

# Cambusdoon F.C. Parent Guide



## Cambusdoon F.C. 'Welcome to our club'

Cambusdoon Football Club is a community club based in the heart of Alloway, Ayr. It is a valued member of the Cambusdoon family of sports. Children come to Cambusdoon to feel positive about their development and to enjoy and experience the fun of football. It caters for all age groups from 5 years onwards.

We are the children of Cambusdoon!

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# 1. Our Mission Statement

<b>'Our Ethos'</b>		<b>'The Child's Right'</b>
<b>As many children as we can facilitate</b>		
<p data-bbox="368 495 555 526"><b>DYNAMIC</b></p> <p data-bbox="197 553 730 604">We Let children play without excessive adult intervention and instruction.</p> <p data-bbox="197 624 727 676">We allow children to come up with their own solutions to the problems of the game.</p> <p data-bbox="185 696 740 748">The environment of 'play' can be unstructured, unpredictable and exciting.</p> <p data-bbox="205 770 719 822">Children can overcome challenges through perseverance</p> <p data-bbox="169 844 756 896">Winning will be be giving your all and challenging your own limits.</p> <p data-bbox="175 916 750 967">Free play allows children to express themselves and be creative.</p>	<p data-bbox="986 506 1273 537"><b>OPPORTUNITY</b></p> <p data-bbox="863 566 1396 618">Children of all ages and abilities deserve the opportunity to learn at their pace.</p> <p data-bbox="852 638 1407 689">Children will have the freedom to explore their environment and their own possibilities.</p> <p data-bbox="839 712 1422 763">Effective learning empowers children to discover strategies and to solve problems.</p> <p data-bbox="844 784 1417 835">Rewards for children will be based on effort and individual accomplishments.</p> <p data-bbox="879 857 1382 909">Losing is an opportunity to learn and build resilience.</p> <p data-bbox="826 929 1434 981">Resilience is the foundation for building confidence and self esteem.</p>	
<b>As good an environment as we can create</b>		
<p data-bbox="352 1227 592 1258"><b>OWNERSHIP</b></p> <p data-bbox="347 1283 596 1312">It's the child's game.</p> <p data-bbox="264 1335 679 1364">Children's voices should be heard.</p> <p data-bbox="172 1384 772 1413">The child's voice should be louder than the adults.</p> <p data-bbox="161 1433 783 1485">They have the right to play and should be allowed to in their own way.</p> <p data-bbox="244 1505 700 1534">A motivated child is an engaged child.</p> <p data-bbox="165 1554 778 1606">Adults should aim to see football from the eyes of a child and make it fun and exciting.</p>	<p data-bbox="1027 1182 1251 1214"><b>NURTURED</b></p> <p data-bbox="839 1243 1442 1344">Our success is measured not by score lines but by an ability to make a difference in a child's life and to create lasting friendships, happiness and develop a life long love of football.</p> <p data-bbox="847 1364 1434 1415">Children should be encouraged and supported in line with their age and stage of development</p> <p data-bbox="842 1435 1439 1487">Children are encouraged to progress at their own speed and only be measured against themselves.</p> <p data-bbox="847 1507 1434 1559">Effort is our most valued attribution and mistakes are all part of the joy of learning</p> <p data-bbox="852 1579 1430 1630">Aim to provide positive strength based feedback relating to effort, teamwork and achievement</p>	
<b>As long as they want to play</b>		

