

Loddon United Football Club

Youth Section

Summer Break Policy

The Background

1. The club recognises that our players, coaches and parents need a break from football during the summer. A break helps prevent physical and mental fatigue and rejuvenates everyone for the following season.
2. Playing in summer tournaments is important for a lot of our players and coaches and is encouraged by the club. The appetite for summer tournaments is probably greater in the younger age groups.
3. The 'last game of the season' will not be on the same date for every age group.
4. Each coach will have their own plans for the school summer holidays.
5. Each age group will have their own plans for pre-season training and pre-season friendlies.

Given all of the above, a one size fits all approach where all the age groups rest at exactly the same time does not work.

The Policy

This policy was approved at the club's committee meeting on 12 February 2020 and will come into effect for the summer of 2020. These rules must be followed by every age group from Under 6 to Under 16.

1. Each age group must rest for a total of at least 8 weeks in the period between their last game of one season and their first competitive game (league or development) of the next.
2. A break of one week equates to a whole 7 days (Monday to Monday) where there is no training, matches, tournaments or similar football activity.
3. If you train once a week, the six days between each session does not count towards your break. If you play in tournaments on two consecutive Sundays, the six days between the two tournaments does not count towards your break.
4. Parents will be informed of the policy via the club's newsletter. A copy of the policy will be made available on the club's website.
5. The coach of each age group will provide the dates of their planned rest weeks to the parents of their players and to a designated member of the committee.
6. The coach will be responsible for observing the rest weeks they have planned.
7. The 8 week break is a minimum – coaches can rest their squad for longer than 8 weeks should they choose.