

October Half Term Courses 2007

“Number 1 for kids’ coaching” www.fitc.org.uk / 01603 761122



**FITC Member
Discounts Available**

Football in the Community



- 1 & 2-day Soccer Schools
- 1-day Girls-Only Course
- 2-day Strikers' Course
- Bryan Gunn Goalkeeping Course
- Mini Kicker Mornings
- 2, 3 & 5-day Multi-Sports Courses



Course list

Soccer Schools

Mon 22nd & Tue 23rd October

2-day courses
 Members £25 / Non-Members £27
 Attleborough Junior School O1
 Cromer High School O2
 Taverham Middle School O3
 Strikers' Course, Pinebanks Sports Club, Norwich O4

Wed 24th October

1-day courses
 Members £16 / Non-Members £17
 Pinebanks Sports Club, Norwich O5
 Long Stratton Leisure Centre O6
 North Walsham FC, Greens Road O7
 Beccles Sports Ground, Common Lane O8

Thu 25th & Fri 26th October

2-day courses
 Members £25 / Non-Members £27
 Bryan Gunn Goalkeeping, Pinebanks, Norwich OBG
 Hethersett High School O9
 Cliff Park Middle School, Gorleston O10
 Northgate High School, Dereham O11

Girls-Only Course

1-day course – Wed 24th October
 Members £16 / Non-Members £17
 Carrow Park, NCFC, 10.00am – 3.00pm OGO

Mini Kicker Mornings

2-day course – Mon 22nd – Tue 23rd October
 Members £11 / Non-Members £12
 Carrow Park, NCFC, 10.00am – 12.00pm OMK

Multi-Sports

Mon 22nd – Fri 26th October

5-day courses, Pinebanks Sports Club
 Cost M £70 / N-M £75 MSO1
 8.30 am – 6.00 pm M £52 / N-M £57 MSO2
 10.00 am – 3.00 pm

Mon 22nd – Wed 24th October

3-day courses, Pinebanks Sports Club
 Cost M £52 / N-M £55 MSO3
 8.30 am – 6.00 pm M £34 / N-M £37 MSO4
 10.00 am – 3.00 pm

Thu 25th May – Fri 26th October

2-day courses, Pinebanks Sports Club
 Cost M £43 / N-M £45 MSO5
 8.30 am – 6.00 pm M £25 / N-M £27 MSO6
 10.00 am – 3.00 pm

Bryan Gunn Goalkeeping Course



- Goalkeeping coaching for boys and girls of all abilities aged 6 to 15 years old
- Course runs from 10.00am to 3.00pm on Thursday 25th and Friday 26th October at Pinebanks Sports Club
- Three trophies to be won, plus the chance to be selected for our GK Player Development Centre
- **Course fee:** members: £25 / non-members: £27
- **Booking Code:** OBG



Sponsored by:

FITC October Half Term Courses 2007

Soccer Schools

- Coaching for boys and girls aged 5 to 14 years old from our FA-qualified FITC team
- Courses run from 10.00am to 3.00pm
- Featuring all your favourite FITC games
- Includes a free course gift and certificate
- Opportunity to meet up with old and new friends
- Chance to be selected for our Player Development Centres
- Possibility of player appearances (depending on availability)
- Book early to avoid disappointment!



Sample Soccer School Itinerary:

Day	10.00 – 11.00	11.15 – 12.15	1.00 – 2.00	2.10 – 3.00
1	Warm up / Getting to know each other	Games / exercises to improve passing	Penalty Challenge Beat the Keeper	Small sided matches
	Team games Matches	Turning, skills and tricks practices	Games / exercises to improve shooting	
2	Warm up	Games / exercises to improve heading	Games / exercises to improve dribbling	Champions' League Tournament / Course Presentation
	2v2 / 3v3 matches	Inter-group challenges	FITC fun games	



Multi-Sports Courses

- Coaching and activities for boys and girls aged 8 - 14 years old
- Courses run from 10.00am – 3.00pm (short day) or 8.30am to 6.00pm (long day) – breakfast and light evening snacks available on long days
- Courses run at Pinebanks Sports Club, Norwich
- Staff qualified in a variety of sports
- Group Challenge Day including team competitions to develop social skills
- Performer of the Week awards, plus free course gift and certificate for all



Girls-Only Course

Fun coaching for girls, aimed at all abilities from shy beginners to keen football enthusiasts

- For girls aged 5 to 14
- All children receive a certificate, course gift & participation medal
- Wednesday 24th October
- 10.00am to 3.00pm at Carrow Park, NCFC
- **Course fee:** members £16 / non-members £17
- **Booking code:** OGO