As many children as we can facilitate

As good an environment as we can create

As long as they want to play

# 2. Cambusdoon pillars of coaching

<b>The Pillars of Cambusdoon</b>	
<b>Success</b> Our success must be measured on us impacting on the lives of the children. Do they feel valued and listened to and are the skills they are learning transferable in their lives? Can we say that the skills they have learnt with us have made them more rounded and robust individuals with a greater chance of happiness and success in their lives? Can we look back and say that we changed a life forever and for the better?	<b>Developmental focus</b> Children develop at different rates. It's an individual experience and no two journeys are the same. There will be children who seem to perform way ahead of their age and stage. There will be others who seem to fall behind. All of these factors will stay true throughout their journey. But what will also remain true is the sheer joy of seeing the shifting balance of ability, effort, development and resilience during a child's journey. It will change throughout.
<b>Building Resilience</b> Vital learning takes place when things are hard. When the child needs to find resources to overcome barriers or develop new ways of solving challenges. Yes being in a winning team can be great for self esteem and confidence. But at other times we may need to challenge the child. At times this may be obstacles that are too hard to overcome because we need to test their reaction to adversity. These are the building blocks of resilience.	
<b>Winning</b> Winning is giving your all and is measured by effort and individual accomplishments not score lines. Effort is our most valued attribution and mistakes are part of the joy of learning. But Winning is giving a child a life long passion for football. Winning is giving the child positive role models. Winning is giving the child the desire to put maximum effort into the challenges they face in their lives.	<b>Let them be children</b> Children simply want to have fun. They are at the football club to smile and share experiences with friends. Not to grow up too soon. Football doesn't need to get serious too soon. This doesn't change no matter the age of the child. So make training fun. Make matches fun. The child's voice should be the loudest. There should not be excessive adult direction. As many small games, with as many touches, with as many opportunities to problem solve, to be creative as we can possibly provide them. That will do the trick. Just let them play.
<b>Strength Based Coaching</b> Children need to be excited and motivated to push their own barriers. Focusing on their individual area of strength(s) and trying to make it blossom can excite and engage the child/ player better than any focus on deficiencies ever can. It is more likely to engage them in their own learning if they start to see the positives in what they are achieving. A strength based approach can be inspirational and aspirational for the child. Seeing and feeling valued for what they bring to training/ matches can engage them. So finding their strength and assets to build on is vital to learning.	

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### *3. Cambusdoon FC Journey*

Taking your child along to their first football club as a 5 year old should be a positive experience. It should be a time of finding new friends and sharing some new and exciting times. But two parents found that the coaches at one football team did not think that their children were quite at the necessary standard to play football. This just seemed wrong. It felt that this was about the adults and not the children. How can children as young as 5 years old be picked or even rejected based on their 'potential'? This galvanised the two parents as they set out to provide an environment that their children could play football in. One that did not have the same misguided adult perceptions based on ability and one that valued and nurtured the children.

The original legacy club, Greenan Colts was first established in September 2012 by Richard Gillespie and Ewen Forsyth with the aim of improving the outcomes and opportunities for all the children and young people at the club. Within its early evolution the parents aspired to develop a community club that was inclusive of all children irrespective of their age and stage of development. It offered children the opportunity to engage with football, learn positive values and nurture potential and resilience. Within the first 6 months the club had grown from seven to twenty children aged between 6 and 8 years old. Three coaches, accredited by the Scottish Football Association offered weekly training within the Doonfoot area. Our early drive to pursue inclusion meant that all the children participated fully in choosing the strips, colours and name of the club. The active participation and involvement of the children became the corner stone of the club's future. Their enthusiasm meant that by 2013 they had established Greenan Colts F.C. as their club. With the ratification of its constitution and ethos they took the first brave steps on their journey.

