

# JCOE HANDBOOK FOR PARENTS 2017



FAS  
2017 Edition



## CONTENTS

1. VISION, MISSION & VALUES
2. FRAMEWORK
3. SELECTION PROCESS
4. COMMITMENT TO FAS JCOE
5. ATTENDANCE
6. PERSONAL PROPERTY
7. ATTIRE
8. SELECTION OF PLAYERS FOR REPRESENTATION
9. MOVEMENT OF PLAYER
10. CODE OF CONDUCT FOR PLAYERS
11. CODE OF CONDUCT FOR PARENTS

# Vision, Mission & Values



## Mission

### Making Players Better Players & Better Persons

To provide an innovative high performance coaching and training programme for talented players to develop all aspects of football, such as basics, team tactics, the physical and mental abilities but most of all their technical skills in a very positive, strong learning environment.

## Strategies:

- ✓ Improving the technical abilities of players through reality-based coaching
- ✓ Regular training sessions in a positive and strong learning environment
- ✓ Quality assurance on coaching through mentoring and monitoring
- ✓ Teaching players to better read the game through small-sided games and game-forms.

## Strategies:

- ✓ Preparing players for the demanding technical requirements of modern football, by integrating technical skills into the playing system.
- ✓ Strengthening technical capacities to gain tactical advantage.
- ✓ Producing a fast passing football style based on technical capacities.

