



Framlingham U5's 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!

Term Dates:

Sunday 7th September
Sunday 14th September
Sunday 21st September
Sunday 28th September
Sunday 5th October
Sunday 12th October
Sunday 19th October

Timings:

Sunday Morning's
10:00am – 10:45am

Venue address:

Framlingham College
IP13 9EY

What to wear and bring with you:

A sports/football kit
Shin pads (optional)
Trainers (No studs or blades)
A drink
A Jumper

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

Please note: A parent/guardian is required to stay for the duration of the session and we encourage you to get involved.

Facility:

When you arrive, please head straight to the **Sports hall**.

Directions to Framlingham College Sports Centre

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 carpark is on your right.

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



If you're coming down Pembroke Road, you take a left at the T junction and then an immediate right.

Our Facebook Groups!

As you know things can change throughout the term so we have decided to create Facebook groups for each of our sessions to create a more efficient way of communicating. These groups are for parents/guardians of the students only so please state your child's name when joining so we can accept your request.

Click [here](#) to join your group now!

Coaches

Any information you would like to be passed onto your coaches prior to the sessions beginning (which hasn't been mentioned on the booking form) please reply to this email.

Health and Safety

We will be taking a photo on the first session of each student to be put in the coaches folder for our student information forms. Please note this photo is not to be used on social media and purely for the ease of helping the coaches keep our students safe. If you would prefer us not to take a photo, please **respond** to this email asap letting us know.

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!

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 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

