

SOLENT UNIVERSITY

SOUTHAMPTON



**SOLENT UNIVERSITY
LADIES FOOTBALL
2020/21**

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SOLENT UNIVERSITY LADIES FOOTBALL CLUB 2020/2021 FRESHERS MINI HANDBOOK

Welcome

Hello and welcome to all of our prospective freshers for this new year! We are all so excited to welcome you to Solent University. Last year Solent Ladies football reached the final of the BUCS national trophy, due to covid-19 we were unable to play this game; however, this achievement will go down in history and will help push us forward for seasons to come!

This handbook is designed to give you a real insight on how things are run, what our core values are and what we get up to over the year! We hope this makes settling in a lot easier and answers some of the questions you may have!

We can't wait to meet you all in September!

Mission

Our aim is to enrich university experience for all during their time at Solent, by providing an inclusive space for everyone to play football.

Core team values

Family-

- Here at Solent we strongly believe in working together and building a family community, where every member feels welcomed, supported and appreciated.

Integrity-

- We strive to present a completely honest team where every player and coaches can be trusted. It is essential for everyone to build truthful relationships both on and off the pitch.

Respect-

- All members of Solent ladies treat every player, committee members, coaches and university staff with equal respect.

Enjoyment-

- One of the main reasons we all play football is because we ENJOY it! All SULFC players are encouraged to enjoy every training session, matchdays and social events.

Training sessions

Training sessions will take place at our test park facilities on the following days:

Mondays 20:30-22:00 (subject to change)

Thursdays 20:30-22:00 (subject to change)

The training post will be put up on Facebook 24 hours beforehand. This gives you the opportunity to ask for transport, if you require it, and tell us if you are available/unavailable. If you are unavailable for training, you are required to tell the captains why you cannot make it.

Transport to training depends on minibus availability and team drivers. If you do have a car and are willing to provide lifts, £1 will be provided per lift for fuel costs. Any drivers please discuss this with the captains.

We expect every training session to have 100% intensity with every player working their best.

Attendance for training will be monitored by the captains, any players with poor attendance, without valid reasoning, will face consequences.

Strength & Conditioning

Strength and conditioning sessions take place in the new sports complex on campus. These sessions are run once a week by staff members from Sports Solent. The S&C sessions are vital for us, as a team, to strengthen supporting muscles, increase mobility, enhance coordination, help with recovery and stabilise joints. It is important for our development as a team to attend all of these sessions.

Matchdays

All BUCS fixtures will be played on a Wednesday. Most of your university courses will have Wednesdays off, so you can play sport fixtures. However, if you are timetabled in for lectures at this time it can be discussed with your course leader and Solent sport to try and support you in playing.

Availability for the game will be asked the Monday before the game on Facebook, by one of the captains. This gives you the opportunity to state whether you are available to play or not. If you are not available for any reason, please discuss this with one of the captains.

From this a team, of roughly 14 players, will be selected. This will be posted to the team on Tuesday. The team selection can change every week so players must work hard each week to be selected.

Home games-

- When there is a home fixture, the team will meet at the library (time depending on kick off) and transport will be sorted to Test Park. The minibus is usually provided for us by the university, however players who drive are more than welcome too. We aim to arrive at Test Park an hour before kick-off. This allows us to get changed, have a team talk with the manager and warm up. Following the game, a cool down and team talk will take place before returning to the changing rooms. Transport will then be provided back to the Solent Library.

Away games-

- When there is an away fixture, the team will still meet at the library. As travel may take up to 3 hours meeting times are earlier but will depend on time of kick off. A coach is provided for all away games and we will travel as a team. When we arrive preparation for the game is the same as our home games. Once everything post-match is complete, we will return on the coach and head back to Solent.

Wednesday is the day where we can put all our hard work from the week into practice and try to win as a team.

Whether we win or lose, Wednesday night is also a social night across all sport clubs at the university. This is an opportunity for the whole team to come together and build long lasting friendships. This is a great way for us to finish our Wednesdays and to keep building a team bond. More about Wednesday social nights can be explained below.

Social Wednesdays

Our Wednesday's are all about socialising and making memories with each other that will stick for life. As well as the sport itself, the social part and friendships of the team are just as important to us, so we dedicate our Wednesday's to having fun and being a team off the pitch. Our social secretaries will be in charge of all the planning and running our Wednesday night socials, so all you have to do is turn up!

