

NDSL FOOTBALL ACADEMY



HANDBOOK

CONTACT LIST

Academy Director

Mr. Robert Smith

Contact Mobile 087-622 42 66

Director of Football Development

Mr. Martin Murray

Contact Mobile 087-9076744

Child Protection Officer

Julie Murphy

Contact Mobile 087-4102797

CONTENTS

	Page
Contacts.....	1
Contents	3
Mission Statement.....	5
Directors Address	6
History of Academy.....	7
Aims and Objectives of Academy	8
Academy Rules.....	9
Child Protection	11
Code of Conduct – Players	12
Code of Conduct – Parents and Guardians	13
Code of Conduct – Managers and Coaches	14
Things To Remember	15
Diet and Nutrition	16
Academy Structure.....	17

MISSION STATEMENT

NORTH DUBLIN SCHOOLBOY AND GIRL LEAGUE HAVE PUT IN PLACE FOR THE BETTERMENT OF THE LEAGUE, ITS CLUB AND INDIVIDUAL PLAYERS, A FOOTBALL ACADEMY.

THE AIMS OF THIS ARE AS FOLLOWS :-

TO HELP YOUNG FOOTBALLERS, FROM CLUBS IN MEMBERSHIP OF OUR LEAGUE, RAISE THEIR TECHNICAL AND FOOTBALLING SKILLS TO THE HIGHEST POSSIBLE STANDARDS.

THIS WILL BE ACHIEVED BY PROVIDING AN ENJOYABLE, EXCITING AND STIMULATING ENVIRONMENT WITH QUALITY AND SAFETY AS OUR HALLMARK.

OUR ACADEMY WILL STRIVE TO DEVELOP THE PLAYERS' SENSE OF BELIEF, SELF ESTEEM, MOTIVATION AND DESIRE TO ACHIEVE THEIR DREAMS OF PLAYING SOCCER AT THE HIGHEST LEVEL IN KEEPING WITH THEIR ABILITY.

DIRECTORS ADDRESS

A warm welcome is extended to all players and their parents / guardians who are members of the NDSL Football Academy.

Within this booklet we have tried to cover all the information which will help your stay with the Academy to be both successful and enjoyable.

You will see from the contents page that we have tried to cover all eventualities. We would ask all players, parents and guardians to invest a little time to study the content herein.

To be a member of the Academy is an honour in its self which provides an opportunity for every player to better their skills and understanding of the game of Soccer.

However, it does not guarantee representative football. In order to be selected to play representative football at the highest level, which the Academy strives so to do, involves the following :-

A degree of excellence which only comes with the determination, dedication, discipline, fitness and ability which every player will require if they wish to play the game of soccer at the highest level.

Above all football is there to be enjoyed. I encourage players to play with a 'smile on their faces' and in a relaxed and confident manner so that their true potential can be realised.

Hoping that you enjoy your stay with the Academy,

Robert J. Smith

Academy Director

HISTORY OF THE ACADEMY

Our League, in 1999, realised that the way forward was through coaching. Yet again, the NDSL was the first to introduce an Academy into the country. In September, 1999, the North Dublin S.L. Football Academy was launched. The aim of the Academy is to progress the game of association football through the improvement of playing standards within the League. To improve the standard of coaching and team management within the League, and to organise opportunities for advanced coaching and representative football for the Leagues better players.

The Academy Director and the Academy B.O.M. manage the Academy. They are supported by Development officers. Each Development Officer has responsibility for one of the Academy Divisions. The Academy is divided by age categories.

In 2001, the Academy introduced the Colts Division on a trial basis. This division covers the ages from seven to ten. This was a major success and was formally set up in 2002. The Colts Division consists of Schools of Soccer for this age group of any standard. From these Schools the Academy staff assesses the players and invites players who are comfortable with ball skills etc. to join the Junior Academy. The junior academy caters for players aged between seven and ten years.

At eleven years of age the players are then invited to join The Senior Academy. From the ages of eleven through to eighteen years players in the Academy are in a position to be selected to represent North Dublin S.L. in National and International games. Through its ethos and policies the Academy plays a vital role in the development of our players.

AIMS AND OBJECTIVES

The aim of the N.D.S.L. Football Academy is to provide all players, male and female who are in membership of any of our league clubs, with the best opportunity to improve their skill and fitness level. This will help them to improve as individuals, who will make a sustained improvement to themselves and their club and community.

