



DEVELOPMENT PLAN FOR
GEDLING SOUTHBANK FC
2009 – 2014

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Introduction & Background

Gedling Southbank FC was officially launched in June 2006 bringing together two well established Nottingham based senior and junior clubs to form one club providing a lifetime's football experience from age under 7 right through to Veterans who play beyond age 40. There are currently 22 teams playing in Gedling Southbank colours, distinctive red and white shirts, black shorts and red socks.

It was 5 years ago when the officials from the two clubs, Arnold Southbank the senior club (established in 1972 as Southbank FC) and Gedling AFC the junior club (established in 1990), commenced talks to carefully manage the merger into one club at a pace that was sensible and comfortable for everyone concerned. And what has come into fruition is a major local community football club based in the Gedling borough of Nottinghamshire.

Milestones to Date

- Arnold Southbank, the senior section achieves Adult Charter Standard status in late 2004
- June 2006 Gedling Southbank FC is formed initially with 18 teams spanning the age ranges
- December 2007 the junior section is awarded Charter Standard status which means the club has Charter Standard status until December 2010
- April 2008 – girls football commences and U10 & U11 teams are entered into the Notts Girls & Ladies league
- The merged club will aim for FA Development Club status during 2010

The club has progressed well since merging in 2006 but now realises that to achieve its vision and goals it must now literally step up a gear and make significant progress in its playing and coaching structure and facilities to enable it to become a truly regarded community club of choice in the Gedling Borough. To help facilitate this the club has redefined its development plan for the next 5 years with detailed action plans and targets. The following sections set out what and how the club will achieve these plans.

The Club Vision

The vision for the club is to be consistently one of the best performing clubs in Nottinghamshire, playing a good standard of football at all age groups, male and female.

SWOT Analysis

<i>Strengths</i>	<i>Weaknesses</i>
<ul style="list-style-type: none"> ❖ Since merging the club has grown in size and organisation ❖ A respected Charter Standard Club ❖ Gedling Southbank is seen as a strong club in the region ❖ Current 1st team manager has good player contacts ❖ A lot of experience within club leadership ❖ Exclusive use of Lambley Lane ❖ Committed Committees who meet regularly (coaches & executive) ❖ Club identity ❖ Strong social ties ❖ An excellent website ❖ Good team managers and coaches throughout all sections ❖ Well networked with Gedling BC and Notts FA to achieve goals ❖ Good facilities at senior level ❖ Money in the bank ❖ A desire to go forward and succeed 	<ul style="list-style-type: none"> ❖ Lack of progress on developing new facility ❖ Spread of locations for playing & training ❖ Lack of ownership of facilities or security of tenure ❖ Lack of qualified coaches & number of competitive clubs locally ❖ Current facilities ❖ Lack of volunteers in non playing positions ❖ Bar profits going to someone else ❖ Fund raising by same people ❖ Lack of successors for key committee positions ❖ We haven't got a Head Coach ❖ A couple of teams are not well integrated
<i>Opportunities</i>	<i>Threats</i>
<ul style="list-style-type: none"> ❖ Coaching awards ❖ Cosmo Soccer Academy introduced ❖ Running junior tournaments ❖ Size and status makes funding easier ❖ Local sponsorship ❖ Fill the void where Arnold Town move north ❖ Website development ❖ Produce future home grown players ❖ Player/parent base – finance and volunteers ❖ Promote a successful club covering all age groups ❖ Potential development of facilities at Lambley Lane as part of Gedling Plan ❖ Access to public funding if combined club achieves community club status ❖ School networking in local areas but needs to be focussed rather than scattered ❖ Becoming a community club 	<ul style="list-style-type: none"> ❖ NSL – increasing facility requirements ❖ Run before we can walk- i.e. need to get organised ❖ Players being poached and attracted elsewhere ❖ Other clubs usurping our position ❖ Gedling Plan keeps stalling ❖ Finding a facility to develop a clubhouse and pitches ❖ Will our club name be identifiable with what we want to achieve? ❖ Lack of playing success in future ❖ We have gaps in committee/team management/coaching ❖ Sustaining ourselves as an integrated club ❖ Curbs on public spending from economic climate ❖ Ability to attract private funding/sponsorship

Setting Our Goals

The club has established a number of stretching but attainable goals over a laid down timescale which go towards reaching the club vision. These goals are then supported by 14 action plans which detail how the goal is achieved and the steps we have to take and resources we will need.