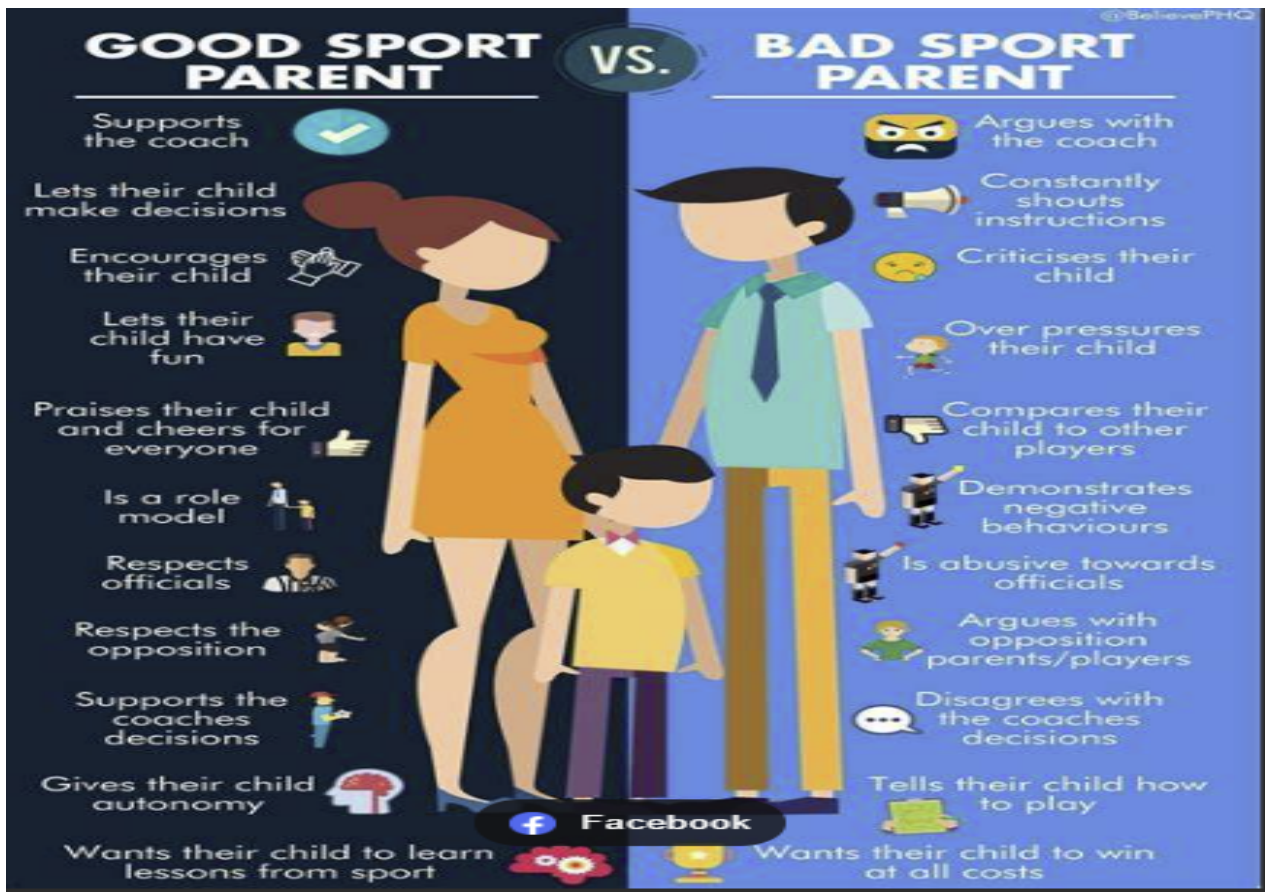
As Greenan Colts grew it became clear that there was a desire by the members of the club to ensure that its value to the community was maintained for generations to come. In discussions with Cambusdoon Sports Club it became apparent that they shared our desire to positively impact on the social, emotional and individual development of the children in their local community. As a result in October 2014 GCFC was delighted to be welcomed into the family of sports that makes up Cambusdoon Sports Club. By early 2016 we took the decision to rename our club Cambusdoon Football Club. It opened an exciting new chapter.

In 2016 John Hannah, Anne-Mari Gillespie, Sam Balharrie and Richard Gillespie formed a girls section. It would serve as another exciting chapter in the development of Cambusdoon. The girls section of the club has expanded rapidly and has captured the imagination of girls and parents in Ayrshire.

In 2021 the club began a process to reimagine its ethos and approach to coaching. What we now have today is an ethos that is based on the rights of the child. It is based on a child's perception of success and not adults. By doing so we have returned to the ethos of the founding members. Our membership currently stands in excess of 400 children. We give thanks to all the families and children at our club. 'Our Ethos' the 'Child's right'

Mon' the Doon!

## 4. Our parents Charter



### **D**ynamic

- *Let your child play without excessive adult intervention and instruction*
- *Allow your child to come up with their own solutions to the problems of the game*
- *“Winning” means your child giving their all and challenging their limits not in a score line*

### **O**ppportunity

- *Allow your child the opportunity to learn at their own pace, a kids development is not linear*
- *Your child will build resilience through experiencing lots of challenges..... some good and some not*
- *The resilience they build will form the foundation for confidence and self esteem on and of the pitch*

### **O**wnership

- *Our children’s voice should always be louder than the adults*
- *It’s the child’s game, let them play and develop*
- *Our kids do not (and should not) play for adult entertainment. They should play for themselves, for their love of football and this is what will drive their development*

### **N**urtured

- *Try not to measure your child’s progress against others but at their own speed*

- *Remember effort is our most valued attribution and mistakes are all part of the joy of learning*
- *Focus on child's strengths and not their weaknesses*

**A few points you may wish to consider from a parents perspective (this may help you decide if Cambusdoon is the club for you and your child)**