## Our JCOE Core Values

**J** - Joy in training

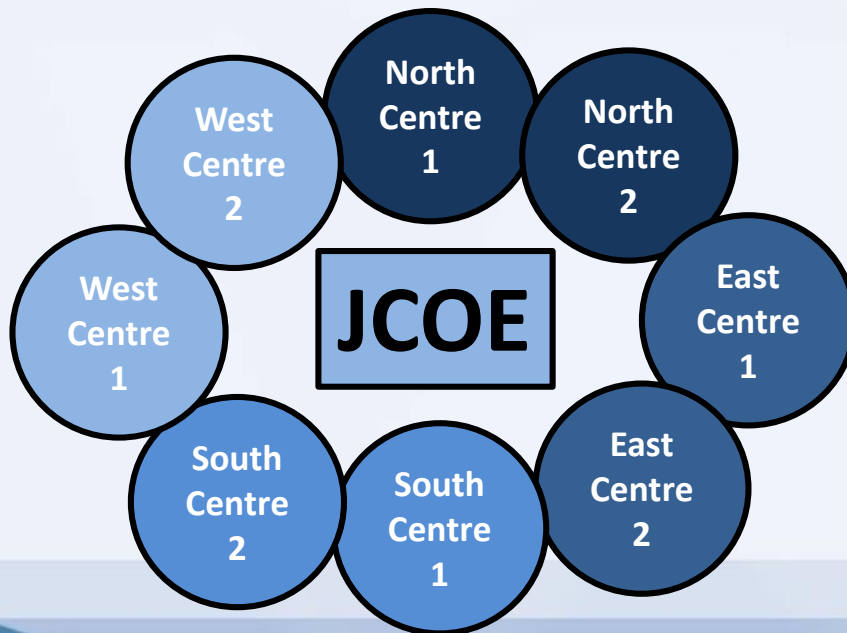
**C** - Competence in technical skills

**O** - Outstanding sportsmanship

**E** - Excellence (our benchmark)



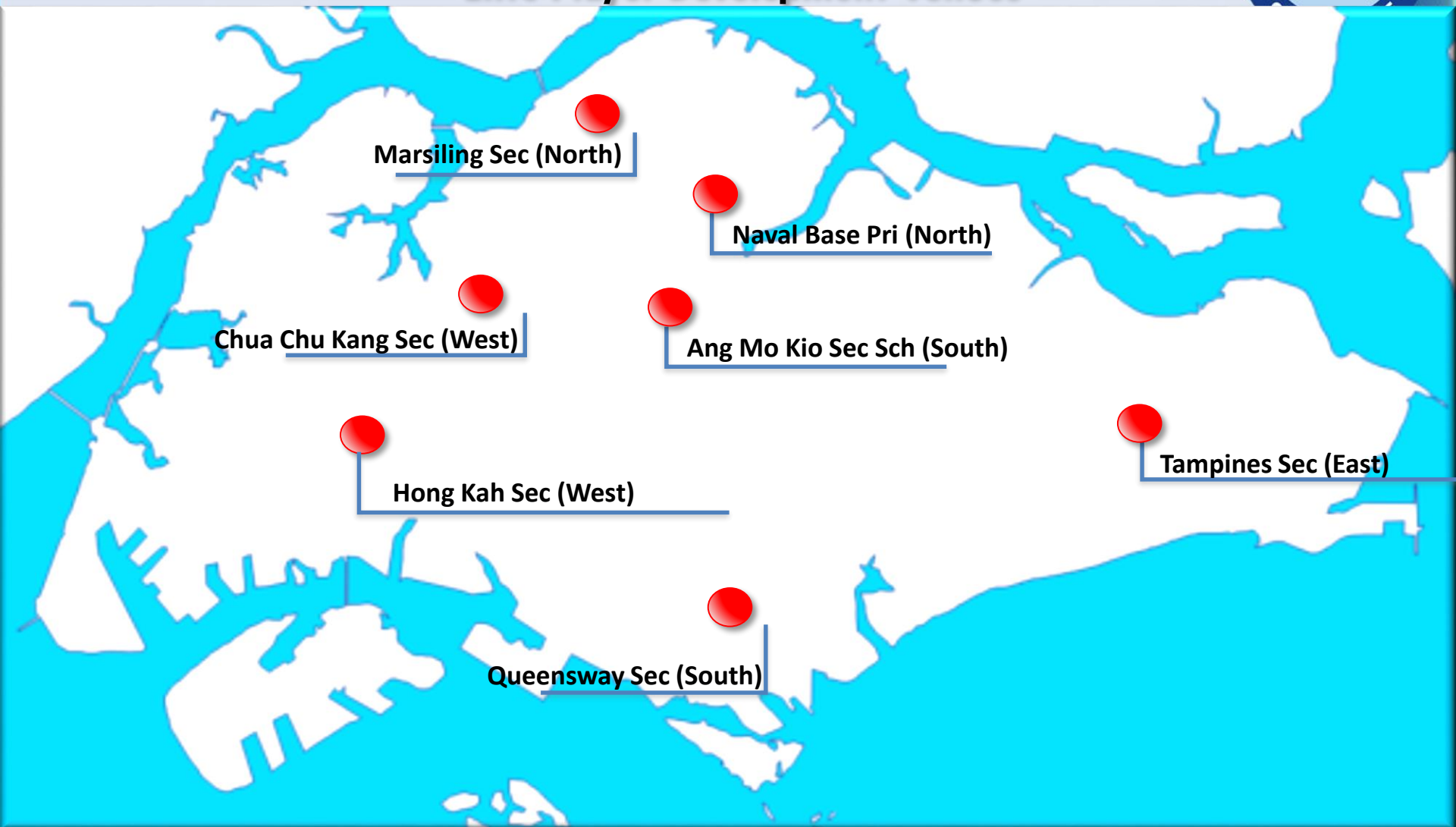
# Framework



**Staff**

- 1 Head Coach
- 2 Coaches
- 1 Centre Manager

## Elite Player Development Venues



 JCOE Centres





## Elite Player Development Venues

Centre	Address	Training Time
<b>West Centre 1</b>	Hong Kah Secondary School	Sat & Sun U10/U11 : 0800-0930 h
	931, Jurong West Street 42	Sat & Sun U12/U13 : 0930-1100 h
	Singapore: 649371	Wed U10/U11 : 1730-1900h
	Tel: 65679655	Tue U12/U13 : 1730-1900h
<b>West Centre 2</b>	Chua Chu Kang Secondary School	Sat & Sun U10/U11 : 0800-0930 h
	3, Teck Whye Crescent	Sat & Sun U12/U13 : 0930-1100 h
	Singapore: 688845	
	Tel: 67655228	
<b>South Centre 1</b>	Queensway Secondary School	Sat & Sun U10/U11 : 0730-0900 h
	2A, Margaret Drive	Sat & Sun U12/U13 : 0900-1030 h
	Singapore: 149295	Wed U10/U11 : 1800-1930h
	Tel: 64741421	Thu U12/U13 : 1800-1930h
<b>South Centre 2</b>	Ang Mo Ko Sec Sch	Sat & Sun U10/U11 : 0730-0900 h
	6, Ang Mo Kio Street 22	Sat & Sun U12/U13 : 0900-1030 h
	Singapore 569362	
	Tel 64568605	



