

WORTHING TOWN FC



HOLIDAY CLUBS INFORMATION SHEET

WHAT TO BRING

- **APPROPRIATE FOOTWEAR**

We recommend football boots (studs or moulds), Astroturf trainers or trainers.

- **PACKED LUNCH**

Every child attending a Holiday course must bring with them a packed lunch. There will be no opportunity to leave site to buy lunch locally. A healthy lunch is important for your child to maintain good energy levels. Holiday Courses will have a 1 hour break for lunch. All groups will also break for a snack mid-morning.

- **SHIN PADS**

Shin pads are compulsory for each child. Without shin pads, your child will not be able to take part.

- **WATER**

It is important to ensure that your child stays well hydrated by providing plenty of water for the day.

- **GOALKEEPERS GLOVES**

If your child is a goalkeeper, or has goalkeeper gloves they are welcome to bring them for participation in activities. We will not be able to provide goalkeeper gloves at our courses.

- **SUN CREAM**

We recommend that you provide your child with sun cream, particularly during summer courses, as participants may be out in the sun for a few hours each day.

- **MEDICAL**

Ensure that your child is provided with any medication that they may require and also ensure that it is suitably labelled. Whilst we are unable to administer medication to your child, we can 'remind' them at an appropriate time if medication is needed.

FREQUENTLY ASKED QUESTIONS

1. What should my child wear?

We ask that all children are dressed appropriately for the weather and ready for football. Shorts, t-shirts and football socks are recommended, but tracksuit bottoms and tops are also fine along with any other weather appropriate clothing.

Shin pads are essential, your child may not be able to take part in some (or all) of the activities if they do not bring shin pads.

In adverse weather we recommend additional layers, so that your child can take off / put on extra layers if they get too hot or cold.

2. What footwear should my child bring?

The footwear recommended depends on the weather. We would always recommend football boots during the winter months, although astroturf or moulded boots may suffice during the summer months. A change of footwear for inside is also useful to have.

3. What happens if it rains?

We will endeavour to keep the children playing football for as long as possible but inevitably the courses can be disrupted by rain, particularly during the winter months. If our coaches deem the weather too wet or dangerous to play safely then the session may be relocated to indoors at Palatine Park. Once inside activities may vary from those originally scheduled and may include quizzes, competitions or other such sport-themed games.

4. What if I need to cancel?

If you need to cancel your booking, you can do so any time up to 36 hours prior to the course starting. Please use the contact information on the booking form to do so.

5. Can I stay to watch the session?

We always encourage parents / carers to come along at the end of a day to watch the matches, however, if you need to stay for other parts of the day please notify the coaching staff so that they are aware of your attendance.