



**FALKIRK
FOUNDATION**
OUR COMMUNITY, OUR FUTURE



FEMALE COMMUNITY TEAMS

The Falkirk Foundation Girls s Women's Programme: Teams from U7 right through to Senior Ladies!



Our very popular Falkirk Girls programme is delivered in line with our Player Pathway, which allows girls to play football from age 5 through to adulthood in a structured developmental environment, through a variety of programmes. We believe in encouraging learning through football and positive development through active play.

Our Falkirk Girls programme seeks to improve individual skills and develop a creative player. Coupled with our regular small-sided games festivals, the Falkirk Girls Programme offers all players the opportunity to display the skills learned at training during a pressure-free match environment.



Our weekly sessions are outdoors on 4g astroturf and are delivered by experienced and fully qualified SFA Coaches. All coaches have received Child Protection training and are qualified in First Aid. Coaches have also been PVG (Protecting Vulnerable Groups) Scheme checked.



The Girls Programme sessions run through the entire football season. All sessions follow a structured curriculum designed to develop individual player's skills as the season progresses.

Falkirk Foundation
6 Stadium Way
Falkirk
FK2 9EE
01324 619980
Info@falkirkfoundation.org
SC041791





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Classes are weekly and vary in duration (dependent on age group), and the girls will participate regularly in SWF small-sided festivals or league / cup matches.

Falkirk Girls Programme Membership includes:-

- 38 weeks of coaching sessions throughout the year
- Training sessions delivered at our Community Pitch located at the Falkirk Stadium as well as Woodlands AstroTurf (venue and duration depending on age group)
- U7's s U6's: Participation in small-sided festival matches through SFA



- U10's, U12's, U14's, U16's U18's, Development Squad and Women's First Team: Organised competitive league matches through SWF

- Match Kit provided (top, shorts & socks)

- Further optional Training Kit through online shop @ RJM Sports - <https://rjmsports.com/rjm-club-shops/falkirk-foundation/>

- Free Mental health workshops for teenagers
- Exclusive discounts on additional activities: · 15% discount on full week Holiday Camp bookings



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We have an online membership Application Form, which is provided by our third party provider Team Fee Pay. To become a member of the Foundation female teams pathway, please either complete the inquiry form on our website or email info@falkirkfoundation.org.

In order to reduce our carbon footprint and work in an environmentally friendly way, we use email as our primary method of communication, so please make sure that your email address is written clearly on the registration form.

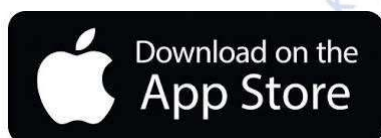


Payment method: The monthly membership fee is paid through our online membership system using the payment provider, Stripe. All payment information is held securely by Stripe and only accessible by you via your online account.

Cancellation of Membership

We would be very sorry to see you leave but should you wish to do so, you can cancel your membership at any time by submitting a leave request through your Team Fee Pay profile. There is a FAQ page on our website that will help you - <https://falkirkfoundation.org/membership/>

Team Fee Pay have launched an App for your smartphone which can be downloaded on either the Apple or Google Play stores:



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Year Group	Membership Price £
U8's	£34.50/month
U10's	£34.50/month
U11's	£36.50/month
U12's	£36.50/month
U13's	£36.50/month
U14's	£36.50/month
U16's	£37.50/month
U18's	£38.50/month
Recreation Team	£33.50/month

Team	Training Night 1	Training Night 2	Venue(s)
U8 Girls	Monday 5:30pm - 6:30pm	Wednesday 5:30pm - 6:30pm	Monday - Community Pitch Wednesday - Woodlands Pitch
U10 Girls	Monday 5:30pm - 6.30pm	Wednesday 5:30pm - 6.30pm	Monday - Community Pitch Wednesday - Woodlands Pitch
U12 Reds Girls	Monday 5:30pm - 6.30pm	Wednesday 5:30pm - 6.30pm	Monday - Community Pitch Thursday - Woodlands Pitch
U12 Blues Girls	Monday 5:30pm - 6:30pm	Wednesday 5:30pm - 6.30pm	Monday - Community Pitch Thursday - Woodlands Pitch
U14 Reds Girls	Monday 6:30pm - 8pm	Thursday 6.30pm - 8pm	Monday - Community Pitch Thursday Woodlands Pitch
U14 Blues Girls	Monday 6:30pm - 8pm	Thursday 6:30pm - 8pm	Monday - Community Pitch Thursday - Woodlands Pitch
U16 Girls YPL	Monday 8pm - 6:30pm	Wednesday 6:30PM - 8PM	Monday - Community Pitch Wednesday - Woodlands Pitch
U16 Blues Girls	Monday 8pm - 6:30pm	Wednesday 6:30PM - 8PM	Monday - Community Pitch Wednesday - Woodlands Pitch
U18 Girls	Monday 8PM - 9:30PM	Wednesday 8PM - 9:30PM	Monday - Community Pitch Wednesday - Woodlands Pitch
Women's FFIT Team	Monday 8PM - 9:30PM	Friday - 6:30 - 7:30 (Flexible dependent on KO times)	Monday - Stadium 2nd Pitch Friday - Flexible
Women's Rec Group		Friday 6:30 - 7:30	Friday - Woodlands

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As a registered charity, we endeavour to reach all areas in our local community - to keep up to date with all of our news and events find us on



@ facebook.com/falkirkfcf



Twitter @falkirkfcf



Instagram @falkirkfoundation



www.falkirkfoundation.org

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