



LEAMINGTON

# THE BRAKES



WELCOME TO  
THE BRAKES

[www.leambrakes.co.uk](http://www.leambrakes.co.uk)

# INTRODUCTION

Thank you for bringing your child to Leamington Brakes FC. We hope that by providing the following information to you, we will be able to work better together to get the most out of Brakes.

This guide will help families understand what is involved in joining a junior football club.

From previous experience, you may well already have a good idea how things work. However, we would like to take this opportunity to explain to you what is involved in being part of the Brakes.

The ethos of the club is simple; to welcome all children regardless of ability to join our club and develop their footballing skills and love for the game.

We are a Charter Standard Community Club formed in 2003, affiliated to Leamington FC who play in the English football pyramid.



# WHAT WILL MY CHILD GAIN?

Being part of Leamington Brakes will enhance life skills, and aims to:

- Help your child to improve their football skills
- Help your child learn about being part of a team
- Teach your child about commitment and discipline, as well as perseverance through the good times and the bad
- Develop your child's self esteem and self confidence
- Help your child to keep fit and healthy
- Enable your child to meet new children and make new friends
- Enable your child to have fun

As you can see - football is really only a small part of being involved!

# WHAT WILL MY FAMILY GAIN?

- A shared interest with your child
- A chance to get to know other families
- An opportunity to show your support for your child in their interests and to help them develop
- A chance to get more involved with your local football club
- An opportunity to get to know parts of Coventry that you never knew existed!

# HOW MUCH TIME IS REQUIRED?

You may be surprised to learn that there is only a short 'off-season' in junior football. The season starts in September and finishes in May, followed by some select tournaments entered at your manager's discretion.

Training is a minimum of one hour every week, except during Christmas and Easter holidays. When it is light enough to train outside, all of the teams use local pitches, and Winter training facilities are then used when the light fails.

Teams play in the CWYL with matches taking place on Sundays, therefore you would need to be prepared for around three hours every Sunday - most games are usually in the mornings for this league.

It's worth remembering that we are in Britain, and sometimes games can be called off - your manager will make you aware of this via **Teamstuff** or text if it's a last minute cancellation!



---

# WHERE ARE THE MATCHES AND HOW DO WE GET THERE?

Home matches can be played across a number of venues dependent on age group. Currently all teams are playing matches at Newbold Comyn. Away games will be played across Coventry and Warwickshire - some teams will meet in convoy and travel together, others will make arrangements - lift sharing is always a good idea for away games!

**Transport is the responsibility of the parents and players, not the managers or coaches.**

# WILL MY CHILD GET TO PLAY?

Each team is allowed a maximum number of players in the squad according to league rules.

The club philosophy is that all squad players will play at some time in every match, managers are encouraged to give all players available on the day of the match equal playing time.

Under the FA rules all age groups are allowed rolling substitutions which means that players who have been substituted may return to the field of play again later in the match. The decision on who starts and when and who is substituted is solely the manager's.



# WHAT EQUIPMENT IS NEEDED?

If your child is selected to join they will be provided with a full match kit for the season (including a match day jacket), and a training top. This remains the property of Leamington Brakes FC and must be kept in good condition and washed between games.

Children are not allowed to wear the kit at any time other than matches or training. At the end of the season all match kit must be returned. You will need to provide your child with shorts and socks for training, shin pads (**compulsory for training and matches**), trainers/astros and football boots.



# HOW ARE THE CLUB FEES USED?

By the time the season starts the club is already committed to paying for expenses such as kit, hiring of facilities, pitch fees, referee fees, man of the match medals and so on. These costs are incurred regardless of whether your child is at training or a match. All managers and coaches are volunteers and receive no payment.

# HOW CAN THE REST OF THE FAMILY GET INVOLVED?

We need your help and support to work together to help your child make the most of being part of the Brakes. The most obvious way to become involved is for the family to come along and support the team at matches.

However, it goes without saying that it is expected that supporters should behave in a proper and appropriate manner, and at no time should there be any swearing, aggressive behaviour, abuse of match or club officials or contradiction of coaching advice given during a game.

