

Player Name

Age Group

.....

Sheffield United Junior Blades 1981

Player Handbook





Dear Parent/Guardian

Congratulations, your Child has been chosen to play for the Sheffield United Junior Blades 1981 for the 2023/2024 season.

We are really pleased that you have chosen our Club for next season and we hope you have a very successful and enjoyable time with the Sheffield United Junior Blades 1981.

The managers and the Club Committee will endeavour to provide a fun, safe and engaging environment for your child to develop their football skills and their love for football in general.

As a Club we strive to put the players first and we invest as much time and money as we can to ensure that your child has an enjoyable experience and opportunity to develop, both as a player and as an individual.

Once again, thank you for choosing our football Club and all the best for the upcoming season.





JUNIOR BLADES



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A Message from the Chairman

I am really pleased to say that you have been chosen to represent the Sheffield United Junior Blades 1981 for the upcoming season. I really hope that you and your family enjoy your time with us, and I wish you all lots of success in the future.

This handbook will hopefully answer most of your questions but if for any reason there's something we haven't covered then please contact me on info@juniorblades.co.uk and I'll do my best to help you out.

The Club's aim is to develop your child both on and off the pitch. We will provide a safe and fun environment for your child and we want Sheffield United Junior Blades 1981 players to be teammates on the pitch and friends away from it.

As parents can you help communicate the Club ethos to your child and ensure that they are aware of the Codes of Conduct. These are important documents and we ask that all our players and their families abide by the rules throughout your time with the Club.

Respect for teammates, coaches, parents, and referees is very important. We take a tough stance on racism, sexism, and any forms of bullying.

Football should be fun, and our players are always encouraged to enjoy themselves but we must always act with respect and fairness to our teammates and our opponents.

Finally, I am really looking forward to meeting all of you at some point in the season. Sheffield United Junior Blades 1981 are the fastest growing Club in the area, and we are developing and moving forward every year and we are really pleased that you will be a part of this journey.

Many thanks #UTJB

Chris Slack
Club Chairman

club Subscription Fees

The Club Subscription Fees for 2023/24 season are **£260.00 per player**.

The subscription fees include the players registration and administration costs, player insurance, all league and cup match fees and all training costs.

An initial **£20.00** needs to be paid on the day of registration and the remaining **£240.00** is to be paid in **6 installments of £40.00** from August until January.

Payment Schedule: 28th August **£40.00**, 28th September **£40.00**, 28th October **£40.00**, 28th November **£40.00**, 28th December **£40.00** & 28th January **£40.00**

Obviously if parents wish to pay for the subs in full earlier than the **28th of January** then that would be ideal. Failure to keep up to date with subs payments could result in the player not being eligible to play or train with the team.

All subs' payments are to be paid directly into the Club bank account.

The Clubs bank account details are as follows:

Account Name: **Sheffield United Junior Blades 1981**

Bank: **Santander**

Sort Code: **09-01-29**

Account Number: **27036488**

When paying subs into the Club account, please put the age group and your child's surname as the reference. For example, UIOSLACK etc. This will make it easier for our treasurer to reconcile the payments.

We can only accept subs via bank transfer. We cannot accept cash or cheque. If you have any issues or queries regarding the subs then please speak to the Club Treasurer, Layen – 07557 794386

If for any reason during the season you have an unforeseen issue with making the next subs payment, please approach your manager first (in plenty of time) who will then speak to the Club Treasurer.

We appreciate that the subscription cost is a significant outlay for our parents/guardians, but all parents and players should be aware that the cashflow and budgets for the season are based on all our registered players paying the full amount of 260.00 by the end of January.

The Club does not offer refunds to any players who leave midway through the season of their own choice. In other circumstances such as players being selected for Academy's mid season for example, the Committee will look at individual circumstances on a case-by-case basis. The Committees verdict is final on all subs related matters.