In achieving the above aim we will encourage all those in membership of our Academy to seek to achieve the highest level of attainment in the sport of association football in a safe and friendly manner.

This will be achieved with the full knowledge and the co-operation of the Academy member his/her Parent/Guardian, Club Officials and Academy Coaches and Staff.

RULES

1. All players male/female wishing to join the Academy must agree to abide by the rules of the Academy as set out herein.
2. Where a player is under the age of consent his Parents/Guardians must undertake to ensure that the player observes all rules of the Academy as set out herein
3. Players seeking membership of the Academy must first be a fully registered player of a club in membership of the North Dublin Schoolboy & Girls Football League
4. There is no exception to the above rule.
5. All players who are accepted to the Academy do so on a probationary period during which the behaviour of the player is monitored in all aspects.
6. During this probationary period a player and or players can be asked to leave the Academy without any reason.
7. Players who seek membership of the Academy from day one of the probationary period agree to be bound by the Academy rules & code of conduct and to observe the stated dress code of the Academy.
8. All grievances and or complaints in relation to any aspect of the Academy, its staff etc. must be made in writing and addressed to the director of the academy.
9. When players are involved or on duty with any aspect of Academy business there is a strict no smoking ban.
10. All players when on duty with the Academy regardless of age are forbidden to drink any form of alcohol and or stimulant drinks.

11. Players who are in membership of the Academy and on any form of medication must make the Academy aware of such medication and all known allergies on the form provided
12. Membership of the Academy entitles all players male/female regardless of race, colour, or creed to be treated with the utmost respect at all times.
13. Academy staff must ensure that this respect for all members of the Academy is adhered to without exception.
14. Players who are accepted to the Academy will be encouraged to attain the highest standards both on and off the football field.
15. All Academy players and staff must aim to achieve the highest possible standards at all times.
16. Both Players and staff must show the proper respect to their peers, match officials, opposing players and the public.
17. No member of the Academy, be they players or staff, should behave in a manner which could bring the name of the Academy into disrepute.
18. All Academy staff and players must wear their I.D. badges in a prominent position when on Academy duty at the coaching centre or when representing the Academy at home or abroad and when in the presence of players
19. The officers of the Academy reserve the right to delete and or amend these rules in the interest of all concerned and the good name of the N.D.S.L.& Academy.

CHILD PROTECTION

DEFINITION OF CHILD ABUSE

NEGLECT

The neglect of a child or the failure to protect a child from any kind of danger including exposure to cold and rain.

PHYSICAL ABUSE

Actual or likely physical injury to a child or failure to prevent injury or suffering to a child.

SEXUAL ABUSE

Actual or likely sexual exploitation of a child where a person involves a child in any activity that leads to their own or others sexual gratification. This might involve intercourse, touching, exposure of sexual organs, showing of pornographic material or talking in an erotic way.

EMOTIONAL ABUSE

Failure to exhibit care and attention, particularly where a child is threatened, taunted or shouted at and as a consequence leads to loss of self-esteem and confidence. Similarly, undermining a child by ignoring effort or progress.

This is a guide to child abuse the Academy endorse without reservation the F.A.I. Code of Standards and Conduct copies of which can be had from the Academy office or by contacting the Academy Child Protection Officer, Julie Murphy.

PLAYERS CODE OF CONDUCT

1. Play because you enjoy football, not to please your parents or coach.
2. Players must respect the rights, dignity and worth of each and every person and treat equally within the context of the sport.
3. Players must adhere to all guidelines laid down by the constitution / rules and code of conduct.
4. Players must develop an appropriate working relationship with the coach based on mutual trust and respect.
5. Players must accept responsibility for their own behaviour and performance, and do not argue with the referee or assistant referees.
6. Players should, at the outset, clarify with the coach (and where appropriate, their parents) exactly what is expected of them and also what they are entitled to expect from players.
7. Players must co-operate fully with specialists (e.g. other coaches, officials, sports scientists, doctors, physiotherapists) in their own interest.
8. Players must always adhere to the positive aspects of the sport (e.g. fair play) and never condone violations of the laws of the game, behaviour contrary to the spirit of the laws of the game or relevant rules and regulations or the use of prohibited substances or techniques.
9. Players must consistently display high standards of behaviour.
10. Players must appreciate the importance of striving to win, not winning itself.

