



Parent Welcome Pack Season 2018/19

Project delivered by Playing for the Future CIC



Partners



Welcome

The Mid Ulster Youth League and Playing for the Future CIC are delighted to bring you 'The Deluxe Group MUYLA'. This exciting programme has been designed to provide additional training and development opportunities for our young players.

We are delighted that the programme has received overwhelming support from the Mid Ulster Youth League's member clubs. Our aim is to help compliment the great work that all our clubs do and help them to increase the amount of contact time their kids receive each week. Within the Elite Player Performance Plan (EPPP) academy players in England now receive between 16/18 hours of quality coaching per week. How many hours do our kids get?

'The Deluxe Group MUYLA' will aim to provide additional purposeful quality practice over the course of the season. Sessions will focus on Technical, Tactical, Physical and Psychological elements and delivered by experienced coaches.

Our groundbreaking partnership with Ulster University Jordanstown provides a focused Strength & Conditioning programme offered to our players. The programme will be a very important element to the training programme within the academy. This is another step in the right direction and provides the opportunity to for players to enhance and develop their game.

We are keen to stress that although players are selected at this stage, it doe's not guarantee that they will remain in the programme. This will be dependant on their application, hard work, attitude and progress. We may invite players into the programme at any stage. However, please do not panic.. We are here to help and if the players have a period where they aren't playing to their maximum we understand that this happens with young players and other factors may play a part. We will do all we can to help.

We are delighted to welcome you into the programme and hope that you enjoy the journey as much as we will.

Our Philosophy

“The Academy will aim to create an environment where players are challenged but feel comfortable to express themselves, play with freedom and creativity and be thinking footballers. The academy will focus on the Technical, Tactical, Physical and Psychological development of each player within the system. Teaching our players to be well mannered individuals who treat others with respect will be at the forefront of our environment.”

Session Schedule

Please note that the programme will run from September 2018 - July 2019.

To increase contact time we may organise additional sessions such as school holiday camps e.g. Halloween, Easter, Christmas. These sessions are non-compulsory and not part of your monthly fees.

Academy Smart Phone App

For up to date notifications please download our smart phone app available on android and ios. Just search MUYLA and download for free.



Strength & Conditioning Programme

Our unique partnership with UUJ provides our players with expert advice, guidance and support around Strength and Conditioning. Our aim is to provide as many opportunities for our players to develop as possible. The partnership includes a bespoke programme that is specifically designed for our players.

Testing will be done once per month and attendance is compulsory. Failure to attend and also failure to follow the programme will result in exclusion from the academy.

The Sporting Parent

As a parent / guardian you have a huge role to play in your child's development. You spend more time with the player in one day than we do in a month at the Academy. Therefore it is vitally important that we work closely together to maximise your child's development. As a parent / guardian you put a lot of time, effort and money into ensuring that enjoyment is at the forefront of the players time within football. This enjoyment is a vital part to the environment that we aim to create. The environment for us means everything. Our philosophy is that;

$$\textit{Player + Environment = Performance}$$

The environment consists of a wide range of things including professional approach & application, facilities, opportunities, coaching and the care we show for each individual child. We (The Academy) & the parents have a key role to play together in order to get the environment right for the child to develop their skills. We ask that the parent supports our drive to make your child a better player. A major part of this will be to take an active interest in the weekly homework activities that the players are given by the coaches.



Registration

Please note that parents need to complete the player registration form available to download online before the player is registered with the academy and able to participate in sessions. Payment is now taken by 'team fee pay' which means that we have no access to your payment details. Please note that the payment is required when registering the player with the academy;

- Reg Fee = £5.00
- Monthly Fee = £29.99

To be paid on the 1st of every month via 'team fee pay'.

****Please note NO cash monthly payments will be accepted****

Contact

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