



MALE & FEMALE
ACADEMY



FTF ACADEMY
PLAYER PACK



PRE SEASON TRAINING

Pre season training will begin from July 2022. You will receive a text message and an email to confirm the date and time.

You must arrive 30 minutes prior to training starts.

All academy players are to report to pre-season training in full Training Kit. (Preferably all black)





All academy players will undergo a medical screening with Academy head Physiotherapist and medical staff.

Players are to change in the allocated changing rooms at the training ground (Coulsdon College).



TIMETABLE PRE-SEASON

Day of the Week

Times / Details

Monday

9.30am - 12pm

Tuesday

Day Off Recovery Day

Wednesday

9.30am - 12pm

(possible pre-season friendly match)

Thursday

Day Off Recovery Day

Friday

9.30am - 12pm

Saturday

OFF

Sunday

OFF

Pre Season Training date starts on
MONDAY 18TH JULY 2022

ALL training sessions
and pre season
matches will be held
at Coulsdon College.





The times above during pre-season training, FTF Academy will be doing a great deal of fitness and technical ball work. You must be ready to start training at the above times, late arrival may result in you not being allocated to train or play in matches. When in the academy always be polite to staff and the public. Please ensure that all kit is to remain clean, pressed and worn correctly with no other garments or hats when inside the college building.

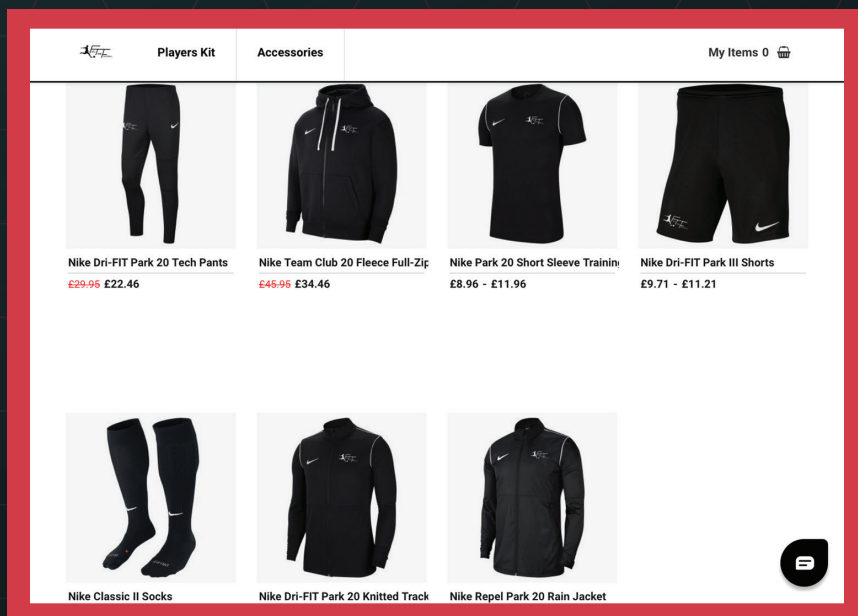


2021/22 CHAMPIONS
ECFA LONDON
MEN'S REGIONAL LEAGUE E
CROYDON COLLEGE
(AND COULSDON COLLEGE) MEN'S 1



ACADEMY TRAINING KIT

Please order your academy training kit at
<https://www.kitlocker.com/ftfacademy/Players-Kit>



MEET THE TEAM

RYAN FRASER

HEAD COACH & FTF ACADEMY FOUNDER

ROBERT ASPINAL

GOALKEEPING COACH

ROWAN LIBURD

ACADEMY COACH

CALLUM ROBINSON

ACADEMY COACH

MARK VEANEY

ACADEMY COACH

YOU WILL BE REQUIRED TO BRING AND WEAR



- All academy players to report to pre season training in full Academy training kit
- Running trainers and clean boots
- No jewellery to be worn (earrings, bracelets, rings etc)
- Ensure you bring something to eat after training (nutrition information detailed later in folder)



FOR MORE INFORMATION

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