

Newsletter for Polegate Grasshoppers Girls



Issue #3 September 2023

Welcome

Welcome to the 3rd edition of the Polegate Grasshoppers Girls Newsletter!

Players of the month!

U6s/U7s

Evie Penn (Eve) is our player of the month. Always ready to learn and full of enthusiasm. Takes on board the information we are giving and tries her fullest in every part of practice. Listens to the coaches and is a great team mate to the rest of the group.

U8s/U9s

Tulisha Warrington is our player of the month. Tulisha shows passion and determination on and off the pitch. Whatever the task she'll give her best to carry it out.

U10s/U11s

Scarlett Edwards is our player of the month. She is dedicated, always listens, gives her all, helpful even when it's not expected, and all this with a big smile on her face from the moment she arrives at training.

U12s/U13s

Lydia Verth is our player of the month. Lydia has been top quality, despite being asked to play in many positions, she doesn't complain. She has contributed to goals and many important tackles.

U16s

Sophie Elliot is our player of the month. Sophie works hard at every training session, and the hard work is paying off. She is developing into a very competent midfielder, who enjoys running, chasing down, and is quite comfortable on the ball. Well done Sophie!



Awards night

Thank you all for coming to the awards night on **Monday 4th September 2023**. The girls looked like they enjoyed themselves and their well-deserved trophies.

We're really excited for this seasons award ceremony which is the Clubs 40th Anniversary. We will join the boys' teams for a much bigger awards night on **Friday 14th June 2024!**

Check out the girls in their new training kit!



Polegate Grasshoppers Values

Polegate Grasshoppers FC is a local club in Sussex which caters for all abilities of football.

We offer football training to anyone and everyone who wishes to play the game, learn, and most importantly have fun doing so.

Polegate Grasshoppers FC is setting new environments of learning to help our players develop skills they may not have already had. Our dedicated coaching staff have access to platforms to help provide challenging but exciting football sessions to help the players development.

We are providing our coaches with CPD days which include practical sessions from coaches with enormous amounts of experience in grassroots football.

This helps our coaches with a better understanding of coaching at grassroots level.

Polegate Grasshoppers FC provides;

- Hard work through its coaching staff providing skills through our sessions,
- Respect to our club and visitors,
- Kindness teaches our players compassion to be supportive to one another whilst providing a safe environment for all.

- Matt Da Silva
Club Vice Chairman
Lead for Girls Football

Match fees

Match fees are an important part of running the club as they go towards the upkeep of the pitches, maintaining goals and corner flags and paying the ref for home games. We use 1 pot of pitch marking paint a week and this costs £25 a pot. Next year we plan to airate the pitches.

Training fees

Invoices will be going out at the end of September. Fees mostly cover training venues. But it also covers coaching courses and equipment. £120 a player for the season, although there is a sibling discount of £96 for each player. There may be a supplementary charge if some teams do extra sessions.

Tactics board

Here are the u13s making good use of the tactics board at Westlords. Please feel free to use it whenever.



Meet the coaches

Rachel Keen



I'm Rachel Keen, Chair of the Girls committee here at Polegate Grasshoppers Football Club, as well as Development Manager for the U11's girls' team.

It was lovely being introduced at our awards ceremony, which was a lovely little get together for the girls, celebrating a year of the girls at PGFC.

Football is something that is very new to our household. With both of our children finding a love for the game and joining their teams here at PGFC. My daughter Jade is in the U11's girls. My son Joshua is in the U8 boys, where my husband, Jamie, helps coach.

A little bit about me, I am an emergency and critical care Veterinary Nurse, working nights and weekends. We have 2 dogs, 2 rabbits, 3 Guinea pigs, and a cat. My hobbies, when I get time, consist of crafting, paddle boarding, swimming, reading, film nights, and walking. But above everything else family time, doing anything at all together, is my favourite.

I am also on various other committees, including the school PFA, scouting, and community centre. I have a real love for our community and want to help it be the best it can be.

I am so excited for my new adventure with PGFC. It's a really exciting time for us all. I'm looking forward to working with you all, and any questions at any time, please don't hesitate to come to me.

Coaching team and committee members

U6/U7/U8

Sarah Bond
Kane Purkiss

U9

Matt Da Silva
Andrew Titherly

U10/U11

Corin Evans
Rachel Keen
Steve Banfield-Giggs

U12/U13

Oli Thompson
Lauren Thompson
Summer Mooney

U16

Gary Crane
Paul Fitches

Please come and speak to us if you have any concerns or questions or just want to tell us we're doing a great job 😊.



Girls Chair – Rachel Keen
Girls Vice Chair – Matt Da Silva
Girls Secretary – Liz Heward
Girls Treasurer – Peter Goodman
Girls Head Coach – Corin Evans
Girls General Committee Members – Sarah Bond,
Gary Crane
Club Secretary – Karen Barnes
admin@polegategrasshoppers.co.uk

Welfare at the club

Club Welfare Officer – Emily Goodman
welfare@polegategrasshoppers.co.uk

Reminders

3G pitch – please **DO NOT** play football on the grass before walking on the 3G pitch. Clean Astro trainers / normal trainers only please. No studs or blades are allowed. Do not go on the 3G pitch until your allotted time.



TigerTurf™

Appropriate Footwear for a TigerTurf Hockey Pitch

Use dimpled or flat soled shoes



Do not use shoes with studs or blades



Footwear should always be clean and in good condition

Register – please make sure you sign in when you arrive at training. It is important that we know who is there.

Responsible adult – please remember that you are responsible for your child while they are training or playing in a match. You must stay on site during this time in case you are needed. If you need to leave, please make sure that another adult can take over responsibility during your absence. This adult cannot be one of the coaches.

**ADVERTISE
HERE**

Reminders continued...

Coaching from the sidelines – please **DO NOT** coach from the sidelines during matches or at training. Leave the coaching to the coaches. It can get very confusing for players when they receive instructions from coaches and family members at the same time. Please do cheer them on, but do not coach them.

Respect Code of Conduct



Respect

Spectators and parents/carers

We all have a responsibility to promote high standards of behaviour in the game

This club is supporting The FA's **Respect** programme to ensure football can be enjoyed in a safe, positive environment.

Remember children's football is a time for them to develop their technical, physical, tactical and social skills. Winning isn't everything.

Play your part and observe The FA's **Respect Code of Conduct** for spectators and parents/carers at all times

I will:

- Remember that children play for FUN
- Applaud effort and good play as well as success
- Always **Respect** the match officials' decisions
- Remain outside the field of play and within the Designated Spectators' Area (where provided)
- Let the coach do their job and not confuse the players by telling them what to do
- Encourage the players to **Respect** the opposition, referee and match officials
- Avoid criticising a player for making a mistake – mistakes are part of learning
- Never engage in, or tolerate, offensive, insulting, or abusive language or behaviour

I understand that if I do not follow the Code, any/all of the following actions may be taken by my club, County FA or The FA:

I may be:

- Issued with a verbal warning from a club or league official
- Required to meet with the club, league or CFA Welfare Officer
- Required to meet with the club committee
- Obligated to undertake an FA education course
- Obligated to leave the match venue by the club
- Requested by the club not to attend future games
- Suspended or have my club membership removed
- Required to leave the club along with any dependents

In addition:

- The FA/County FA could impose a fine and/or suspension on the club