Sheffield United Junior Blades 1981

Club Chairman	Chris Slack	07766 333376
Vice Chairman	Simon McFarlane	07772 870819
Club Secretary	Tristan Powell	07473 058513
Club Treasurer	Layen Wisdom	07557 794386
Club Welfare Officer	Nathan Flatley	07432 290992

Managers Details

U6	Levan Reid	07762 100092
U7	Simon Megson	07736 561789
U8 Reds	Billy Canavan	07490 816162
U8 Whites	Colin Marrison	07738 256243
U9	Tapiwa Mabaya	07540 329338
U10 Reds	Simon Osborne	07900 890857
U10 Whites	Ash Thompson	07739 690085
U11	Levan Reid	07762 100092
U12	Tristan Powell	07473 058513
U12 Blacks	Chris Slack	07766 333376
U12 Reds	Kieran Loftus	07980 661093
U12 Whites	Michael Ellis-Thomas	07592 418536
U13 Reds	Layen Wisdom	07557 794386
U13 Blacks	Steven Morris	07710 066782
U14	Ryan Perkins	07921 811447
U16	Nathan Flatley	07432 290992
U10 Girls	Effram Barrow	07914 872734
U11 Girls	Luke Holmes	07977 717759
U13 Girls	Hannah Josephs	07894 556551

Training Times

Leisure United Graves

Bochum Parkway, Sheffield, S8 8JR

Nursery	Wednesday 6:00pm-7:00pm	Pitch 1A
U7s	Wednesday 6:00pm-7:00pm	Pitch 1B
U8s Whites	Wednesday 6:00pm-7:00pm	Pitch 1C
U8s Reds	Wednesday 6:00pm-7:00pm	Pitch 1D
U9s	Wednesday 6:30pm-7:30pm	Pitch 2A
U10s Reds	Tuesday 6:30pm-7:30pm	Pitch 2C
U10s Whites	Tuesday 7:00pm-8:00pm	Pitch 1A
U11s	Wednesday 7:00pm-8:00pm	Pitch 1A
U12s	Wednesday 7:00pm-8:00pm	Pitch 1C
U12s Blacks	Wednesday 7:00pm-8:00pm	Pitch 1D
U12s Reds	Wednesday 7:00pm-8:00pm	Pitch 1B
U12s Whites	Wednesday 7:30pm-8:30pm	Pitch 2C
U13s Reds	Thursday 6:00pm-7:00pm	Pitch 1A
U13s Blacks	Thursday 6:00pm-7:00pm	Pitch 1B
U14s	Wednesday 7:30pm-8:30pm	Pitch 2D
U16s	Tuesday 8:00pm-9:00pm	Pitch 1D
U11 Girls	Tuesday 5:00pm-6:00pm	Pitch 1A
U10 Girls	Wednesday 5:00pm-6:00pm	Pitch 1A
U13 Girls	Wednesday 6:30pm-7:30pm	Pitch 2B



RESPECT





Play your best. Be your best.

Make sure you and everyone
around you has a good time
on and off the pitch.



Play Your Part (Code of Conduct)

Young Players

Play your part and support
The FA's Code of Respect:

When playing football, I will:

- Always play my best for the benefit of the team
- Play fairly and be friendly
- Play by the rules and respect the Referee
- Shake hands with the other team - win or lose
- Listen carefully to what my coach tells me
- Understand that a coach has to do what's best for the team
- Talk to someone I trust or the club welfare officer if I'm unhappy about anything at my club
- Encourage my team mates
- Respect the facilities home & away

I understand that if I do not follow the Code, I may:

- Be asked to apologise to whoever I've upset
- Receive a formal warning
- Be dropped, substituted or suspended from training

I have read and agree to abide to this Code of Conduct

Signature

Name

Date



RESPECT

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Positive.



Sheffield United Junior Blades 1981 Memories



Whether you win or lose,
make it a better game.



Treat your team, other players
and Match Officials with
respect so that everyone
has a more enjoyable time,
on and off the pitch.



Play Your Part (Code of Conduct)

Adult Players

Play your part and support
The FA's Code of Respect:

On and off the field, I will:

- Stick to the rules and celebrate the spirit of the game
- Always show respect to everyone involved in the game
- Never engage in public criticism of the Match Officials and abide by their final decisions
- Win or lose with dignity. Shake hands at the end of every game
- Be aware of the potential impact of bad language on others
- Never engage in abusive language, bullying or intimidating behaviour

I understand that if I do not follow the Code,
I may:

- Be asked to apologise to whoever I've upset
- Receive a formal warning
- Be required to attend a FA education course
- Be dropped, substituted or suspended from training
- Not be selected for the team
- Be asked to leave the club and/or issued a fine

I have read and agree to abide to this Code of Conduct

Signature

Name

Date



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Sheffield United Junior Blades 1981 Memories





If we behave positively during practice and matches, our children will too.

By setting a good example, we'll help build a supportive environment in which everyone can enjoy themselves.



Play Your Part (Code of Conduct)

Spectators and Parents/Carers

Play your part and support The FA's Code of Respect:

- Have fun; it's what we're all here for!
- Celebrate effort and good play from both sides
- Always respect the Referee and coaches and encourage players to do the same
- Stay behind the touchline and within the Designated Spectators' Area (where provided)
- When players make mistakes, offer them encouragement to try again next time
- Never engage in, or tolerate offensive, insulting or abusive language or behaviour

I understand that if I do not follow the Code, I may be:

- Issued with a verbal warning or asked to leave
- Required to meet with the club committee, league or CFA Welfare Officer
- Obligated to undertake an FA education course
- Requested not to attend future games, be suspended or have my membership removed
- Required to leave the club along with any dependents and/or issued a fine

I have read and agree to abide to this Code of Conduct

Signature

Name

Date



RESPECT



Please Remember

This is a game

These are children

The coaches are volunteers

Referees are human

Mistakes will happen



RESPECT

It's their game,
just let them play

www.teamgrassroots.co.uk



Set the standards for a great game.

Use your position to set a positive example for the people you're responsible for and lead a better game for everyone.



Play Your Part (Code of Conduct)

Coaches, Team Managers and Club Officials

Play your part and support The FA's Code of Respect:

On and off the field, I will:

- Always show respect to everyone involved in the game
- Stick to the rules and celebrate the spirit of the game
- Encourage fair play and high standards of behaviour
- Always respect the Referee and encourage players to do the same
- Never enter the field of play without the referee's permission
- Never engage in, or tolerate offensive, insulting or abusive behaviour
- Be aware of the potential impact of bad language on others
- Be gracious in victory and defeat
- Respect the facilities home and away

When working with players, I will:

- Place the well-being, safety and enjoyment of each player above everything
- Never tolerate any form of bullying
- Ensure all activities are suited for the players' ability and age
- Work with others (e.g. officials, doctors, welfare officers, physiotherapists) for each player's best interests

I understand that if I do not follow the Code, I may be:

- Required to meet with the club or league Welfare officer or your CFA Designated Safeguarding Officer (DSO).
- Suspended by the club from attending matches
- Suspended or fined by the County FA
- Required to leave, lose my position and/or have my license withdrawn

I have read and agree to abide to this Code of Conduct

Signature

Name

Date



RESPECT

Anti-Bullying Policy for Football Clubs



The FA's Recommended Guidelines



For Clubs

Statement of Intent

We are committed to providing a caring, friendly and safe environment for all of our members so they can participate in football in a relaxed and secure atmosphere. Bullying of any kind is unacceptable at our club. If bullying does occur, all club members or parents should be able to tell and know that incidents will be dealt with promptly and effectively. We are a TELLING club. This means that anyone who knows that bullying is happening is expected to tell the Club Welfare Officer or any committee member. This club is committed to playing its part to teach players to treat each other with respect.

What is Bullying?

Bullying is the use of aggression with the intention of hurting another person. Bullying results in pain and distress to the victim.

Bullying can be:

- **Emotional:** being unfriendly, excluding (emotionally and physically) sending hurtful text messages, tormenting, (e.g. hiding football boots/shin guards, threatening gestures);
- **Physical:** pushing, kicking, hitting, punching or any use of violence;
- **Sexual:** unwanted physical contact or sexually abusive comments;
- **Discrimination:** racial taunts, graffiti, gestures, homophobic comments, jokes about disabled people, sexist comments;
- **Verbal:** name-calling, sarcasm, spreading rumours, teasing.

Cyberbullying

This is when a person uses technology i.e. mobile phones or the internet (social networking sites, chat rooms, instant messenger, tweets), to deliberately upset someone. Bullies often feel anonymous and 'distanced' from the incident when it takes place online and 'bystanders' can easily become bullies themselves by forwarding the information on. There is a growing trend for bullying to occur online or via texts – bullies no longer rely on being physically near to the young person.

Trolling

This is the name given to posting deliberately offensive comments on people's social media pages aimed at causing upset and distress. This type of behaviour could result in legal action.

Our Commitment

This club commits to ensure our website websites and/or social networking pages are being used appropriately and any online bullying will be dealt with swiftly and appropriately in line with procedures detailed in this policy.

Why is it Important to Respond to Bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Individuals who are bullying need to learn different ways of behaving. This club has a responsibility to respond promptly and effectively to issues of bullying.



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Objectives of this Policy

- All club members, coaches, officials and parents should have an understanding of what bullying is.
- All club members, officials and coaching staff should know what the club policy is on bullying, and follow it when bullying is reported.
- All players and parents should know what the club policy is on bullying, and what they should do if bullying arises.
- As a club we take bullying seriously. Players and parents should be assured that they would be supported when bullying is reported.
- • Bullying will not be tolerated.

Signs and Indicators

A child may indicate by signs or behaviour that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:

- says he or she is being bullied
- is unwilling to go to club sessions
- becomes withdrawn anxious, or lacking in confidence
- feels ill before training sessions
- comes home with clothes torn or training equipment damaged
- has possessions go “missing”
- asks for money or starts stealing money (to pay the bully)
- has unexplained cuts or bruises
- is frightened to say what’s wrong
- gives improbable excuses for any of the above.

In more extreme cases:

- starts stammering
- cries themselves to sleep at night or has nightmares
- becomes aggressive, disruptive or unreasonable
- is bullying other children or siblings
- stops eating
- attempts or threatens suicide or runs away.

These signs and behaviours may indicate other problems, but bullying should be considered a possibility and should be investigated.

Bullying as a result of any form of discrimination

Bullying because of discrimination occurs when bullying is motivated by a prejudice against certain people or groups of people. This may be because of their gender, age, race, nationality, ethnic origin, religion or belief, sexual orientation, gender reassignment, disability or ability.

Generally, these forms of bullying look like other sorts of bullying, but in particular it can include:

- Verbal abuse – derogatory remarks about girls or women, suggesting girls and women are inferior to boys and men, or that black, Asian and ethnic minority people are not as capable as white people; spreading rumours that someone is gay, suggesting that something or someone is inferior and so they are “gay” – for example, “you’re such a gay boy!” or “those trainers are so gay!” Ridiculing someone because of a disability or mental health related issue, or because they have a physical, mental or emotional developmental delay. Referring to someone by the colour of their skin, rather than their name; using nicknames that have racial connotations; isolating someone because they come from another country or social background etc.
- Physical abuse – including hitting, punching, kicking, sexual assault, and threatening behaviour.
- Cyberbullying – using online spaces to spread rumours about someone or exclude them. It can also include text messaging, including video and picture messaging.





Discrimination is often driven by a lack of understanding which only serves to strengthen stereotypes and can potentially lead to actions that may cause women, ethnic minorities, disabled people, lesbian, gay, bisexual or transgender people, or people who follow specific religions or beliefs, to feel excluded, isolated or undervalued. Ensure that club members know that discriminatory language and behaviour will not be tolerated in this club.

- If an incident occurs, members should be informed that discriminatory language is offensive, and will not be tolerated. If a member continues to make remarks, explain in detail the effects that discrimination and bullying has on people. If it is a young person making the remarks their parents should be informed just as in any breach of the clubs Code of Conduct and this Anti-Bullying policy.
- If a member makes persistent remarks, they should be removed from the training setting in line with managing challenging behaviour and the Club Welfare Officer or club officials should talk to them in more detail about why their comments are unacceptable.
- If the problem persists, the member should be made to understand the sanctions that will apply if they continue to use discriminatory language or behaviour.
- Consider inviting the parents/carers to the club to discuss the attitudes of the youth member in line with the procedures detailed in this policy.

Procedures

1. Report bullying incidents to the Club Welfare Officer or a member of the club's committee;
2. In cases of serious bullying, the incidents will be referred to the County FA Welfare Officer for advice and possibly to The FA Case Management Team;
3. Parents should be informed and will be asked to come in to a meeting to discuss the problem;
4. If necessary and appropriate, the police will be consulted;
5. The bullying behaviour or threats of bullying must be investigated and the bullying stopped quickly;
6. An attempt will be made to help the bully (bullies) change their behaviour;
7. If mediation fails and the bullying is seen to continue the club will initiate disciplinary action under the club constitution.

Recommended club action

If the club decides it is appropriate for them to deal with the situation they should follow the procedure outlined below:

1. Reconciliation by getting the parties together. It may be that a genuine apology solves the problem.
2. If this fails/not appropriate a small panel (made up from Chairman, Club Welfare Officer, Secretary, committeemembers) should meet with the parent and child alleging bullying to get details of the allegation. Minutes should be taken for clarity, which should be agreed by all as a true account.
3. The same 3 persons should meet with the alleged bully and parent/s and put the incident raised to them to answer and give their view of the allegation. Minutes should again be taken and agreed.



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4. If bullying has in their view taken place the individual should be warned and put on notice of further action i.e. temporary or permanent suspension if the bullying continues. Consideration should be given as to whether a reconciliation meeting between parties is appropriate at this time.
5. In some cases the parent of the bully or bullied player can be asked to attend training sessions, if they are able to do so, and if appropriate. The club committee should monitor the situation for a given period to ensure the bullying is not being repeated.
6. All coaches involved with both individuals should be made aware of the concerns and outcome of the process i.e. the warning.

In the case of adults reported to be bullying anyone within the club under 18

1. The Country Welfare Officer should always be informed and will advise on action to be taken where appropriate, this may include action by The FA Safeguarding Team.
2. It is anticipated that in most cases where the allegation is made regarding a team manager, official or coach, The FA's Safeguarding Children Education Programme may be recommended.
3. More serious cases may be referred to the Police and/ or Children's Social Care

Prevention:

- The club will have a written constitution, which includes what is acceptable and proper behaviour for all members of which the anti bullying policy is one part.
- All club members and parents will sign to accept the constitution upon joining the club.
- bullying and why it matters, and if issues of bullying arise in the club, will consider meeting with members to discuss the issue openly and constructively.

This policy is based on guidance provided to schools by KIDSCAPE. KIDSCAPE is a voluntary organisation committed to help prevent child bullying. KIDSCAPE can be contacted on **0207 730 3300** or you can access their website via [**kidscape.org.uk**](http://kidscape.org.uk)

You may also wish to access any of the following websites designed to give advice and guidance to parents and children who are faced with dealing with bullying:

Guidance for parents/carers

[**anti-bullyingalliance.org.uk**](http://anti-bullyingalliance.org.uk)

[**stonewall.org.uk**](http://stonewall.org.uk)

[**bullying.co.uk**](http://bullying.co.uk)

Guidance for young people

[**youngstonewall.org.uk**](http://youngstonewall.org.uk)

[**childline.org.uk**](http://childline.org.uk)

We would like to thank the ASA who have shared their Anti Bullying Policy for Clubs and to Stonewall's guidance from which this recommended FA Club Anti Bullying Policy has been developed.



RESPECT

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Club Welfare Officer Roles & Responsibilities



As a club welfare officer you have two key responsibilities, these are:



1. To be clear about the club's responsibilities when running activities for children and young people. This involves:

- Ensuring these responsibilities are well understood by others.
- Working with the Youth League Welfare Officer (YLWO)
- Working with your County FA Welfare Officer
- Promoting the FA's Respect Programme and helping to develop best practice processes

2. To help club personnel understand what their 'duty of care' towards children and young people actually means and entails on a day-to-day basis.

In order to carry out your responsibilities you need to follow these five simple steps:

a) Put in place:

- A safeguarding children policy, anti-bullying policy and equality policy
- Responsible recruitment processes including the taking up of references and submitting FA CRB checks (getting the right people into the game)
- The FA Respect Programme codes of conduct

b) Understand:

- What the Respect Programme aims to do
- The benefits of implementing the Respect codes
- The quick wins to be gained by using The FA's safeguarding children best practice guidance (e.g. Travel, Trips and Tournaments, Photography guidelines, Anti-bullying policy and Safeguarding Children Policy Template)
- Why certain roles require an FA CRB check and how The FA CRB process works
- How to refer a concern about the welfare of a child

c) Communicate with:

- Club officials about the Respect Programme and its aims
- Parents/spectators and get them to sign up to the respect codes
- Parents and new players by getting involved with running 'start of season' welcome sessions for members
- Coaches and managers about the importance of being consistent role models for their players
- Your Youth League Welfare Officer - introduce yourself, find out how they can support you and let them know what you are doing to safeguard children in your club
- Your County FA Welfare Officer if you need help or advice
- The FA by taking part in surveys, questionnaires, focus groups as and when asked

d) Encourage:

- Parents to complete the Respect education programme
- Coaches, team managers, first aiders/medics to complete The FA's Safeguarding Children Workshop
- Coaches and team managers to listen to their players thoughts, ideas and views
- The committee to make use of the Respect Programmes designated spectator area at all games

e) Monitor:

- Repeated incidents of poor behaviour and liaise with your committee (and where necessary Youth League Welfare Officer or County FA Welfare Officer)
- Compliance with FA CRB checks through The FA CRB Unit for those who require one using The FA Safeguarding Online System



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For All

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Safeguarding Children Policy and Procedures



Sheffield United Junior Blades 1981



Using this Policy

This policy template is provided so that you can add your club name to the relevant sections. It is important that this policy is discussed by the committee. The club needs to be sure it is clear about its responsibilities and that it adheres to this policy in full. Having a proactive Club Welfare Officer is an integral requirement of this policy.

Football Club Safeguarding Children Policy

1. SUJB1981 Football Club acknowledges it's responsibility to safeguard the welfare of every child and young person who has been entrusted to its care and is committed to working to provide a safe environment for all members. A child or young person is anyone under the age of 18 engaged in any club football activity. We subscribe to The Football Association's (The FA) Safeguarding Children – Policy and Procedures and endorse and adopt the Policy Statement contained in that document.
2. The key principles of The FA Safeguarding Children Policy are that:
 - the child's welfare is, and must always be, the paramount consideration
 - all children and young people have a right to be protected from abuse regardless of their age, gender, disability, race, sexual orientation, faith or belief
 - all suspicions and allegations of abuse will be taken seriously and responded to swiftly and appropriately
 - working in partnership with other organisations, children and young people and their parents/carers is essential.

We acknowledge that every child or young person who plays or participates in football should be able to take part in an enjoyable and safe environment and be protected from poor practice and abuse. SUJB1981 Football Club recognises that this is the responsibility of every adult involved in our club.

3. SUJB1981 Football Club has a role to play in safeguarding the welfare of all children and young people by protecting them from physical, sexual or emotional harm and from neglect or bullying. It is noted and accepted that The Football Association's Safeguarding Children Regulations (see The FA Handbook) applies to everyone in football whether in a paid or voluntary capacity. This means whether you are a volunteer, match official, helper on club tours, football coach, club official or medical staff.
4. We endorse and adopt The FA's Responsible Recruitment guidelines for recruiting volunteers and we will:
 - specify what the role is and what tasks it involves
 - request identification documents
 - as a minimum meet and chat with the applicant(s) and where possible interview people before appointing them
 - ask for and follow up with 2 references before appointing someone
 - where eligible require an FA accepted Enhanced Criminal Record Check (CRC) with Barring List Check in line with current FA policy and regulations.

All current SUJB1981 Football Club members working in eligible roles, with children and young people - such as managers and coaches are required to hold an in-date FA accepted Enhanced CRC with Barring List check as part of responsible recruitment practice.

If there are concerns regarding the appropriateness of an individual who is already involved or who has approached us to become part of SUJB1981 Football Club guidance will be sought from The Football Association. It is noted and accepted that The FA will consider the relevance and significance of the information obtained via the CRC Process and that all suitability decisions will be made in accordance with legislation and in the best interests of children and young people.

It is accepted that The FA aims to prevent people with a history of relevant and significant offending from having contact with children or young people and the opportunity to influence policies or practice with children or young people. This is to prevent direct sexual or physical harm to children and to minimise the risk of 'grooming' within football.



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“Whistle-blowing”

Whistle-blowing can be used as an early warning system or when it’s recognised that appropriate actions have not been taken. This approach or policy is adopted in many different walks of life.

It is about revealing and raising concerns over misconduct or malpractice within an organisation or within an independent structure associated with it.

Any adult or young person with concerns about a colleague can also use whistle-blowing by calling 0800 169 1863 and asking for The FA’s safeguarding team, or via email on safeguarding@TheFA.com.

Equality Policy



The aim of this policy is to ensure that everyone is treated fairly and with respect and that our club is equally accessible to all.



Sheffield United Junior Blades 1981

SUJB1981 is responsible for setting standards and values to apply throughout the club at every level. Football belongs to and should be enjoyed by anyone who wants to participate in it.

SUJB1981 in all its activities will not discriminate or in any way, treat anyone less favourably on grounds of age, gender, gender reassignment, sexual orientation, marital status, race, nationality, ethnic origin, colour, religion or belief, ability or disability. The club will ensure it treats people fairly and with respect and that it will provide access and opportunities for all members of the community to take part in and enjoy its activities.

SUJB1981 will not tolerate harassment, bullying, abuse or victimisation of an individual, which for the purposes of this policy and the actions and sanction applicable is regarded as discrimination.

This includes sexual or racially based harassment or other discriminatory behaviour, whether physical or verbal. The club will work to ensure that such behaviour is met with appropriate action in whatever context it occurs.

This policy is fully supported by the Club Officers who are responsible for the implementation of this policy.

SUJB1981 is committed to taking positive action where inequalities exist and to the development of a programme of ongoing training and awareness raising events and activities in order to promote the eradication of discrimination and promote equality in football.

SUJB1981 is committed to a policy of equal treatment of all members and requires all members to abide and adhere to these policies and the requirements of the Equality Act 2010.

SUJB1981 commits itself to the immediate investigation of any claims when brought to its attention, of discrimination on the above grounds and where such is found to be the case, a requirement that the practice stop and sanctions are imposed as appropriate.

OUR COMMITMENT

is to confront and eliminate discrimination whether by reason of age, gender, gender reassignment, sexual orientation, marital status, race, nationality, ethnic origin, colour, religion or belief, ability or disability and to encourage equal opportunities.



RESPECT

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Player Nutrition Advice



Nutrition in children is something that is too commonly forgotten about when it comes to sport and exercise. With obesity rates more than doubling in children in the last two decades it is now more important than ever that we take more of an interest in our kids' diet. Not only is a good healthy and balanced diet a major contributing factor in how your child performs during exercise but it is also important for general good all-round health.

Healthy Eating

All kids need to eat a variety of healthy foods, and athletes are no different. Everybody needs foods that include:

- **Protein** (found in meat, poultry, seafood, eggs, beans, nuts, and dairy foods)
- **Carbohydrates** (fruits, vegetables, and whole grains are the best sources)
- **Vitamins** (as found in fruits and vegetables, for instance) and **Minerals** like calcium (found in dairy products)

Kids need some fat, too, but that is not usually difficult to get. It is found in meats, cheeses, nuts, oils, and butter, just to name a few.

Helping your child understand how nutrition facts work plays an important role in reinforcing healthy eating habits.

Eating For Sports

So, what makes athletes different when it comes to eating? The main thing is that athletes might need more food. Why? They burn more calories by practicing and playing so much.

School-age kids (ages 6 to 12) generally need between

1,600 and 2,200 calories a day. An athlete who is more active than a typical active kid might need to eat more. Calorie needs go up during puberty, so that can make a difference, too.

But each kid is different. It is important to consider how much time they are spending being active and training. Attending a football practice can be an intense or light workout, depending on a variety of factors. Do they practice 2 hours a week or 12? It will make a difference. If you are interested, you can help your child keep a food journal for a few days to get an idea of how much they are eating and if they are getting the nutrients they need. Usually, though, kids do fine just eat a balanced diet of healthy meals and snacks.

Calcium and iron are two important nutrients for kids — especially athletes. Calcium builds strong bones, which are less likely to break under the stress and strain of heavy activity. You will find calcium in dairy products, like milk, yogurt, and cheese. Other good sources include dark, green leafy vegetables and calcium-fortified products, like orange juice.

It is important to include iron-rich foods in your child's diet, such as meat, dried beans, and fortified cereals. Without enough iron, kids might get tired more easily. Girls who have got their periods lose some iron every month through their menstrual flow and active kids lose iron through their sweat — weird!

You have probably seen athletes drinking water when there is a break in the action. That is because athletes need water before, during, and after exercise. When people sweat, they lose water through their skin. Sweating cools the body down, but if you lose too much water this way, you could get dehydrated.

If you get dehydrated, you will not feel well or perform well. Serious dehydration can make you sick enough that you would need to go to the emergency department for treatment.

Drinking before, during, and after exercising (or an event) is the best way to stay hydrated. Do not wait until you are thirsty. Water is the best choice. Fruit juice mixed with water is another refreshing drink. But avoid fizzy drinks, especially caffeinated ones.

When it is time to practice or play, they will get energy from the foods they have been eating all week. But it is still a good idea to eat well on that day. If they are going to eat a meal, have it 2 to 4 hours before practice or a game. If your child has a full stomach, their body will need to spend energy digesting food, leaving less for them to use in the game or practice. The best pre-game meal includes carbohydrates and protein for energy, but is low in fat and fiber, which can slow digestion.

But you do not want them to be hungry either. Bring them a snack, especially for long practices, competitions, or all-day events. Half a sandwich, fresh or dried fruit, or a small handful of nuts are all good snacks. Sports bars, or energy bars, are convenient, but they are not necessary for athletes. You can get the same energy from healthy foods.

Make sure they avoid sugary stuff like fizzy drinks or sweets right before they practice or compete. They might get a little energy boost, but it will fade fast, leaving them feeling drained. But eating and drinking the right stuff will help them play their best.

Making the Right Nutritional Choices

Kids who eat properly are more attentive in school, more physically fit, and have more energy than those who do not. Making smart nutritional choices during childhood can reinforce lifelong eating habits and help kids grow up to their full potential. So, it's important to know where to start.



Eat a variety of foods



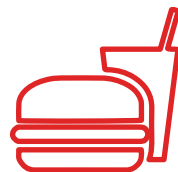
Balance the food they eat with physical activity



Choose a diet with plenty of grains, fruits and veggies



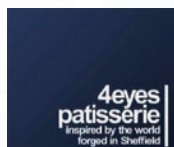
Avoid foods with too much added sugar and foods high in salt



Avoid large amounts of fast food, caffeine, juice and soda

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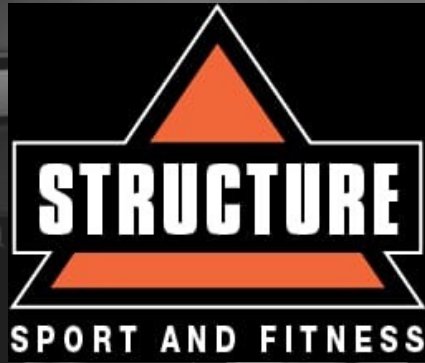
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It is an FA requirement that everyone involved in a Charter Standard Club such as the Junior Blades, reads the Clubs Codes of Conduct and always agrees to abide by them. You also need to be aware of what the ramifications are for any breaches of the Code of Conduct.

The Codes of Conduct are included within your handbook. Please read the Codes and if you agree to abide by them please sign below:

I have read and agree to abide to the Young Players Code of Conduct

Name:

Signature:

Date:

I have read and agree to abide to the Spectators + Parents/Carers Code of Conduct

Name:

Signature:

Date:

I have read and agree to abide to the Coaches, Team Managers and Officials Code of Conduct

Name:

Signature:

Date:

I have read and agree to abide to the Adult Players Code of Conduct

Name:

Signature:

Date:





