**Hello Everyone**

Hope you have all enjoyed the last months training, we have put on! The rules have now changed and training is back to Mondays AND Thursdays at Allen Park from Monday 27th - 6pm-7pm for Juniors and 7pm to 8pm for Seniors. Individual Coaches may vary times, and they will advise parents if this happens.

Please see the plan attached.

We can do contact training from Monday, so shinpads are essential.

To conform with the FA guidelines, we must maintain a register of all players at any sessions or matches for at least 21 days to assist with NHS track and trace. Full guidance from the club is attached.

As from August we are able to play friendlies, and the Coaches are busy organising these. As Cricket will be starting at Allen Park, matches will be away from home, and the Coaches will be sharing the Covid Safe procedures for these matches, as supplied by teams you will be playing.

Also on our Web Site

**Risk Assessment**

Is on our Web Site [www.bedfordladies-girlsfc.org](http://www.bedfordladies-girlsfc.org)

**Signing on and Payments**

Payment details are

Bank Account details – Nat West - Bedford Ladies and Girls FC

Account 45321027

Sort Code 600116

Bedford Ladies and Girls FC

For Reference – please use player’s name and Team eg Amy Smith u10

Please transfer £145

OR

Transfer £45 and

Pay £100 by Direct Debit of £10 per month for 10 months, by following this link

<https://pay.gocardless.com/AL00033GNGBW5W>

**We will also be able to take Card payments at Training.**

Signing on forms are available on our Web site [www.bedfordladies-girlsfc.org](http://www.bedfordladies-girlsfc.org).

**Training Wear**

The training wear is all updated for the new Nike range on our Club Web Shop, here is the link to purchase any items –

<https://www.clubwebshop.com/a-z/clubs/bedfordladies-girlsfc/Training_Wear>

**Awards Evening**

We hope to be able to organise this in September or October, but it will depend on the restrictions, so we will post details as soon as we can.

**Luton in Lockdown**

Football in Luton is restricted to the last Covid guidelines issued on the 1st June, of Social distanced training in groups of 5 plus coach, no contact training and no matches.