Here are our goals reflecting the key areas of where we need to develop the club;

CLUB GOALS

Playing Structure:

To provide an environment to learn and play successful football up to competitive standard for all ages of players.

Organisation & Standards:

To be a Charter Standard club with an integrated and well structured organisation that is seen as a club of choice in Nottinghamshire

Facilities:

To obtain a location that supports many pitches and a clubhouse.

Funding:

To provide the funding to enable the club to achieve its goals.

Community Links:

To be a strong link in the community providing football development for all ages and abilities

Achieving Our Targets

Our goals are the long term aims for the club but we need to have a plan or a series of achievable actions that take us towards those goals over a defined period – the next part of the plan will then provide a detailed route map towards these targets.

Our 14 action plans in summary are as follows:

AP1 **To achieve the desired playing and training structure – boys' teams**

AP2 **To achieve the desired playing and training structure – girls' teams**

AP3 **To achieve the desired playing and training structure – feeder teams for Seniors**

AP4 To ensure we have the necessary Coaches and Coaching Structure in place to run the planned teams and squads

AP5 To ensure we have the volunteers to run the Club and its teams

AP6 To ensure we have the playing facilities available for the planned Senior teams

AP7 To ensure we have the playing facilities available for the planned Junior teams – boys and girls teams

AP8 To achieve at least Charter Standard Development Club status

AP9 To ensure that we have the Committee/Management structure in place to enable the Club to function efficiently and as an integrated Club

AP10 To ensure that the Club has social and communication systems in place to ensure its integrated functioning

AP11 To ensure that the Club is financially viable and sustainable, and has the financial muscle necessary to match-fund major grants

AP12 To play a full and active part in the Community

AP13 To move towards replacing casual recruitment with a system of formal school-club links

AP14 To ensure that the Club's coaching system is fully Long-Term Athlete Development (LTAD) compliant

Current State of the Club (5 Year Team Structure & The Zone of Development)

Gedling Southbank FC Future Structures 2009 - 2014

Master Teams	2009 – 2010	2010 - 2011	2011 -2012	2012 -2013	2013 - 2014	2014 - 2015
U7 dev	2	2	2	2	2	2
U8 Boys	1	2	2	2	2	2
U9 Boys	1	1	2	2	2	2
U10 Boys	2	1	1	2	2	2
U11 Boys	1	2	1	1	2	2
U12 Boys	2	1	2	1	1	2
U13 Boys	2	2	1	2	1	1
U14 Boys	2	2	2	1	2	1
U15 Boys	1	2	2	2	1	2
U16 Boys	1	1	2	2	2	1
U17 Boys	0	1	1	2	2	2
U18 Boys/ Acad	2	0	1	1	2	2
Senior	4	4	4	4	4	4
U7/8/9 dev	1	1	1	1	1	1
U10 Girls	1	1	1	1	1	1
U11 Girls	1	1	1	1	1	1
U12 Girls	1	1	1	1	1	1
U13 Girls		1	1	1	1	1
U14 Girls			1	1	1	1
U15 Girls				1	1	1
U16 Girls					1	1
Mini	10	11	13	15	16	16
Junior	11	11	12	12	13	13
Senior	4	4	4	4	4	4
Total	25	26	29	31	33	33

	Present Situation 2009-010		Five-Year Targets 2014-15	
Teams/Squads – Boys	U7	2	U7	2
	U8	1	U8	2
	U9	1	U9	2
	U10	2	U10	2
	U11	1	U11	2
	U12	2	U12	2
	U13	2	U13	1
	U14	2	U14	1
	U15	1	U15	2
	U16	1	U16	1
	U17	0	U17	2
	U18	2	U18	2
	TOTAL	16	TOTAL	21
Other squads/groups	3 Senior Teams		3 Senior Teams	
	1 Vets Squad		1 Vets Squad	
Teams – Girls	Dev 7/8/9	1	Dev 7/8/9	1
	U10	1	U10	1
	U11	1	U11	1
	U12	1	U12	1
	U13		U13	1
	U14		U14	1
	U15		U15	1
	U16		U16	1
	TOTAL	4	TOTAL	8
Qualified Coaches	L1	15	30	
	L2	5	10	
	L3	2 + Coaches from Cosmo SA)	1 (Head Coach) + 1 (Senior Team)	
‘Team Volunteers’	50		100	

