



pride of norfolk



MULBARTON FC



THE WANDERERS & BELLES



Training and Match day Handbook

2008/9

SOME MATCHDAY REMINDERS

- ∇ Jeff Nurse, 24 Stile Close, 01508 578982, 07738716925 has the changing room keys. (School & Village Hall.)
- ∇ If Jeff is not at home the keys will be hung on a nail in wall behind waste bin in Jeff's back garden. School has Blue tag Village hall green
- ∇ Keys can be handed over to the next user of the changing rooms. If not they must be returned after your game. ***Do not put through door***
- ∇ If the changing rooms are to be left, ensure you lock them.
- ∇ If he is not around please put the keys on the nail.
Do not put them through his door
- ∇ A key for the barrier on Orchard Park is on the same ring as those for the Village hall changing rooms.
- ∇ A key for the barrier on the Common is on the same ring as those for the School changing rooms.
- ∇ If you are using the School changing rooms please make certain the door between the hall and the changing room is locked with the safety key prior to the players entering. (If the door is opened the alarm goes off)
- ∇ **All changing rooms should be swept and left clean. Please make sure all lights and taps are turned OFF!**

PLAYERS CODE OF CONDUCT – GENERAL

1. Be reliable
2. Be punctual
3. Listen and learn
4. Act in a proper and friendly manner
5. Play as part of a team
6. Accept discipline
7. Respect others
8. Enjoy yourselves

Players Code of Conduct – Matches

1. Learn and obey the laws of the game
2. Beat the opponents by skill – not unfair means
3. Never argue with officials
4. Retreat from free kicks automatically
5. Don't appeal for decisions
6. Give the ball to opponents for throw-ins and free-kicks etc.
7. If opponents give you the ball, wait for them to return to the pitch
8. Keep your self control – do not retaliate
9. Don't over react when your team scores
10. Accept victory modestly and defeat graciously
11. Don't over react to an injury
12. Acknowledge good play
13. Encourage your team mates
14. Play for fun or else it is not worth playing
15. Never make racist or sexist comments

Code of conduct for Spectators

1. Show that you appreciate good football by applauding and cheering loudly
2. Give a warm and generous welcome to both teams
3. Cheer and encourage your team
4. Do not coach from the sidelines
5. Never criticise young players
6. Always think of other spectators
7. Never criticise or argue with officials
8. Never boo anyone, including officials
9. Never make racist or sexist comments
10. Don't expect too much from young players
11. Remember all young players of whatever ability do their best, try their hardest and don't make mistakes on purpose
12. Recognise skill, enthusiasm and sporting behaviour
13. Win, lose or draw, appreciate the efforts of both teams and officials
14. Although you are not playing, remember you should act in a sporting manner as your club will be judged by your behaviour
15. Remember the club can be fined for unsociable behaviour or players and spectators
16. Set a good example to younger players at all time
17. If you cannot abide by this code of conduct and set high standards, please do not come and watch

Useful Contact Numbers

| | | |
|--------------------|------------------------|---------------------------------|
| Jeff Nurse, | Chairman | 01508 578982 mob 07738716925 |
| Ken Lewis, | Vice Chairman. | 01508578909 |
| Nic Rhatigan, | Secretary. | 01508 578962 |
| Claire Ryan, | Treasurer | 01953 600556 |
| Cathy Ladbrooke, | Child Welfare, | 01603 449640 mob 07890312070 |
| Raffi Coverdale, | F.A. Child Welfare, | 01603879140 mob 07899998756 |
| Karen Bartholemew, | Teams Manager, | 01508 578186 |
| Mark King, | Teams Manager, | 01508471581 |
| Bryan Tungate, | Village Hall Caretaker | 01508 578460 |

Managers

Wanderers

| | |
|----------------------|------------------------------|
| U7 Jeff Nurse | 01508 578982 mob 07738716925 |
| U8 Brian Hibbert | 01508 470563 mob 07958082788 |
| U9 Stuart Shaw | 01508 579112 |
| U10 Mark Breslin | 01508 570999 mob 07789905250 |
| U11 Mike Lane | mob 07850687677 |
| U12 Alan Gordon | 01508 578006 |
| U13 Daniel Whitlock | 01508 570525 |
| U15 Nick Wyer | 01508 570887 |
| Seniors Chris Carter | 01508 578186 |
| Veterans Tom Fitchew | 07500081120 |

Belles

| | |
|-------------------|------------------------------|
| U11 Steve Ryan | 01953 600556 |
| U12 Bev Leek | 01508 578610 |
| U14 Steve Leek | 01508 578610 |
| U15 Steve Swallow | |
| Women Barry Ward | 01603 440928 mob 07515061086 |