

WOMEN & GIRLS' FOOTBALL IN OXFORDSHIRE





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INTRODUCTION

Welcome to the Oxfordshire FA Women and Girls' Football Booklet for the 2016-17 season.

Women and Girls' football is one of the largest team sports played in England, with almost 3 million females playing the game every week.

Alongside this, we are now seeing more and more opportunities available for females to get involved in all formats of the game; players, coaches, referees and volunteers.

In this booklet you'll find details of the different opportunities available across the county for all people, regardless of age, experience or ability.

Whether you are new to playing football, your daughter wants to join a team or you would like to get back into playing - this booklet will provide you with all the relevant information to help you get started!

We have a dedicated team of development staff at Oxfordshire FA, so if you would like to speak to any members of the team please don't hesitate to get in touch as we're more than happy to help you get into football.

Sarah Wood
Football Development Manager



SETTING UP A CLUB

Most football is played at a local level for enjoyment, fitness and social benefits. Setting up a new club or team doesn't have to be a daunting task as help is on hand from Oxfordshire FA.

Before setting up a club, ask yourself the following questions:

- Are there enough potential players to be able to field a full side regularly?
- Are there enough willing volunteers to take care of the organisational side, e.g. officers and committee members?
- Do you know where your club will play fixtures?



Checklist to help you with starting a new club:

- ✓ Select club name and colours
- ✓ Appoint club officials, recruit volunteers
- ✓ Affiliate with Oxfordshire FA and the league you wish to enter
- ✓ Familiarise yourself with Safeguarding Children rules if entering a team of under 18s or vulnerable adults
- ✓ Produce a list of running costs
- ✓ Obtain adequate insurance
- ✓ Purchase suitable kit and equipment
- ✓ Hire pitches for matches and training
- ✓ Raise funds and set up a club bank account
- ✓ Get in touch with us!

COACHING

As well as new teams and players, there are also new coaches across the county to develop players, and inspire more females to play.

With Level 1 courses every month, it's easy to become a newly qualified coach and start volunteering with a team.

Take a look at our list of courses, venues and dates at **www.OxfordshireFA.com/Courses**.

The coaching pathway can be seen in the image below.



To support you once you qualify we have opportunities to help you develop further:

Coaching Workshops: Free 2 hour observational workshops delivered by FA tutors showcasing a variety of coaching sessions.

Coaches Academy: Free opportunity to deliver a session in front of other coaches in a relaxed environment and receive feedback that you can take back to your team.



VOLUNTEERING

Grassroots football relies on volunteers to run leagues, clubs and teams through the season and provide the hundreds of football opportunities we have in the county. Our clubs and leagues are always looking for new volunteers to support them in a variety of roles such as secretary, fixtures secretary, welfare officer and more.



To see current volunteer vacancies or to advertise a vacancy visit: **www.OxfordshireFA.com/Volunteers**

If you have a role you'd like to do but need help finding a club or league to volunteer at, please contact us via email at **Development@OxfordshireFA.com**.

Football Futures is The FA's Young Leader programme designed to recruit, develop and deploy young leaders into grassroots football.

The programme seeks to find the next generation of coaches, referees, club and league volunteers, and support them to find opportunities in those roles as well as offering training and development support.

With opportunities to support Oxfordshire FA with projects, and the chance to attend a week long development camp at St George's Park, this is the perfect time for young people to start volunteering in grassroots football!



The programme is aimed at anyone aged 14-24, so if you're interested in volunteering in football, we've got you covered!



To find out more about Football Futures visit: www.OxfordshireFA.com/Volunteers/Football-Futures

REFEREEING

Do you wonder what it is like to manage a football game?

If you fancy being the woman in the middle we have got all the information you need to get started. Referees play a vital role in the game at all levels and there is a high demand for their services.

