

TGFC

SEASON 2023-24

WELCOME PACK



WELCOME

Welcome to the start of another season with Twickenham Cygnets FC. We are delighted your daughter wishes to play or continue playing for our club as we look forward to our 9th season together since our formation in 2015.

At the end of last season, we had over 200 players registered with the club and are immensely grateful for all the support we receive from our volunteers who make the club the friendly, fun and welcoming environment we are all proud of.

We bid farewell to our U18s, our founding team, who flew the nest and we wish them every success as they start the next chapter in their lives. We hope to welcome them back as coaches one day. Our U14s now take on the mantle of our senior players. A role they will rise and respond to. We also look forward to welcoming in a new flock of Parakeets to form our next U8 age group.

Let's make it another successful season together and thank you for your continuing support.

Best wishes

From all the team at Twickenham Cygnets FC



OUR MISSION:

TO HELP YOUNG GIRLS LEARN AND LOVE FOOTBALL.

OUR PHILOSOPHY:

FOOTBALL IS FUN. FOOTBALL IS FOR EVERYONE.

FOOTBALL HELPS ME DEVELOP AS A PERSON AND A
PLAYER.

AGE GROUPS

For the 2023-24 Season, Twickenham Cygnets FC will have teams in the following age groups. All teams play in the Surrey County Women & Girls League with matches played on Sunday mornings (the majority) or early Sunday afternoon.

U8 (School Year 3)

Format: 5-a-side

Frequency: Monthly Festivals
(home/away)

U9 (School Year 4)

Format: 5-a-side

Frequency: Weekly Fixtures
(home/away)

U10 (School Year 5)

Format: 7-a-side

Frequency: Weekly Fixtures
(home/away)

U11 (School Year 6)

Format: 7-a-side

Frequency: Weekly Fixtures
(home/away)

U12 (School Year 7)

Format: 9-a-side

Frequency: Weekly Fixtures
(home/away)

U13 (School Year 8)

Format: 9-a-side

Frequency: Weekly Fixtures
(home/away)

U14 (School Year 9)

Format: 11-a-side

Frequency: Weekly Fixtures
(home/away)

NEW JOINERS

We will always try to accommodate new players and offer them the opportunity to play football for our club. However, there will be times when resources are limited meaning we need to limit the number of players in certain age groups. Here's what to do if interested in joining.

1. Contact the club via email at twickenhamcygnets@gmail.com to see if there are spaces available.
2. If so, you will be invited to a training session to try it out. The only "trial" that matters is how much your daughter enjoys it.
3. Assuming your daughter wishes to join, she will need to be registered with The FA which is done by following the instructions here:
<https://www.twickenhamcygnetsfc.com/newjoiners>
4. Once registered, your daughter will be allocated to a team and will need a match day kit which is bought via our online TCFC Store here:
<https://www.twickenhamcygnetsfc.com/tcfc-store>
5. If there are no available spaces, your daughter will be invited to join our waiting list (U12 and upwards) and will be informed when a space becomes available. From U8 to U11 age groups, your daughter will be welcome to attend training sessions and will help form a new team once sufficient numbers and team resources are in place.



WELFARE

TCFC Welfare Statement

"ENSURING THE PHYSICAL & MENTAL HEALTH, SAFETY & RIGHTS OF OUR PLAYERS ARE PLACED ABOVE ALL ELSE AT ALL TIMES BY EVERYONE".

The welfare of our players will always be our priority. Providing a safe, friendly and fun environment is the most important measure of our success to create a positive learning and development culture throughout the club. The FA's guidance on best practice welfare is something we aim to surpass not just comply with. A summary of our approach to welfare is listed below.

1. Anyone in a position of responsibility in the club is required to successfully complete a DBS check and Safeguarding Children course before taking on the role
2. Every age group has its own qualified Welfare Officer to help promote a safe, happy environment and to provide a confidential way for players and parents or carers to discuss any concerns
3. The club's Codes of Conduct and policies are accessible via the club website here: <https://www.twickenhamcygnetsfc.com/club-policies>
4. All Team Leads and Coaches are qualified in First-Aid & Safeguarding Children
5. Each Team has an additional 3 parents / carers also qualified in First-Aid
6. All Teams have a qualified football coach ensuring practices are delivered in a safe and appropriately challenging environment
7. The club has invested in its own defibrillator which is accessible during training sessions and home matches

TWICKENHAMCYGNETSFC.COM

You will find everything you need on our [website](https://www.twickenhamcygnetsfc.com). Please use it regularly. It contains answers to most questions from training times, upcoming fixtures, player registration, social events, how to buy kit, club policies to the latest club news.



