# **WELCOME BACK!**



#### **FUN AND FRIENDS**





Get back to the pitch and meet with your friends. Important to enjoy the time spent at the club.



# AT YOUR OWN PACE

Different players have had different lockdown experiences. Everyone can achieve and get involved at their own pace.





# **I BELONG** to my team and to my

club. You can be delighted to be back.



# **LISTEN AND TALK**

Keep communicating with your teammates and coaches. Encourage each other as everyone returns.





#### **TEAMMATES**

Your friends and teammates will want to hear how your last few months have been. Take time to chat.



#### **ENJOY YOURSELF**

Make sure you enjoy yourself at training. Lockdown wasn't much fun. Enjoy every second of being back with teammates.





#### **ATTITUDE**

challenge yourself. It's all

about attitude!

You can do it. You can play football. You can have fun and you can





# **RETURN TO ACTIVITY**



Many players may feel they were not as active during lockdown but do not let that put you off.





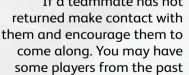




Everyone will start again together.

Remember we couldn't

If a teammate has not

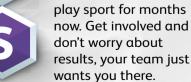


who would like to join too.





### INVOLVEMENT









Never be afraid to ask for support when you return to the pitch. This can be support from your coaches or peer to peer with your teammates.