Becoming a Referee

The first step on your road to refereeing is to register on the FA Basic Referees Course with Oxfordshire FA. The course consists of both classroom based and practical training. You will also need to successfully complete an exam as well as officiating six football matches to qualify. Additional course details can be found below:

Minimum Age: 14 years old

Course Duration: minimum of 34 guided learning hours

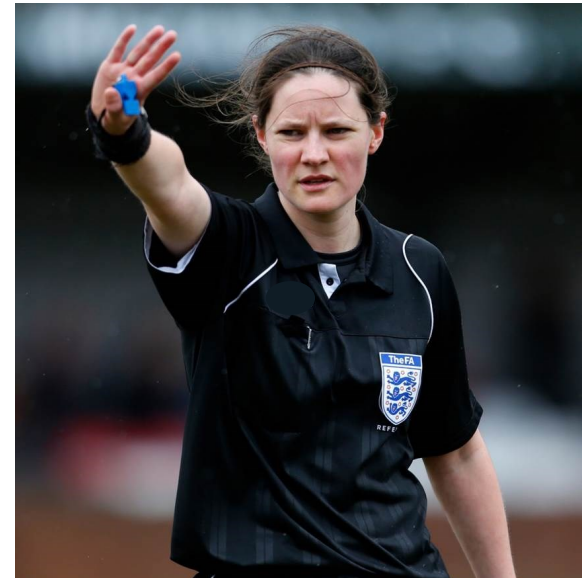
Price: £95

To find out more and book on a course visit: **www.OxfordshireFA.com/referees**

Ray Mills Trust Fund

The Ray Mills Trust fund is aimed at 14-19 year olds who would like to get into refereeing/coaching, and live in Oxfordshire. The aim of the fund is to give young leaders the opportunity to get their first foot on the refereeing/coaching ladder to develop their skills and also to encourage young people to get involved in football locally.

To find out more about this, please go to: <http://www.oxfordshirefa.com/courses/ray-mills-trust-fund>



Respect



DISABILITY FOOTBALL

We strive to ensure that every person who wants to be involved in the game has the opportunity to reach their potential regardless of their ability.

There are a number of clubs across the county that cater specifically for players with disabilities that participate in the local BOBI League (Berkshire, Oxfordshire and Buckinghamshire inclusive league)

Club	Age Group	Disability Type	Club Contact
Banbury United Ladies and Girls	Open Age (female)	Pan-Disability	Roy Mold 01295 257302 Roymold@aol.com
Oxford City	Open Age (female) U16 (mixed) U12 (mixed)	Pan-Disability	Robert Tutton 01865375444 rtutt5@hotmail.co.uk
	Open Aged	Amputee	
Summertown Stars	U16 (mixed)	Visual Impairment	Jo Kalies 07867 646503 Jokalies@hotmail.co.uk
Tower Hill	Open Aged (mixed)	Pan-Disability	Tracy Mathias 07817455686 mathiastracy@gmail.com
Powerchair	U16	Pan-Disability	Jonathan Coles 07889 508886 Disability@OxfordshireFA.com



TALENT DEVELOPMENT



Regional Talent Club (U6-U16)

Oxford United are one of the handful of clubs who are a Tier 1 Regional Talent Club; the highest level you can achieve. The RTC aims to develop players and teams from aged 5-16 and looks to attract, identify and develop the most talented female footballers in the county, by providing quality coaching, education and welfare at all levels.



Oxford United WSL Development Programme (16-20)

The Women's Super League U20s' development programme aids player development and supports the transition from the RTC to First Team football. The training programme focusses on long term player development through a syllabus as well as developing a competitive environment as players take their first steps into Women's Football.



Oxford United Women (Aged 16+)

Oxford United play in the FA WSL 2, which is part of the pinnacle league of female footballers in England. They play their home games at Abingdon United FC, that has a great family atmosphere, with seating and standing as well as refreshments and entertainment.



