

Summer programme 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 Multi-Sports Other (please specify)
Course code: Venue: Date:
Child's first name: Middle name: Surname:
Child's address:
E-mail address*:
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 complete in BLOCK CAPITALS Please send me an FITC Membership form
Select course: Soccer School Multi-Sports Other (please specify)
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

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:

Multi-Sports Courses

What the courses offer
Coaching and activities for children 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
All courses run at Pinebanks Sports Club, Norwich
Staff qualified in a variety of sports
Mini Olympics day including team competitions to develop social skills
Performer of the Week awards, plus free course t-shirt and certificate for all

Activities
Regular sports include basketball, football, badminton, tennis, cricket, rugby, volleyball, short tennis, netball, athletics, lacrosse, and hockey.
Other activities which may be on offer include aerobics, treasure hunt, squash, ultimate frisby, rounders, handball, smoothie making, computer design and many more.
All activities are subject to change depending on numbers and weather.

Dates, prices & codes
5-day courses:
8.30am – 6.00pm (long): Members £70 / Non-members £75
10.00am – 3.00pm (short): Members £52 / Non-members £57
Code: long day short day
Mon 23rd – Fri 27th July MSS1 MSS2
Mon 30th July – Fri 3rd August MSS3 MSS4
Mon 6th – Fri 10th August MSS5 MSS6
Mon 13th – Fri 17th August MSS7 MSS8
Mon 20th – Fri 24th August MSS9 MSS10
4-day course:
8.30am – 6.00pm (long): Members £61 / Non-members £65
10.00am – 3.00pm (short): Members £43 / Non-members £47
Code: long day short day
Tue 28th – Fri 31st August MSS11 MSS12



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.

RUN2
fitc design & photography by run2
to view and purchase pictures from FITC events, visit www.run2online.com/photosales

Summer Programme 2007
"Number 1 for kids' coaching"
www.fitc.org.uk / 01603 761122

FITC Member Discounts Available
Football in the Community



- 5 & 2-day Soccer Schools
- Advanced Invitational Courses
- Mini Kickers & Soccer Tots
- Jeremy Goss Strikers' Course
- Defenders' & Goalkeepers' Courses
- Junior Coaches' Camp
- 5 & 4-day Multi-Sports Courses

TheFA CHARTER STANDARD HOLIDAY COURSES REGIONAL WINNER
Mattressman
FITC Premier Community Partner sponsors of FITC Soccer Schools 2007
the mall norwich
FITC Premier Community Partner sponsors of FITC Multi Sports 2007

Course list

Mon 23rd – Fri 27th July
5-day courses
Members: £52 / Non-Members: £57
Pinebanks Sports Club, Norwich
Cromer High School
Northgate High School, Dereham
Hobart High School, Loddon
Boys' Player Development Centre (ages U8 – U13)
@ Pinebanks Sports Club (invitation only) BPMC1

Mon 30th July – Fri 3rd August
5-day courses
Members: £52 / Non-Members: £57
Pinebanks Sports Club, Norwich
Attleborough Junior School
Framingham Earl High School
North Walsham FC, Greens Road
Taverham Middle School
Girls' Advanced Course
@ Pinebanks Sports Club (invitation only) GPDC1

Mon 6th – Fri 10th August
5-day courses
Members: £52 / Non-Members: £57
Pinebanks Sports Club, Norwich
Cliff Park Middle School, Gorleston
Diss High School
Fakenham High School
Beccles Sports Ground, Common Lane
Girls-Only Course @ Carrow Park, NCFC

Mon 13th – Fri 17th August
5-day courses
Members: £52 / Non-Members: £57
Pinebanks Sports Club, Norwich
Barnard's Meadow, Lowestoft
Long Stratton Leisure Centre
Robert Kett Junior School, Wymondham

Mon 20th – Fri 24th August
5-day courses
Members: £52 / Non-Members: £57
Pinebanks Sports Club, Norwich
Hethersett High School
Stalham Sports Centre
Watton Sports Centre
Junior Boys' Player Development Centre (U6 - U8)
@ Carrow Park, NCFC (invitation only) BPMC2

Tue 28th & Wed 29th August
2-day courses
Members: £25 / Non-Members: £27
Defenders' Course @ Pinebanks Sports Club
Goalkeepers' Course @ Carrow Park, NCFC
(6 – 10 year olds)
Attleborough Junior School
Cliff Park Middle School, Gorleston
Cromer High School
Beccles Sports Ground, Common Lane

Thu 30th & Fri 31st August
2-day courses
Members: £25 / Non-Members: £27
Jeremy Goss Strikers' Course
@ Pinebanks Sports Club
Goalkeepers' Course @ Carrow Park, NCFC
(11 – 15 year olds)
Barnard's Meadow, Lowestoft
Northgate High School, Dereham
Robert Kett Junior School, Wymondham
Taverham Middle School

Other Specialist Courses

Mini Kicker Mornings
5-morning courses
Members: £27.50 / Non-Members: £30
Mon 23rd – Fri 27th July, 10am – 12pm
Mon 13th – Fri 17th August, 10am – 12pm

Soccer Tots Afternoons
5-afternoon course
Members: £25 / Non-Members: £27
Mon 23rd – Fri 27th July, 1pm – 2.30pm

Junior Coaches' Camp
5-day course
Members & Non-Members: £57
Mon 30th July – Fri 3rd August, 10am – 3pm



The best holiday courses in the area!