'Committee' Volunteers	15	25
Annual Income	37K	55K
Club Premises	Council owned	Club house and facilities for all teams

The Zone of Development: Where we are now; where we are going (cont)

	Present Situation	Five-Year Targets
Club Equipment	Kit and training equipment, 1 mini soccer set of goals and portable dugouts. Nets x 9	Kit, comprehensive training equipment, goals portable floodlights.
Pitches: Total available	4 x senior, 3 x youth, 2 x mini soccer.	3 x senior, 4 x youth, 4 x mini
Pitches: number available on main site	Lambley Lane 3 x Youth, 2 x mini	As above
Weekly training hours in indoor facilities available (winter)	8 hours	10 hours
Weekly training hours on outdoor floodlit all-weather available	12 hours	20 hours
Holiday activities run for local children in partnership with GBC	None	Junior Summer Camp
Tournaments	None	Mini soccer and Junior boys and girls
Tournaments entered	30	40
Football-specific Training sessions per team/squad per week	1	1
Non-Football-specific Training sessions per week	None	2
Links to schools	1	3

Qualified Referees	3	8
Links to professional clubs	None	1
Pwd: MLD	Unknown	System to record
ADHD	Unknown	System to record
Hearing Difficulties	Unknown	System to record
Visual Impairment	Unknown	System to record

Action Plans to Achieve our goals

AP 1 Aim: To achieve the desired playing and training structure – boys’ teams

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
1. 1. Establish a sensible structure of teams per year	<p>1. A structure that will enable most recruitment to be done at ages 7-10 and produce enough players for full 11-a-side teams at U11 to U16 level.</p> <p>2. A structure that will minimise the risk of ‘empty’ years in the older age-groups</p>	Committee	By publication of development plan	Structure produced and agreed	Nil
1. 2. Establish recruitment targets and structures for 7-9-year-olds that will accomplish the above	<p>1. 1. Under-7 and 2 Under-8 boys squads – up to 20 in each by the end of Under-8’s</p> <p>2. 2. As they develop, build school-club links into this</p>	Committee Under-7 and Under-8 coaches Development Officer for U7’s	1 year and ongoing	Full squads by end of Under-8’s	Nil
2. 3. Establish in each year-group a culture whereby the players	3. 1. As far as possible, train as year groups with coaches working together, rather	Committee Under-7 and Under-8 coaches Development Officer	Starting with each year-group	Review progress at end of season 2010/11	Nil

<p>are members of GSB first, and their specific squad second</p>	<p>than separate squads/separate nights</p> <p>4. 2. Encourage each pair of coaches, plus assistants, to develop their own specialisms</p>	<p>for U7's</p> <p>Coaches from year groups with 2 teams with support and guidance from Committee until Head Coach appointed</p>	<p>Start with current U10's</p>	<p>Review progress at end of season 2010/11</p>	<p>Nil</p>
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AP 2 Aim: To achieve the desired playing and training structure – girls’ teams

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
2. 1. Establish a sensible structure of teams per year	<p>4. A structure that will enable most recruitment to be done at ages 7-12 and produce enough players for full 11-a-side teams at U13 to U16 level.</p> <p>5. A structure that will minimise the risk of ‘empty’ years in the older age-groups</p>	Committee	By publication of development plan	Structure produced and agreed	Nil
2. Establish recruitment targets and structures for 7-9-year-olds that will accomplish the above	<p>5. 1. Under-7 and 2 Under-8 girls squads – up to 20 in each by the end of Under-8’s</p> <p>6.</p> <p>7. 2. As they develop, build school-club links into this</p>	<p>Girls Section Representative plus Committee</p> <p>Girls Development Officer plus team coaches</p>	<p>By end of season 2009/10</p> <p>Links starting to be established by pre-season to 2010/11</p>	<p>Review at least twice a year as a section and club</p> <p>Review links twice a year</p>	<p>Nil</p> <p>Nil</p>