TEAM STRUCTURE

We are proud to have multiple teams in each age group offering football to suit a range of different levels from beginners to developers. We believe every player should play with and against players of similar experience. This creates a positive and balanced development culture within the club and also helps ensure matches are competitive and exciting.

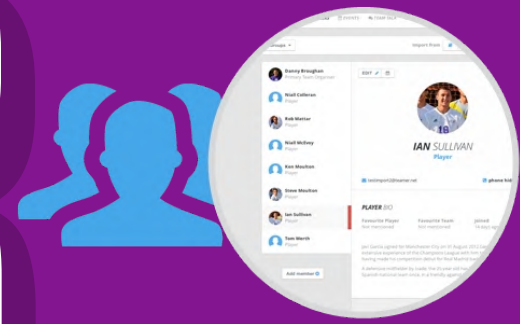
All our teams are treated equally and share the same values:
Inclusivity. Inspiring. Empowering. Striving.

We understand players develop at different speeds and will sometimes reshuffle teams during the season to reflect this.

"We believe every player should play with and against players of similar experience"



TEAMER



Teamer is the app we use to manage player availability for training and matches. Once joined, you will start to receive invitations via email/text or notification (if you've download the Teamer app).

Please respond to **by 5pm each Thursday** to ensure your daughter is included in the plans for the coming weekend. Anyone who has not responded by this time will be assumed unavailable.



VOLUNTEERS

We rely on our valuable volunteers to keep the club functioning. The decision to create additional teams and allow more players to join is entirely dependant on having the resources to allow us to increase our number of teams. Voluntary positions range from coaching, team management, first-aid, administration and therefore a knowledge of football isn't necessary.

You can find our latest positions and how you can get involved here:

<https://www.twickenhamcygnetsfc.com/tcfc-squad>



TCFC STORE

All items including match day kit and social events can be bought via the club's online store <https://www.twickenhamcygnetsfc.com/tcfc-store>.

Any kit items bought are delivered to a central address and distributed at training sessions as soon as available. This can range from 1 to 4 weeks depending on stock availability.

Players are expected to bring their own shin pads and make sure these are worn at all times during training and matches.

The club operates a **Boot Exchange** scheme where outgrown boots can be swapped for a larger pair.

TCFC SUPPORTERS CLUB

Our very own **TCFC Supporters Club** offers our players and their families discounts from a range of fabulous local businesses. All you need to take advantage of this great scheme is a TCFC Supporters' Card (which will be given to you upon joining).

More information about the TCFC Supporters Club can be found on our website:

<https://www.twickenhamcygnetsfc.com/supportersclub>

TCFC SEASON

SEPT
2023

OCT

NO
V

DEC

JAN
2024

FEB

MAR

APR

MAY

JUNE

JULY

AUG

LEAGUE SEASON 2023/24

Matches every Sunday during season. No fixtures during holidays and half-terms (U8s to U11s). No fixtures on the first Sunday of Autumn and Spring half-term weekends for (U12s +)

**TRAINING,
SUMMER
TOURNAMENTS,
FRIENDLY
MATCHES**

**XMAS
SOCIAL**

**FA CUP
FINAL**

**SUMMER
SOCIAL**

PARENT CHARTER

Commitment – learning together is fundamental to the successful development of a team. By joining the club, you agree your daughter will attend a minimum of **80%*** of training sessions and matches throughout the season.

Punctual – your daughter is expected to arrive **before** the agreed start time, ensuring her team are properly prepared for matches and training. Any player arriving late to training is expected to wait until a formal break to avoid disrupting a session in progress.

Prepared – players must have the required kit for training and match days including correct footwear, shin pads and water bottle and understand certain kit items (i.e. match day shirt, shorts and socks) are **only** worn on match days.

Responsive – a response to Teamer invitations is required **by 5pm every Thursday** to help Team Leads plan appropriately.

UPON JOINING THE CLUB, WE REQUEST PARENTS / CARERS AGREE TO THE FOLLOWING TO HELP THE CLUB CONTINUE TO BE A SAFE, ORGANISED AND FUN ENVIRONMENT FOR YOUR DAUGHTER TO ENJOY AND DEVELOP.

Encouragement – your support and appreciation of effort are welcomed by all our teams. Please resist any directional / coaching advice during games. To help development, players rely on Team Leads & Coaches for guidance as well as the opportunity to problem solve on the pitch themselves without any additional intervention which often only creates distraction and confusion.

Support – as a volunteer run club, you will offer to help if able to do so. All help is appreciated and specific vacancies are available here:
www.twickenhamcygnetsfc.com/tcfc-squad

Responsibility – you explicitly understand you are responsible for your child's welfare during all club activities including getting to and from activities. If you are unavailable to attend any club activity in person, you must appoint a responsible adult (U8 - U11 age groups) or by agreeing to the Parent Charter, are giving your consent for your daughter (U12+) to make their own travel arrangements to club activities.

MEMBERSHIP FEES

Twickenham Cygnets FC is a not-for-profit, community club and everyone associated with the club does so on a voluntary basis. We rely on membership fees to cover the running costs of the club (equipment, pitch hire, insurance etc.).

Membership fees are announced at the beginning of each season. A 10% discount will be offered to siblings. Membership fees can either be paid in full by September 8th or in two equal instalments of 50% by September 8th and the remaining 50% by Feb 1st 2024. Alternative payment plans might be available upon request to twickenhamcygnets@gmail.com

The club's bank details are as follows:

Name: Twickenham Cygnets FC

Account No: 63502623

Sort Code 60-22-03

Ref: Your daughter's name/age group



FAQS

Will my daughter play for the same team all season?

We understand all players develop at different speeds so will continuously monitor their progress and may make adjustments to teams during the season moving players across from one team to another. Our policy is to group players of similar experience together so that everyone is playing regularly with players and against teams of a similar standard.

Can my daughter play in the same team as her friends?

It's not always possible to achieve this. Players are primarily grouped according to their level of experience rather than friendship group. We also find that moving players around creates new friendship opportunities.

What kit does my daughter need to play?

For training sessions, players can wear normal PE kit or suitable sportswear. Shin pads must be worn at all times and can be bought from any sports shop or online. Your daughter should also have the correct footwear depending on the surface which will be predominately grass. Therefore boots with moulded studs will be required as well as trainers or Astros if playing on an artificial surface. Finally, your daughter should also have a water bottle with her for both training and matches.

Can my daughter join after the season has started?

Yes, this is possible but will depend on the number of spaces available at that time.

My daughter has other commitments at the weekend. Can she join in when's she is available?

We request all our players are available for a minimum of **80%** of training sessions **and** matches. This is to ensure individuals develop at a similar pace and that teams are able to fulfil their fixtures. Unfortunately, we are unable to offer places to players unable to make this commitment.

Where will matches take place?

Matches are played on a home and away basis. Home matches are played at Orleans Park School (U8s to U11s) and/or Marble Hill Park (U12s to U14s). As we play in the Surrey Women & Girls League, away matches can vary between local (e.g. Richmond; Teddington) and not so local (e.g. Caterham). On average, an away match may involve around 30mins of travel time.

What time do matches start?

Matches can be scheduled to start at any time from 10am to 2pm. The majority of matches start before midday with kick-off times determined by the home team. Kick-off times are not usually agreed until the week of the match.



USEFUL LINKS

Instagram

You can follow the club's progress on **Instagram** @thecygnetsfc.

It's a private account accessible only to those connected with the club.



Please join the club's fundraising scheme and help support those who may need some financial help with the costs of playing football. It takes seconds to join and doesn't cost you a penny. We've already raised over £1,000 but can achieve more with more people. Please join here: <https://www.easyfundraising.org.uk/causes/twickenhamcygnetsfc/>



The club also has its own **Whatsapp** group which is used sparingly to communicate any urgent news or updates to all age groups. This doesn't replace any of the team specific groups you may be part of. You can join here: <https://chat.whatsapp.com/C5QRGogoSGHDvnjeYp5bwh>

PARAKEETS

Our Parakeets provides a fun introduction to football for girls in Reception, Year 1 and Year 2. As the girls get to the end of Year 2, they will start the transition into Twickenham Cygnets FC to form our next U8 age group. For more information, fly to the Parakeets website here:

www.parakeetsfc.com





LET'S PLAY