Parents are invited to attend and watch training sessions. You can also support Leamington FC by attending matches at the **Phillips 66 Community Stadium** - players get in for free!



# THIS IS GREAT - HOW CAN I GET MORE INVOLVED?

Teams do not run themselves. There are always opportunities for parents, guardians and wider family members to get involved. Most managers running the teams are parents who have children playing in the team. Those involved with running teams in administration and management will be obliged to attend monthly meetings. These are good sounding boards to feedback and help the club and the individual improve.

## MATCH DAY ASSISTANCE

For home games, help is always welcome. A typical game day involves putting goals and nets up, putting in the corner flags, erecting the **FA Respect** barrier, filling in a team sheet, greeting the opposition managers, paying the referee - and that's even before any of the warm up or match!

These are activities than will take minutes when shared, and your team's manager will be incredibly grateful for any assistance you can offer! You could devise a rota to ensure that all duties are shared equally.

## TEAM ADMIN

Getting everyone to the correct venue at an agreed time can often feel like herding cats, but that's the nature of running a team. Getting the information to all players and parents - for older age groups it can be 16+ contacts and seeking confirmation at least 48 hours before the game is a plan.

Leamington Brakes use **Teamstuff** to organise players and parents, so please ensure you have access to the app!



# COACHING AND MANAGEMENT

As a club we encourage all players and coaches to learn the game and develop. As a coach, you would be required to take an FA Level 1 coaching course, which encourages best practice for being able to set up coaching sessions and understanding the needs and wants of enthusiastic youngsters. The cost of courses would be met by the club. There are emergency first aid and safeguarding elements which would need to be renewed every three years. Further courses are available should you wish to continue your journey.



## EXTRA CURRICULAR ACTIVITIES

Yes - there's more to Leamington Brakes! Although not a requirement, a football club is not just about football. Fundraising for equipment and infrastructure and advertising the club in the local community is essential due to our partnerships and affiliation to Leamington Football Club. Manning stands, running stalls, and coming up with suggestions for how we can improve are always welcomed.



L E A M I  
**BR**A

YOUTH FOOTBALL DEVELOPMENT



W O K I N G T O N

# WOKING FIVES

DEVELOPMENT PROGRAMME

# THIS IS OUR VISION

**WE AT LEAMINGTON BRAKES FC IN PARTNERSHIP WITH LEAMINGTON FC ARE INTRODUCING A YOUTH FOOTBALL VISION.**

Being well established as a community club it outlines a defining moment for our football development department as we look to provide pathways to elite levels in football with a view to hopefully producing players for Leamington FC first team and beyond in the future.

The vision outlines a clear idea to create effective steps forward for youth football to thrive at our football club with the aim of establishing a clear pathway from the community section into the development section.

A Cohesive and realistic strategy for our long term youth football development is a key pillar in the vision of LBFC & LFC. **This is step one in bringing this structure into Leamington Brakes FC in partnership with Leamington FC.**



**A fun safe environment for all children to thrive in, whilst showing the correct values and characteristics expected from LBFC.**

**An holistic, player-centred coaching environment using the new *England DNA* philosophy to harvest high-quality, technical and effective decision-making footballers, as well as give all children regardless of ability the best possible environment to aid development.**

Firstly we at Leamington Brakes FC are a community club offering football for all and this is still core to our vision and to being able to provide pathways within our football pathways.

The next step is to introduce pathways within the community section for those players excelling in the community environment. To do this we have introduced **GOLD** teams in season 2017/18 within our community teams with the view that any players thriving in the community section will be given the opportunity of joining the **GOLD** team in that age group.

**GOLD** teams will aim to be playing A Division football within the Coventry Youth league , meaning the children will be playing alongside and against players of similar ability aiding development, with the long term goal of entering teams into the MJPL (Midland Junior Premier League) from U11s either as part of LBFC or as part of development teams for Leamington FC.

