



## Framlingham Teens Autumn Term 1 2025 Welcome Pack

Thanks for booking!

We look forward to having you join us at our Coaching Sessions this term!  
Please keep reading below for all the information you need before joining us!

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### **Term Dates:**

Monday 11th September  
Monday 18th September  
Monday 25th September  
Monday 2nd October  
Monday 9th October  
Monday 16th October  
Monday 23rd October

### **Timings:**

Thursday Evening's  
7:00pm – 8:00pm

### **Venue address:**

Framlingham College  
IP13 9EY

### **What to wear and bring with you:**

A sports/football kit  
Shin pads – you will **not** be allowed to take part if you aren't wearing any  
Trainers (**No studs**)  
A drink  
A Jumper  
Weather Appropriate Clothing

All jewellery must be removed and long hair must be tied up before the beginning of each session

### **Facility:**

When you arrive, please head straight to the **Borrett's Astro**. To do this you will need to head to the **Sports Centre car park** (directions below). Once you have arrived at the car park, you will look down onto the astro. Please then use the path to the right to get to the session.

### Directions to Framlingham College Car Park

If you are coming from Framlingham town centre, go past the main College entrance, past the deliveries entrance, over the pedestrian crossing and the Sports Centre car park is on your right.

If you're coming from Dennington, once you come into the 30mph zone, you should see the Astro pitch on your left, it's fairly easy to spot the entrance coming from this way.





### Refer a Friend Scheme

If you refer a friend to sign up for this term, you will then get a **free session** for the following term! All they have to do is put your child's name in the "How did you hear about us?" box when signing up.

### Stay up to date!

During the term we like to post about what we get up to in our evening sessions and our Castle Coaching Shield winners! Make sure to give us a follow on [Instagram](#) @castlecoachingltd and a like on [Facebook](#) Castle Coaching to stay up to date! We also like to post tutorials and fun quizzes for any of our older students that have social media too!

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If there's any changes throughout the term, we will contact you as soon as we can via email so please save [info@castlecoaching.co.uk](mailto:info@castlecoaching.co.uk) as a contact so the emails don't go to spam. It is **very important** that this is done as we have had parents not see information due to not saving the email address as a contact.

If you are unable to make a session or need to contact us, please either email us on the above email address or call/whatsapp us on **0330 223 2021** and we will get back to you as soon as possible.

Now that was a lot of information but we very much look forward to seeing you there!  
Any other questions, do not hesitate to contact us.

Kind Regards,  
Nathan and Charli



CASTLE  
COACHING