Female Football Development Programme

Oxford United offer a number of recreational opportunities for girls to step into football. These include afterschool clubs, holiday courses and school sessions. The programme aims to provide fun theme sessions, delivered by FA qualified coaches, to promote a long term passion for the game



For more information, please contact Ruth Senior, General Manager OUWFC via email: rsenior@oufc.co.uk





Youngsters take part in an FA Skills session at Cutteslowe Park in Oxford

WOMEN’S TEAMS

League	Club	Secretary Name	Contact Details	Area
FA WSL 2	Oxford United	Jonathan Edmunds	jedmunds@oufc.co.uk 07769707867	Oxford
FA WSL Development League	Oxford United	Jonathan Edmunds	jedmunds@oufc.co.uk 07769707867	Oxford
Southern Region League (Premier Division)	Oxford City	Robert Tutton	Rtutt5@hotmail.co.uk 01865375444	Oxford
Southern Region League (First Division – North)	Oxford City Nomads	Robert Tutton	Rtutt5@hotmail.co.uk 01865375444	Oxford
	Banbury United	Sandra Mold	sandramold@aol.com 07539173962	Cherwell

League	Club	Secretary Name	Contact Details	Area
Thames Valley Women's County League (Division 1)	Barton United	Janet Rose	Dave.rose287@ntlworld.com 07941629298	Oxford
	Benson Lionesses	Deborah Smethers	smethers@tesco.net 07776137929	South Oxfordshire
	Carterton Town	William Webster	Bw.plastering@tiscali.co.uk 07527514668	West Oxfordshire
	Chinnor	Daryl Ridgley	Daryl.ridgley@btopenworld.com 07865062028	South Oxfordshire
	Headington	Rachel Nimmo	Headington-lfc@hotmail.co.uk 07884002352	Oxford

League	Club	Secretary Name	Contact Details	Area
Thames Valley Women's County League (Division 1)	Kidlington	David Platt	dplatt45@hotmail.co.uk 07956531185	Cherwell
	Launton	Sarah Clutterbuck	launtonlfc@live.co.uk 07894150029	Cherwell
	Oxford City Development	Robert Tutton	Rtutt5@hotmail.co.uk 01865375444	Oxford
Thames Valley Women's County League (Division 2 – North)	Summertown Stars	Christian Petersen	secretary@summertownstars.org 07715480737	Oxford
	Thame	Jake Collinge	jake@jcpc.org.uk	South Oxfordshire
	Woodstock	Ian Whelan	ian.whelan@lucyelectric.com 07827894869	Cherwell

Girls' Clubs	Under											Contact Details	Area
	7	8	9	10	11	12	13	14	15	16	18		
Bardwell Youth	6-10 year olds			✓								Mark Hendrickse Marc@bardwellfc.com	Cherwell
Barton United				✓				✓	✓			Janet Rose Dave.Rose287@ntlworld.com	Oxford
Benson United							✓					Deborah Smethers Smethers@tesco.net	South Oxfordshire
Carterton Town								✓	✓			Bill Webster Bw.Plastering@tiscali.co.uk	West Oxfordshire
Chalgrove Cavaliers					✓							Mark Wasmuth Mark.wasmuth@yahoo.co.uk	South Oxfordshire
Charlbury Town							✓					James Ball James.Ball@oup.com	West Oxfordshire
Chinnor	7-10 year olds				✓		✓					Warren Jeffries wossa4@aol.com	South Oxfordshire
Crowmarsh Youth			✓	✓			✓		✓			Sharon Frost Sharonfrost7@yahoo.co.uk	South Oxfordshire
Easington Sports	8-10 year olds											Jamie Hunter jamiehunter@hotmail.co.uk	Cherwell
Goring Robins	6-7 year olds		✓		✓	✓						Maria Turnbull Maria.turnbull2@btinternet.com	South Oxfordshire
Headington Youth						✓						Charlotte Flynn Ck2179@hotmail.com	Oxford
Hinksey Park		8-10 year olds				✓						Michael Conmy hinkseyparkfc@gmail.com	Oxford

