



“MINI THISTLES”

Parents Information guide

Objectives of Nursery Squad Football

- Fun
- Discover their love for football

Equipment

- Shin Guards (must wear under socks)
- Soccer boots (but not compulsory) second hand boots are available from the clubhouse
- Size 3 Ball club provided
- Uniform - T-shirt provided when you sign up
- Drink bottle provided when you sign up
- Sun Screen

Squad training

General Info –

- Costs: \$50ea.
Cost covers - Supply of “Mini Thistles” club shirt and drink bottle?
- Please be on time
- **Parents must stay at practice** - It is not the coach’s responsibility to watch your children.
- We do encourage active participation from parents
- NO JEWELRY please. Jewellery that gets tangled up with another player can result in unexpected consequences.

Game Day

- **When** - Saturday mornings @ 9am at Rex Jackson Oval
- **Duration** – 1hr with breaks
- **The Ball** – Size 3
- **Player’s equipment** – shoes or soccer boots, shin guards, socks that cover the shin guards and team uniform

What the session will look like –

Warm up – obstacle course and fun games to get kids involved

Skills training – dribbling, passing, shooting drills

Game – 15 min game at the end of the session



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OTHER COMMON QUESTIONS

Q) What date is the first session?

TBC

Q) What ages can play nursery squad?

Children born in 2010 and 2011 play in the U6 competition.

Children born in 2009 play in the U7 competition.

Q) Who are the coaches?

The coaches will be trained volunteers. If you are interested please contact coach@helensburghsoccer.org

Q) Is there Insurance cover for Mini Thistles?

No - No insurance required or offered by FNSW for unregistered players.

FNSW will only insure for those players playing in a registered competition

So they play at their own risk. Document to be signed prior. (ADD LINK)

Q) What do I need to buy?

Socks– can be purchased from the club for \$10.

Black shorts– can be purchased either from the club (for \$20) or elsewhere.

Shin pads– are compulsory for games and training. They are available at Rebel.

Soccer boots or joggers– a limited number of pre-loved boots are available from the canteen.

Q) It's raining on match day. Is the Session off?

Check the website homepage after 7am in the morning on game day for cancellations.

Do not assume that because it is raining that the game is off.