



**WELCOME TO EALING UNITED FC**

*Season 2023-24*

**SERENA**  
— Beauty, Spa & Beauty Academy —



## **We are Ealing United Football Club.**

Based in central Ealing, we provide high quality coaching and competitive football for boys and girls from U7 to U15. We are affiliated to the Middlesex FA, playing in both the Middlesex Youth Football League and Harrow Youth Football League. We are an England Football Accredited Club.

We welcome players for trials in our older age groups, while new players are invited to attend a free 'taster' session with our younger teams. We also run mid-week skills development sessions and 'training only' options, which are a great starting point for anyone new to the game.

We're incredibly proud of our players, who had another terrific season in 2022/23. Our 12 teams of enthusiastic, respectful and aspirational footballers represented the club with pride and managed to win a number of trophies during the season. We also competed in a number of local and regional summer tournaments and played against a touring team from Toronto, Canada.

We can't wait for the new season to get underway and look forward to having you as part of our team!

*Mike O'Brien*

Chairman

*Toby Wolf*

Secretary

[www.ealingunited.com](http://www.ealingunited.com)

[www.facebook.com/ealingunitedfc](https://www.facebook.com/ealingunitedfc)

[www.instagram.com/ealingunitedfc](https://www.instagram.com/ealingunitedfc)

[ealingunited@gmail.com](mailto:ealingunited@gmail.com)

# ABOUT US

Ealing United Football Club was formed in 2016 to provide a safe and nurturing environment for young players to develop their football skills within a team setting. We have teams of enthusiastic, respectful and aspirational footballers, across a range of age groups.

We operate in partnership with Park Sport Lammas Park but remain an independent, not for profit, grassroots youth football club.

We compete in both the Middlesex Youth League & Harrow Youth League, playing matches against other local teams across West London. All training sessions are led by DBS checked coaches with FA coaching qualifications, FA Child Protection, and First Aid certificates.

Please feel free to browse our website and if you are interested in becoming part of our club please get in touch.

## **Club Constitution**

---

# CLUB ACHIEVEMENTS

## **2016/17**

Sandgate Tournament U9 Winners

## **2017/18**

Middlesex Youth League U10 Cup Winners

## **2018/19**

Middlesex Youth League - U11 Shield Runners-Up  
West Drayton Youth Tournament - U11 Runners-up  
Middlesex Youth League Cup - U10 Winners

## **2019/20**

Middlesex Youth League Premier Division - U12 Winners  
Middlesex Premier League - U13 Runners-Up

## **2020/21**

Middlesex Youth League Premier League - U13 Runners-Up  
Harrow Youth League Premier Division - U12 Winners  
Middlesex Youth League Cup - U11 Winners  
Gunnersbury Cup - U11 Plate Winners

## **2021/22**

London Tigers Xmas Cup - U12 & U13 Winners  
Middlesex Youth League Cup - U11 Runners-Up  
CB Hounslow Summer Tournament - U12 & U13 Winners  
Sandgate FC Summer Tournament - U13 Plate Winners  
Gunnersbury Cup - U13 Cup Runners-Up / U11 & U14 Plate Winners  
West Drayton Youth Summer Sixes - U14 Cup Runners-Up

## **2022/23**

Middlesex Youth League Division 1 - U12 Winners  
Middlesex Youth League Division 1 - U14 Runners-Up  
Parkfield Summer Sixes - U14 Cup Winners  
West Drayton Youth Tournament - U14 Plate Winners

# MEET THE COACHES

## **Mike O'Brien (Head Coach)**



As a coach, I value a mastery of technical skills to develop confident and inventive players comfortable in possession. I think it's important to create a challenging and engaging environment for players, encouraging their problem solving skills that most importantly for me, helps to develop players who are effective decision makers with and without the ball.

MSc Performance in Football Coaching

UEFA B Licence

Youth Award Level 3

**Favourite team: AFC Wimbledon / Favourite player: Robbie Earle**

## **Dan Bada**



Through coaching, my aim is to facilitate the development of: confident, intelligent and technical players in a fun environment - independent thinkers that are solution focused both on and off the pitch.

FA Level 1

QPR Advanced Development Programme Coach

**Favourite team: Manchester United / Favourite player: Luka Modric**

## **Rory Knibbs**



My aim when coaching is to create a fun and engaging environment that all players feel comfortable in. I focus on game-based activities that allow players to problem solve in realistic environments and to create opportunities for players to express themselves.

FA Level 1

Brentford FCCST Coach

**Favourite team: Newcastle United / Favourite player: Bruno Guimaraes**

---

## OUR TEAMS & LEAGUE AFFILIATION

Our teams are coached throughout the week by our team of coaches, with support from our parent volunteer team managers. On match days our team managers lead and manage their teams, with support from our coaches.

AGE GROUP	TEAMS	LEAGUE
U7 (5-a-side)	1 team	MYFL
U8 (5-a-side)	1 team	MYFL
U9 (7-a-side)	1 team	MYFL
U10 (7-a-side)	1 team	HYFL
U11 (9-a-side)	2 teams	1. HYFL 2. MYFL
U12 (9-a-side)	1 team	HYFL
U13 (11-a-side)	2 teams	1. HYFL 2. MYFL
U14 (11-a-side)	1 team	HYFL
U15 (11-a-side)	2 teams	1. HYFL 2. MYFL

*\*HYFL - Harrow Youth Football League*

*\*MYFL - Middlesex Youth Football League*

### League Affiliation

Our teams play across both the Middlesex Youth Football League (MYFL), and Harrow Youth Football League (HYFL). Decisions on league entry are made based on the most appropriate level of challenge for our teams. Both leagues are affiliated with the Middlesex FA.

### Season Dates

The league season commences in September, with matches played through until April/May. Both the HYFL and MYFL have breaks during the Christmas holidays and at Easter. MYFL tends to have additional breaks during half-term holidays.

### **End of Season Tournaments**

Our teams enter numerous local and regional tournaments at the end of each season (April - July). Team Managers will inform parents and players of the tournament opportunities available to them. Tournaments are separate to the league system and attract an additional payment.

### **Team Selection**

Balancing the number of players and teams is always a challenging process. Our aim is to have players playing in match day squads appropriate to their ability and hence there will be some players not involved in matches. These players remain an important part of our club and we will look to offer alternative match options. Our 'training-only' option remains in place. Parents will be informed about their child's team in the weeks leading up to the start of the season.

### **Additional Teams**

There is potential during the season to increase the number of teams within each age group. This is dependent on new players joining the club. We will keep players and parents updated throughout the season.

---

# TRAINING & SKILL DEVELOPMENT SESSIONS

Training takes place throughout the school year, during term time. Sessions will take place during rain or adverse weather, unless pitches or conditions become unsafe. We train on 3G and sand-based astroturf pitches.

This season we are once again offering skill development sessions for players who wish to improve their individual skills and ball mastery. Skill development sessions are open to EUFC members and non-members in the U7-U12 age groups. They will run alongside our training offer, with players able to sign up to both training and skill development sessions should they wish.

## 2023/24 TERM DATES

Our training and skill development schedule for the 2023/24 season is as follows:

DAY	AGE GROUP	SESSION INFO & TIMES
MONDAY	U10 (Year 5)	4.30pm - 6pm
	<i>U10, U11 &amp; U12</i>	<i>Skill Development: 6pm - 7pm</i>
	U14 (Year 9)	7.30pm - 9pm <i>@ Trailfinders Sports Club, W13 0DD</i>
TUESDAY	U9 (Year 4)	4pm - 5.30pm
	U13 (Year 8)	6pm - 7.30pm <i>@ Wasps FC, W3 9QA</i> <i>*Moulded boots or 'screw-in' studs only</i>
WEDNESDAY	U7 (Year 2) & U8 (Year 3)	4.30pm - 6pm
	U12 (Year 7)	6pm - 7.30pm
THURSDAY	<i>U7, U8 &amp; U9</i>	<i>Skill Development: 4.30pm - 5.30pm</i>



	U11 (Year 6)	6pm - 7.30pm
<b>FRIDAY</b>	U15 (Year 10)	6.15pm - 7.45pm <i>@ Cardinal Wiseman School, UB6 9AW</i>

All U7 - U12 training sessions take place at Park Sports Lammas Park, with U13 - U15 sessions running at venues across Ealing.

- All players are required to wear shin pads
- Players are advised to bring a bottle of water
- U7-U12: Players should wear astroturf boots. NO metal studs are allowed as training takes place on 4G and sand based artificial pitches

**U7 - U12 Training Fees - payable to Park Sports Lammas Park on a termly basis**

- Training costs are additional to registration fees, paid on a termly basis at £10 per session (90 min sessions). This covers coaching, pitch hire and floodlight costs.
- Booking is completed via the Park Sports website, with links sent out to all registered players.
- *Fees are reduced by 50% for low-income families (evidence required)*

**U13, U14 & U15 Training Fees - payable to Ealing United FC on a termly basis**

- Training costs are additional to registration fees, paid on a termly basis at £10 per session (90 min sessions). This covers coaching, pitch hire and floodlight costs.
- Booking is completed via the club website. Payment goes directly to EUFC and must be completed online.
- *Fees are reduced by 50% for low-income families (evidence required)*

