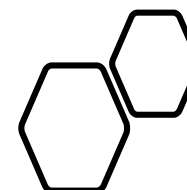




**Watford Ladies F.C.
16 – 19 Academy**



Contents



- ABOUT US
- PROGRAMME STRUCTURE





BACKGROUND

About Us



Watford Ladies FC is an FA Charter Standard independent girls football club based in Watford, originally linked with Watford FC men's club.

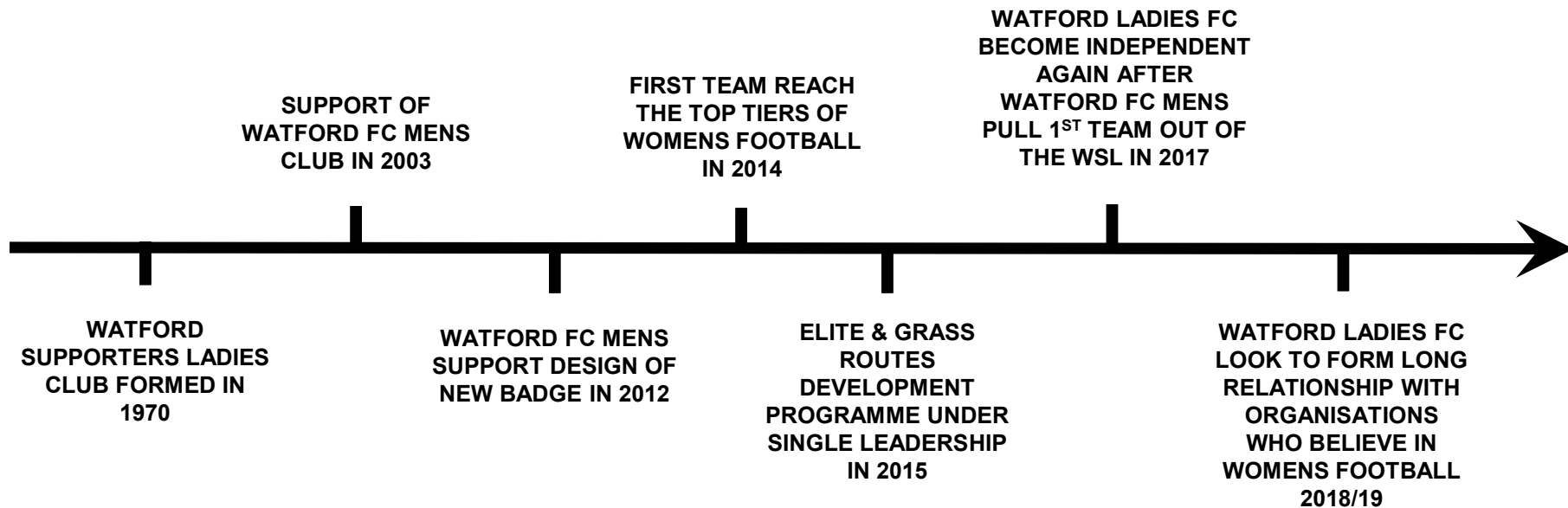
Since 1970 club has achieved many years of success developing players who have gone on to play at the highest level including International level. We also became a Nike Partner Club in 2019



As a club our mission is to:

- Provide football for girls and ladies at all levels including women's professional football
- Provide the highest level of player development in line with RTC's in terms of quality
- **Provide the opportunity for girls to excel both academically and in their football**
- Provide an exemplar environment in terms of safeguarding
- Produce a senior lady's team able to compete at the highest level

Our History



Amongst the Country's Best



CHARTER STANDARD

Congratulations - your club is among the country's best

Thank you for completing your club's annual health check. We're delighted you have chosen to continue to deliver the highest standard of football.

Programme Structure



PROGRAMME STRUCTURE

Our Ethos



- We are very excited about the quality of coaching and the level of the development we are able to deliver. We are continuously strengthening our programme while providing a safe, challenging environment that all parents, players & coaches can be proud of.



We will continue to enhance our technical program to optimize development. We will also look at introducing a program dedicated to individual and one-on-one ball skills.



We will focusing on providing an good number of opposition teams and types of challenges that the girls will be faced with to enhance their learning as a player.



