



FC DARLINGTON LOCOMOTIVES SCHOOLS BROCHURE



2024/25

WWW.FCDARLINGTONLOCOMOTIVES.CO.UK



ACCREDITED
PART OF ENGLAND FOOTBALL



INTRODUCTION

FC Darlington Locomotives are, at its heart a family run club - who welcome all girls of any age and ability to take part in our beautiful game. All of our coaches are highly qualified and have relevant background checks. Our sessions are fun, focused and introduce football to those new to the game and challenge those further on their journey. We consider all joining the club to be part of our 'football family' and we have worked together on our Loco Way (the club's code of conduct) that we expect everyone to adhere to. This can be found on our website. We want to share our love of the game with the local community and neighbouring schools and hope to work in your settings very soon.

HEADLINE STATISTICS

Our aim is to break down barriers women and girls have in being physically active, especially through playing football. Below are a few statistics that we aim to change through our work in your school settings.

3%

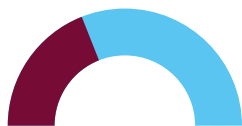
of football clubs



are only girls/female clubs. We are in that 3%

37.6%

of children aged 10-11



are overweight or obese in County Durham



80%

Only 1 in 5 children in the UK own any sort of ball. We provide every girl who joins our club with a football to keep and be active with away from our club setting.

MEET THE TEAM



Nathan Beadle
Club Chairman



Linda Beadle
Club Secretary



Tamasin Vincent
School Sports Coach



ACTIVE SCHOOLS SESSIONS

Session Content

Our Active School Sessions are designed to engage your female pupils to be active through football.

Sessions can be catered around the needs and experience of participants and can fit around your school day.

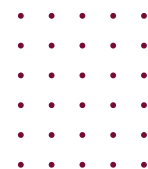
Throughout the session pupils will participate in fun, football activities. The sessions can be split however the school see fit, within the minimum amount of time needed of 30 minutes, meaning up to 80 girls can participate over four 30 minute sessions.

Important Information

- Cost to schools - FREE
- Session Duration - 2 hours, split to suit the needs of the school. The minimum session time is 30 minutes
- Location - School Site
- School Year Groups - Year 1 - Year 11
- Maximum number of participants - 20 students
- All participants will get a 'Loco Pass' entitling them to a free session at FC Darlington Locomotives' Development Centre

*This session can only be booked as a one-off session





GIRLS FOOTBALL SESSIONS

Session Content

Girls football sessions are catered for a group of girls wanting to learn how to play football and essential form a girls football team within the school.

They will delve into the tactical element of the game, whilst still heavily focusing on fun, developmental aspects. Within the sessions we can communicate with other schools to organise matches and have our coach manage school teams at tournaments/festivals.

Important Information

- Cost to schools - £20
- Session Duration - 1 hour
- Location - School Site
- School Year Groups - Year 1 - Year 11
- Maximum number of participants - 12 students
- All participants will get a 'Loyalty Card' entitling them to 6 free session at FC Darlington Locomotives' Development Centre upon completing 6 sessions at their school





SCHOOL GIRLS FOOTBALL DEVELOPMENT CENTRE

Session Content

The difference between our development centre sessions and girls football sessions is through the word development.

The in-school development centres are aimed to get as many girls playing football as possibly, using fun activities and creating a safe and relaxed environment for participants to learn new skills whilst being physically active. Participants can be a mix of age groups as they will be mainly participating in skills based activities.

Important Information

- Cost to schools - £20 per coach per hour
- Session Duration - 1 hour
- Location - School Site
- School Year Groups - Year 1 - Year 6
- Maximum number of participants - 20 students per group
- All participants will get a 'Loyalty Card' entitling them to 6 free session at FC Darlington Locomotives' Development Centre upon completing 6 sessions at their school





FUN THROUGH FOOTBALL - EYFS

Session Content

FC Darlington Locomotives has a specific club session for 3-5 year olds called 'Little Locos', we would love to spread the joy this session brings with local early years settings.

Similar to our sessions at the club, our 'Fun through football' sessions run for 45 minutes and simply teach children fundamental movement skills through simple, active football games. This session is for everyone and not just girls!

Important Information

- Cost to schools - £15
- Session Duration - 45 minutes
- Location - School Site
- School Year Groups - Nursery & Reception
- Maximum number of participants - 20 students
- All female participants will get a 'Loyalty Card' entitling them to 6 free session at FC Darlington Locomotives' Little Locos Centre upon completing 6 sessions at their school





FOOTBALL LEADERS PROGRAMME

Session Content

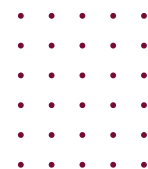
The Football Leaders Programme is designed to upskill Year 5 & 6 pupils to lead football based activities. Sessions will be theory and practical based with an FC Darlington Locomotive's coach present to support and tutor students throughout the programme.

Participants will learn how to run and coach football sessions, be given time to plan their own games and deliver sessions on school playgrounds over lunch and play times. An initial 2-hour training course is needed for participants.

Important Information

- Cost to schools - £20
- Session Duration - 1 hour, with some of that hour needing to be across a playtime/lunch time
- Location - School Site
- School Year Groups - Year 5/6
- Maximum number of participants - 8 students
- Female participants will be entitled to attend Development Centre sessions at the club for free





GIRLS FOOTBALL FUN DAY

Session Content

It does exactly what it says on the tin. The Girls Football Fun Days aim to get all girls in your school active through football whilst having a lot of fun!

Participants will participate in 30 minutes of fun football activities throughout the school day. They'll play games to music, use a range of different equipment and experience football in a fun and safe environment. The aim of these days is to introduce football to those who may not have tried the game before.

Important Information

- Cost to schools - £100 per day
- Session Duration - A whole school day, more days if needed. Sessions will be 30 minutes long
- Location - School Site
- School Year Groups - Year 1 - Year 11
- Maximum number of participants - 20 students
- All participants will get a 'Loco Pass' entitling them to a free session at FC Darlington Locomotives" Development Centre





JUST PLAY SESSIONS

Session Content

FC Darlington Locomotives isn't just a youth football club, we have a ladies team and a Just Play Centre. Our Just Play Centre is for females aged 18+ who want to try football out for the first time or want to learn how to play football in a fun and relaxed environment. We would love to replicate our sessions in school settings, these could be attended by female staff or/and parents to help increase physical activity whilst enjoying the fun and social aspects of football.

Important Information

- Cost to schools - £25 per hour
- Session Duration - 1 hour
- Location - School Site
- School Year Groups - Females aged 18+
- Maximum number of participants - 12
- All participants will get a 'Loco Pass' entitling them to unlimited free sessions at FC Darlington Locomotives' Just Play Centre

**New in
2025**





5:00 - 5:45 - AGES 3-5

5:00 - 6:00 = AGES 6-8

5:00 - 6:00 = AGES 9-15

DEVELOPMENT CENTRE

FUN FOOTBALL FOR ALL

FC DARLINGTON LOCOMOTIVES DEVELOPMENT CENTRE

THE PERFECT WAY FOR GIRLS AGED 3-15 TO GET INVOLVED WITH FOOTBALL



**ENGLAND
FOOTBALL**



**SCAN
ME** 



**ENGLAND
FOOTBALL**

**Monday 5:00 - 6:00 (5:00 - 5:45 for 3-5 years old), £3 per session,
Eastbourne Sports Complex, DL3 8DJ**

For more information call - 07385901913 or scan the QR code to book



LITTLE LOCOS

***INTRODUCING FUN FOOTBALL AT A
YOUNG AGE***

FC DARLINGTON LOCOMOTIVES LITTLE LOCOS CENTRE

**THE PERFECT WAY FOR GIRLS AGE 3-5 TO START
THEIR FOOTBALLING JOURNEY.**

**Mondays 5:00 - 5:45 £3 per session
Eastbourne Sports Complex, DL1 1LJ**

**FOR MORE INFORMATION OR TO BOOK CALL/TEXT NATHAN ON
07385901913 OR EMAIL FCLOCOMOTIVES@GMAIL.COM**



CONTACT INFORMATION



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Redfern
Building Services Ltd



SQUAD
GIRLS' FOOTBALL



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