



Livingston Youth Foundation  
lyf4football.org.uk

# LIVINGSTON YOUTH FOUNDATION

## HOLIDAY COACHING PROGRAMME

### July - October 2013

**The Livingston Youth Foundation** was formed in 2012, working in partnership with Livingston FC, West Lothian Council, West Lothian Leisure, West Lothian College and the SFA.

The Foundation aims to promote football to all ages and ability levels, for males and females. We provide a coaching programme throughout the year to meet the needs and demands of young players in West Lothian.

Join us at one of our holiday camps, to learn new skills and meet new friends.



# Summer 2013

## Week 1 Monday 1st - Friday 5th July

Code	Camp	Time	Cost	Venue
WLC1S	Football Camp	10am-12pm	£35	Xcite Bathgate Sports Centre
WLC2S	Football Camp	10am-12pm	£35	Xcite Linlithgow Leisure Centre

## Week 2 Monday 8th - Friday 12th July

Code	Camp	Time	Cost	Venue
LFC1S	Football Camp	10am-12pm	£35	Livingston FC Field Turf

## Week 3 Monday 15th - Friday 19th July

Code	Camp	Time	Cost	Venue
LFC2S	Football Camp	2pm-4pm	£35	Livingston FC Field Turf

## Week 4 Monday 22nd - Friday 26th July

Code	Camp	Time	Cost	Venue
LFC3S	Football Camp	10am-12pm	£35	Livingston FC Field Turf
LFC4S	Sports Camp	10am-3pm	£60	Livingston FC
WLC3S	Football Camp	10am-12pm	£35	Xcite Linlithgow Leisure Centre

## Week 5 Monday 29th July - Friday 2nd August

Code	Camp	Time	Cost	Venue
LFC5S	Football Camp	10am-12pm	£35	Livingston FC Field Turf

## Week 6 Monday 5th - Friday 9th August

Code	Camp	Time	Cost	Venue
LFC6S	Football Camp	2am-4pm	£35	Livingston FC Field Turf
WLC4S	Football Camp	10am-12pm	£35	Xcite East Calder Sports Centre

## Week 7 Monday 12th - Friday 16th August

Code	Camp	Time	Cost	Venue
LFC7S	Football Camp	10am-12pm	£35	Livingston FC Field Turf
LFC8S	Activity Camp	10am-3pm	£60	Livingston FC
WLC5S	Football Camp	10am-12pm	£35	Xcite Bathgate Sports Centre
WLC6S	Football Camp	10am-12pm	£35	Xcite Linlithgow Leisure Centre

## Week 1 Monday 21st - Friday 25th October

Code	Camp	Time	Cost	Venue
LFC10	Football Camp	10am-12pm	£35	Livingston FC Field Turf
WLC20	Football Camp	10am-12pm	£35	Xcite Bathgate Sports Centre
WLC30	Football Camp	10am-12pm	£35	Xcite Linlithgow Leisure Centre

## Information for Full Day Camps

	Easter (Activity)	Summer (Sports)	Summer (Activity)
Monday	N/A	Rugby	10 pin bowling
Tuesday	Film Day	Handball	Film Day
Wednesday	Try-a-sport	Basketball Skills	Try-a-sport
Thursday	10 pin bowling	Uni-hoc	Rounders
Friday	LUNCH and Games	LUNCH and Games	LUNCH and Games

- Open to all boys and girls aged 3-15 years (Full Day Camps 7-15 years)
- All boys and girls are welcome no matter of ability
- Please bring a non-fizzy drink each day to training
- Please bring waterproofs incase of rain
- Trainers or moulded boots should be worn  
(Full Day Camps – Please bring Trainers and a spare non-football t-shirt)
- If a participant displays disruptive behaviour, then they may be excluded from the course with no refund being given
- Families with more than one child attending the same course will receive a 20% discount
- West Lothian Leisure NRG members are entitled to a 20% discount (on proof of membership)



## Street Football

Street Football is a diversionary football programme which offers FREE small sided games for youths aged 12-17 years old. Sessions are delivered and supervised by West Lothian Council/Scottish FA coaching staff. Venues, dates and times for Easter and Summer are still to be confirmed.

Please enquire to: [sportandoutdooreducation@westlothian.gov.uk](mailto:sportandoutdooreducation@westlothian.gov.uk) – 01506 775390

## PAYMENT METHOD

Payment should be made prior to the course starting at the named venue.

**Livingston FC** | Leigh Lauder: 01506 403341 | [leigh.lauder@livingstonfc.co.uk](mailto:leigh.lauder@livingstonfc.co.uk)

**Xcite Bathgate:** 01506 776790

**Xcite Linlithgow:** 01506 775440

**Xcite East Calder:** 01506 883340

For Livingston FC Courses – payment can be made in cash at the LFC Main Reception or by cheque (made payable to Livingston Youth Foundation).

Postal applications should be sent to: FAO Leigh Lauder, Livingston FC, Braidwood Motor Stadium Company, Alderstone Road, Livingston, EH54 7DN

For Xcite Courses – Debit, credit and cash payments are all acceptable. Payment should be made at the main reception of named venue along with the completed application form. Book in advance to avoid disappointment.

## APPLICATION FORM

Name: .....

Address: .....

.....

..... Post Code: .....

Contact No. 1: ..... 2: .....

Email Address: .....

Age: ..... Date of Birth: .....

Medical Conditions (including dietary requirements): .....

.....

I give my permission for my child to be photographed/filmed for Livingston Youth Foundation promotional purposes.

Signed: .....

Course Venue: .....

For further details please contact  
LFY Co-ordinator, Leigh Lauder on **01506 403341**  
or email **[leigh.lauder@livingstonfc.co.uk](mailto:leigh.lauder@livingstonfc.co.uk)**

Or

SFA Football Development Officer, Jim Grant on **01506 775390**  
or email **[sportandoutdooreducation@westlothian.gov.uk](mailto:sportandoutdooreducation@westlothian.gov.uk)**