THE RESPONSIBLE PARENTS/ GUARDIANS CODE OF CONDUCT

1. Parents must appreciate that their children's involvement in playing football should be primarily for his/her personal enjoyment.
2. Parents must respect the rights, dignity and worth of each and every person and treat equally within the context of sport. Praise positive aspects of play and avoid becoming frustrated or ridiculing young players by focusing on their failings.
3. Parents must place the well-being and safety of each player above all other considerations, including the development of performance.
4. Parents must adhere to all guidelines laid down within the constitution and rules of the Football Association.
5. Parents must develop an appropriate supportive relationship with both the coach and their child based on mutual trust and respect.
6. Parents must not exert undue influence to obtain personal benefit or reward.
7. Parents must encourage and guide players to accept responsibility for their own behaviour and performance.
8. Parents should, at the outset and where appropriate, seek clarification with the coach and players, exactly what is expected of them and also what they are entitled to expect from the coach and player.
9. Parents must co-operate fully with specialists (e.g. other coaches, officials, sports scientists, doctors, physiotherapists) in their own interest.
10. Parents must always promote the positive aspects of the sport (e.g. Fair Play) and never condone violations of the laws of the game, behaviour contrary to the spirit of the laws of the game or relevant rules and regulations or the use of prohibited substances or techniques.
11. Parents must consistently display high standards.
12. Parents must emphasise the importance of striving to win, not winning itself. Praise effort and performance more than results.

THE RESPONSIBLE FOOTBALL COACH/ MANAGER CODE OF CONDUCT

1. Coaches/Managers must respect the rights, dignity and worth of each and every person and treat equally within the context of the sport.
2. Coaches/Managers must place the well-being and safety of each player above all other considerations, including the development of performance.
3. Coaches/Managers must adhere to all guidelines as laid down within the constitution and the rules of the Football Association.
4. Coaches/Managers must develop an appropriate supportive relationship with each player based on mutual trust and respect.
5. Coaches/Managers must not exert undue influence to obtain personal benefit or reward.
6. Coaches/Managers must encourage and guide players to accept responsibility for their own behaviour and performance.
7. Coaches/Managers must ensure that the activities they direct or advocate are appropriate for the age, maturity, experience and ability of players.
8. Coaches/Managers should at the outset clarify with the player (and where appropriate with the parent), exactly what is expected of them and also what they are entitled to expect from their coach.
9. Coaches/Managers must co-operate fully with specialists (e.g. other coaches, officials, sports scientists, doctors, physiotherapists) in the best interests of the player.
10. Coaches/Managers must always promote the appropriate code of conduct and positive aspects of the sport (e.g. fair play) to players, parents and spectators alike. Never condone violations of the laws of the game, behaviour contrary to the spirit of the laws of the game or relevant rules and regulations or the use of prohibited substances or techniques.
11. Coaches/Managers must consistently display high standards of behaviour and experience and be a role model for players, parents and spectators.

THINGS TO REMEMBER FOR PLAYERS

- Always plan for the unexpected.
- Always have breakfast three hours before kick off or commencing training or coaching.
- Get proper rest/sleep before games and coaching.
- Always leave full details of where you are playing and/or training with your Parents/Guardians, inclusive of start and finish times. Make sure your Parents/Guardians have a contact number for your Senior Coach. In the event, regardless of reason, of you not attending games and/or coaching sessions, it is the duty of you or your Parents/Guardians to contact the Senior Coach.
- Players must ensure that as part of their preparations for matches and/or coaching sessions that they must carry the following in their kit bag:-
 - Spare Laces.
 - Spare Studs and removal tool.
 - Spare boots (where available).
 - A towel.
 - Rainwear.
 - Bottle of Fresh Drinking Water and/or Fruit Drink.
 - Training Gear.
 - Energy boosting snack i.e. Jaffa Cakes, Fig Rolls, Fruit or Wine Gums.
 - It is the duty of the player, not their Parents/Guardians, to ensure that the kit bag is laid out with the above equipment and that all boots and clothing are clean and polished including the kit bag itself.

When feeding the body, do not forget the food for the mind - sleep, good rest and intelligent sleeping habits – these are just as important.

