

INTRODUCTION TO CASSIOBURY RANGERS

Thank you for your recent enquiry. We would welcome your child at a couple of training sessions to see if they enjoy the environment. Please contact our membership secretary or arrange this with the manager of your child's age group.

All grassroots club need parents who are willing to get involved with their child's team. CRFC will pay for parents to go on FA coaching courses, first aid courses and complete all necessary CRB checks.

CLUB PHILOSOPHY - CRFC is a non selective club and provides opportunities for players of all abilities to develop their football knowledge in a fun environment.

TRAINING TIMES – We train at Parmiters School High Elms Lane Garston. Players should arrive at training between 8.45 – 8.55am. We start at 9am. Should a player join one of our Sunday teams' parents and player will be asked to adhere to the Clubs charter (below).

AVAILABILITY – If your son cannot make training please email or text us to let us know. The numbers of boys available will determine the training drills we organise.

CLOTHING – Every player must wear clothing that is suitable for the weather conditions. Please ensure that a player has gloves, a hat or track suit bottoms if you feel they will need them

KIT – All boys must wear football boots or trainers depending on ground condition (please do not spend a fortune on expensive star endorsed boots – there is no need for children's football). Shin pads are essential and a far more worthwhile investment. A boy without shin pads will be unable to participate in training or matches.

REFRESHMENTS – Each player must bring a drink of water or fruit juice (nothing fizzy) as they will dehydrate as they train. We also recommend a light snack, either a few plain biscuits or a piece of fruit/vegetable. We provide a player rest area where boys can leave refreshments for the duration of the session.

TRAINING CONTENT – Each player will develop at his own pace and we will tailor sessions appropriate to their ability. Training is divided into 3 sections;

1. Registration / Warm Up – a brief drill to settle the boys down.
2. Practice drills to develop technique and skills
3. Small Sided Games.

TRAINING SEASON – The training season is from September (generally the weekend schools return from summer break) until FA Cup Final weekend in May.

When at training or matches we ask that spectators encourage players from the touchline but do not coach as this confuses players and denies them the opportunity to learn for themselves.

If you have any questions feel free to speak to a coach after training.

Players Charter

Players shall

Follow instructions of team managers and coaches at all times
Adhere to the fact that the manager's decision is final
Always play fair
Always try their best
Attempt to beat opponents only by skill and endeavour
Maintain self-control and never retaliate
Learn and observe the laws of Association Football
Obey the referee and their assistants without question
Try not to be overzealous when celebrating goals
Accept victory modestly, and defeat graciously
Attend training regularly
To give match days priority, and only miss matches when unavoidable
To inform managers of non-availability at earliest opportunity
Players are advised of cancelled matches at the earliest opportunity
At U11 and above players assume that Sundays are match days, and make themselves available
The kit remains the property of the Club, and must be returned when asked by the manager or if leaving the Club
Players aged 16 or over to ensure any fines, if imposed, are paid promptly
Once signed to CRFC players are committed to the Club for the season, and will reject advances from other clubs

Parents/Guardians Charter

Parents/guardians shall

Ensure fees are paid when due
Ensure that their player arrives on time for training and matches
Assists the team manager with kit-washing, transport, admin etc
Assists the team manager on match days i.e. running the line, refereeing if so qualified etc
Adhere to the fact the manager's decision is final
Remember the referee's decision is also final
Remember to stand back from the touch line
Not to coach their or any other child from the touchline
Be hospitable to the opposing teams, their supporters and officials
Never use foul, racial or abusive language
Not to retaliate if confronted by unwarranted language and behaviour
Not consume alcohol whilst watching matches
Are encouraged not to smoke whilst watching training and matches
Pay any fines imposed on their player promptly
Advise team managers if their player undertakes other sporting activities on match days
Not to encourage their player to undertake more than 2 periods of physical exercise on the same day
Support the club in its fund raising and social activities
Should not hawk their children around other teams