



COLCHESTER UNITED FC

Football in the Community



SUMMER 2015

ACTIVITIES FOR CHILDREN



Registered Charity Number: 1159381

www.cu-fc.com/club/fitc
fitc@colchesterunited.net
01206 755160

ACTIVITIES FOR CHILDREN

INTRODUCTION

Welcome to the Football in the Community Activities Brochure for summer 2015.

I was pleased to be asked to write the introduction for this latest brochure. I joined the club as a seven-year-old, the same age as many of the children who will be on the courses over the next few months.

Over the last eleven years, I have been with Colchester United through the different age groups and was delighted to make my first team debut in the 2013/14 season.

The 2014/15 season ended in dramatic style for us all but, like the fans, I was delighted that we were able to secure League One safety for another season.

This summer will see the players visiting the Annual Soccer Camp and many of the other courses, so I look forward to saying hello to many of you soon!

Sammie Szmodics
Colchester United First Team Player



COLCHESTER UNITED FC

Football in the Community

ABOUT US

Colchester United's Football in the Community is a registered charity that provides high quality sports and education programmes to children, young people and adults from across the region. In September 2015 Colchester United Football in the Community was awarded charitable status, enabling us as an organisation to be supported by the Charities Commission and Football League Trust. This also ensures that all the funding and income received is re-invested back into the improvement and development of the organisation.

When you book an activity with us, you can be confident that your child will have a great experience and make new friends:

- At an affordable price
- In a safe learning environment
- At superb venues with great facilities

Working in the heart of your local community, parents can rest assured that all activities will be delivered by highly qualified coaches with a wealth of experience in developing young people of all abilities.

HOW TO FIND US

Directions: www.cu-fc.com/club/directions
Satnav: Shrub End, CO2 9BQ;
Weston Homes Community Stadium (WHCS), CO4 5ZD

FOOTBALL IN THE COMMUNITY COACHES

Key to your child's safety and enjoyment is a high level of guidance provided by our staff who are:

- Enthusiastic and experienced at working with children
- FA qualified coaches
- Trained in Emergency Aid
- CRB checked
- Safeguarding trained

CONTENTS

Activities For Children	2
Annual Summer Camps	3
New Grassroots Coaching	3
Term Time Activities	4
Holiday Activities	5
Whitsun Holiday Activities	6
Summer Holiday Activities	6
Application & Booking Forms	7 & 8

MAKE A BOOKING

You can make a booking by completing the application forms at the back of this booklet and emailing them to fitc@colchesterunited.net. Alternatively call us on **01206 755160** and we'll be happy to take your booking over the phone.

To find out more about any activities check out the club's Football in the Community website at www.cu-fc.com/club/fitc or call Football in the Community on **01206 755160**.

Please note that telephone bookings will incur a £1 booking fee.

ANNUAL SUMMER CAMPS



FREE camp t-shirt & football for all participants!

The biggest Soccer Camps of the year!

- The biggest Soccer Camps of the year for children in school years reception to 11
- Chance to meet and get autographs from Colchester United players
- Free Colchester United 'Soccer Camp' T-shirt
- Free football for every player that attends
- Outfield and goalkeeping sections available
- Competitions, challenges and World Cup style tournaments
- Play in the inflatable 5-a-side pitch
- Medal for all and 'Player of the Week' prizes
- Extra Time available after Summer Camp events

MULTI-BUY DISCOUNT!

Book both camps at the same time and get £15 discount on Camp 2. (Multi-buy Price: Camp 1: full price, Camp 2 price: £50.00 (as below). Player gets one ball and one t-shirt to be used at both camps.

	Dates	School Yrs	Time	Course	Venue	Code	Price	Junior U's*	Multi-Buy
Camp 1	27 July - 31 July	Reception - 11	9.30 - 13.30	Outfield	Shrub End*	ASC1	£65.00	£60.00	-
				Goalkeeper		ASCGK1	£65.00	£60.00	-
Camp 2	17 Aug - 21 Aug	Reception - 11	9.30 - 13.30	Outfield	Shrub End*	ASC2	£65.00	£60.00	£50.00
				Goalkeeper		ASCGK1	£65.00	£60.00	£50.00

*Early drop off service available for an additional cost of £5.00 per day at Shrub End and WHCS only from 08.30 – 10.00. Extra Time available after Summer Camp events between 13.30 – 15.30 for an additional cost of £8.00 per day.