Strikers' Course

- For children of all abilities aged 5 to 14 years old
- Children will have the chance to practise shooting and striking techniques in a variety of practices and fun games
- Possibility of player appearances (depending on availability)
- Mon 22nd & Tue 23rd October
- 10.00am to 3.00pm at Pinebanks
- **Course fee:** members: £25 / non-members: £27
- **Booking code:** O4



Mini Kicker Mornings

- For children aged 4 & 5 years old
- Courses run from 10.00am to 12.00pm on Monday 22nd & Tuesday 23rd October at Carrow Park, Norwich City FC
- Ideal for children who can't yet manage a full day of coaching or who are mad keen footballers after their first taste of FITC football action!
- **Course fee:** members £11 / non-members £12
- **Booking code:** OMK

Further information & booking notes

Please read these notes carefully before completing the application form

Norwich City FC / Norfolk County FA Football in the Community courses are fully recognised by the four football authorities – The FA, the Premier League, the Professional Football Association and the Football League – and are covered by public liability insurance and personal accident insurance. These are the only official courses run by Norwich City FC.

Other courses may not meet our standards!

FITC is a registered charity acting as a non-profit-making grass-roots organisation. Any surplus money made from the courses is redirected into the operation and expansion of the scheme.

Our coaching staff:

- Are all FA-qualified and hold a valid FA Emergency Aid Certificate
- Have been CRB checked and attended The FA Child Protection – Best Practice Workshop
- Have attended FITC staff training programmes which ensure our coaches are aware of new developments in football coaching courses

Booking notes:

All courses must be pre-booked at least three days before the start of the course. Places cannot be reserved and will be given on a first come-first served basis when payment is made in full. Telephone bookings are accepted from FITC Members only.

The FITC Membership scheme:

If you wish to receive information about FITC initiatives, you need to register as an FITC Member. The membership scheme will allow you to book onto courses over the telephone as well as making sure

you receive regular information regarding all FITC Soccer Schools and Multi-Sports courses.

To join up, simply obtain a membership form from the office on 01603 761122 or online from the website at www.fitc.org.uk, fill it in and send it back to us.

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October Half Term 07 application form

Terms & Conditions

All holiday course forms must be received three days before the start of the course. Places are limited. All cancellations carry a £5 administration fee. No refunds will be given. Credit notes will be issued on receipt of a written request. We do not accept responsibility for loss or damage to property. Children attending the courses should not be left unsupervised at the venue until 15 minutes before and after the course day starts and ends.

Members only

Please complete in BLOCK CAPITALS

Membership number:

Select course: Soccer School Bryan Gunn GK Course Strikers' Course Girls-Only Mini Kickers Multi-Sports

Course code: Venue: Date:

Child's first name: Middle name: Surname:

Child's address:

E-mail address*: Postcode:

***If an e-mail address is supplied, we will confirm your booking using this method.**

I enclose a cheque/postal order payable to "FITC" or please charge my credit/debit card account for £.....

Card Holder's Name Visa/MasterCard/Switch number:/...../...../.....

Valid From Date:/...../..... Expiry Date:/...../..... Issue No. (if applicable):

Non-members

Please send me an FITC Membership form

Select course: Soccer School Bryan Gunn GK Course Strikers' Course Girls-Only Mini Kickers Multi-Sports

Course code: Venue: Date:

Child's details

First name: Middle name: Surname:

Date of birth: Gender: Male Female

Which school does the child attend?

Does the child suffer from any illness or learning or physical disabilities which should be brought to our attention? YES / NO

If YES, please give details:

Special dietary requirements (if any):

Parent's/guardian's details

Title: First name & middle initial: Surname:

Address:

Post code:

Home tel (inc STD): Work tel: Mobile tel:

Emergency tel: E-mail address*

***If an e-mail address is supplied, we will confirm your booking using this method.**

To comply with the Data Protection Act, we must have your permission to use your e-mail address for marketing purposes. Therefore, if you would like to receive information about our courses via e-mail, please tick this box

Name and telephone number of family doctor:

Payment/authorisation details

Authorised to collect my child (other than myself): Relationship to child:

I enclose a cheque/postal order payable to "FITC" or please charge my credit/debit card account for £.....

Card Holder's Name Visa/MasterCard/Switch number:/...../...../.....

Valid From Date:/...../..... Expiry Date:/...../..... Issue No. (if applicable):

Declaration by parent or guardian: I wish for my son/daughter to be accepted on the above course, and I agree to the terms and conditions above and confirm that any medical condition which may affect my child's participation on the course has been fully disclosed above.

Health and safety/child protection: I also give permission for FITC to take and use photographs of my child for future FITC publications and publicity, administer first aid if necessary, and to transfer my child to hospital should an emergency arise.

Name: Signature: Date:

Please write your child's name and booking code on the back of the cheque in top left corner, and return remittance and completed form to the address below.

Office use only: Paid: Data: Conf: