 **Welcome to TW Braga!**

Dear Parent & Player

Please keep this in a safe place for reference.

Welcome to the Academy. Your child & their development is the most important thing to us. We guarantee that we will improve your child’s technical ability & game understanding in a fun, relaxed environment.

Pre-season details for training are included in the main email. From October the training will be 7-9pm on the 2G pitch at Grosvenor Grammar School, Marina Park (off the Castlereagh Road). We also have access to a class room which will allow great preparation for match analysis & our Education Officer. We will have experts delivering what the modern players need. This will include a teacher to assist with homework & study plans, match analysis, conditioning coach along with physchology side of the game & keeper coach.

Please take time to read the following points that we hope ensure an enjoyable experience for both player & parent.

If you require any further advice you can contact me on 077 4012 0788 or by email, tim@twsports.org.

**IMPORTANT LINKS**

[www.YouTube.com/twsportsgroup](http://www.YouTube.com/twsportsgroup) - You will find two short videos of 1-to-1 coaching featuring one of our 98 players, Luke. A number of the tricks & skills in these videos are named after players. We expect all Academy players to practice these skills. This channel will also share uploads from each age group.

[www.TWAcademy.Org/players/](http://www.TWAcademy.Org/players/) - This is the parent & player section of the Academy website. Here you will be able to read & print off information on diet, health (including what players should be eating / drinking before, during & after games), practice sessions, information nights & tours.

We are currently upgrading the website & hope to launch as close to the new season as possible. Each player will have their own online player passport that will track everything & offer support & advice both on & off the pitch for them. Something we have heavily invested in.

**TRAINING**

All players are expected to attend all training sessions & arrive 10 minutes before the start of each session. This is very important as to receive an appropriate warm up.

It is parents responsibility to contact their players coach to advise of non attendance. This should be organised in advance as training sessions are organised to suit each squad size. It also allows parents to receive important announcements that are made at the end of each session.

**By arriving 15 minutes early & having a ball at your feet will offer you an extra 3 hours training per month & more!**

**TRAINING KIT**

All players are expected to arrive & depart training in the TW Braga polo & tracksuit along with trainers suitable for indoor training or the gym. On arrival they should change into the Academy kit & have suitable footwear for surface) & shin pads. Order links for training & match day kit is included in the email.

**MATCH DAY**

Players should pack their own kit bag the night before a game with the assistance of a parent. Please don’t do this for your child as this is an important routine for your child to learn. Players should have their uniform ready (match top, shorts & socks + warm up jumper or rain jacket). They should pack their boots (cleaned), shin pads, towel, change of clothes, toiletries, drinks (water & child’s name should be marked on bottles), snack (banana, jaffa cakes or fig rolls.)

Players should arrive & depart in their TW Braga polo & tracksuit – no ear rings, chains or rings please. The only exception is for our small sided teams that may not have changing rooms so we will advise on those match days to come in match kit with club jumper or rain jacket for warm up.

**PLAYER CONDUCT / BEHAVIOUR**

Players are reminded that at TW Braga their behaviour is expected to be exemplary at all times.

Players should be courtesy to all club officials, coaches, parents & team mates. This is also extended to the opposition & referees.

The use of bad language or bad behaviour on or off the pitch will not be tolerated.

Players must remove jewellery before coaching sessions & are reminded not to bring valuables with them. Players must show good sportsmanship at all times. Good team spirit is very important; therefore encourage team mates, especially when a mistake is made.

Verbal, racist & physical abuse is totally unacceptable & will not be tolerated. We also remind players to be careful on how they conduct themselves via social media. TW Braga will not tolerate bad language, references toward religion & we also remind children to protect themselves online & not spend excessive amounts of time online. 1 hour before going to bed children should have all electronic devices off to help with sleep pattern – this includes your mobile!

**PARENT CONDUCT / BEHAVIOUR**

It would be impossible to run our programme effectively without the support of parents, & we are grateful for any assistance you can give.

We ask that parents don’t coach their child - this must be left to the coaches - & expectations of him / her should always be realistic.

To allow coaching sessions to run efficiently & without undue distraction for both players & coaches, parents are asked to keep away from the coaching area for the duration of active coaching.

Unless they have consulted a coach, parents should refrain from giving feedback to players regarding their performance. This avoids over repetition of or contradiction of a coach’s advice which can lead to confusion or frustration for a player.

To help a player understand the need to develop self-confidence, positive parental support is essential, particularly in times of disappointment. During matches parents should set a good example by supporting the teams positively. Please refrain from shouting unencouraging views & ‘coaching’. Respect opponents & match officials.

We kindly ask parents not to approach coaches before, during or after sessions or games unless it is small talk. Any issues you should notify your head of year to request a quick meeting via text (not after a game) & they can schedule to meet with you before or after a training night.

Our philosophy at TW Braga is developing the player & person. We have a long term project in place. We are realistic that there will be ups & downs in your child’s journey. We don’t work from one week to the next. One thing children won’t have is consistancy to perform at a high level week in & week out. We will aim to divide match time at small sided games. We may reward additional game time to players that attend all training sessions & always show a positive attitude. We talk about game time & players on a monthly basis at staff meetings. We will not focus on game time on a weekly basis but more on monthly basis.

Our 11 aside teams we start to ask players to challenge for places in the process of developing them for senior football.

Finally & most importantly we ask parents to stay away from group messages, groups on social media & private messages. Trust us in the development of your child. We ask you do not speak in groups about individuals, team selection or club decisions as this is not healthy. We have expelled 3 parents / players through the negative use of social media. The positives is sharing photos & highlights from the official sites (@twsportgroup on Facebook, Twitter & You Tube). We also have a ’closed group’ on Facebook @TW Braga that you can request to join. This is for more private updates such as internal club events, tours, etc.

Any minor problems can be resolved directly by your head of year. While any more serious issues or queries can be directed to the Club committee via email to Dave Haveron. Refer to Codes of Coduct for more information.

**SLEEPING & REST**

Parents should ensure that their child is receiving enough sleep throughout the week & at weekends, especially the evening before a game or training. Each child should be getting at least 10 hours sleep every night.

We would also advise you to take note of every physical session your child takes part in. They should also have a balanced diet & ensure they drink enough fluids; this is especially important before & after training sessions & matches. Water is best for children NOT energy drinks. This should be recorded on the weekly & monthly Player Passport (photo copy the template & keep safe in a folder) this information should transfer online once the new website is complete.

**COST**

We ask every player to pay £30 season membership. If everyone could bring with their registration. This will assist in paying league entry fees, insurance & the overall running of the club.

The monthly dues will be £40 operated all year round via direct debit. Previously we charged £10 per week & trained all year round excluding July (we have the elite coaching week in July). So having this amount coming out each month will equate to the same value. All TW Braga members will receive unlimited training & special discounts toward elite coaching weeks & holiday camps. Please complete the sheets attached & return ASAP (consent forms, training kit order form)

Remember your child has access & support from all our specialist team. A list of contact details is attached.

**TWSPORTS.ORG**

All children are encouraged to attend a TWSports.Org Mini Soccer Centre ([www.TWSports.Org/centres](http://www.TWSports.Org/centres)). You can attend as part of your membership at TW Braga. This is great opportunity for additional practice time. For those with younger brothers & sisters we operate ToddlerSoccer.Org!

You can organise direct with me 1-on-1 Coaching & Small Group Coaching that will specialise on improving your child’s development. Contact me on 07740120788 for more details.

Please don’t hesitate to contact me for any further information required about the Academy or advice on player’s preparation, diet, etc.

Yours in Sport

Tim Wareing

Academy Director

UEFA A Licence Coach