NEW GRASS ROOTS COACHING

Colchester United Football in the Community is offering a brand new program, specifically designed for grass roots football teams and individual players.

We are offering your club the chance to choose from a range of unique coaching experiences where one of our coaches will come and coach your team.

Below are a list of experiences we could offer your team:-

Premier Package: £40 1 hour of coaching @ WHCS Astro turf pitches
Championship Package: £20 (Plus 30p per mile) 1 hour of coaching at a venue of your choice.

League 1 Package: £32 1 hour of facility hire @ WHCS Astro turf pitches

One-to-One Coaching: £20 per hour of one-to-one coaching

Clubs that book a 12 week block will receive a signed football.



TERM TIME ACTIVITIES

SOCCER MINIS/EARLY EAGLES

For children aged four or in Reception/school years 1 or 2. It offers football coaching for the youngest players in two age groups. Sessions include skills coaching, fun games to reinforce the coaching points and small-sided games to give players a basic understanding of the rules of football.

SOCCER KIDS

For children in school years 3, 4, 5 and 6. Coaching is split into two age groups. Sessions include a warm up, enabling children to re-visit and refine techniques whilst building confidence in game situations.

SKILLS SCHOOL

For secondary school players wishing to receive further coaching on ways to be skilful with the ball at their feet. A popular session for players that have progressed through Soccer Kids.

SOCCER 4S

For children in school years 5 and 6. Soccer 4s includes lots of 4 v 4 games to develop technique, football insight and

communication. Each session includes a conditioned small-sided game.

MATCH NIGHTS

Match sessions for school years 3 – 6, with coaching support and guidance during small side games.

GRASS-ROOTS GOALKEEPING

For aspiring goalkeepers. Techniques coached on the programme include ball-handling, shot-stopping, footwork, agility, distribution and positioning.

FUTSAL

Our Futsal session will enable players to explore the exciting, fast-paced small sided game that is widely played across the world. The nature of the game places a large emphasis on technical skill and ability in situations of high pressure, and is subsequently an excellent breeding ground for football techniques that can be translated into the game. Many of the top world class footballers played Futsal in their youth and credit it with supporting their footballing development.



MONDAYS

Dates	School Yr	Time	Venue	Code	Price	Junior U's
13 April - 13 July 2015 (not on 4 May)	Rec	16.00 – 17.00	Soccer Minis	Shrub End	SE1	£48.00 £44.00
	1 & 2	16.00 – 17.00	Soccer Minis	Shrub End	SE2	£48.00 £44.00
	3 – 6	16.00 – 17.00	Futsal	Shrub End	SE3	£48.00 £44.00
	5 & 6	17.00 – 18.00	Soccer 4s	Shrub End	SE4	£48.00 £44.00
	7 & 9	17.00 – 18.00	Skills School	Shrub End	SE5	£48.00 £44.00
	3 & 4	17.00 – 18.00	Soccer 4s	Shrub End	SE6	£48.00 £44.00
	2 – 9	17.00 – 18.00	Grass-roots Goalkeeping	Shrub End	SE7	£48.00 £44.00

TUESDAYS

Dates	School Yr	Time	Venue	Code	Price	Junior U's
14 April - 14 July 2015	Rec	16.00 – 17.00	Soccer Minis	WHCS	WHCS1	£48.00 £43.00
	1 & 2	16.00 – 17.00	Soccer Minis	WHCS	WHCS2	£48.00 £43.00
	3 & 4	17.00 – 18.00	Soccer Kids	WHCS	WHCS3	£48.00 £43.00

THURSDAYS

Dates	School Yr	Time	Venue	Code	Price	Junior U's
16 April - 16 July 2015	3 & 4	17.00 – 18.00	Match Nights	Shrub End	SE8	£48.00 £43.00
	5 & 6	17.00 – 18.00	Match Nights	Shrub End	SE9	£48.00 £43.00

FRIDAYS

Dates	School Yr	Time	Venue	Code	Price	Junior U's
17 April - 17 July 2015	Rec	16.00 – 17.00	Soccer Minis	Shrub End	SE10	£48.00 £43.00
	1 & 2	16.00 – 17.00	Soccer Minis	Shrub End	SE11	£48.00 £43.00
	3 & 4	16.00 – 17.00	Soccer Kids	Shrub End	SE12	£48.00 £43.00
	5 & 6	16.00 – 17.00	Soccer Kids	Shrub End	SE13	£48.00 £43.00

SATURDAYS

Dates	School Yr	Time	Venue	Code	Price	Junior U's
18 April - 18 July 2015	Rec & 1	9.30 – 10.30	Early Eagles	WHCS	WHCS4	£48.00 £43.00

Please note: no sessions week commencing 25 May 2015, due to Whitsun Half Term.

HOLIDAY ACTIVITIES



SOCCKER CAMPS

They offer:

- Coaching for all abilities both male and female in school years 2–6 from our FA-qualified FITC coaches
- Each child receives a certificate of attendance and a free child ticket voucher to CUFC game
- Chance to compete for trophies and medals
- Opportunities to be selected for our CUFC Development Centres
- CUFC Player appearances and/or meet mascot Eddie the Eagle (depending on availability)
- Free gift for all attendees

GOALKEEPERS CAMP

This course will cover all areas of the goalkeeping syllabus and challenge young goalkeepers of all abilities. The course will include ball familiarity, technical practices, communication, understanding the role of the goalkeeper, and small-sided games.

MINI KICKERS

An introductory course to improve fundamental movements, listening, social and basic football skills. The enthusiastic team of the FITC coaches ensure that children learn through playing fun games, competitions and matches.

STRIKERS CAMP

Want to be coached to be a better goal scorer? Then try our Strikers Camp at the home of Colchester United Football Club.

TRAIN LIKE A PRO

For those at secondary school who wish to experience

training like a professional footballer. The course will include more advanced sessions testing both technical and tactical game understanding. Plus information on how to prepare for a match along with diet and nutritional guidance.

TOURNAMENT DAYS

- For boys and girls - School Years 2–9
- Whole day of playing small-sided matches
- Players play in their own age group and are placed in teams
- Most Valuable Player Awards to be won

MULTI-SPORTS FUN DAY

An opportunity to participate in a variety of sports and activities to help them develop their sporting and personal skills whilst gaining confidence in a friendly and safe environment.

GIRLS ONLY FOOTBALL FUN DAYS

Our Girls Only holiday activity will give female players the opportunity to refine their techniques in a safe, secure and enjoyable environment. The activities will allow players to improve all round technical ability whilst having fun and meeting new friends. Players will also have the opportunity should they reach the required level be recommended to one of either the Female PDC or Centre of Excellence programmes run by Essex FA.

FUTSAL FUN DAY

Our Futsal session will enable players to explore the exciting, fast-paced small sided game that is widely played across the world. The nature of the game places a large emphasis on technical skill and ability in situations of high pressure, and is subsequently an excellent breeding ground for football techniques that can be translated into the game. Many of the top world class footballers played Futsal in their youth and credit it with supporting their footballing development.



WHITSUN HOLIDAY ACTIVITIES

MINI KICKERS

Date(s)	School Yr	Time	Venue	Code	Price	Junior U's	
26, 27 May 2015	Rec - 2	10.00 - 12.00	Shrub End*	SE14	£20.00	£18.00	
26, 27 May 2015	Rec - 2	13.00 - 15.00	Clacton LC	Book Direct	£12.50	N/A	

TOURNAMENT DAY

26 May 2015	2 - 7	10.00 - 15.00	Clacton LC	Book Direct	£12.50	N/A	
28 May 2015	2 - 6	10.00 - 15.00	WHCS*	WHCS5	£15.00	£13.50	★
29 May 2015	2 - 9	10.00 - 15.00	Shrub End*	SE15	£15.00	£13.50	★

STRIKERS CAMP

26, 27 May 2015	Rec - 2	10.00 - 15.00	WHCS*	WHCS6	£30.00	£27.00	
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SOCCER CAMP

26 - 27 May 2015	2 - 6	10.00 - 15.00	Shrub End*	SE16	£30.00	£27.00	
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GIRLS ONLY FUN DAY

27 May 2015	2 - 6	10.00 - 15.00	Shrub End*	SE17	£15.00	£13.50	★
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MULTI-SPORTS FUN DAY

28 May 2015	2 - 6	10.00 - 15.00	Shrub End*	SE18	£15.00	£13.50	★
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FUTSAL FUN DAY

28 May 2015	2 - 6	10.00 - 15.00	Shrub End*	SE19	£15.00	£13.50	★
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SUMMER HOLIDAY ACTIVITIES