	8. 9. 10. 3. Appoint Development Officer for girls (5+) to co-ordinate emerging squads	Committee	By end of 2009/10 season	Invite applications by February 2010 and appoint for close and pre-season activity	Nil
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AP 3 Aim: To achieve the desired playing and training structure – feeder teams for Seniors

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
1. 1. Plan team structure at U17, U18 and Senior level which can be sustained	1. Older teams made up largely from members coming up through the club from the youngest age-groups 2. Need for late recruitment therefore minimised	Senior Team Management led by 1 st team manager and supported by Committee	In place by beginning of 2010/11 season	Structure agreed by end of 09/10 season and reviewed annually	Costs to be monitored to keep within budget of senior section and for sides to sustain and possibly improve playing standards
2. Ensure we have continuity into all the senior squads that doesn't dilute our playing standards	1. Review continually throughout the year to monitor playing standards and take appropriate actions	Senior team management supported by Committee	Further review by end of 2009/10 season	At least 2 formal reviews a year	As above for Objective 1
3. Establish overall management structure for U17's, Under 18's, Seniors & Vets to manage squads, training & continuity of players	1. Formalise a senior section sub-committee to manage the continuity and transition of players	Committee	In place by the end of 2009/10 season	1 st team manager to manage the process	As above for Objective 1

4. Ensure that as result of the above, social events, etc, that the overall awareness of GSB as a Club is enhanced	1. Setting up of above structures to include social and club integration as part of the agenda	Committee plus senior section representatives	In place by beginning of 2010/11 season		Working within senior section budgeted finances
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AP 4 Aim: To ensure we have the necessary Coaches and Coaching Structure in place to run the planned teams and squads

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
1.To move towards having a Head Coach	1. Get general recognition of need (already in Constitution) 2. Interim: use Senior Team Coach and coaches from Cosmo Soccer Academy to mentor Team Coaches 3. Get identified candidate through Level 3 (UEFA B) and other necessary qualifications/training 4. Accustom Coaches to the idea of being led/mentored	Chairman, Vice-Chairman, Committee (interim Coach Co-Ordinator)	Interim arrangements immediately Coach Co-Ordinator by start of 2010-11 Head Coach by start of 2012-13 season	In place In place In place	Costs of using Cosmo for this purpose Cost of UEFA B and other necessary training
2. To recruit the coaches needed for the Club's extra teams	1. Coach Co-Ordinator/Head Coach & Team Coaches to recruit assistant coaches proactively from the families of players 2. Look within Senior and older Youth players for potential coaches	Team Coaches	2009-10 season & ongoing	6 new coaches per year	Minimal

	3. Publicity and advertisements to be directed at the local community				
3. To train all new coaches to at least FA Level 1	<p>1. Club to fund these courses as far as possible: specific grant application strand (Gedling BC Coach Scholarships and Notts CC Coach Scholarships)</p> <p>2. Club to arrange courses either specifically for GSBFC or in partnership with another developmental Club – or Gedling Football Dev Group</p>	Coaching Co-Ordinator/Head Coach Chairman/Vice Chairman	2009-10 season & ongoing	All coaches qualified to at least Level 1 by half-way through each season	c. £120 per Level 1 Course
4. To offer Continued Professional Development to committed/promising coaches to improve their qualifications	<p>1. Suitable candidates to attend sportscoachUK in Long-Term Athlete Development workshops run each year by Gedling BC</p> <p>2. Club to pay for suitable candidates to attend FA Level 2 & Level 3 Course with support from Gedling and Notts CC Coach Scholarships</p> <p>3. To ensure that suitable coaches attend base-level SAQ Training for all Coaches arranged by Gedling BC</p>	Coaching Co-Ordinator/Head Coach Chairman/Vice Chairman GBC Sports Development Unit	2009-10 season & ongoing	<p>All coaches to attend at least 1 CPD opportunity each year</p> <p>SAQ: 10 Level 2 Coaches & 1 Level 3 Coaches qualified during the period</p>	Costs in line with course costs plus support from GBC
5. To use and strengthen the Club Coaches organisation	1. All Coaches to be issued free with Club Coaches' clothing etc	Coaching Co-Ordinator/Head	By end of 2010/11	All Coaches with Club	Cost of clothing etc

