

Whitsun Half Term Courses 2007

“Number 1 for kids’ coaching”

www.fitc.org.uk / 01603 761122



**FITC Member
Discounts Available**

Football in the Community



- 2-day Soccer Schools
- Goalkeepers' 5-a-side Prep Course
- Mini Kicker Mornings
- Carrow Road Soccer School (Members Only)
- Darren Huckerby Day (Members Only)
- 2-day Multi-Sports Courses



Course list

Soccer Schools

Sat 12th May
1-day course
Existing members only £20
Carrow Road, NCFC
Code
WCR

Tue 29th & Wed 30th May
2-day courses
Members £25 / Non-Members £27
Pinebanks Sports Club, Norwich W1
NCFC Training Dome, Colney W2
Attleborough Junior School W3
Diss High School W4
Taverham Middle School W5

Thu 31st May & Fri 1st June
2-day courses
Members £25 / Non-Members £27
Pinebanks Sports Club, Norwich W6
NCFC Training Dome, Colney W7
Beccles Sports Ground W8
Cliff Park Middle School, Gorleston W9
Cromer High School W10
Northgate High School, Dereham W11

Goalkeeping – 5-a-side Prep Course
1-day courses, Thorpe St Andrew High School
Members £16 / Non-Members £17
Thorpe St Andrew High School 3G Pitch
Tue 29th May – 6 to 10 year olds WGK1
Wed 30th May – 11 to 15 year olds WGK2

Mini Kicker Mornings
2-day course – Tue 29th – Wed 30th May
Members £11 / Non-Members £12
Carrow Park, NCFC, 10.00am – 12.00pm
Code
WMK

Darren Huckerby Day
1-day course, Heartsease High School
Existing members only £24
Sat 26th May
Code
WDH

Multi-Sports

Tue 29th – Wed 30th May
2-day courses, Pinebanks Sports Club
8.30 am – 6.00 pm M £43 / N-M £45 MSW1
10.00 am – 3.00 pm M £25 / N-M £27 MSW2

Thu 31st May – Fri 1st June
2-day courses, Pinebanks Sports Club
8.30 am – 6.00 pm M £43 / N-M £45 MSW3
10.00 am – 3.00 pm M £25 / N-M £27 MSW4

Carrow Road Soccer School

- Special members-only course! (existing members only)**
- For the first time ever, existing members are being offered an exclusive chance to train on the Carrow Road pitch
 - Day runs from 10.00am to 3.00pm on Saturday 12th May
 - Includes ground tour, certificate and achievement medal
 - Suitable for children of all abilities aged 5 to 14 years old
 - Places strictly limited - book now to avoid disappointment
 - Course fee:** members only £20
 - Booking code:** WCR

FITC Whitsun 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 Team games Matches	Games / exercises to improve passing Turning, skills and tricks practices	Penalty Challenge Beat the Keeper Games / exercises to improve shooting	Small sided matches
2	Warm up 2v2 / 3v3 matches	Games / exercises to improve heading Inter-group challenges	Games / exercises to improve dribbling FITC fun games	Champions' League Tournament / Course Presentation

NCFC Training Dome

- Exclusive Soccer School where you can practise in the same facility the NCFC first team uses!



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
- Mini Olympics day including team competitions to develop social skills
- Performer of the Week awards, plus free course gift and certificate for all



Goalkeepers 5-a-side Prep Course

- For boys and girls of all abilities aged 6 to 15 years old
- Course runs from 10.00am to 3.00pm on the 3G pitch at Thorpe St Andrew High School, Norwich
- Course specifically designed to prepare goalkeepers for the summer 5-a-side season looking at positioning, distribution and communication
- Course fee:** members £16 / non-members £17
- Booking Codes:** 6 – 10 year olds: WGK1 / 11 – 15 year olds: WGK2



Mini Kicker Mornings

- For children aged 4 & 5 years old
- Courses run from 10.00am to 12.00pm on Tuesday 29th & Wednesday 30th May 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:** WMK



Darren Huckerby Day

- Special members-only course! (existing members only)**
- Day runs from 11.00am to 4.00pm on Saturday 26th May at Heartsease High School, Norwich
 - Children will have the chance to practise and play all under the watchful eyes of Darren himself.
 - Includes certificate, signed ball and your photo with Darren
 - Suitable for children aged 5 to 14 years old
 - Course fee:** members only £24
 - Booking code:** WDH

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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Whitsun 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 Carrow Road special Huckerby Day Mini Kickers GK Course 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 Carrow Road special Huckerby Day Mini Kickers GK Course 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: