will improve their individual skills, as well as working with teammates, makes for a winning combination. In this request when your child is unable to make training, they inform their manager as soon as possible. If there is a known commitment beforehand, they should advise their manager and not wait until the day

before to telephone. Tell them as soon as you know. The same applies for match days.

A great deal of planning and challenging work goes into match day arrangements from our team managers, fixture secretary and the away club. Working on who is available is one more headache that can be avoided by your help. Our home games are played on Sundays, as are most of the away games, with a few probably in mid-week. Therefore, if you only tell your manager on the Friday before the game, it is very short notice.

We all want the boys and girls who come training to have the opportunity to play, but if you miss training, you may start as a substitute. We as a club are loyal to those who are loyal to us.

If you would like to offer any ideas for fund-raising, events or suggestions, please don't hesitate to speak to your child's team manager or committee member.

Regards,

The HDCFC Football Committee

Training

- T-shirt and a sweatshirt or jumper.
- A light waterproof jacket, as it has been known to rain in the summer.
- Bring a drink & take the empty container away with you. Drinks should always be still, never fizzy.

In the winter (or wintry weather)

- Woolly hat & gloves.
- Tracksuit bottoms.
- Lots of thin layers (3 or 4 T-shirts and a sweatshirt)
- A lightweight waterproof jacket. No heavy winter coats.
- Do not wear layers of socks, you won't get warm, just have sore feet.

When we train on the grass it is sometimes very muddy, so be prepared.

Have a bin liner to protect the car seat.

During Training

All jewellery must be removed & no chewing of gum.

What to wear

- You **MUST** always wear shin pads.
- Something to tie your hair back with, it needs to be completely off your face.
- On your feet, when on grass, mainly football boots. On all weather pitches and/or when the ground is hard, trainers.

In the summer (or warmer weather)

- Shorts or tracksuits bottoms. If you wear shorts, you must wear football socks fully pulled-up over the shin pads.
- Light coloured clothes will not always come clean.

None of the items of clothes described in the above should be from any of the well-known brands of sportswear. The Football Club will be purchasing items, for the players only, as soon as it is viable. We will inform you when that is possible. Finally, please remember to bring your training fee with you every week.

Match Day

All jewellery must be removed & no chewing of gum.

You need to bring with you on the day

- Football boots or trainers (your manager(s) will advise you at the training session before on what to bring)
- Shin pads.
- A T-shirt to wear under your football shirt.
- A still drink for after the game.
- Your football kits.

The club will provide the kit and drinks for half time.

Before and after the match

You should have a meal no later than 1 hour preferably 2 before the match, no greater than 4 hours.

After the game, you need to replace the energy you have lost.
Eating carbohydrates does this best. E.g. bread. potatoes, pasta or rice.
There are many others.

Drink is very important; the body needs fluids.
You should always have still drinks before the match; fizzy drinks can at best give you stitch, at worst make you sick.

After the game, you need to replace the lost fluids. On a sweltering day, you will lose more.

Finally, please remember to bring your match fees with you on the day.

The Young Person's Safety Guide

Growing up is fun, sport is one way to enjoy life, and should benefit everyone.

To make your sport more enjoyable, here are some safety tips:

- If you are being bullied, tell someone – your coach, a parent, or a friend.
- If someone damages or takes something that belongs to you, tell a person you can trust.
- Always make sure someone knows where you are going, who with, and the time(s), during training sessions and match days.
- Your coach needs to know where you are always. If you must leave, for whatever reason, tell them where you are going and when you will return.
- If you have any type of injury, even a slight one, tell your coach. They will advise you to whether you can train/play.

A slight injury not taken care of straight away may lead to you not training or playing for several weeks.

REMEMBER

- Look after yourself,
- Your friends,
- Your belongings,
- And importantly, have FUN!

If you have any problems, here are some useful phone numbers:

Child Protection Committee Member – See contact list page.

Childline	0800 1111
NSPCC	0800 800 500

The Parents' / Guardians Guide to Child Safety

It would help to discuss the following safety tips with you child:

- If you are unable to transport your own child to matches always ensure your child seeks your permission prior to travelling with someone else.
- Ensure you know where your child is and how to contact them: If necessary provide them with a phone card or change.
- Your child and the club need to be aware of how to contact you in an emergency.
- Your child should be aware that they must refuse touches or attention from anyone, which makes them feel uncomfortable – they can say NO!
- The only way to stop a bully is to tell someone they trust.
- Your child needs to realise that they can confide in you, and you will be supportive, and not angry.

Your child needs to know:

- Some secrets need to be shared, even if they promised not to tell.
- It's okay to ignore strangers and walk away. However, they should tell you if ever approached by a stranger.
- To stay safe your child can break the rules by kicking, screaming or shouting, to escape danger from a stranger.

For any situations which arises contact:

Child Protection Committee Member – See contact list page.

Childline	0800 1111
NSPCC	0800 800 500

Coaches' Safety Guide

The young people taking part in our football club will look to you for inspiration and example. You have a responsibility for their care and well being.

Here are some useful tips:

- Keep a list of any incidents reported to you: The time, location and names of any witnesses.
- If you are concerned for the welfare of a young person, either from a behaviour or appearance point of view share the concerns with another Club official or the Club Child Protection Officer.
- Be mindful of how to act in relation to the young person. Ensure that comments and physical contact cannot be misinterpreted.
- Never offer to take a child home or to their desired destination on their own.
- Ensure you are aware of why a child has left your group, where they have gone and how long they will be.
- Avoid being alone with a child.
- Ensure parents/guardians are aware of how they can contact their child whilst in your care.
- Ensure you always follow Health and Safety guidelines.

Ensure any person making a complaint is aware that you will or they can contact:

Child Protection Committee Member – See contact list page.

Childline	0800 1111
NSPCC	0800 800 500

WHAT IS A TEAM?

- A small group of people.
- Who co-operate together.
- They accomplish more than the sum of the individuals.
- Help each other.
- Recognise that people contribute in diverse ways.
- Successfully achieves their goals.
- Develop themselves and the team.
- Support their team and represent it well.

Bear these points in mind always, except that we can all make a mistake from time to time and work together to overcome them as a team.

Sponsorship (see link to Sponsorship Pack)

(See Funding below)

Presentations

As previously mentioned there is an annual Presentation Evening. Here each boy and girl who has represented the Football Club in League or Cup games receives an award. In each age category, there are also awards for Managers Player, Players Player, Most Improved Player and Parents Player.

Funding

HDCFC aims to be self-financing and since we are a new football club, we will need all the support you can provide.

The only regular income is that from training and match fees, and most of that will go on start up costs of being a new club, registration fees, team's personal insurance, club's liability insurance, some football kit and equipment.

We hope to run fund raising events soon and other ways of supporting the football teams, so if you have any ideas or know of any sponsor or can provide sponsorship yourself, we would be only too pleased to hear from you.