## Elite Player Development Venues

Centre	Address	Training Time
<b>East Centre 1</b>	Tampines Secondary School	Sat & Sun U10/U11 : 0730-0900 h
	252, Tampines Street 12	Sat & Sun U12/U13 : 0900-1030 h
	Singapore: 529427	
	Tel: 676835423	
<b>East Centre 2</b>	Tampines Secondary School	Sat & Sun U10/U11 : 0730-0900 h
	252, Tampines Street 12	Sat & Sun U12/U13 : 0900-1030 h
	Singapore: 529427	
	Tel: 676835423	
<b>North Centre 1</b>	Orchid Park Sec Sch	Sat & Sun U10/U11 : 0730-0900 h
	10, Yishun Street 81	Sat & Sun U12/U13 : 0900-1030 h
	Singapore 768454	Tue U10/U11 : 1730-1900h
	Tel: 67598547	Thu U12/U13 : 1730-1900h
<b>North Centre 2</b>	Marsiling Secondary School	Sat & Sun U10/U11 : 0800-0930 h
	12, Marsiling Road	Sat & Sun U12/U13 : 0930-1100 h
	Singapore:739110	
	Tel: 68941413	

# Selection Process



**1) Open Trials.** These are done at the beginning of the year for pre determined age categories. Player selection is based on the FAS selection criteria. Selected players are sent to either Centre 1 or Centre 2 for a 4-week probationary period before they are confirmed for inclusion into the FAS JCOE Programme.

From 2017, open trials will only be held for U10. U11 to U13 will be talent spotted by FAS appointed coaches and talent scouts during school and relevant age-group competitions. The identified players will be invited for trials at selected centres.

## Selection Process



**2) Trials by Invitation.** Only for players identified by FAS recognised talent scouts from school games and relevant age-group competitions. These identified players are invited to attend a 4 week training trials. They will be sent to either Centre 1 or Centre 2 if they are deemed competent. Invitation for trials will also be extended to players identified by FAS and JCOE Coaches throughout the year.



## Commitment to FAS Junior Centre of Excellence

Once a player has been enrolled into the FAS JCOE Programme, he is not allowed to train with or represent other football organisations or academies in any form of activities, be it training or tournaments both locally and overseas **during the designated JCOE training days and time**. Failure to comply will result in the player being subjected to sanctions, suspension or expulsion from the JCOE programme.

# Attendance



1) Attendance for all JCOE activities is mandatory. All players must be punctual when reporting for their activities at the appointed times. Latecomers and absentees will have to provide valid reasons with supporting documentary proof. (see Point 3 below)

2) When a player is medically unfit, kindly inform the Centre Manager. Please do not send your child to the JCOE training venue.

3) In the case of absence, the respective Centre Managers must be informed. This must be followed by a copy of the MC, Letter, Notice or Memo from schools submitted to the Centre Managers at the next training day. Failure to provide documentary proof and non-compliance to procedures will be classified as absent. Only the above documents will be accepted as valid supporting documents.

**\*\*Valid reasons provided in writing will be considered on a case by case basis.**



4) Parents of players who are absent twice consecutively without valid reasons will be informed. If the absenteeism persists, the player will face sanctions, suspensions and/or expulsion.

5) The JCOE Programme will run throughout the year from January to November except on the following holidays: Chinese New Year, Hari Raya Puasa, Hari Raya Haji and Deepavali.

Training on the eve and the day after the above listed holidays will be cancelled.



6) When a player is absent from training, he will miss the learning from the progressive, linked training activities and the continuous exposure that can only be acquired through regular attendance.

# Personal Property



Please keep track of all items your child brings to the training centre. Labelling all apparels, bags, water-bottle and belongings with the player's name helps to ensure the return of the item.

Players are highly discouraged to bring valuables or large sums of cash.

FAS will not be liable for any loss or damage to belongings brought to the training centre.

# Attire



Players are to report to the training centre in the training attire issued by FAS with sports shoes (slippers not allowed)

The JCOE training attire are to be worn with proper footwear (football boots or turf shoes) for the training sessions.

Players are required to bring along a pair of running or sports shoes for the indoor programme in the event of inclement weather.

For hygiene purposes, they should wash-up and change to clean, dry clothing after training.

# Selection of Players



## Selection of Players for Representation

The selection of players for a FAS JCOE representative team is at the sole discretion of FAS or the panel of appointed coaches based on clear procedures and criteria. Once a selection team has been finalized, no further communications will be entertained by FAS.