About the Soccer Schools

- Coaching for boys and girls of all abilities aged 5 to 14 years old from our FA-qualified FITC team
- 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!
- 10.00am to 3.00pm at venues across Norfolk and north Suffolk
- **Course fee:** 5-days: members £52 / non-members £57; 2-days: members £25 / non-members £27



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
- Chance to win trophies
- Mon 6th – Fri 10th August
- 10.00am to 3.00pm at Carrow Park
- **Course fee:** members £52 / non-members £57
- **Booking code:** S15



Day	10.00 – 11.00	11.00 – 11.15	11.15 – 12.15	12.15 - 1.00	1.00 – 2.00	2.00 - 2.10	2.10 – 3.00
1	Introduction, registration & warm up Matches	Break	Practises to improve control Fun games to improve control	Lunch & Coaches' Skill Challenge	Practises to improve shooting Fun games to improve shooting	Break	Small sided matches
2	Registration & warm up Team games	Break	Practises to improve attacking Fun games to improve attacking	Lunch & Coaches' Skill Challenge	Practises to improve heading Fun games to improve heading	Break	Scenario matches
3	Registration & warm up FITC Skills Challenge Day	Break	FITC Skills Challenge Day	Lunch & Coaches' Skill Challenge	FITC Skills Challenge Day	Break	FITC Skills Challenge Day
4	Registration & warm up Multi-Sport Football	Break	Practises to improve defending Fun games to improve defending	Lunch & Coaches' Skill Challenge	Practises to improve dribbling Fun games to improve dribbling	Break	Small Sided matches
5	Registration & warm up Matches	Break	Practises to improve passing Fun games to improve passing	Lunch & Coaches' Skill Challenge	Practises to improve shooting Fun games to improve shooting	Break	World Cup Tournament Presentation



Specialist courses at Carrow Park and Pinebanks Sports Club, Norwich

Advanced Courses

Invitation-only advanced coaching courses for current boys' and girls' PDC / Centre of Excellence players

- 5-day camp covering fitness, technical practises and team play
- All players receive a certificate, course t-shirt & participation medal
- Chance to win trophies
- **Course fee:** members: £52 / non-members: £57
- **Booking codes:**
23rd – 27th July (Boys' PDC): BPMC1
30th July – 3rd August (Girls' Advanced): GPDC1
20th – 24th August (Junior Boys' PDC): BPMC2

Boys' PDC SAQ Sessions

(Speed, Agility & Quickness)
Under-6 – Under-9: 13th & 14th Aug, 1pm – 3pm £12.00 SAQS1
Under-10 – Under-13: 16th & 17th Aug, 1pm – 3pm £12.00 SAQS2

Mini Kicker Mornings

- For children aged 4 & 5 years old
- Ideal for children who can't yet manage a full day of coaching or who are mad keen footballers after a taste of FITC football action!
- Mon 23rd – Fri 27th July; Mon 13th - Fri 17th August
- 10.00am to 12.00pm at Carrow Park
- **Course fee:** members: £27.50 / non-members: £30
- **Booking codes:**
23rd – 27th July: MKS1
13th – 17th August: MKS2

Soccer Tots Afternoons

- For children aged 2, 3 & 4 years old
- An afternoon of fun and storybook coaching designed to encourage learning and imagination, parent involvement, together with balance, co-ordination and basic movements with a football
- Mon 23rd – Fri 27th July
- 1.00pm to 2.30pm at Carrow Park
- **Course fee:** members: £25 / non-members: £27.50
- **Booking codes:** STS1

Goalkeepers' Courses

- For boys and girls of all abilities aged 6 to 15 years old
- Course designed to support goalkeepers through a specific pre-season training schedule ideal for the forthcoming season
- Tue 28th & Wed 29th August (6 - 10 year olds); Thu 30th & Fri 31st August (11 - 15 year olds)
- 10.00am to 3.00pm at Carrow Park
- **Course fee:** members: £25 / non-members: £27
- **Booking Codes:**
6 – 10 year olds: S25
11 – 15 year olds: S31

Defenders' Course

- For children of all abilities aged 5 to 14 years old
- Children will cover key principles of defending which include: 1v1s, 2v2s, tackling, heading and positional play
- Tue 28th & Wed 29th August
- 10.00am to 3.00pm at Pinebanks
- **Course fee:** members: £25 / non-members: £27
- **Booking code:** S24

Jeremy Goss Strikers' Course

- For children of all abilities aged 5 to 14 years old
- Children will have the chance to practise and play all under the watchful eyes of Norwich City legend Jeremy Goss.
- Thu 30th & Fri 31st August
- 10.00am to 3.00pm at Pinebanks
- **Course fee:** members: £25 / non-members: £27
- **Booking code:** S30



Junior Coaches' Camp

- For young adults aged 14 to 18 interested in coaching and organising football activities for young children
- Young Coaches will gain qualifications in the following:
– Junior Football Organisers Course
– The FA Emergency Aid Workshop
– Practical Coaching Experience
- Mon 30th July – Fri 3rd August
- 10.00am to 3.00pm at Carrow Park
- **Course fee:** £57
- **Booking Code:** JCS1