



FOUNDATION FAMILY

CREATING INCREDIBLE MEMORIES

EDITION 3. DECEMBER 2020



REMEMBRANCE DAY
RESPECT FROM U12 CLARETS



THE 5 WAYS TO WELLBEING

	BE PHYSICALLY ACTIVE	
GIVE TO OTHERS	LEARN NEW SKILLS	PAY ATTENTION TO THE PRESENT
	CONNECT WITH OTHER PEOPLE	

PROMOTING WELLBEING



MINI MARINERS NOVEMBER
CHALLENGES - READING



Dear Parent,

As 2020 draws to a close, I just wanted to take this opportunity to thank you enormously for all the time, energy and support you have given to the Foundation and the football club, during what has been a really difficult year for us all.

Our grass roots football programme has had so many challenges to face over the last 9 months, but with the help and support that you have provided to our wonderful team of coaches, our amazing volunteer committee, and to the Foundation staff, we can now look ahead to 2021 with a huge amount of hope and optimism.

Everyone here at the Foundation and the football club fully appreciates just how impactful our engagement is with the hundreds of young people and families who access our programmes. We are incredibly proud of so much of the work we have done up until this point, but at the same time we always need to strive to be better. Therefore, we pledge to work even harder moving forwards, in order to provide an even better environment for our young people to grow, and to accumulate lots of incredible memories as part of this fantastic club.

It just leaves me now to wish you and your family a very safe and happy Christmas, and I look forward to hopefully welcoming you all back to live football at the 1st Cloud Arena in the not too distant future.

All the best

Lee

LEE PICTON / CHIEF EXECUTIVE OFFICER



-THE DIGITAL NEWSPAPER-

LOCKDOWN 2020

IT'S A FUNNY OLD GAME....



Finally, Grassroots Football is back! For the second time this year we had another lockdown period, where grassroots football was suspended again, however schools were to remain open as education and economy were key. The restrictions put in place to try to reduce the transmission risk of the Covid-19 virus from households mixing, left the grassroots community frustrated for all of the planning, risk assessing and controls put in place to reduce transmission of the virus to as low as possible.

Football personalities appealed to the government for a U-turn and to consider the impact it would have on the health and wellbeing of young persons who may not be as active physically and socially without football. Former Wales midfielder Robbie Savage, who coaches a junior team, criticised the decision to suspend children's sport in a series of tweets to culture secretary, Oliver Dowden:

"Have you or any of your senior government officials been to a grassroots game since lockdown? Do you have any idea what it's like for thousands of grassroots volunteers? Do you know the impact of this decision on youngsters' mental and physical wellbeing?"

Chelsea boss Frank Lampard added: "I'm a massive advocate for children to play all sorts of sports, but at unprecedented times, we are reliant on the government and scientists. If it can be done in a safe way, I think for physical and mental health, we must strive to do it as much as we can. "It's a tough time and I'm a father, so I do worry. I don't know all the data, but as a parent, if you can remain active and encourage your children to be active in this tough time, it's a great thing to do. "I would really encourage us to find a way to keep children active, but it has to be in a safe way so we don't see long term issues coming back from it later in these youngsters' lives."

Some of the foundation coaches have been keeping in touch with their teams through social media in an effort to keep them active and challenging them with skill work. It has been great to see Nathan Kew set skill school challenges and reading challenges for the thinkers and movers.

The Under 13's Whites challenged parents, coaches and children to record their miles with every mile ran giving 3 points, every mile cycled 2 points and every mile walked 1 point. The group with the lowest points would have to take a dip in the North Sea! It was great to see the boys take on the challenge and get out there, however it was even greater to see parents out exercising, some even admitting it has been a few years since they were as active.

The Under 12 Clarets were challenged by their coach, Tas Abdullah to some training videos to help them keep their skills sharp at home.

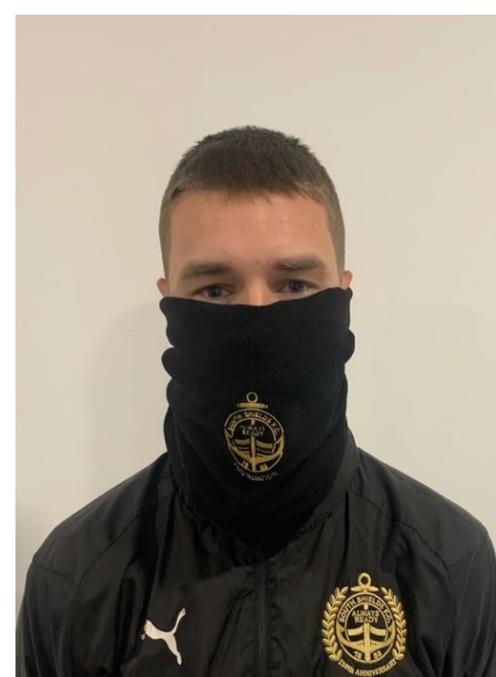
The Under 8's had a Zoom catchup with coach Christopher Reay challenging the children to a memory game and a scavenger hunt. Chris said "it was good seeing them race around trying to find the items".

Daryll Hadaway, coach of the Under 12 Blues said his team were utilizing social media to keep in touch: "we've done a Zoom catch up seeing how the lads were and asking the lads what they think could be improved in training/matches when we get back"



Stocking Fillers!

As modelled by Shields' very own Jason Gilchrist and Nathan Lowe, Snoods are £7 and hats are £8. Colour black with South Shields F.C Foundation Logo. Keep the young 'uns warm this winter. E-mail steve.camm@southshieldsfc.co.uk for further details.



-THE DIGITAL NEWSPAPER-



FOUNDATION FAMILY – MEET THE TEAM

Each edition we will introduce you to a member of the Foundation Team:

Name: Darren Churchill

Role: Lead Foundation Phase Coach

Responsibilities: “The main purpose of the role is to be a first port of call for foundation coaches who coach the foundation age to support and offer guidance where required”. The latest lockdown has delayed the support Darren has been looking forward to providing but he is looking forward to getting round to training sessions and games when the opportunity arises!

Favourite quote: Hard work beats talent if talent doesn't work hard

IS IT TIME FOR SILENT SIDELINES?

Over the last couple of months our welfare team have been busy looking into 4 separate incidents of concern for Durham F.A and also the reputation of the club, foundation and values that we strive for. Discussions regarding whether implementing silent sidelines are ongoing therefore we ask all of our coaches to discuss with their teams and parents that we shouldn't just strive to be the best on the pitch but the best off it.

Very often in kid's sports adults, parents and coaches become overly vocal in their approach to working with young athletes. However well-intentioned some of them may be, the results are not always positive.

Children make two conscious DECISIONS per second. Sideline information prevents children from making a quick decision or deciding on one.

With a Silent Sideline, the coaches, parents and spectators are asked to keep talking to a bare minimum on the sidelines.

One coach from each team will be given the task to instruct (not during the game), whilst everyone else watches on in SILENCE. Supporters are allowed to clap to show their enthusiasm, but the adults are restricted from coaching their kids from the sideline. This is when kids can make decisions for themselves, without having adults shout 5/6 different instructions at them. We now know that when adults scream from the sidelines, they're not just invading the children's play time, they're preventing children from learning the game in a natural manner. With the sidelines quiet, players have the chance to concentrate, make their own split-second decisions and learn by them. Instead of being distracted by the stream of noise that usually exists, the kids on the pitch get the opportunity to communicate with one another, deciding who will take the throw ins, the goal-kicks, free-kicks and/or the corner kicks in the game. This also gives them time to think and focus on what they are about to do.



Name the Player!

Did you guess.....?

It was our very own Graham Fenton!



No entries for last months competition to win 3 x SSFC face masks.



PLAYER FOCUS

SEAN VACHER

Team: South Shields Under 12 Clarets

Favourite team: Newcastle United

Favourite position: The wing

Favourite player: Ronaldo

Best skill move: Rainbow flick

Best memory playing football: When I scored a free kick in the top corner

Best thing about Christmas: Getting presents!

If you would like your child to feature on the player focus, please send a picture as well as answers to the questions to: ken.temple@southshieldsfc.co.uk

**Our Foundation Newsletter going forward will be released quarterly, so look out for us in the Spring!
Have a Merry Christmas and a Happy New Year X**