



RICHARD HALE SCHOOL

FOOTBALL



Welcome

Welcome to Richard Hale School Football. The sport has grown over the past 10 years at the school and we are now a force to be reckoned with both on a District and County level. After a bright 2014/15 season for the school it is important we continue to progress and expect the highest standards in every aspect of training and when representing the school at fixtures.

This booklet will aim to answer any questions you have about the organisation of football at the school, and to help you to understand our expectations for the year ahead.

If at any time you wish to discuss your son's progress in football or have any questions, please do not hesitate to contact me via: pt@richardhale.co.uk

Many Thanks

Mr Kevin Patterson, Master i/c Football

Season

- The football season at Richard Hale runs from September to April. From September to December teams will focus on the early rounds of the County Cup and also National Cup (if entered). Training will take place in preparation for these matches on an ad-hoc basis due to the rugby season.
- After Christmas there is a more structured training programme with more District Cup fixtures and hopefully the latter stages of the County Competition. This also runs alongside the strong Saturday fixture list we have for Year 7, 8, 9 and 10.

Together **E**veryone **A**chieves **M**ore

Training

- Training will take place within all Games lessons and also after school.
- The games sessions are 1hr long with it extending until 4.30pm for boys that stay for the after school session.
- The full training programme will be published and advertised in form rooms and on PE notice boards at the appropriate time.
- Extra Training may be required if teams progress through to latter stages of cups
- Students should attend all training sessions with the required kit - Full reversible RHS games top, black shorts, RHS socks, football boots and shin pads)
- Be punctual to all sessions
- Behaviour of the highest level is expected before, during and after training.
- If a student cannot attend training, they must personally tell their teacher in charge before the session starts.
- Within games sessions boys are placed into sets, with the after school sessions being made accessible to all.
- The top set will be coached by the teacher i/c of that specific year group with additional help where needed.

Selection

To make it clear and fair for all students, the following criteria has been set:

- For all District, County and National Cup fixtures **the strongest team available** will be selected.
- In year 7 Saturday fixtures will be used to rotate the team at every opportunity, however as boys progress through the year groups Saturday teams will try to have a more settled side.
- Reminder – there is a strong House competition where the boys who do not regularly represent the school can par-take in football.
- 'B' Team fixtures will potentially take place according to the opposition.
- Only students who train will be selected to play (unless they have previously been excused for a legitimate reason).
- If a student is selected and they have a legitimate reason why they cannot play it is **their** responsibility to let their coach know as soon as possible.
- Regarding extra sporting commitments on a weekend we run on 'school comes first ethos' so written confirmation will be needed if a boy cannot play.



Academy Players

The school has welcomed many academy players from Arsenal, Tottenham, Norwich, Watford, Ipswich, Colchester, Stevenage and others before and is proud to support the boys at every opportunity. If you require information about day release you will need to contact the specific Head of Year.

- If a boy is fortunate enough to play for an academy then there is obvious concern with over-training which the PE dept will obviously bear in mind.
- Boys should be prepared to commit to training within games lessons – after school is dependent on the boys external commitments.
- Should be prepared to represent the school (if selected) in all Cup games.
- Should liaise with their coach regarding Saturday morning availability.
- Good communication between school, pupil, parents and academy club is vital.

Publication of team lists

- The team lists will go on the sports notice boards located outside the main changing rooms as well as reminders sent to form tutors. Team-sheets will also be given to captains to double check
- Parents can find the weekly details of meeting times, kick-off times in the Headmaster's letter. This is published on-line every Friday.
- Any causes for concern over weather will be published on the PE twitter account. www.twitter.com/RHS_PE
- The twitter feed will also have updates on results and any outstanding achievements.

Matches - Students

- Boys should arrive to games, home and away, in full school uniform unless told otherwise.
- Saturday games kit = RHS full games kit inc shorts and socks.
- Cup fixtures = Shirt will be provided. Black games shorts and socks still needed.
- Where possible a mini-bus will run for away matches.
- During the game they should play to the correct rules of the sport and show moral etiquette, as a proud member of Richard Hale.
- At the end of the game, they should shake hands and thank the opposition and the referee.
- If playing at an away ground, parents should inform the Master in Charge if their son will not be returning on the mini-bus.
- Ensure all of your items are collected from the changing room and taken home.

Injuries

- Any injuries will be treated appropriately by the teacher in charge or Medical staff on site.
- If the injury has not recovered before either your first training session of the week, or games session, players should seek advice from the PE Department.
- Students who have an injury preventing them from taking part in PE lessons must have written confirmation from parent excusing them.

Matches - Parents

- Parents are welcomed and encouraged to come and support at every school fixture (home and away). All return times for away fixtures are approximated times. Students are allowed to take their phones with them but they need to be responsible with them.
- Please can parents ensure they conduct themselves in an appropriate manner when supporting Richard Hale.

Fixtures

Below are the Saturday fixtures the school will be competing in this year. Please note that there are District Cup, County Cup and even some National Cup fixtures which are to be confirmed. Training days are also set to be confirmed in January 2016



RICHARD HALE SATURDAY FOOTBALL FIXTURES 2016



All KO's are 9.30am unless stated

Staff and Training days

OPPOSITION	DATE
VERULAM	Sat 9 th Jan
JOHN WARNER	Sat 16 th Jan
LATYMER	Sat 23 rd Jan
SIMON BALLE	Sat 30 th Jan
BROXBOURNE	Sat 6 th Feb
ST COLUMBAS A's & B's	Sat 27 th Feb
SHEREDES	Sat 6 th March
TBSHS A's & B's	Sat 14 th March

Yr 7 – Mr Martin – Tuesday

Yr 8 – Mr Patterson – Thursday

Yr 9 – Mr Williams – Thursday

Yr 10 – Mr Patterson – Tuesday

Yr 11 – Mr Martin/Mr Williams – within games lessons

Yr 12/13 – Mr Patterson/Mr Williams – within games lessons

- Top set football for squads will continue in all games lessons as well as training after school.
- U18 League Games, District and County fixtures will be scheduled for midweek.
- Weekend venues to be decided nearer each fixture.

Night before the Match

Eat any meal you feel comfortable with! Try to include a large portion of meat and vegetables.

Morning/Pre-Match Meal

Breakfast is always the most important meal of the day: it is our chance to kick start our metabolism. Start every day with a big glass of water and make sure on match day you carry around a big bottle of water with you and keep hydrated. As many of the games are in the morning you should try to eat one meal between 2 hours prior to KO. Bring a snack with you in case you feel hungry at any point.

Tips for snacks on game day

30 minutes before kick-off, have a hand full of jelly babies, wine gums or jelly tots. They are high in sugar and have a fast digestive rate. Remember to take a handful at half-time as well.

Oh, and if I did not tell you before, **HYDRATE!**

Post-match meal

Whatever your favourite meal is, eat it. You deserve it! Make sure that you replace lost fluids with plenty of water.

Recovery

The most important thing is to get a good night's sleep; your body repairs itself while at rest so make sure your sleep for 8+ hours. On Sunday afternoon try and be active if possible. Don't be lazy for a whole day as your body will not be able to flush the toxins out of your system. Be active, remain active

Thank you for taking the time to read this booklet, I hope it clears up any queries you have. If you require any more information please email me on pt@richardhale.co.uk. Alternatively the PE department are more than happy to help.

You'll never walk alone,

Kevin Patterson