to create an atmosphere of common purpose	<p>2. Some of CPD opportunities to be arranged within a free Coaches' day, including incentives for attendance, and open discussion sessions</p> <p>3. Expect all Coaches to attend bi-monthly Coaches' Meetings</p>	<p>Coach Chairman/Vice Chairman</p> <p>GBC SDU</p>	season and ongoing for new coaches	<p>clothing</p> <p>1 Coaches' day per year</p>	Facility hire & tutors for Coaches' day
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AP 5 Aim: To ensure we have the volunteers to run the Club and its teams

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
1. To encourage older/enthusiastic players to get involved	<p>1. Identify players from each squad who have shown interest in getting involved</p> <p>2. Support them in what they do and volunteer for</p>	Committee & team managers/coaches	Reviewed at bi-monthly committee meetings	At least 2 per year	
3. Recruit keen parents and friends and new recruits	<p>1. Club form given to each parent in junior sections which includes question 'are you willing to help and in what areas (with suggestions)...'</p> <p>2. Identify people who attend matches and events and ask them if they will get involved</p>	<p>Committee plus coaches</p> <p>Committee plus coaches</p>	Beginning of each season	To have at least 3 parents from each team who get involved	

AP 6 Aim: To ensure we have the playing facilities available for the planned Senior teams

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
1. To have an improved 1 st team facility in place for the 2010/11 season	1. Approach local clubs with facilities of the right standard	Committee	By end of 2009/10 season	Better facility in place for 2010/11 season	Cost of hire of ground. To be negotiated
2. To have all senior teams playing at the same custom built facility	1. Identify existing local club that could take all senior teams e.g. Goosedale and start discussions	Committee	In place by 2010/11 season	1 st team & Reserves playing at same venue for 2010/11 season & A team move to Carlton Hill	Cost of hire of ground. To be negotiated
	2. Gedling plan gets underway which develops Lambley Lane	Committee	Gets underway by 2011?	‘New’ Lambley Lane by end of 2013 for all teams	Cost of project reviewed with GBC to establish our share
	3. Alternative borough facility sought if Gedling Plan stalls badly e.g. Teal Close, Colwick with Gedling Town. Advice sought from GBC	Committee	Situation monitored constantly by Committee at bi monthly meetings	New facility by 2014/15 – end of 5 year plan for all teams	Cost of project reviewed with GBC to establish our share

	4. Brown/Green field opportunities kept under review as possible option if 2. & 3. above fail	Committee	As above	New facility by 2014/15 – end of 5 year plan for all teams	Major cost/build project e.g. Arnold Town
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AP 7 Aim: To ensure we have the playing facilities available for the planned Junior teams – boys and girls teams

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
1. To have all junior boys & girls teams playing at the same venue with facilities to accommodate all teams.	1. Gedling plan gets underway which develops Lambley Lane	Committee	Gets underway by 2011?	New' Lambley Lane by end of 2013 for all teams	Cost of project reviewed with GBC to establish our share
	2. Alternative borough facility sought if Gedling Plan stalls badly e.g. Teal Close, Colwick with Gedling Town. Advice sought from GBC	Committee	Situation monitored constantly by Committee at bi monthly meetings	New facility by 2014/15 – end of 5 year plan for all teams	Cost of project reviewed with GBC to establish our share

AP 8 Aim: To achieve at least Charter Standard Development Club status

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
1. To achieve Charter Standard Development Club Status	1. Prepare new development plan for 2009 - 14	Chairman & Development Officer plus Committee	Achieved by end of 2009/10 season	Dev Plan in with FA January 2010	Nil
2. To achieve Charter Standard Community Club status	1. Feedback from Development Club application to enable timescale for Community Club application	Chairman & Development Officer plus Committee	Achieved by end of 2010/11 season	Understand what is required by end of 2009/10 season Application in with FA Jan 2011	Nil