You will be given details via Facebook, the weekend beforehand, of an upcoming social, so we ask that you read the details thoroughly to make sure you know the plan for every Wednesday social. After our Wednesday football match, we plan to all meet at a designated location to start our night of fun! This meeting point is usually the same every week, however the

location is yet to be decided. We will give you a time, a place and of course, A THEME!! We cannot have our socials without a dress code theme, just like every other Solent sports team! Our social secretaries are yet to decide upon themes for this year's socials, however a few examples we have experienced in the past include Where's Wally, Hawaiian and even Chavs. We will have a few tricks up our sleeves in place to keep the socials interesting and exciting.

Due to coronavirus, we are having to take into consideration that some venues might be closed. We are therefore preparing and planning for alternatives to the typical Solent Ladies FC Wednesday night routine. We are confident that we will still be able to attend smaller venues in Southampton and we will get creative and still provide you all with a lively and traditional university experience. Southampton is FULL of party fuelled vibes and places, so don't worry about not getting the full university experience, because we will make sure you will!

Tour

Tour is easily the best week of your university life! We go with a company called ILOVETOUR! And you will need to sign up with deposit (£80) in November time and the final sum is due in January (roughly £250) but the £80 is refundable once you come back from tour! You either go to Croatia or Italy for 5 days during the spring break (Easter). You travel by coach and it's one long booze bus the entire way, there will be a travel theme for the way out which makes for a good laugh when crossing borders. You will stay in a hotel that includes breakfast and dinner with every other team on tour. Once you get to tour, you're with hundreds of other university sports teams and spend two days taking part in tournaments, every single night there is a night out with a different theme. The final day there is a huge beach party with everyone.

Unfortunately, due to coronavirus, the freshers of 2020/21 were unable to experience tour, including our new social secretaries, so we are all yet to experience tour and all experience something new and exciting.

Varsity

Varsity is at the end of the season in the first week of May, where every sports team from Solent plays every sports team from BU. Day 1 of varsity is held in our Solent Sports complex and the sports that compete on this day are the indoor sports (such as basketball, netball, etc). Day 2 of varsity is held at Chapple gate at BU which is all of the outdoor sports (Rugby, Football, American Football, etc). Every team has a specific time slot they play in and anyone can come to watch and support (with a supporter's ticket). It is easily one of the best days of the university year! Once you've

Policies

- Essential to be present at both training sessions every week- exceptions will be made if you train for an external team (non-uni team) on one of those days.
- Must attend strength and conditioning sessions. These are only available for a handful of teams at Solent, so attendance is mandatory.
- At every training session, we expect 100% effort and intensity from every player.
- It is vital that you read, comment and like all training, matchday and social Wednesday posts on Facebook, as required, to help the captains, Rafa and social secs. Communication is key, there's a lot of organising that takes place behind the scenes and responding to messages makes it easier for things to get organised.
- Training kit to be worn for all training sessions.
- Must turn up to home and away games in our track top.

Managers message

At Solent University Ladies football club, we value hard work, discipline and commitment. My objectives as the manager of the club are to develop all the players to the best level they can reach as well as building strong teams through a positive, competitive and friendly environment. In name of the club, I would like to invite you to apply for the trials and if you have any questions, do not hesitate to contact myself and the captains.

I hope to see you soon and I am looking forward to working with you and supporting you to become the best you can be

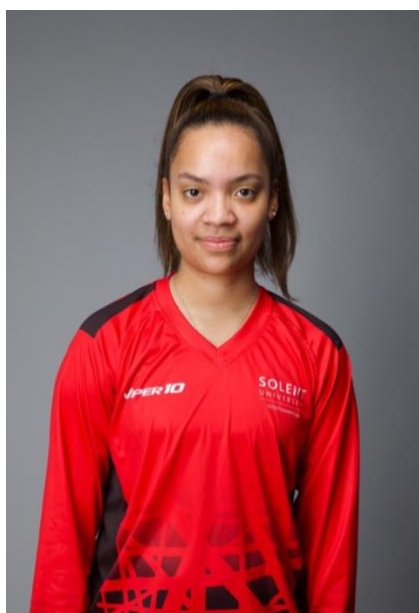
Rafa Citron

Meet the committee



Head Coach-

Rafa Citron



Club Captain-

Nelly Woodcock



Club Captain-

Charlotte McGrath



Social Sec-

Beth Reid (Reido)



Social Sec-

Beth Dennis



Club Treasurer -

Chloe Ball



Head of Media-

Jacob Transwell



Head of social media and
graphic designs -

Ryan Honey