



# Girls After School Football Club @ Kingfisher School

Dear Parents/Guardians,

**NCF London** recently enjoyed a fantastic couple of afternoons coaching the girl students at Kingfisher School. We were delighted with the attitude they showed and also excited by the talent on display. Now **NCF London** are excited to say we will be attending Kingfisher on a weekly basis to develop our Girls programme further. **The girl's session will run half-termly.**

**\*Football Club open to Year 2, Year 3, Year 4, Year 5 & Year 6 children**

## Autumn Term 1:

### Fridays Only

Start date: Friday 28 September 2018  
End Date: Friday 19 October 2018  
No. of Weeks: 4 sessions  
Cost: £16.00 (full payment)

## Autumn Term 2:

### Fridays Only

Start Date: Friday 2 November 2018  
End Date: Friday 14 December 2018  
No. Of Weeks: 7 sessions  
Cost: £28.00 (full payment)

They run from 3-4pm on the Enfield College Astroturf at a cost of £4.00 per session.  
**Children need to be collected from Enfield College Astroturf at 4pm.**

Both sessions are available to purchase online [TODAY](#) using [parentpay.com](#)

## Who are we?

We would like to take this opportunity to introduce ourselves. We are **NCF London** a football coaching & opportunities provider for young football players from 4-18 year olds. We are headed up by Nick Cook a professional coach, with experience of working for both Tottenham Hotspur FC & Arsenal FC. **NCF** has a history that spans back some 14 years. During this time, we have coached over 5000 young children in the 'beautiful game'. We have seen 53 of our players sign for professional Clubs, we have taken over 600 players on tour in the UK or abroad and we have competed in the biggest tournament on the planet the Gothia Youth World Cup in Sweden on 3 separate occasions.

## What is our ethos?

We pride ourselves on providing a platform that is both fun and interactive and allows our players to be creative in a positive learning environment. Our aim is ALWAYS to help our



young players reach their potential and achieve their goals. Discipline, sportsmanship and a hunger to learn are the key ingredients we look for in our players.

### Research says?

Children have become less active in the past 20 years for a number of different social & economic reasons and statistics show that 9.6% of children begin school dangerously over weight and that increases to 20% by the time children hit 10 & 11 years of age. Research also suggests that children who exercise an hour a day have a better level of concentration than those that don't. **NCF London** believe that activity, fitness & an awareness of your body can be nurtured until it becomes a natural part of a young persons everyday life

### NCF's structured programme?

We have designed both a technical & fitness based programme that we deliver to schools –

- One on one ball contact (Ball mastery)
- Movement patterns. Speed agility & quickness (SAQ)
- Cardio, balance & explosive fitness session.
- Multi ball matches

### NCF pathways?

- Opportunities to progress to NCF London 'Girls Only' Development Centre.
- Opportunities to progress to NCF London Boys Development Centre
- Opportunities to sign for our partnership Club Barnet Azzurri FC.
- Opportunities to trial with Professional Clubs.
- For the most talented players opportunities to compete in tournaments in the UK and Europe for NCF London Elites.

If you are interested in your child joining the programme please login to parentpay main office.

We look forward to seeing you at our first session.

Kind regards  
Nick Cook  
NCF London

(mobile) 07403 070934 [www.ncflondon.co.uk](http://www.ncflondon.co.uk)

***'NCF London provide a highly professional but personal service. Our children have thrived through their expert coaching and attention to detail. Every school should have an NCF'***