- At Cambusdoon we believe that our football is **truly competitive**. But real competition is not about focusing about the score line or chasing from club to club trying to get your child into a 'winning' team. It is about your child taking ownership of their own game, wanting to try hard, learn and improve. It's about your child being allowed to make their own decisions and 'mistakes'. It's about having fun and sharing experiences with friends! Competition comes naturally to children. Pressure to win though is something that coaches and parents if they are not careful can unintentionally burden children with. It can significantly impact on their development and often lead to drop out from football. There is strong research that shows that drop out from sport is significantly increased when too much pressure is put on developing children by adults. Together let's not do it. Let's create confident and resilient children without adult pressure. it can be done.
- As a coaching group we strongly believe in the benefits of rotating kids positions on the park of play. The game has changed. Restricting children to certain positions on the pitch from a young age might help the score line but it undermines children's development. At our club, every child will get experience in all positions on the pitch. They will even get to experience being a substitute. All positions have value to your child's learning.
- At Cambusdoon your child will benefit from experiencing a wide range of environments designed to challenge and promote development and build resilience. This may be playing in different mixes of age groups, or we might even sensitively create a situation where they will struggle to overcome the challenge in front of them. It might also be giving your child the experience of winning and losing or helping them to develop their own confidence by giving them responsibility for the development of others. This should reap rewards on and off the pitch. The evidence clearly supports this approach to learning.
- Kids' voices should always be louder than the adults. We are not concerned with adult needs or egos. It is vitally important that parent's offer 'unlimited' encouragement from the sidelines. But please try not to shout instruction or any form of direction during training or matches. That goes for the coaches to! It's your child's game, let them play, and give them the opportunity to make decisions on their own.
- Football is also about values and about community. We value the connections that children and families can make being a part of the Cambusdoon community. We welcome you to our community.
- Your Child's voice should be the loudest. What does this mean? We want them to feel confident to tell us what training and matches should look like. We want to deliver football sessions that they tell us they want. We want their voices during sessions and matches to be heard. We want to hear them shouting instructions and offering encouragement to their friends. We don't want adults voices to be louder. whether that be coaches or parents.
- We are committed to making football affordable for all kids. No one should ever feel "priced out" of our beautiful game. If for any reason that match subs are causing difficulty please do not hesitate to reach out to the club.

We don't expect our coaches to direct play in matches. The kids lead the play! The coaches will provide guidance and encouragement at the right time. Kids learn by making their own decisions and we want to develop confident, thinking footballers. This can take time and patience so if you want your child to be spoon fed instructions and shouted across the pitch by a coach, or if your focus is just the score line, **we are definitely not the club for you!**

### **Our Promise to You**

If you feel that other parents or even coaches are not following these principles then please speak to us about it. This is about us all believing in the ethos and pillars of Cambusdoon. **It's a charter for us all!**

### **Coach Development**

We expect high standards from our coaches and promote continuing professional development. All of our Head Coaches are SFA qualified. As a quality marked club we strive to have a minimum of 2 coaches per age group at level 1.2 or above

At August 2022 we have around 85 Coaches and Coach Assistants. 4 of them hold Advanced Children's License or Level 2 (Children's Coaching License) Awards, with a further 10 holding Level 1.3 (Children's Coaching Awards) and 37 qualified to Level 1.1 or 1.2. We also have 2 qualified Goalkeeping Coaches and 13 of our volunteers are First Aid qualified.

## **5.Our Kids Charter**

### ***BEST Principles***

Cambusdoon FC have an ethos of being inclusive and we want to maintain this while ensuring ALL children have the environment and opportunity to be involved and improve as players and individuals, as well as enjoying physical activity with their friends. We implement the B.E.S.T approach to help with this.

#### **Behaviour, Effort, Skill and Teamwork.**

**Behaviour** Are you ready, attentive and listening to your coaches? Are you involved in the sessions and supportive of the learning? Are you present and involved with your teammates?

**Effort** Are you trying your best and are you able to bounce back from challenges? Do you keep going, never give up and show determination to learn when faced with obstacles?

**Skill** Shine by expressing your own individuality. Are you showing commitment to improve and try to learn? Are you showing signs that you want to challenge yourself to improve?

## Teamwork

Can you value the effort of your teammates and offer positive encouragement even when things are not going well? Are you involved in assisting and helping your friends?