# MATCH DETAILS & LOCATIONS

## MATCH INFORMATION

AGE GROUP	FORMAT	MATCH LENGTH	BALL SIZE
U7	5v5	20 mins e/w	3
U8	5v5	20 mins e/w	3
U9	7v7	25 mins e/w	3
U10	7v7	25 mins e/w	4
U11	9v9	30 mins e/w	4
U12	9v9	30 mins e/w	4
U13	11v11	35 mins e/w	4
U14	11v11	35 mins e/w	4
U15	11v11	40 mins e/w	5

## HOME GROUND

U7 - U12	U13 - U16
The Brentham Club, 38a Meadvale Rd, Ealing, W5 1NP *Grass pitches	Cardinal Wiseman Catholic School, Greenford Rd, Greenford, UB6 9AW *3G pitch

### Fixture Information & Parental Responsibility

We will inform parents and players of upcoming match information (venue, kick-off time etc) during the week in the lead up to the match. We ask parents to inform their team manager of their child's availability - via the MatchDay app and/or team WhatsApp group - at their earliest convenience and ideally by Tuesday. Team managers will be in regular contact with parents, particularly if there are any late or unforeseen fixture changes.

Teams are most successful with a group of happy and committed players. It is for this reason we ask our players to be available for matches every week. We understand players will have other commitments from time to time, so if this is the case please let your team manager know in advance.

## **Match Day Information**

We ask our players to be at their match at least 30 minutes before kick-off (this can vary for different age groups). Arriving in good time allows players to be properly prepared, while giving team managers the opportunity to speak with their team and pass on key tactics. If you are running late for a match, we ask you to please contact your team manager.

Our teams play against other grassroots teams throughout west and north-west London. Away matches are usually a maximum 45 minute drive from Ealing, but please do plan ahead and check the location and travel time in advance.

## **MatchDay App / WhatsApp groups**

This season we are asking all parents to download and make use of the FA's MatchDay app. Once signed in, the app is associated with your child's player profile, meaning it is linked directly to our club and will incorporate match information. Your team manager may manage team selection via the app. To download the Matchday app, head to your app store and search 'Matchday'.

We will continue to make use of our team WhatsApp groups, allowing team managers and parents to communicate key information to others within the team. Parents will be added to the relevant WhatsApp group by their team manager.

## **Match Fees**

Match fees are payable on a monthly basis, from September - May, by all players involved in matches. Fees are collected automatically on the *1st of the month*, via our online registration platform, Team FeePay. These fees help to cover the cost of pitch hire and referees.

***U7-U12 = £8 per month, September 2023 - May 2024***

***U13 - U16 = £15 per month, September 2023 - May 2024***

*\*Fees are reduced by 50% for low-income families (evidence required)*

---

# PLAYER REGISTRATION

Registration for Ealing United FC is essential for all players involved in matches. Players need to be registered for the club and league, with the club ensuring all players are insured and affiliated.

- Club registration - completed online via our Team FeePay system
- League registration - parents and players need to be signed up to the FA's registration system, which will provide parent & player with a *FAN* number and ensure you can be linked to our club.

\*Current players will already have completed this step

## Registration Fees

Our registration fees contribute towards the cost of running our club, including insurance and affiliation, while allowing the club to pay for other essentials, including the lease of our pitches at The Brentham Club, hire of match day pitches for older age groups and the purchase of new equipment. Our player registration fees for the 2023/24 season are listed below.

### Registration Fees - paid when registering via our online platform

£66 - for all players, U7-U16

£33 - Low-income families (evidence required)

### ***Registering for EUFC does not guarantee a place in a particular team.***

*As a club we consider each individual player's ability and playing experience, plus specific team requirements, before our coaches and team managers decide on the most suitable team for them. There may be occasions where we have too many, or not enough players for an age group. This is something that can't be helped. We always do our best to ensure every registered player has the opportunity to be involved in matches, however this is not always possible. **The club's decision on any of the above matters is final.***

---

# CLUB SPONSORS & SUPPORTERS

Sponsorship allows us to remain viable as a community club, while helping us look forward as we continue to grow. Without their great support, we wouldn't be able to offer our players the brilliant coaching and facilities they enjoy on a weekly basis, so it's a huge thanks to our sponsors for all their support.

You'll see our sponsors' branding on our players' kits, plus on club promotional materials. If you're a like-minded company and feel you can add your support by becoming an Ealing United FC sponsor, please get in touch.

## SHIRT SPONSOR

**C&N Constructions**

[www.cnconstructions.co.uk](http://www.cnconstructions.co.uk)



We were delighted to have **C&N Constructions** as our main shirt sponsor for a third consecutive season. C&N Constructions are a well-established local company offering construction and landscaping services for both residential and commercial clients. They specialise in tenant improvements, interior & exterior renovations, building expansions, garden design and garden maintenance.

