

WELCOME BACK!

FUN AND FRIENDS



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



AT YOUR OWN PACE



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



I BELONG



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to my team and to my club. You can be delighted to be back.



LISTEN AND TALK



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



TEAMMATES



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



ENJOY YOURSELF



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



ATTITUDE



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You can do it. You can play football. You can have fun and you can challenge yourself. It's all about attitude!



RETURN TO ACTIVITY



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Many players may feel they were not as active during lockdown but do not let that put you off. Everyone will start again together.



ALTOGETHER NOW



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If a teammate has not returned make contact with them and encourage them to come along. You may have some players from the past who would like to join too.



INVOLVEMENT



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Remember we couldn't play sport for months now. Get involved and don't worry about results, your team just wants you there.



SUPPORT



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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.