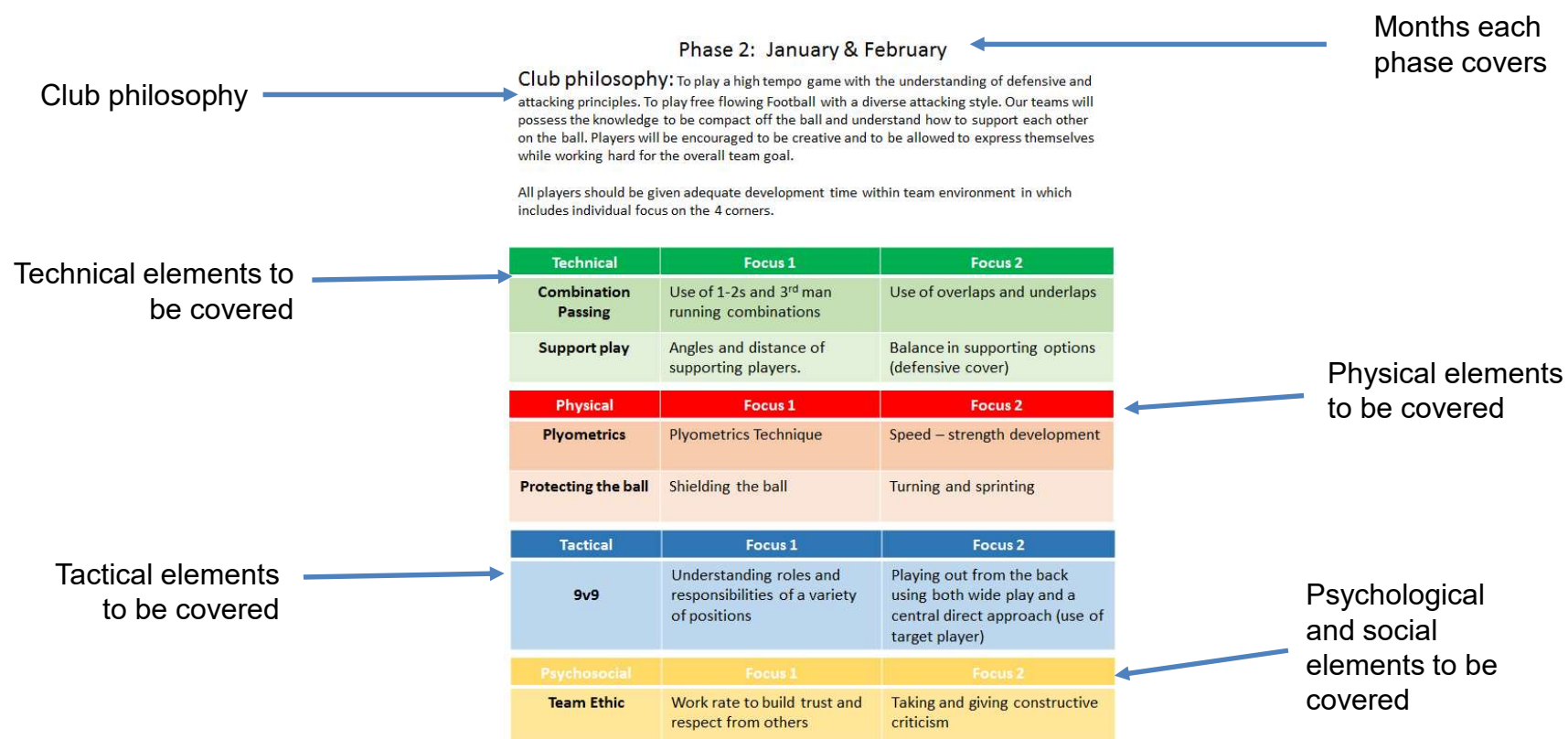
We aim to offer the best coaching environment to assist players' personal development in football. This is achieved by coaching the players through a program where they will be challenged in line with The FA's 4 Corner Model (technically, physically, psychologically and socially).



The Curriculum



- Our curriculum is split into 3 phases throughout the season and is modified to suit the needs of each specific group of players. We look to cover all aspect of the FA's 4 corner model



Schedule



WATFORD LADIES ACADEMY

| GIRLS ACADEMY SCHEDULE | | | | | |
|------------------------|---------|---------|-----------|----------|---------|
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 1:00 PM | LEC4-MO | LEC4-TU | LEC4-WE | LEC4-TH | LEC4-FR |
| 1:15 PM | Lunch | | MATCH | Lunch | Lunch |
| 1:30 PM | Lunch | Lunch | MATCH | Lunch | Lunch |
| 1:45 PM | Lunch | Lunch | MATCH | Lunch | Lunch |
| 2:00 PM | LEC5-MO | LEC5-TU | MATCH | LEC5-TH | LEC5-FR |
| 2:15 PM | LEC5-MO | LEC5-TU | MATCH | LEC5-TH | LEC5-FR |
| 2:30 PM | LEC5-MO | LEC5-TU | MATCH | LEC5-TH | LEC5-FR |
| 2:45 PM | LEC5-MO | LEC5-TU | MATCH | LEC5-TH | LEC5-FR |
| 3:00 PM | | | MATCH | | |
| 3:15 PM | TRA-MO | TRA-TU | MATCH | | TRA-FR |
| 3:30 PM | TRA-MO | TRA-TU | MATCH | | TRA-FR |
| 3:45 PM | TRA-MO | TRA-TU | MATCH | | TRA-FR |
| 4:00 PM | TRA-MO | TRA-TU | MATCH | | TRA-FR |
| 4:15 PM | TRA-MO | TRA-TU | MATCH | | TRA-FR |
| 4:30 PM | TRA-MO | TRA-TU | MATCH | | TRA-FR |
| 4:45 PM | TRA-MO | TRA-TU | MATCH | | TRA-FR |

