



Rugby Town Girls & Women FC



FA Charter Standard Club, Sport in the Heart of Rugby

Becoming a coach at RTGWFC

Nb – Due to current Covid-19 restrictions, some courses are not currently being provided by the FA. These will be highlighted with an ()*

So, you are thinking of becoming a coach? Yay! This document should hopefully give you a top-level overview of the pathway to becoming a qualified RTGWFC Coach and details on what the role entails.

! You must undergo a FA **DBS check**, prior to working with children and young people under that age of 18 **!**

Starting out: working with your team

You will initially start working with your team alongside the qualified team coach. This will allow you to observe how sessions are run, assist in delivering the sessions and get to know the team members. Some activities that you may be involved in:

- Equipment set up and put away
- Parent communication
- Training session delivery
- Supporting on matchdays
- Kit management

During this period, the club would ask that you undertake the **FA Playmaker Course**. This is a free online course, which provides a good basis for anyone wanting to get involved in grassroots football and covers some of the foundations of the Level 1 Coaching course. The playmaker course takes about 4 hours to complete but there is no time limit for completion so you can fit it around your lifestyle as needed.

You will need to have an FA FAN number to access courses.

After a few weeks when you are familiar with your players, it would be very useful for you to work with your team coach and plan some training activities for your team. You need to do this as part of your Level 1 so it would be great experience. Your team coach will be able to support you with this.

You may also like to spend some sessions with other coaches as everyone does things differently and has other ideas and methods that you could use.

Obtaining your FA Level 1 (*)

It is our desire and aim that all coaches that are managing a team hold a minimum of FA Level 1.

This course will be funded by RTGWFC and it is usually held over several weekends. The club will advise when there are FA Level 1 courses being held in the local area:

Birmingham County FA Association Members

RTWFC Chairman: Jason Morris, jason@rugbytownwfc.co.uk, Tel: 07876 590790

RTGFC Secretary: Mr. Tony Dand, 6 Brunswick Close, Rugby. CV21 1XL, tony@rugbytowngirlsfc.co.uk





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The FA Level 1 includes the following elements:

- Creating and delivering **coaching sessions**
- **First Aid** Course
- **Safeguarding** Course

CPD Courses

Other courses that you may find interesting and useful as part of your continual development are shown below. The courses are all online and free in the FA Bootroom

- FA Respect for Coaches
- FA Concussion Guidelines
- FA Sudden Cardiac Arrest
- FA Equality and Diversity

Your Team

You have now:

- Obtained your FA Level 1
- Have experience delivering sessions
- Experienced matchdays
- Got to know your players

Congratulations! You are now a RTGWFC Coach and have your own team.

However, the club will always support you in several different ways:

- Work with you to recruit a training and matchday assistant who will be DBS checked and hold the FA Playmaker qualification as a minimum.
- Work with you to recruit to a team admin volunteer (if required) to assist with ITM management / Match Day organization / kit organization etc

Key Contacts

Jason Morris	Chair and 1 st team Manager
Claire Angus	Vice Chair, Kit and Equipment Officer and U14 Coach and Manager
Tony Dand	Secretary and Coach Support
Jo Wood	Vice Secretary and Club Welfare Lead
Tony Hemmings	Pitch Booking Officer and U11 Coach and Manager
Pete McDonagh	Finance Officer

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Key Responsibilities

Here are some of the key activities that you will be responsible for. Some of these activities could sit with your session assistant or team admin and the club will also offer support where needed – please just ask!

- Kit
 - Keep matchday kit in good condition – you may keep it all or give a shirt to your players
 - New squad signings to the club are provided with match day shorts and socks. These can be obtained from the Kit and Equipment Officer
 - Current players can purchase match day shorts and socks at cost

- Equipment
 - Work with the kit and equipment officer to ensure you have the kit equipment you need for your training sessions and match day
 - Ensure all your equipment is well maintained and safe to use

- Friday Training
 - Plan and deliver your sessions each Friday

- Match Day
 - Manage league fixtures with your opposition (both home and away)
 - Communicate league fixture information to your players parents
 - Attend league fixtures and manage your team
 - Ensure you are familiar with specific league rules regarding your age group
 - Report results to the league after your match
 - Ensure players have the correct kit / remove all jewelry/ have boots and shin pads on
 - Have your first aid kit with you

- Team Members
 - Ensure ITeamMate is always up today with the correct player and parent details as we use this for formal club communication
 - Highlight any potential welfare issues (Illness / Disability / Photo Consent) to Club Welfare Lead
 - WhatApp – many of the teams use WA for informal team communication. The club strongly suggest you ask another coach / committee member to be on the group as well as an impartial observer

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