



# Welcome Pack

## Season 2017/18



## Contents

An introduction to Ormesby Lads Football Club .....	1
Club Officials.....	1
Annual General Meeting .....	1
Training.....	1
Matches.....	1
Subscription Fees .....	1
Football Kits .....	2
Health and Safety .....	2
Sponsorship.....	2
Opportunities.....	2
Presentation Evening.....	2
Fund Raising .....	2
Children’s University.....	2
Club Constitution .....	2
Respect - Why football needs Respect.....	3
Respect Code of Conduct - Young Players.....	4
Respect Code of Conduct - Spectators and Parents/Carers .....	5

Welcome pack sponsored and printed by



Tel: 01493 856715 • [www.ashleighprint.com](http://www.ashleighprint.com)

## 1. - An introduction to Ormesby Lads Football Club

Ormesby Lads Football Club was founded in 1991 by Chris Colman, Chris Tooth, Phil Myhill & Jeanette Wright. Phil Myhill is still very much involved today being Secretary and Manager.

We are a Charter Standard Club which means that we have achieved all the relevant requirements as set out by the FA. Every year the Club has to conduct a health check to satisfy its obligations to the FA. The Norfolk and Suffolk Youth league to which we belong was one of the pioneers in developing and supporting Clubs to get their Charter Standard. Our Club is affiliated with the Norfolk FA this gives us support and advice, plus covers Insurance and relevant documentation. In summary it gives us a level to work to that benefits all involved with the Club.

Today Ormesby Lads currently have 8 teams playing in the Norfolk and Suffolk Youth League, ranging in age from U7's to U12's. The U7's and U8's play under the rules of 'Fair Play', which is development 5-a-side, the U9's and U10's play development 7-a-side, Under U11's play development 9-a-side, U12's play 9-a-side league football, U13's to U16's play 11-a-side league football.

## 2. - Club Officials

Acting Chairman	Chris Parker	chairman@ormesbyladsfc.org.uk
Treasurer	Sarah Buttery	treasurer@ormesbyladsfc.org.uk
Club Secretary	Phil Myhill	phil@ormesbyladsfc.org.uk
Child Welfare Officer	Stefanie Davis	welfare@ormesbyladsfc.org.uk
Charter Standard Co-ordinator/ Minutes Secretary	Andy Watson	a.watson@ormesbyladsfc.org.uk

## 3. - Annual General Meeting

Each year we hold our Annual General Meeting, which is usually held in June. All parents are encouraged to attend, and all contributions are well received.

At the meeting the committee stands down and re-elections take place. All future events are discussed and new ideas welcomed for fund raising etc.

We are always looking for parents to get involved and what better way than to join the Ormesby Lads FC committee. Your Club, your opportunity.

## 4. - Training

All players are expected to attend weekly training sessions. The sessions normally last between 1 and 2 hours. During the Autumn, Spring and Summer months training is normally outdoors, but in the Winter training may sometimes be indoors, a charge for this may need to be incurred to cover costs. There is **no charge** for training for registered players for outdoor training. A charge will be made to unregistered players who do not wish to play in the league but just participate in the training sessions.

## 5. - Matches

Ormesby Lads FC play in the Norfolk and Suffolk Youth League. During the months following the end of the season, teams will have the chance to participate in tournaments and friendlies arranged by the teams manager. Little Vikings (school years reception and year 1) are not permitted to play in Tournaments as per Football Association guidelines, but will have the opportunity to play in friendly matches after the end of the football season. Our home ground is on Station Road, Ormesby.

## 6. - Subscription Fees

The current subscription fees for 2017/2018 are a reasonable £55. This fee is reviewed each year and then agreed at the A.G.M. The fee includes monies to be paid to the League for registration, public liability insurance, coaching courses, referee fees, pitch fees, equipment for our Club and a ticket and trophy for all the players at the end of season presentation evening. All players need to complete a registration form. Little Vikings (school years reception and year 1) are exempt from registration fees as teams do not become part of the League until they reach the Under 7 age group, so their subscription fee is reduced to £25.

## **7. - Football Kits**

From the under 7 age group upwards, players are required to wear team football strips. The strip has to be in the Clubs colours of Blue/White. Team kits are replaced approximately every 2 years. The football kit will include shirt, shorts and socks. Tracksuits can also be purchased by the teams but this increases the overall cost. Parents may need to make a contribution towards the kit if sponsorship monies do not cover the full cost. The design of the football kit is the managers choice, and will last at least 2 years. Shin pads and football boots must be supplied by parents and are not the responsibility of the Club. Shin pads must be worn by all players in training and during match play. All kits remain the property of Ormesby Lads Football Club, and are to be handed back if you choose to leave the club.

## **8. – Health and Safety**

It is important that during training and matches that the player has plenty of fluids – especially in the warmer weather. Sun cream should always be worn during the hot summer weather and a hat used to protect the player from the sun. Suitable footwear and shin pads must be worn during matches and training. It is the responsibility of the parent to ensure their child has available at all times any inhalers or epi-pens that have been prescribed.

It is part of the Referee's role to inspect footwear, shin pads and jewellery before each and every match. Any player not removing jewellery (including necklaces, rings, bracelets, leather bands and earrings) will not be allowed onto the field of play. It is the coaches decision to remove players or suspend play if there are any health and safety issues. Please advise the coach if your child has been suffering with any types of aches and pains before or after the game.