Contact them for a [free estimate](#).

## SHIRT SPONSOR

**Serena Beauty & Spa**

[www.serenabeautyandspa.com](http://www.serenabeautyandspa.com)



Our second shirt sponsor, **Serena Beauty & Spa**, are new sponsors for the 2023-24 season. They have been providing health and wellness-boosting treatments for the people of Ealing and surrounds for over 10 years. They offer a variety of treatments to suit your needs, from Thai massage, pampering packages to hair removal, manicure and pedicure.

Whether you're looking for a little 'me time' or fancy treating yourself to one of their pampering sessions, [contact Serena Beauty & Spa now](#).

## CLUB SPONSOR

### **Park Sports Lammas Park**

<https://parksports.co.uk/venues/lammas-park>



***Park Sports Lammas Park*** have been supporting Ealing United FC since our inception in 2016-17. Formerly Will-to-Win, their Lammas Park hub is used as a base for our training sessions, while they also support the club through the funding of coaches and equipment.

The sports centre is a pay & play facility, which means no membership is required to take advantage of all the sports they offer - tennis, football, netball - plus the many adult and junior sports courses and holiday camps.

Book a court, pitch or sports course [here](#).

---

# WELFARE & SAFEGUARDING

All Ealing United coaches are members of the FA's Licensed Coaches Club. This ensures that all have up to date enhanced FA DBS checks, FA Emergency Aid and FA Safeguarding certification.

EUFC acknowledges the duty of care to safeguard and promote the welfare of children at risk. The club is committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and FA requirements.

The club's safeguarding policy recognises the welfare and interests of children at risk are paramount in all circumstances. It aims to ensure that regardless of age, ability or disability, gender reassignment, race, religion or belief, sex or sexual orientation, socio-economic background, all children:

- have a positive and enjoyable experience of football at Ealing United Football Club in a safe inclusive environment
- are protected from abuse whilst participating in football.

Ealing United acknowledges that some children, including disabled children and young persons or those from ethnic minority communities, can be particularly vulnerable to abuse and we accept the responsibility to take reasonable and appropriate steps to ensure their welfare.

The club's current Welfare Officer is Michael O'Brien.

Please contact Michael on 07731972864 or [ealingunited.coaching@gmail.com](mailto:ealingunited.coaching@gmail.com)

The club's policy and procedures will be widely promoted and are mandatory for everybody involved at Ealing United. Failure to comply with the policy and procedures will be addressed and may result in dismissal/exclusion from the club.

Anybody who does not feel comfortable with raising a concern with the club welfare officer should contact the Safeguarding Officer at the Middlesex FA:

Kayleigh Saunders (Senior Safeguarding Lead)

02085151919 (Option 2)

[safeguarding@middlesexfa.com](mailto:safeguarding@middlesexfa.com)

# FA RESPECT PROGRAM & CONDUCT

As a club we follow the FA's **Respect** programme. Our Respect Codes of Conduct are in place to ensure that everyone involved with the club is playing their part to give players a positive experience.

## PLAYERS

### 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 teammates
- 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

## SPECTATORS

### 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

To download the individual Respect Codes of Conduct, click on the links below:

- [Young Players](#)
  - [Coaches, Team Managers and Club Officials](#)
  - [Spectators and Parents/Carers](#)
  - [Match officials](#)
-

# CLUB BOARD & VOLUNTEERS

We are an independent, not for profit, community amateur sports club, with our continued success only possible thanks to the team of volunteers who keep the club going. If you would like to support the club further by becoming a member of the board or offering to help as a volunteer on match days, please contact us.

## CLUB BOARD

CHAIRMAN - Michael O'Brien

\*SECRETARY - Toby Wolf (Acting)

TREASURER - Toby Wolf

WELFARE OFFICER - Michael O'Brien

FIXTURES SECRETARY - David Gruenstein

EVENTS - Fran Hoey

WEB & MEDIA - Toby Wolf

FOUNDATION REP - *Vacancy*

DEVELOPMENT REP - Dan Bada

## TEAM MANAGERS

TEAM	MANAGER	TEAM	MANAGER
U7	Ed	U12	James M
U8	Cedric / Jacob	U13 Red	Liam / Richie
U9	Nic	U13 White	Ashley
U10	David / Gareth	U14	Toby / Steve
U11 Red	Cliff	U15 Red	Clem / Damian
U11 White	Viola / Ewa	U15 White	Dan

Team managers act as the point of contact for all fixture and team information. If you'd like to take on the role of team manager, or a support role for your child's team, please let us know.

*Thanks for your continued support!*

# **EALING UNITED FOOTBALL CLUB**