EDUCATION
TRAINING

<- 45min Block

<- 1 hr Block

<- 1 hr 45min Block

Training will sync with current school schedules

- Training will run from 3.15pm to 5pm on Mondays, Tuesdays and Fridays
- Matchdays Wednesday afternoons inline with school programme

Competitive Setup



English Colleges FA Leagues and Cup Info National Premier League

The ECFA National Premier League represents the best of college football and its philosophy is to provide the highest quality national league competition for 16 to 19-year-olds.

For the 2020/21 season, the ECFA Women's Premier League will have "group" stages replacing the traditional league structure.

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Championships Leagues

Championships and Regional league operate at a regional and sometimes sub-regional level. As part of our ECFA Regional League offer, some regions offer pan-disability football competitions. These leagues are usually played on a monthly basis in a festival format.

ECFA Cup Competitions

- Women's Premier Cup (for colleges in the Premier League and Championships)

Outstanding History of Success



**We don't just talk about
developing great footballers
and pushing them to the
highest level.....**

We do it

Recent Successes



Friday 21 April 2017

8+1

CAREER

Domestic Leagues Domestic Cups International Cups National Team

| Season | Team | Comp | Pl | W | D | L | GF | GA | GD | Pts |
|-----------|--------------|------|------------|----------|----------|----------|----------|----------|----------|----------|
| 2017/2018 | Watford | WS2 | 383 | 5 | 4 | 1 | 1 | 1 | 0 | 0 |
| | Total | | 383 | 5 | 4 | 1 | 1 | 1 | 0 | 0 |

MATCHES OF T. POOLE

< Previous Next >

All Domestic Leagues Domestic Cups International Cups National Team

| | | | | | | | |
|-----|----------|-----|------------------|--------------|--------------------|---|---|
| Sun | 29/04/18 | WS2 | Watford | 0 - 4 | Millwall Lionesses | + | i |
| Sun | 22/04/18 | WS2 | Watford | 0 - 4 | London Bees | + | i |
| Sun | 15/04/18 | WS2 | Sheffield | 4 - 0 | Watford | + | i |
| Sat | 31/03/18 | WS2 | Doncaster Belles | 3 - 1 | Watford | + | i |
| Sun | 25/03/18 | WS2 | Watford | 0 - 3 | Aston Villa | + | i |

WATFORD SQUAD

| | | |
|-------------------|-----|--|
| K. McCarthy | 30 | |
| M. McKeag | 28 | |
| S. Munnelly | | |
| V. Neal | | |
| T. Poole | | |
| E. Richards | | |
| Midfielder | Age | |
| L. Bell | | |

Tyra Poole reacts to her debut

Currently playing for Watford FC Ladies – First | Team
Ex Watford Ladies FC Youth

Recent Successes



Monday 6 March 2017

g+1

0

f Share

0

t Tweet

0

Sinead Carroll Impresses

Development team sign Sinead Carroll from Watford Youth setup...

THE LINK between Watford Ladies and the Youth club was clear to see following the successful signing of Sinead Carroll to our Development team.

The young player impressed in a recent trial held by the Development side, and made her debut a couple of weeks ago in the Development

International Success



28/02/17

**MANCHESTER CITY WFC
GOALKEEPER MARIE
HOURIHAN HAS RECEIVED A
CALL UP TO THE REPUBLIC OF
IRELAND'S SQUAD TRAINING**

- Ex Watford Ladies FC Youth

International Success



Helen Ward



Personal information

| | |
|------------------|--------------------------------|
| Full name | Helen Jane ^[1] Ward |
| Date of birth | 26 April 1986 (age 32) |
| Place of birth | Brent, England |
| Playing position | Striker |

Senior career*

| Years | Team | Apps (Gls) |
|-------|--------------------------------|------------|
| –2009 | Watford Ladies | |

- Ward began her career with 14 years at Watford Ladies where she was a prolific goal scorer and team captain.