## **9. - Sponsorship**

Any form of sponsorship is greatly appreciated by our teams. Often sponsorships come from companies where the players' parents are either employed or own. It is also a great way to advertise and shows support for young people in sport. If you would like to be a sponsor for the Club please contact us for details.

## **10. - Opportunities**

The Club is always looking to encourage parents to be part of the Club. Parent helpers are vital to the success of the Club. Any parent wishing to become a coach/manager will be supported by the Clubs committee. FA Level 1 coaching is a minimum requirement and this is funded by the Club. You will require to be C.R.C. checked, which again will be funded by the Club. We would also welcome anybody wishing to become a referee, again the Club would support this with the relevant FA courses. A tea hut is available during home games and this is run by parents of the players a great way to get involved. Whatever time you can give will be valued greatly.

## **11. - Presentation Evening**

Every year at the end of the football season we hold our annual presentation evening. Our presentation evening is a fantastic event where parents and players can socialise and celebrate the Clubs success. This is where you see the smiles on the children as they collect their piece of silverware. All players are included and every child receives a training trophy for the hard work that they have put in during the season. For the age groups that play in the league there are individual awards up for grabs such as Players Player, Managers Player, Most Improved etc.

## **12. - Fund Raising**

The club is always keen to hear from people who have enthusiasm to drive fundraising projects, this does not have to be football based.

## **13. - Children's University**

We are an accredited Learning Destination for Children's University, the only club in the League to achieve this. Bring passports along to training to be stamped.

## **14. - Club Constitution**

The Club has a constitution that is reviewed annually and goes into greater depth about the Club structure. This is available as a download on our website or at our home ground.

# Respect



## Respect

### Why football needs Respect

The FA is responding to a plea from grassroots football to tackle unacceptable behaviour in football. Respect aims to tackle the mass drop-out of referees from football due to abuse. Thousands of referees dropped out of the game last season which has led to the number of match officials hitting its lowest ever level.

Respect also aims to bring the fun back to football for young players. Parents and coaches pushing too hard and pressurising impressionable children for three points is having a negative impact on their development and enjoyment of the game.

- 98% of referees have been verbally abused and 27% have been physically abused.
- One in three grassroots matches is now played without a qualified match official.
- 846 grassroots matches were abandoned in 2007/08 due to unacceptable behaviour from players and/or spectators.
- Parents and coaches want role models in the elite game to provide a positive example for young players.
- The No. 2 priority from grassroots football is tackling the 'pushy parent' placing too much pressure on their child and their child's team from the sidelines.

### How do we achieve Respect?

Step 1: Codes of conduct

Step 2: Designated spectators' area

Step 3: The captain takes responsibility

Step 4: The referee manages the game

## Young Players

We all have a responsibility to promote high standards of behaviour in the game.

As a player, you have a big part to play. That's why The FA is asking every player to follow a Respect Code of Conduct.

---

### When playing football, I will:

---

- Always play to the best of my ability
- Play fairly - I won't cheat, complain or waste time
- Respect my team-mates, the other team, the referee or my coach/manager
- Play by the rules, as directed by the referee
- Shake hands with the other team and referee at the end of the game
- Listen and respond to what my coach/team manager tells me
- Talk to someone I trust or the club welfare officer if I'm unhappy about anything at my club.

---

**I understand that if I do not follow the Code, any/all of the following actions may be taken by my club, County FA or The FA:**

---

### I may:

- Be required to apologise to my team-mates, the other team, referee or team manager
- Receive a formal warning from the coach or the club committee
- Be dropped or substituted
- Be suspended from training
- Be required to leave the club.

### In addition:

- My club, County FA or The FA may make my parent or carer aware of any infringements of the Code of Conduct
- The FA/County FA could impose a fine and suspension against my club.



**Respect**

## Respect Code of Conduct

# Spectators and Parents/Carers

We all have a responsibility to promote high standards of behaviour in the game

This club is supporting The FA's Respect programme to ensure football can be enjoyed in a safe, positive environment.

Remember children's football is a time for them to develop their technical, physical, tactical and social skills. Winning isn't everything.

Play your part and observe The FA's Respect Code of Conduct for spectators and parents/carers at all times.

---

### **I will:**

- Remember that children play for FUN
- Applaud effort and good play as well as success
- Always respect the match officials' decisions
- Remain outside the field of play and within the Designated Spectators' Area (where provided)
- Let the coach do their job and not confuse the players by telling them what to do
- Encourage the players to respect the opposition, referee and match officials
- Avoid criticising a player for making a mistake - mistakes are part of learning
- Never engage in, or tolerate, offensive, insulting, or abusive language or behaviour.

---

**I understand that if I do not follow the Code, any/all of the following actions may be taken by my club, County FA, league or The FA:**

---

### **I may be:**

- Issued with a verbal warning from a club or league official
- Required to meet with the club, league or County FA Welfare Officer
- Required to meet with the club committee
- Obligated to undertake an FA education course
- Obligated to leave the match venue by the club
- Requested by the club not to attend future games
- Suspended or have my club membership removed
- Required to leave the club along with any dependents.

### **In addition:**

- The FA/County FA could impose a fine and/or suspension on the club.