ANNUAL SUMMER CAMPS

Dates	School Yrs	Time	Course	Venue	Code	Price	Junior U's*	Multi-Buy
Camp 1 27 July - 31 July	Reception - 11	9.30 - 13.30	Outfield	Shrub End*	ASC1	£65.00	£60.00	-
			Goalkeeper		ASCGK1	£65.00	£60.00	-
Camp 2 17 Aug - 21 Aug	Reception - 11	9.30 - 13.30	Outfield	Shrub End*	ASC2	£65.00	£60.00	£50.00
			Goalkeeper		ASCGK1	£65.00	£60.00	£50.00

STRIKERS CAMP

Date(s)	School Yr	Time	Venue	Code	Price	Junior U's	
23, 24 July 2015	2 - 6	10.00 - 15.00	WHCS*	WHCS7	£30.00	£27.00	★
4, 5 August 2015	2 - 7	10.00 - 15.00	Clacton LC	Book Direct	£25.00	N/A	

FUTSAL FUN DAY

23 July 2015	2 - 6	10.00 - 15.00	Shrub End*	SE20	£15.00	£13.50	★
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MINI KICKERS

23, 24 July 2015	Rec - 2	10.00 - 12.00	WHCS*	WHCS8	£15.00	£13.50	
3, 4, 5 August 2015	Rec - 2	10.00 - 12.00	Shrub End*	SE21	£20.00	£18.00	
4, 5 August 2015	Rec - 2	13.00 - 15.00	Clacton LC	Book Direct	£12.50	N/A	

GIRLS ONLY FUN DAY

23 July 2015	2 - 6	10.00 - 15.00	Shrub End*	SE22	£15.00	£13.50	★
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TOURNAMENT DAY

24 July 2015	2 - 9	10.00 - 15.00	Shrub End*	SE23	£15.00	£13.50	★
7 August 2015	2 - 6	10.00 - 15.00	WHCS*	WHCS9	£15.00	£13.50	★
7 August 2015	2 - 9	10.00 - 15.00	Shrub End*	SE24	£15.00	£13.50	★
12 August 2015	2 - 6	10.00 - 15.00	Clacton LC	Book Direct	£12.50	N/A	
14 August 2015	2 - 9	10.00 - 15.00	Shrub End*	SE25	£15.00	£13.50	★
21 August 2015	2 - 6	10.00 - 15.00	WHCS*	WHCS10	£15.00	£13.50	★
24 August 2015	2 - 6	10.00 - 15.00	WHCS*	WHCS11	£15.00	£13.50	★
25 August 2015	2 - 9	10.00 - 15.00	Shrub End*	SE26	£15.00	£13.50	★
1 September 2015	2 - 6	10.00 - 15.00	WHCS*	WHCS12	£15.00	£13.50	★
2 September 2015	2 - 9	10.00 - 15.00	Shrub End*	SE27	£15.00	£13.50	★

MULTI-SPORTS FUN DAY

6 August 2015	2 - 6	10.00 - 15.00	Shrub End*	SE28	£15.00	£13.50	★
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JUNIOR U'S TASTER DAY

6 August 2015	Rec - 6	10.00 - 12.00	WHCS*	WHCS13	£5.00**	FREE	
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SOCCER CAMP

11 - 14 August 2015	2 - 6	10.00 - 15.00	WHCS*	WHCS14	£60.00	£54.00	
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Book two Tournament Days marked ★ for £27 or three for £40!

^ Early drop off service available for an additional cost of £5.00 per day at Shrub End and WHCS only from 08.30 - 10.00.

* Discount price applies to Junior U's & U's Crew members.

** £5.00 price includes a free Junior U's membership

APPLICATION FORM

Colchester Activities: Please complete the form in BLOCK CAPITALS and email it back to us at fitc@colchesterunited.net. Alternatively, return with payment (cheque to CUFC Youth Account) by hand or post to: **FITC, Weston Homes Community Stadium, United Way, Colchester, Essex, CO4 5UP**

Clacton Activities: Please call **01255 686688** to book a course directly

CHILD'S DETAILS

Forename

Surname

Date of Birth

School Year

Sex ☐ Male ☐ Female

School Attended

AUTHORISATION DETAILS

You must give details of another person who would pick up your child in case of emergency:

Forename

Surname

Relationship to Child

Address

Postcode

Home Tel

Work Tel/
Mobile

MEDICAL DETAILS

Does your child suffer from any illness or physical disabilities that should be brought to our attention?