DIET AND FOOTBALL

Diet in football, and for any sport, is of great importance.

With this in mind, we advise all players within the academy to look at what you eat both before and after matches.

On the days leading up to a game, players should allow time for a breakfast each morning, i.e. fruit juice, cereals, toast etc. For your main meal each day you should be eating potatoes, vegetables, rice, pasta, chicken, fish and lean meats staying away from fries and fast foods.

Players should also pay particular attention to taking on plenty of liquids i.e. 2/3 litres per day of water and fruit juice, stay away from the energy boosting drinks and take on plenty of fruit.

On match, or full day coaching sessions, breakfast should be taken at least three hours before game or session. It is very important to drink plenty of fluid i.e. water, and to carry with you a recommended snack such as jaffa cakes and / or fig rolls and fruit

Always use the opportunity to take on liquid during a game and or coaching session. **DO NOT WAIT UNTIL YOU FEEL THIRSTY**

This is only a sample of the healthy eating approach, for more information talk to your coach and look for the nutrition sheets at the academy office.

North Dublin S.L. Football Academy Structure

ACADEMY DIRECTOR.

The Director is responsible to the League for the management and supervision of all the Academy's operations. These functions include the development of Policy and Practices. As Academy Director the post holder is a Director of the League and represents the Academy on the League's Board of Management. The brief includes the appointment of all Academy Staff including coaching staff. The position also carries the responsibility as the main liaison officer with the FAI Technical Department. Responsibility extends to the management and appointment of Representative Squads, Coaches and fixtures.

DIRECTOR OF FOOTBALL DEVELOPMENT.

The Director of Football Development reports to the Academy Director. As a Director the post holder is a Director of the League and along with the Academy Director represents the Academy on the League's Board of Management. The post is responsible for the Technical Development in relation to all matters relating to the development of coaching. Responsible for the organisation and control of Club Coaching Clinics and assists the Academy Director in the appointment of Academy Staff plus the management and supervision of all Academy sections ensuring that Academy policy and professional standards are implemented.

COACH EDUCATION MANAGER.

The Manager reports to the Directors above and is responsible for the coach education within the Academy and the Leagues FAI Emerging Talent Programme. The post will ensure that the coaches follow the technical syllabus and the guidelines as set out by the Academy and the FAI Emerging Talent Programme. The post holder will ensure that all records are up to date and that communication lines are clear between the Coaching Staff, players and parents. In association with the Director above will keep in liaison with the FAI Technical Department.

COLTS MANAGER.

Reports to the two Academy Directors as listed above. Has direct management and supervisory control over the Academy's Colts Division (players age 7-11 years of age). In consultation with the Academy Director appoints coaching staff for this division. A key role is the early identification of possible players suitable for inclusion in the Emerging Talent Programme and in future representative squads. The Colts Division also carries the responsibility for the IMPS (Players age 7 & 8 years old.)

DEPUTY FOR ACADEMY DIRECTORS

This post holder will deputise for the Academy Director and or the Director of Football Development in their absence and will deputise for them on the League's Board of Management.

EQUIPMENT /KIT MANAGER.

Reports directly to the Academy Director. Responsible for the management, supervision and control of all Academy equipment and playing kits. Keeps a watchful eye on the condition and maintenance of kits etc. Gives regular reports on the stock and liaises with the NDSL Administrator (NDSL Office) in relation to supplies from equipment providers. Responsibility is to ensure that all Academy Staff look after and respect equipment.

MEMBERSHIP SECRETARY

Reports to the Academy Director. Responsible for the registration of players and the upkeep of records. Liaises with Colts Manager and Senior Coaches to ensure records are correct and in place. Assists with the collection of Membership fees under the direction of the League's Hon. Treasurer.

SENIOR COACHES /COACHES /ADMINISTRATORS

Report directly to the Director of Football Development in respect of co-ordination of Academy Panels and Representative Squads. In matters related to the FAI Emerging Talent Programme liaise directly with the Coach Education Manager. Co-operate with the Membership Secretary and Equipment/Kit Manager in matters relative to their age group. A key role is the identification of players for representative squads and possible Emerging Talent Programme. It is vital that all coaches are willing to continually update their knowledge and qualifications and sign up to the Academy's code of conduct. They must undertake to follow the Academy and the FAI technical syllabus and guidelines as agreed.