Girls' Clubs	Under											Contact Details	Area
	7	8	9	10	11	12	13	14	15	16	18		
Hook Norton						✓		✓				Vanessa Porter V.Porter1@btinternet.com	West Oxfordshire
Kidlington Youth	4-9 yr olds			✓	✓	✓	✓	✓	✓			Donna Connelly kyfcsecretary@gmail.com	Cherwell
Launton	5-8 yr olds					✓		✓				Sarah Clutterbuck Launtonlfc@live.co.uk	Cherwell
Mansfield Road	7-10 yr olds			✓								Rose Wharton Rosemwharton@gmail.com	Oxford
Oxford City					✓	✓	✓	✓				Robert Tutton rtutt5@hotmail.co.uk	Oxford
Oxford United	Regional Talent Club U10, U12, U14, U16											Jonathan Edmunds jedmunds@oufc.co.uk	Oxford
Quarry Rovers				✓		✓		✓				Nigel Boulter Nigelboulter1@live.co.uk	Oxford
Rotherfield United	6-9 yr olds							✓				Andy Tidswell Andytidswell@gmail.com	South Oxfordshire
Stonesfield Strikers						✓		✓				Jonathan Pratt Jonathan.Pratt@Macfarlanes.com	West Oxfordshire
Summertown Stars	7-9 yr olds			✓	✓	✓	✓	✓			✓	Christian Petersen Secretary@summertownstars.org	Oxford
Thame Youth						✓			✓			Frank Thompson Frank.Thompson@thamefootball.co.uk	South Oxfordshire
Tower Hill			✓		✓	✓	✓	✓				Cathryn Taylor Towerhillsec@live.co.uk	West Oxfordshire
Witney Vikings Youth	7-9 yr olds			✓		✓						Graham Smith graham@wearethesmiths.co.uk	West Oxfordshire

FA SKILLS PROGRAMME

FA Skills

The FA Skills programme is a unique football coaching programme that gives 5-11 year olds of all abilities to get active, learn new football skills and enjoy the game in a friendly and fun environment. The FA Skills team provide after-school football coaching, holiday football coaching, support for charter standard football clubs and also work within primary schools providing specialist football coaching.

Skills Centres

After school Skills Centres are weekly football courses for boys and girls who want to improve their football skills outside of school. Our FA Skills coaches run after school football coaching courses on the same night each week at a local venue. Our after school Skills Centres cater for all abilities, from beginners to more experienced players and provide the opportunity for children to develop. The Oxfordshire FA Skills Centres can be found below, both include girls' only elements:

Oxford Academy

Tuesdays
4:00-5:00pm
£3 per session

Abbey Sports Centre (Berinsfield)

Wednesdays
5:00-6:00pm
£3 per session



Holiday Football Coaching

The FA Skills holiday football coaching sessions are a great way for children to try the programme for the first time. This will provide a great introduction to our weekly after-school Skills Centres and FA Skills holiday football coaching is perfect for children who want to develop their football ability and also if they just want to have some fun during the holidays. All sessions can be found online.



SMALL SIDED FOOTBALL

Oxfordshire FA have opportunities for women to play small sided football throughout the year. We currently offer three small sided leagues at various points throughout the year. By ensuring women have this offer, it can help with player recruitment and player retention and also, they are fantastic for groups of friends to play competitive football in a fun and friendly environment.



Our current offers:

- 14 week Autumn League (running from September to December)
- 14 week Spring League (running from January to April)
- 11 week Summer League (running from June to August)



There is always information regarding these particular leagues on our website when the details are being announced.

However, if you would like to find out more information, please don't hesitate to contact us on the contact details in this booklet.



Launton Ladies players at the OFA Women's Summer League



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Unit 4, Witan Park
Avenue2
Station Lane
Witney
Oxfordshire
OX28 4FH

www.OxfordshireFA.com

01993 778586
Info@OxfordshireFA.com



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For more information contact:

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Development@OxfordshireFA.com