☐ Yes ☐ No

If Yes, Please
Give Details

Doctor's Tel

Where did you hear about us? ☐ Leaflet ☐ Friend ☐ Web ☐ Other

TERMS AND CONDITIONS

All cancellations carry a £5.00 administration fee. Refunds/credit notes may be issued at the discretion of Football In the Community on receipt of a written request. All activities are subject to cancellation or change without notice. We do not accept responsibility for loss or damage to property. I have read and accepted the full terms and conditions.

Declaration by parent/guardian: I wish for my child to be accepted on the above course(s), 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. ☐

Photographs may be taken for Colchester United publications and publicity. Tick this box if you **do not** wish your child's photograph to be used. ☐

Health and safety/child protection: I give permission for staff to administer first aid if necessary, to transfer my child to hospital in an emergency and to sign written consent required by hospital authorities if the delay in getting my signature is considered by a doctor to endanger my child's health and safety. ☐

EPI-PEN: Our staff are not qualified to administer Epi-Pen, however they are permitted to do so if we receive written permission stating the following: "I hereby give permission for Colchester United Football in the Community staff to administer Epi-Pen to [name of child]. I understand they may not be qualified to do so and accept full responsibility". This must be signed, dated and enclosed with booking form.

Signature

Date

BOOKING FORM

1. Select course(s) required.
2. Write amount payable by you (i.e. discounted or full price) in the last column and the total amount at the foot of the columns.
3. Make sure you have also completed the application form overleaf fully, in BLOCK CAPITALS.
4. Please return form together with payment to the address at the top of the application form.

OTHER WAYS TO BOOK

Fill out the form using Adobe Reader, save it and email it back to us at fitc@colchesterunited.net.

Alternatively call us on **01206 755160** and make your booking directly.

Please note that telephone bookings will incur a £1 booking fee.

COURSE SELECTION

TERM TIME ACTIVITIES

Course Name	Course Code	Amount Payable
		£

WHITSUN HALF TERM HOLIDAY ACTIVITIES

Course Name	Course Code	Amount Payable
		£
		£

SUMMER HOLIDAY ACTIVITIES

Course Name	Course Code	Amount Payable
		£
		£
		£

T-shirt size (Annual Summer Camp only)

☐ Child S (5-6 yrs) ☐ Child M (7-8 yrs) ☐ Child L (9-11 yrs) ☐ Adult S ☐ Adult M ☐ Adult L

EARLY DROP OFF SERVICE

Shrub End and WHCS only. Please state the dates you require to use Early Drop Off service below available from from 08.30 – 10.00 for an additional cost of £5.00 per day	Amount Payable
	£

EXTRA TIME SERVICE

Annual Summer Camps only. Please state the dates you require to use Extra Time service below available from 1.30 - 3.30pm for an additional cost of £8.00 per day	Amount Payable
	£

JUNIOR U'S/U'S CREW MEMBERSHIP SIGN UP

Please note that memberships are seasonal, and expire after the last game of the season

If you wish your child to join the Junior U's (£5) or U's Crew (£10) please write their name below	Amount Payable
	£

JUNIOR U'S/U'S CREW MEMBERSHIP RENEWAL

Please note that memberships are seasonal, and expire after the last game of the season

If you wish to renew your child's Junior U's (£5) or U's Crew (£10) membership, please write their name below	Amount Payable
	£

EXISTING JUNIOR U'S/U'S CREW MEMBERS

Please note that memberships are seasonal, and expire after the last game of the season

Please write their full name and date of birth to receive your 10% discount	Date of Birth

Payment Method ☐ Cash ☐ Cheque/Postal Order (made payable to 'CUFC FITC') ☐ Credit/Debit Card (please fill out details below)

Total Amount

£

CARD DETAILS (IF APPLICABLE)

Card Type ☐ Visa ☐ Mastercard ☐ Switch ☐ Delta ☐ Maestro ☐ JCB

Card Number

Valid From Expiry Date Issue Number CVC

IMPORTANT PAYMENT INFORMATION

- Activities must be pre-booked. Application and payment should be received at least 1 working day before the start of activity.
- Please ensure your cheque is payable to 'CUFC FITC'. Incorrectly completed or illegible cheques and forms will be returned with the application form for re-submission.