AP 9 Aim: To ensure that we have the Committee/Management structure in place to enable the Club to function efficiently and as an integrated Club

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
1. To fill and sustain all Executive Committee positions	1. Agenda item at all Executive committee meetings	Chairman and committee	Reviewed bi-monthly	Identify possible successors/candidates for key positions	Nil - positions are voluntary
2. To ensure the executive committee structure supports the	1. Committee structure reviewed by committee	Chairman and committee	Reviewed at least once a year	Filled gaps in committee positions	Nil - positions are voluntary

club vision and achievement of goals					
3. To monitor progress against the Development Plan	1. Agenda item for bi-monthly committee meetings	Chairman and Committee	Bi-monthly and AGM	Progress against action plans from Development Plan reported at AGM	Nil

AP 10 Aim: To ensure that the Club has social and communication systems in place to ensure its integrated functioning

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
1. To prepare a social & communications strategy to sustain the Club	1. Appoint an executive officer to be responsible for social & communications systems in the club 2. Appointed officer prepares plan including review of current practices	Chairman & committee Committee officer appointed plus support from Committee	In place by 2011 End of 2010	Identify potential person by beginning of 2010 season Draft plan in place by end of 2010 Strategy to be in place for 2011 AGM	May require outlay for marketing and cost of events which are hopefully offset by fundraising events

AP 11 Aim: To ensure that the Club is financially viable and sustainable, and has the financial muscle necessary to match-fund major grants

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
1. To understand how to	1. Appoint someone on the	Committee plus	In place during	Database of	Possible

effectively access available funding sources	committee to become an 'expert' in accessing available funding for running a club	support from Gedling Borough, FA and other funding organisations	2010	potential funding organisations in place by 2011	expenses attending course
2. To obtain potential sponsors/partners	1. Identify a committee member(s) to list and approach potential sponsors/partners	Committee	Ongoing	In place by end of 2010 season	Nil
	2. Meet those interested to agree a mutual partnership	Chairman plus 1 or 2 members from committee	Ongoing	At least 1 major partner comes on board in 2010 with £3K	
3. To continually improve our financial & forecasting systems that will ensure maximum revenues come in and we minimise our costs	1. Review at bi-monthly committee meetings	Committee	Ongoing	A minimum of £3K goes into the reserve fund at the end of each season	None expected

AP 12 Aim: To play a full and active part in the Community

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
1. To become a Community Status Charter Standard Club	See AP8 for plan to achieve this	Chairman/Development Officer & Committee	Achieve in 2011	Achieve Development Club Status by mid 2010	Nil

2. To develop a coaching academy in association with Cosmo for the Gedling borough	1. Commence Cosmo Skills Development programme in 2010	Development Officer & Chairman plus coaches, and coaches from Cosmo	January to March 2010	Fulfil the programme and review outcomes in March/April	Cost of facility
	2. Discuss with Cosmo the setting up of a Cosmo/GSB Soccer Academy following pilot programme in early 2010	Development Officer & Chairman plus coaches, and coaches from Cosmo	April 2010	Given favourable outcome above, Soccer academy set up mid 2010 onwards	
3. To run soccer schools and/or tournaments for the Gedling borough	1. Work with Cosmo Soccer Academy and GBC Sports Development to initiate and develop plan	Cosmo, plus team coach reps plus rep from committee plus GBC Sports Dev	From 2010 onwards		Costs of facilities
4. To establish formal club/school links in the borough	1. Establish main catchment schools for current players 2. Liaise with GBC Sports Development 3. Agree schools to approach	Section coach reps body set up to manage this	2010	In place by end of 2010 season	None expected

AP 13 Aim: To move towards replacing casual recruitment with a system of formal school-club links

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
1. Establish formal school/club links at junior level for boys and girls	See AP12.4	Section coach reps body set up to manage this	2010	In place by end of 2010 season	Cost of coaches

AP14. Aim: To ensure that the Club's coaching system is fully Long-Term Athlete Development (LTAD) compliant

