



PARENT AND NEW PLAYER HANDBOOK

ABOUT US



OVERVIEW.

Loughborough Foxes is a Women's and Girl's only club in the Leicestershire area, with 10 junior teams, an U18 team and a senior team. We have over 100 players across those age ranges, as well as 20 female coaches and committee members helping to support the growth of women's sport and enhance the lives of young people in the area. The club was originally formed after the death of Rachel Fox in 1999. Rachel died from a tragic accident at school and her parents formed a club in her honour, initially known as Shepshed Foxes, and with only junior teams. The club became Loughborough Foxes in the early 2000s and then started to grow, in 2006/07 we created our first adult women's team.

In 2021 the Loughborough Foxes First and Development teams merged with the Loughborough University performance team to create a new Loughborough Lightning women's football team. The aim being to provide a sustainable pathway in Loughborough for women and girls.

WE PLAY TOGETHER, WE WIN TOGETHER AND WE LOSE TOGETHER.

Loughborough Foxes is an inclusive club and accepts players of all abilities from 5 years and up, we aim to improve their football skill and technique. We are a warm and welcoming club and are huge ambassadors of the FA RESPECT programme.



NICKI RUSSELL
CHAIRPERSON



CHRIS MYATT
VICE CHAIR



STEVE WILKINSON
DIRECTOR OF FOOTBALL



ANDREW SIVELL
TREASURER



ANDREW MILLER
SECRETARY



ANNA WHITE
WELFARE OFFICER



LEANDRA WHEL BAND
JUNIOR DEV OFFICER



SEJAL PETAL
SENIOR FUNDRAISER



WHO'S WHO

HOW TO CONTACT US

BEFORE JOINING THE CLUB

The best way to contact us is either to email loughboroughfoxesfc@gmail.com or pop onto our social media channels on Facebook (Loughborough Foxes WFC), Instagram (@lborofoxes) or Twitter (@Lborofoxes) and drop us a message.

WHILST AT THE CLUB

Each year group is given a WhatsApp group chat for parents and when the teams go to 11 a side, an app called Heja is utilised. Coaches use both platforms to gauge how many players are attending training, football matches, tournaments and social outings. We will add you to the appropriate group(s) when you join the club.

TRIAL PERIOD

We want what is best for your budding young superstar, so at Loughborough Foxes we welcome you into the club with 3 free taster sessions. We want to make sure they are happy and content with our setup, coach and other players. We do need you to sign your daughter up as a trialist, a link can be found on our website under 'documents', but is usually emailed or sent via social media for you to fill in pre-trial period.

SIGNING UP

After your third free session, if you wish to join the club, you will be required to complete the Registration Form. This gathers the information we require to register your daughter with the League, or to continue to train with us, if not wishing to play competitively just yet. Information such as Emergency contact info, medical details, kit sizing will be required, along with a digital 'Passport style' photograph. If you are 'new' to the club, we will also require proof of DOB, but we will request this separately.

FEES

Player fees are decided annually and currently range from £165 to £205, depending on the age group. The fees go towards the running of the club and allow us to purchase the kits, hire training and match facilities, pay referee fees, insurance, FA Accreditation, amongst other things. Concessions are available for siblings and players who join on a 'Training Only' basis. (All playing kit remains the property of the club and must be returned if asked to)

A vertical photograph on the right side of the page shows a young girl in a soccer uniform, seen from behind, kicking a soccer ball on a grassy field. The image is overlaid with a semi-transparent blue filter. The text 'JOINING THE CLUB' is written vertically in large, white, bold, sans-serif capital letters over the right side of the image.

JOINING THE CLUB

WHERE WE TRAIN

Loughborough Foxes train at the 3G pitches at Loughborough College and at Loughborough University. Car parking for Loughborough College can be accessed via the Radmoor Road entrance. Loughborough University PEC pitch is best accessed from Epinal Way.

For Wildcats, U8, U10 and U11 training times are Tuesday 6pm - 7pm at the University.

U12, U13, U14 & U15 are Tuesday 6:30pm - 7:30pm

U18 & Vixens are Tuesdays and Thursdays 7:30pm - 9:00pm.

Some teams may access Thursdays evenings for training, coaches will let you know as and when.

Loughborough University postcode: LE11 3TU

What 3 words: cost.giant.code

Loughborough College Postcode: LE11 3BT

What 3 words: flag.bucks.tile

HOME KIT



Blue shirt
Blue shorts
Blue socks



TRAINING TOP:



AWAY/TRAINING KIT



Red shirt
Red shorts
Red socks



GOALKEEPERS:



Shin pads and football boots to be worn at all times in training and games.



3G pitches DO NOT allow metal studs, moulded studs are required, your coaches will let you know if the opposition have a 3G pitch.

NO JEWELLERY Rule. If your daughter wants a piercing, get it done in the 'off-season'.

KIT



ACCREDITATION

Loughborough Foxes are FA Accredited and are Affiliated to the Leicestershire & Rutland County FA which operates out of Holmes Park. Their website is www.leicestershirefa.com
The Junior Teams compete in the Leicestershire Women's and Girls Football League
www.facebook.com/groups/www.leicestergirlsleague.co.uk/
The adult Vixen team compete in the East Midlands Women's Regional Football League which is tier 7 of the women's pyramid.

TEAMS

U7 through U11 age groups are classed as 'Development Leagues'. Matches are scheduled every three weeks with the results being recorded by the league, but not published. Teams can be added to the schedule, throughout the season. The results are used to pitch similar strength teams against each other. If time and weather permits, League and County Cup knock-out competitions may be organised during the season.

U12 through U18 age groups are Competitive divisions. Tables are published, league winners and runners-up recognised and the potential for promotion and relegation to play for.

The majority of fixtures are scheduled at the start of the season and can be found at:

<https://fulltime.thefa.com/home/index.html>

Search for - Leicestershire Women's and Girls Football League and once you have located it, creating a 'Bookmark' is recommended.

Alternatively download the FA Matchday App and create your own account. Your daughter's information is linked to your email address. Fixtures, Results and playing statistics can be viewed on the app.

LEAGUE RULES WORTH NOTING

- A team is allowed to postpone two matches per season, without penalty (weather related postponements are not counted).
- Matches are not usually scheduled for major holiday weekends (New Year, Easter etc.) but please pay attention to half term and term breaks. If you know you will be away, let your coach know as soon as possible, so they can reschedule a game without penalty. (monetary fine or match forfeit are possible sanctions for not fulfilling a fixture).
- Again, if fixtures are generally going to plan, League and County Cup Competitions will be played during the season.
- The 'Home' team is responsible for providing the referee. Very occasionally we are unable to source an external referee, or a referee may drop out on the day. In these cases, someone has to step up to officiate. This could be a member of the coaching staff or a willing parent. If it is the coaching staff, they are not allowed to mentor the players.
- For matches where the 'Offside' Rule is in force, each team has to provide a person to run the line (linesman). Again, a willing parent is ideal as it then allows the coaching staff to concentrate on what they are there for... your daughter's development.

The Leicestershire Womens and Girls League is run by a committee of volunteers. The league adheres to the FA SCORY Rules for mini and Youth Football and the FA guidelines of the RESPECT Programme. There are a handful of specific Leicestershire League amendments.

Yellow and red card fines are paid by the player (parent) not the club.

HOME GAMES

Home fixtures for U8's to U18's are at Woodbrook Vale School, on Grasmere Road. There is usually plenty of parking at the School, but if there are lots of home fixtures it can get tricky,. Your coach will let you know if it's going to be busy. Woodbrook Vale do not allow dogs on site, nor alcohol, smoking or vaping. So please refrain from those activities and keep Fido at home!

The club run a tea bar for home matches, which is run by YOU! In your contract you will notice we expect every parent to assist in the running of the tea bar at least once a season. We are all volunteers at the Foxes and appreciate the help of setting up and removal of the goals & corner flags.

AWAY GAMES

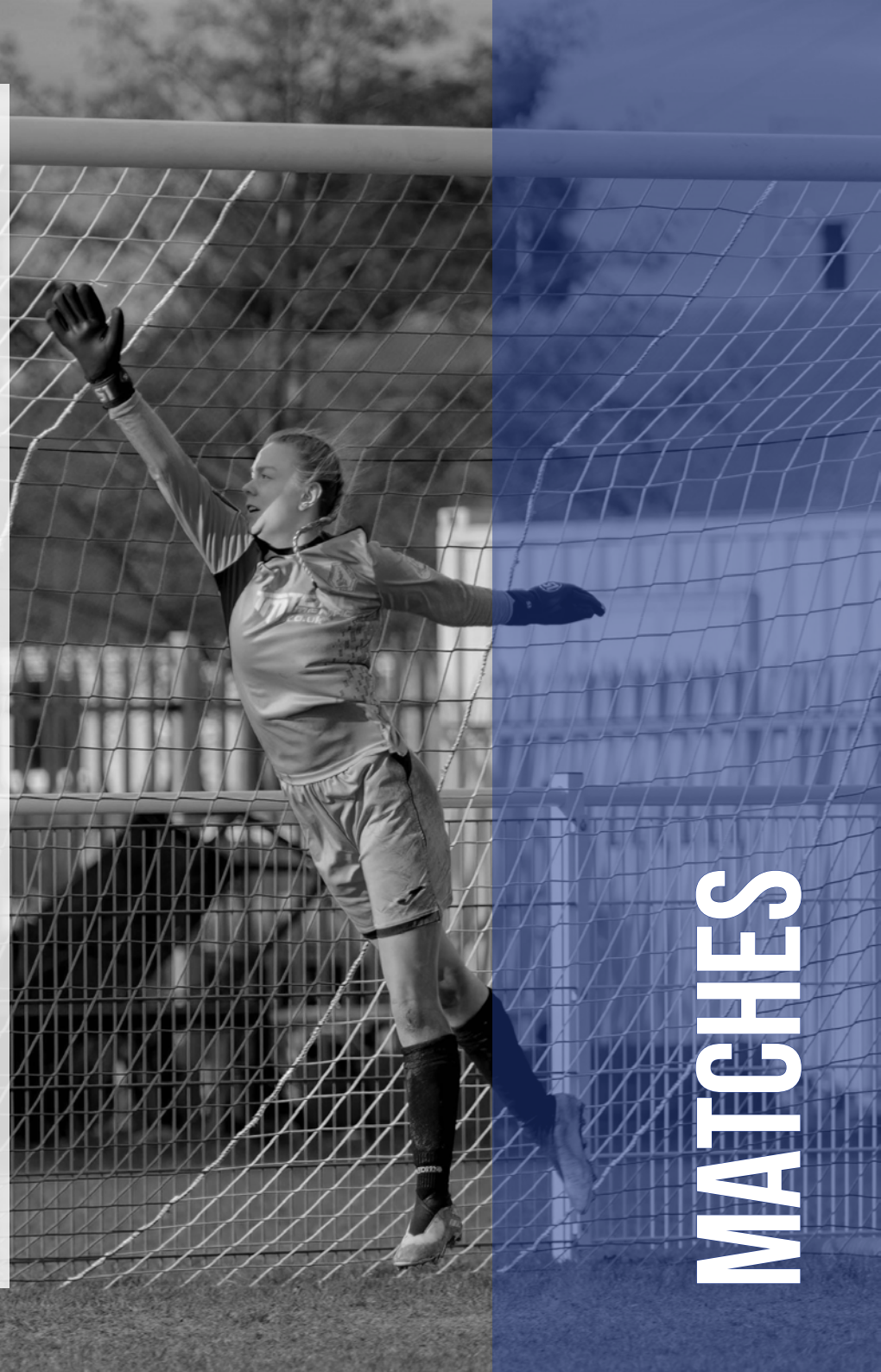
Details of away games are given by the coach on WhatsApp or Heja. Any details the club wish to share are also forwarded on, please respect oppositions rules on parking and the FA RESPECT guidelines.

GAME TIME

We are an inclusive club and want to give everybody a fair share of game time per match and develop all our players and nurture them at each players ability.

RESPECT RULES

Please remember all coaches, support staff and officials are VOLUNTEERS and are not to be abused in any form. Players are of differing abilities and we expect encouragement rather than criticism.



MATCHES

RULE CHANGES

As your player moves up every season the game rules change, here's an overview:

Team	Number of players	Major rule changes
U8 & U9	5-a-side	Retreat line
U10's	7-a-side	Retreat line
U11's	7-a-side	No retreat line
U12's	9-a-side	Offside
U13's	9-a-side	Offside
U14's	11-a-side	Offside
U15's	11-a-side	Offside
U16's	11-a-side	Offside
Vixens	11-a-side	Substituted players not allowed back on field of play

WHATSAPP

Each team is given a WhatsApp group for parents, you will receive notifications from coaches about:

- Matchdays
- Training
- Tournaments
- Social Events

From time to time you will get other messages from our Media contact, these are usually around non footballing activities, like photoshoots, videoshoots etc. We will always respect your decision for your player to be excluded from such activities, just let us know.

HEJA

Heja is a specialised sports team management app for U14 and above. Parents and players are expected to give their availability per match here.

EMAIL

Every now and then the club will send out email communications, usually whilst in the signing up phase but also for anything that needs a bulk announcement. Our email address is loughboroughfoxesfc@gmail.com

RESPECT

Please remember every WhatsApp group is monitored by our Welfare Officer and Director of Football. Please keep communications of non footballing topics away from these chats. Similarly please remember all coaches and committee members are volunteers, please respect their time away from football and keep messages to a minimum.



COMMUNICATIONS

THE F.A

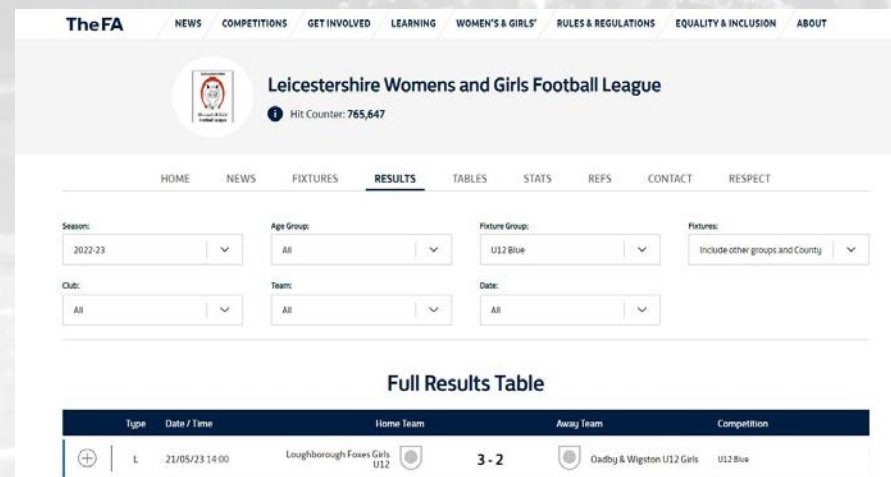
Everything we do is run and managed around the FA.

For more details visit <https://www.thefa.com/>

FIXTURES

The FA will produce and maintain records of fixtures and results on it's Full Time website, you can follow the QR code below.

Please remember Under 11's and below there is no public record of any results. Only at Under 12's are they published on the Full time website.



The screenshot shows the FA website interface for the Leicestershire Womens and Girls Football League. The page includes a navigation menu with options like NEWS, COMPETITIONS, GET INVOLVED, LEARNING, WOMEN'S & GIRLS', RULES & REGULATIONS, EQUALITY & INCLUSION, and ABOUT. Below the navigation is a search bar and a hit counter showing 765,647 hits. The main content area features a navigation menu with options like HOME, NEWS, FIXTURES, RESULTS, TABLES, STATS, REFS, CONTACT, and RESPECT. There are several filter dropdowns for Season (2022-23), Age Groups (All), Fixture Groups (U12 Blue), Fixtures (Include other groups and County), Club (All), Team (All), and Date (All). Below the filters is a section titled "Full Results Table" with a table showing match details.

Type	Date / Time	Home Team	Score	Away Team	Competition
L	21/05/23 14:00	Loughborough Foxes Girls U12	3 - 2	Oldby & Wigston U12 Girls	U12 Blue



WELFARE OFFICER

Anna White is our club Welfare Officer. Although any concerns, issues can be reported to any committee member or coaching staff.

The Leicestershire Womens and Girls league and The Leicestershire County FA also have their own Safeguarding and Welfare Officers:

Leicester League: lwglrespect@gmail.com

County FA: Safeguarding@leicestershirefa.com



In order to be FA Accredited, all committee members and coaching staff have to obtain certain levels of safeguarding, first aid and have valid FA DBS checks, depending on their role.

The Club adheres to the FA RESPECT Programme guidelines. Positive encouragement only to players, officials and coaches. The RESPECT barrier at the side of the pitch, is the designated spectator viewing location. <https://www.leicestershirefa.com/about/respect>

CONTACT

Anna is part of every WhatsApp group and any concerns can be raised with her within those groups. Anna also attends training sessions and can be found at her daughters games should you need help and advice.





WHAT ARE CODE OF CONDUCTS?

Parent and player code of conducts are important to us here at Loughborough Foxes. Code of conducts are documents of the expected behaviour of players, parents, supporters, club officials and coaches.

Each code of conduct is available on our website for you to download, please read through the parents & spectator codes before attending matches:

Junior Players:



Senior Players:



Coaches, Managers
& Club Officials:



Parents
& Spectators:





SOCIAL OUTINGS:

- Yearly awards ceremony
- Christmas parties
- Molly's Gift events

SOCIAL MEDIA

Facebook:



Instagram:



Twitter:



SOCIAL

MOLLY'S GIFT



In what was hoped to be a celebratory 20th year in 2019, the club experienced more tragedy as Molly Webb died from Sepsis in January. Molly had played for the club since she was 12, had coached, been a fund raiser and key committee member as the club continued to grow from 2013 onwards.

Following her funeral, several of her friends decided to set up a charity in her name. Molly's Gift was formed later that year and now supports the development of young people through fundraising and grants.

The trust aims to provide funding opportunities for youth development in sport, particularly for disadvantaged children; something that was incredibly close to Molly's heart. Money raised allows local sports clubs, schools and other community projects, to apply for grants. These grants enable youngsters from all walks of life, to further pursue their sporting talent. Whether this be through one off activities, to purchase equipment or pay for facilities. Ultimately, funds will support local youth sports clubs, primary schools or community projects to simply support a young person to smile through sport.

As a club we are heavily involved in fundraising for Molly's Gift and actively encourage players and parents to attend fun days and training sessions to generate donations for this fantastic charity.

More information on the Molly's Gift website:



DONATE WITHOUT REALISING



Please support the clubs fundraising activities by signing up to EasyFundraising at the link below. When you make online purchases at certain retailers (eBay, Amazon, Very, Just Eat, Pizza Hut etc.) A percentage of your purchase will be donated to the Club.

The scheme costs you nothing but means we get much needed funding into the club, all you need to do is sign up and shop!



EASY FUND RAISING



SPONSORSHIP

SENIOR TEAM SPONSORS

We are always on the look out for local sponsors of our teams, from U13 to Vixens.

Here is our rate card:

2 year deal:

- U13 and above
- £750 home or away kit
- £650 away/training kit
- £550 1/4 zip training top

or go all in with these options:

- £1300 both kits
- £1800 for all kit

WHAT YOU GET:

- Our home, away or training kit sponsored with your logo (choose from above).
- Website logo and a "do follow" link on your chosen teams page.
- Social media shout-out to over 5,000 followers on three platforms.
- Your business name on all social media regarding your team, i.e today the "sponsors" Loughborough Foxes U14 team are in action against...
- Invitations to all club events.
- Opportunity to sponsor Vixen players.

JUNIOR TEAM SPONSORS

We encourage grassroots football from 5 years and you can sponsor any team from U8 to U12.

Here is our rate card:

2 year deal:

- U8 to U12
- £600 home or away kit
- £550 away/training kit
- £400 1/4 zip training top

or go all in with these options:

- £1000 both kits
- £1400 for all kit

WHAT YOU GET:

- Our home, away or training kit sponsored with your logo (choose from above).
- Website logo and a "do follow" link on your chosen teams page.
- Social media shout-out to over 5,000 followers on three platforms.
- Your business name on all social media regarding your team, i.e today the "sponsors" Loughborough Foxes u14 team are in action against...
- Invitations to all club events.

INTERESTED?

If you are interested in sponsoring a team please email loughboroughfoxesfc@gmail.com



SPONSORSHIP

READY TO PLAY FOOTBALL?