# 6. Understanding your child's playing pathway

## Boys Player Pathway

Age Group	Format	Learn more and click on link below
13 & over	11vs11	<a href="#">13 Years +   Children's Football Pathway (Boys)   Scottish FA</a>
9-12	7vs7	<a href="#">9-12 Years Old   Children's Football Pathway (Boys)   Scottish FA</a>
6-8	4vs4 & 5vs5	<a href="#">6-8 Years Old   Children's Football Pathway (Boys)   Scottish FA</a>
McDonalds Fun Football	The programme aims to provide children between the ages of 5-11 across Scotland with a fun, safe and enjoyable football experience	<a href="#">McDonald's Fun Football Centres   Children's Football   Scottish FA</a>
3-5 Mini Kickers	take part in a wide range of activities designed to improve their physical literacy; running, jumping, hopping, skipping, balancing, rolling, bouncing, climbing, throwing, catching and of course, kicking are all developed	<a href="#">Mini Kickers Scotland   Football Development   Scottish FA</a>

## Girls Player Pathway

Age Group	Format	Learn more and click on link below
14 & over	11vs11	<a href="#">Under-15 Years Old &amp; Over   Girls' Football Pathway   Scottish FA</a>
Under 12s	7vs7	<a href="#">Under-13 Years Old   Girls' Football Pathway   Scottish FA</a>
Under 10s		
Under 6s & Under 8s	4vs4 & 5vs5	<a href="#">Under-9 Years Old   Girls' Football Pathway   Scottish FA</a>
McDonalds Fun Football	The programme aims to provide children between the ages of 5-11 across Scotland with a fun, safe and enjoyable football experience	<a href="#">McDonald's Fun Football Centres   Children's Football   Scottish FA</a>
3-5 Mini Kickers	take part in a wide range of activities designed to improve their physical literacy; running, jumping, hopping, skipping, balancing, rolling, bouncing, climbing, throwing, catching and of course, kicking are all developed	<a href="#">Mini Kickers Scotland   Football Development   Scottish FA</a>

# 7. Getting Involved at Cambusdoon

We are always delighted to welcome volunteers into our club. Of course there are opportunities in coaching and we support volunteers to gain the necessary SFA qualifications. But there are also a wide variety of other areas we need support in. It could be helping organise events for the team, or first aid, kit management, or admin duties. If you think you can help in any way please speak to the head coach at your child's age group.

We also have a parents group where ideas are shared which enables the parents to have a direct link and say in the running of the club.



## 8. *Cambusdoon membership*

We like to think that at Cambusdoon we have one of the most competitive pricing structures within the local area. Importantly we believe we have the highest value. There is a great range of single child memberships. But the most value comes in our family memberships. Family membership gives you access to the sports club. You can drink and eat at our fabulous facilities and you can also book the facilities. Some of the benefits are shown below:

Membership Benefits for all:-

- 10% discount on drinks purchased from the Clubhouse Bar
- 100% discount on meeting room hire fee. (10% discount if being used for a commercial purpose)
- Free hire of the Clubhouse for events
- 20% discount of "one-off" 3G pitch booking
- Free Sky & BT Sports Channel viewing
- Social interaction and events in a convenient and safe environment
- Free to watch live sport (bowling, cricket & football) during the relevant sporting seasons

The membership of Cambusdoon also gives the club priority access to training slots throughout the whole year. There is no scraping about trying to find a winter let. Cambusdoon remains our home all year round.

Cambusdoon FC also has priority access to weekend slots for matches. Although at times teams may need to take external lets(as we are growing fast as a club) the membership fees allows us to pay for these lets.

The membership also helps us with the running costs of the fantastic facilities at Cambusdoon. This requires continuous maintenance both of the club house and cricket, bowling and football playing fields. We also often have to upgrade the training and match equipment for all our teams, pay for coaches training, first aid, dug out and goal maintenance. This is all paid for through the club membership. We also have a fund we pay towards for pitch renewal.

The club also promotes children playing both cricket and football as multi -sport participation is great for the developing child.

To view our membership please click on the following link:

<http://www.cambusdoonsportsclub.com/membership.html>

## 9. *Club Shop*

Don sport provides a club shop that parents can use to buy merchandise from. The club receives a commission of any sales that occur. There is a great range of products including hats, training gear, wattle bottles, hoodies and tracksuits. Why not check it out.

<https://www.donsport.co.uk/sports-club-shop/cambusdoon-fc?page=1&fs=e&s=cl>

## 10. *Cambusdoon FC contacts list – Link below*

[Cambusdoon Football Club - CAMBUSDOON SPORTS CLUB, ALLOWAY, AYR](#)

***Cambusdoon current team list – 2023***