OBJECTIVE	METHOD	RESPONSIBILITY	TIMESCALE	TARGETS	RESOURCES
1. Ensure that all current Coaches are trained in the principles and practice of LTAD	1. All coaches to attend scUK 'Introduction to Long-Term Athlete Development' workshops (MS1): GBC provide these as part of free Coaching Days	Committee Head Coach GBC Sports Dev Officer	2 years	All current Coaches to have attended workshops within 2 years	20-30 places @ £22.00: £264.00, but free with GBC

	<p>2. All coaches to attend scUK 'Introduction to the FUNdamentals of movement' (MS2):</p> <p>3. Some coaches to attend UKSCA Strength & Conditioning workshops</p>	<p>Committee Head Coach GBC Sports Dev Unit</p> <p>Committee Head Coach</p>	<p>2 years</p> <p>2 years</p>	<p>All current Coaches to have attended within 2 years</p> <p>All current Coaches to have attended within 2 years</p>	
2. Provide support and mentoring for current coaches in LTAD-influenced coaching practices	1. Club to make use of GBC's Community Sports Coach giving each coach a block of 5 weeks with the SAQ coach by the end of the 2011-12 season	SAQ Community Sports Coach GBC SDO Coaches	2.5 years	All Squads benefiting during 2009-10, 2010-11 and 2011-12 seasons	Internal provision
3. Advise players and their parents of the benefit to their football of young players participating in other sports particularly at the FUNdamental stage	<p>1. All players up to U13 to be encouraged to attend Notts AC satellite Athletics Club at Carlton-le-Willows School and Arnold Hill School</p> <p>2. All players to be encouraged to participate in other sports also – ideally including Gymnastics or swimming or Martial Arts</p>	<p>Coaches</p> <p>Coaches</p>	<p>1 year and ongoing</p> <p>1 year and ongoing</p>	<p>As many members as possible attending</p> <p>As many members as possible attending</p>	
4. Enable the Club to provide the best LTAD input for each player by	1. All players to have their height recorded every 4 weeks at the same stage in their weekly training	Head Coach Coaches Coaching Secretary	1 year	All players heights regularly recorded 1 month	Cost of measuring equipment

ensuring that it is aware of each player's developmental age	session 2. Heights to be put into a computerised graphing system allowing each Team Coach to get immediate notification of changes in developmental stage	Coaching Secretary Coaches	1 year	into 2005-6 season All players growth state regularly graphed 1 month into 2005-6 season	3 @ £20 Computer peripherals
5. Provide for optimal use of the strength training Window of Opportunity late in the Training to Train stage of LTAD	1. Club to find and appoint a qualified and LTAD-aware Strength and Conditioning Coach	Committee Head Coach	6 months	S&C Coach in position by end of 2004-5 season	None
	2. As cohorts of children reach the growth-spurt, parents to be briefed on the nature and importance of strength-training	Coaches S&C Coach Coaching Sec	6 months and ongoing	First groups to be booked for strength training by the end of the 2004-5 season	None
	3. Arrangements to be made with Wheldon Sports College/Carlton Forum for use of Shokk Gym	S&C Coach GBC Facilities Head Coach	6 months	First groups can start by June 2005	Costs to be negotiated
	4. Players starting to be trained in free weight techniques – up to and including Olympic Lifts -as soon as growth spurt apparent	S&C Coach GBC Facilities Head Coach Coaching Sec	6 months	First groups can start by June 2005	Costs to be negotiated
5 (cont). Provide for optimal use of the strength training	5. Players moving up to 3-4 RM (Repetitions Max) lifting – up to and including Olympic Lifts -as soon as	S&C Coach GBC Facilities Head Coach	1 year	First groups moving on by December 2005	Costs to be negotiated

Window of Opportunity late in the Training to Train stage of LTAD	growth spurt has significantly slowed 6. All players with individualised training plans from Training to Train stage onwards	Coaching Sec S&C Coach Coaches Coaching Sec	1 year	First groups from September 2005	Photocopying etc
6. All new coaches to be trained in LTAD over the same areas and to the same standards as existing coaches	See AP4: Coaching Development Action Plan	Head Coach Committee Coaching Secretary	Ongoing	All new coaches compliant within 6 months of achieving level 1	C. £40 per Coach