This would be the next step on our pathway and would be an exciting adventure as the MJPL bridges the gap between grassroots football and academy football, again providing players opportunity to play against other good players to aid their development.



# THIS IS OUR STRUCTURE

## CURRENT PYRAMID STRUCTURE

COMMUNITY TEAMS  
U7 - U17

COMMUNITY SESSIONS  
U7 - U12

BRAKES FUTURE STARS  
4 - 6 YEAR OLDS

The youth football programme pyramid below demonstrates a clear progressive **PLAYER PATHWAY** from the current pyramid, with opportunities to reach first team level.

LFC YOUTH TEAM

MIDLAND JUNIOR  
PREMIER LEAGUE

LBFC GOLD TEAMS  
U7 - U17

COMMUNITY TEAMS  
U7 - U17

COMMUNITY SESSIONS  
U7 - U12

BRAKES FUTURE STARS  
4 - 6 YEAR OLDS

# KEY PEOPLE

## **CHAIRMAN**

Matt Turner

## **HEAD OF DEVELOPMENT U7 - U10 FOUNDATION**

Dominick Hancock

## **HEAD OF DEVELOPMENT U11 - U14 FOUNDATION/YOUTH**

Jason Hemming

## **HEAD OF DEVELOPMENT U15 + YOUTH/PROFESSIONAL**

Scott Pheasey

Heads of Development will be working with coaches within the community section. The Key principles will be to ensure the development of our players throughout the years, and the differing phases of their development. This starts as early as 3 years old.

Heads of development will also be working with the community coaches to ensure all coaches are working to the new England DNA structure so we can establish a distinct team culture based on clear values and beliefs and be consistent in the way we work and behave on and off the pitch.



# THE ENGLAND DNA CONSISTS OF FIVE CORE ELEMENTS

WHO  
WE ARE

HOW WE  
PLAY

THE  
FUTURE  
ENGLAND  
PLAYER

HOW WE  
COACH

HOW WE  
SUPPORT

England DNA is based on 3 main factors:

**IN POSSESSION**

**OUT OF POSSESSION**

**TRANSITION**

We want to encourage players to be more confident, creative and free to express themselves.

Across the 3 age phases of development the priorities outlined are a set of guiding principles for coaches to focus on in each of the age phases.

## **IN POSSESSION**

- # Stay on the ball, master the ball
- # Excite with the ball and seek creative solutions
- # Connect and combine creatively with others

## **OUT OF POSSESSION**

- # Positive and enthusiastic defending
- # Intelligent defending
- # Master a variety of defensive techniques and roles

## **TRANSITION**

- # Instinctive decision making
- # Positive and intelligent attacking reactions
- # Positive and intelligent defensive reactions

Consistent headlines throughout the age phases, with additional descriptive detail for each age phase.

The England DNA also places a real importance on the delivery of SSGs and/or game-related practices to support the playing priorities across the age phases.

# CAREER PATHWAY OPPORTUNITIES

**Leamington FC** (The Brakes) currently play in the sixth tier of the English football pyramid.

With our affiliated teams, our regular fanbase, volunteers and coaches, there are over 1000 people in the local community who are involved in football and sports activities on a weekly basis.

Involvement brings opportunities for volunteers to be involved in the club at every level, which can lead to kickstarting a number of career opportunities, including, but not exclusive to:

**SPORTS  
LEADER  
AWARDS**

**REFEREE  
TRAINING**

**FIRST AID  
TRAINING**

**FA  
LEVEL 1**





# WHAT CAN I GAIN?

## WORK EXPERIENCE OPPORTUNITIES IN:

- Sports Media
- Press Office
- Commentary
- Photography
- Sports coaching
- Fitness coaching
- Health and nutrition
- Administration
- Community engagement
- Hospitality and events
- Retail
- Match day stewarding
- Physiotherapy
- Pitch maintenance



Contact us to discuss opportunities that you may be interested in to help you progress at the club via email at

**COMMUNITY@LEAMINGTONFC.CO.UK**



in partnership with



[www.leambrakes.co.uk](http://www.leambrakes.co.uk)