# Movement of Players



## Movement of Player (intra and inter Centres)

Recommendations for player's movement is based on current potential and performance. Player movements within and between centres can take place after the games day, quarterly or after the initial trial of 4 weeks.

Prior to the movement of player, all the coaches of the Centre will have to collectively submit the player's progress report to the FAS Technical Department for review and/or approval.

Upon approval, the player will be moved to the new centre and remain there before any new proposal for movement can take place. The FAS Technical Department may seek a second opinion, if needed, through further observation.

### **Movement of Player to a Higher Age Group (Age Group Dispensation)**

JCOE has a responsibility to ensure the safety and well-being of our players and to make decisions that are in their best interest and the program as a whole.



While FAS Technical Department recommends that players participate in their age-appropriate group, it also recognizes that it is optimal for highly talented players to “play up” in the higher age group band.

The decision to move players across the age group and/or centres will be made by the Player Evaluation Committee, a sub-committee composed of the Head Coach Education and two other technically qualified members of the department.

Requests to move a player to a higher age group band will only be considered when a player's skills are CLEARLY exceptional in relation to other players in their age group and the player meets all identified criteria (physical, mental, social/emotional development, technical/tactical)

While the request is being considered, the respective player should remain in the current age group.



The Player Evaluation Committee will consider the following criteria when assessing player for age dispensation:

### Main Criteria

**Physical** – The physical size, speed, power and endurance of the player & ability to cope at an older level

**Mental** – The capability to cope with greater levels of responsibility & independent decision making.

**Social/Emotional** – The ability to manage/adapt to an older group in behaviours surrounding them on & off the field.

**Technical/Tactical** – Effectiveness to continue developing technically/tactically at an older age group.

## Other considerations

Younger players have more time to develop in their age appropriate level

It is these small steps and details that leads to a solid foundation.

The stronger the foundation, the more steadfast and taller the pillar.

# Code of Conduct (Players)



- Prepare yourself mentally to learn and improve from the training session.
- Practice good time management for training, school and your personal life.
- Be conscientious in your school work.
- Lead a healthy sporting lifestyle. Look after your diet, sleep well, have a good rest especially after training sessions.
- Abstain from unhealthy habits such as smoking.
- Resist any temptation to take harmful or banned substances.

- Be willing to make sacrifices if you want to be an accomplished player.
- Accept success and failure, victory and defeat equally.
- Safeguard the physical fitness of opponents, avoid violence and rough play.
- Accept the decision of the Match Officials without protest.
- Abide by the instructions of your Coaches and Team officials, provided they do not contradict the spirit of this Code.

- Be punctual for all JCOE activities and other appointments in your personal life.
- Attend all training sessions regularly.
- Conduct yourself properly with respect to teammates, opponents, referees, managers, coaches, parents, teachers, spectators, etc.

# Code of Conduct (Parents/Guardians)



- Create a strong positive learning environment and encourage your child to be positive at all times.
- Allow him to develop his talent progressively. Do be patient because player development is a long term process and takes many years.
- Let your child develop into a team player and gain friendship through good values.
- Teach your child to manage his time.



- Allow your child to make decisions and take responsibility for it. Let them learn from failures and mistakes – “Failing Forward”
- Never give personal success more relevance than the educational objectives of playing football.
- Focus on your child’s efforts and performance rather than the results of the matches or tournaments.
- Encourage your child to always play according to the rules and to respect the officials’ and coaches’ decisions.
- Teach your child to appreciate coaches, parents, officials etc.

- Strike a balance between education and football development.
- Provide your child with essential nutrition and proper health care.
- Do not interfere in coaching during training and matches as well as on technical matters both on and off the field of play. Support the coaches in their tasks to develop your child.



## HOW TO BE A WINNING PARENT - Reflections !!!

- Why is your child participating in sport? For himself or because of you?
- Be your child's best FAN - Leave the coaching & instructions to the coaches
- Success & Failure has nothing to do with Winning & Losing
- Competition means to compete against himself
- Winning is doing the best you can; separate from results

## Teaching a child how to fail

Successful people do two things:

- take more risks and fail more frequently.
- use failure as motivation to improve.

Parents should help their children to develop REALISTIC expectations

Encourage your child to maintain the balance between the demands of school and the demands of sport.

**Motto: A healthy mind in a healthy body.**

Support your child through watching NUTRITION and SLEEPING HABITS in relation to sport performances



**“Success is not final,  
failure is not fatal:  
it is the courage  
to continue that counts.”**

***Winston Churchill***