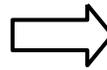


Giffnock Soccer Centre Giffnock United Welcome Handbook



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History of The Team

“Football for Fun”

It all started in January 2013 when Gordon Roy and Michael McEwan wanted to get people with a disability together. It was all about getting out, meeting new people, having friends....something to look forward to. And not forgetting health and feeling good!

So a few lads turned up for a kick about at Carlibar School on a Monday night, and it grew from there.

After a year, Gordon and Michael got in touch with Giffnock Soccer Centre to ask for help. Everyone in the team voted, and Football for Fun joined Giffnock Soccer Centre. We are now known as Giffnock United.

Giffnock Soccer Centre (GSC) was founded in 1995 by a group of dads keen to teach their children the rudiments of football in a safe and fun environment. We are now one of the biggest clubs of our type in the country.

Football Training

The training runs on a Monday night at Eastwood Park. If your new to the team, Team Captain (Ryan Fleming) will come to say hello. If you don't already know anyone in the team. Ryan will buddy you...so don't worry about not knowing anyone!

If you want to have a chat, a bit of a social or find out how people are arrive at 7pm.



7.20pm everyone goes to the field. There are several coaches that take training. They are Evan, Andrew and Liam. They answer questions or will help if you have any difficulties. Coaches set up the equipment, and the team have a kick about.



7.30pm. Then it's a routine warm up. This means we do exercises with the ball, passing to each other.

After our warm up we do a drill. This changes every week. It could mean we practise goal scoring or defending.

We have a short break for a drink next.

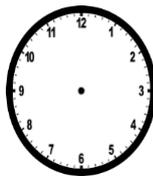


Then we play a game.

The coaches will put everyone into teams , some with bibs and some without. Someone will ask us what position we would like to play and show us where we should be!

It takes time to know the rules.

Don't worry—you don't need to know everything about football.!



The game continues until 8.40pm when we stop training.

Communication

People/ Telephone Numbers/Website



Evan Rae is our Development Coach. He is responsible for:

- Finding players
- Organising Team Kits and Strips
- Organising Games with other teams
- Information to team members eg. texts or emails!

Evan and Andrew have been our coaches for a while but there are several coaches that help. They are responsible for

- Teach football skills to players
- Decide who plays what position
- Organise football equipment
- Take and Develop Training
- Encourage team players to play!

Ryan Fleming is our Team Captain. He is responsible for:

- Helping the coach
- Sort out any concerns between players
- Help new team players to feel included and welcome.

The club has a website.



It tells us lots of information. For example, when games and club holidays happen.

This is the website address

<http://giffnocksoccercentre.com/disability-asn-football/>

Games Away

We sometimes have an 'Away Game'.



This means the whole team (those that want to go) will play a game with another team. Evan will send you an email or text asking if you would like to go.

We play games in Edinburgh, Dumbarton, East-Kilbride and Toryglen. If we play games further away it means you will be away all day!



We often play several games. But don't worry you don't need to play every game

You will need to bring some food and something to drink with you.



You will also need money for your bus or train fare.



The team go in a minibus if we are going to Edinburgh. But if we are going to Dumbarton each team member must make their own way to the game. Lots of people need to ask their parents or a friend for a lift.



When we arrive at the game we will get changed into our playing Strip.

We take our clothes and belongings with us because there isn't anywhere safe to keep stuff.



After the games, everyone goes home.

We don't usually have any social after a game...everyone is tired and wants to get home for tea!



Social Events

Social occasions are part of the club. They are important because we can get to know each other.

It gives us confidence.



It's about making friends.



We can learn things that help us to socialise.

Recently we all took part in “The End of Year Player Awards”. Everyone got together for a tour around Hamden Stadium, had a bit to eat and even received some awards



We hope to have more social nights in **2018**.

Maybe you have some ideas.
Please tell us about them

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