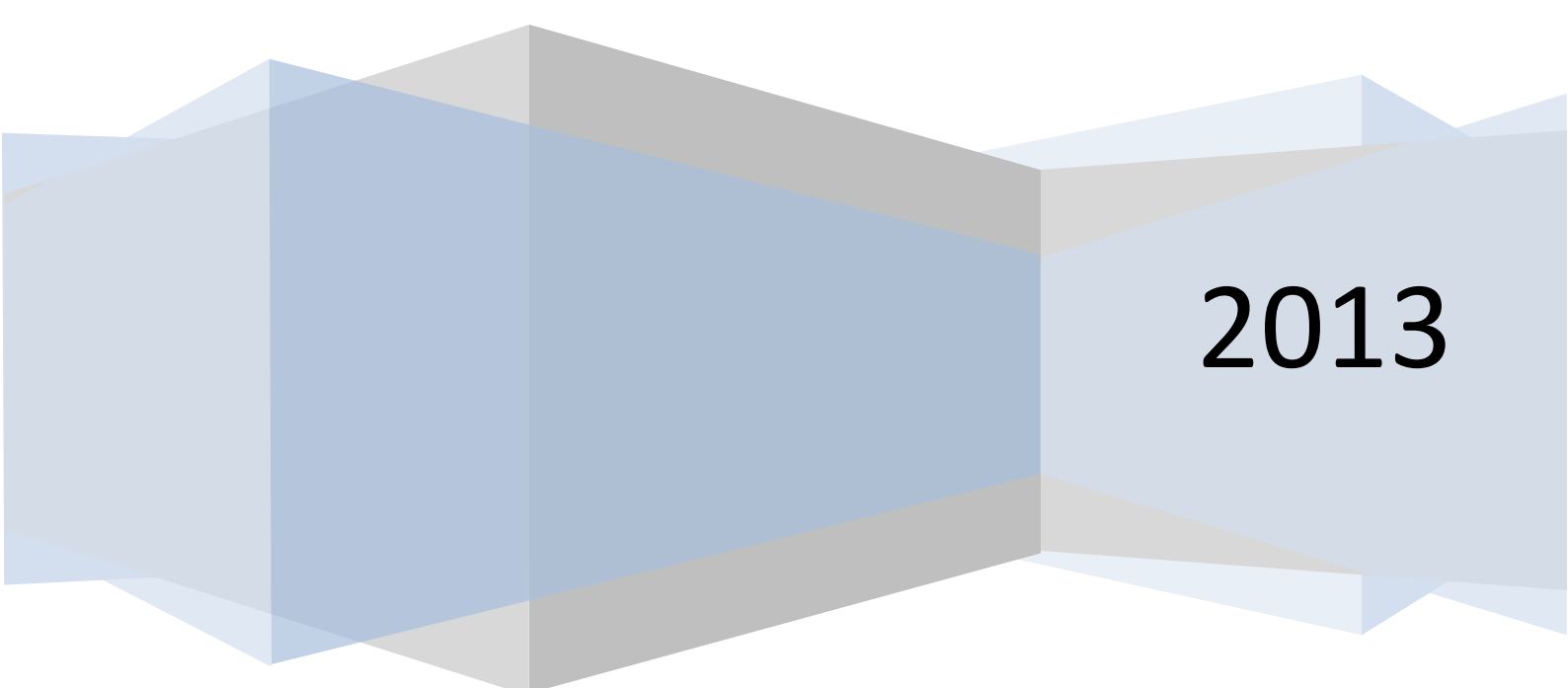


Dads and Lads Sports Club

Annual Report

'Education through Recreation'

An abstract graphic at the bottom of the page consisting of several overlapping, semi-transparent geometric shapes in shades of blue and grey, creating a 3D effect. The shapes are angular and layered, with some appearing to be in front of others.

2013

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Note from the Chairman

Dads and Lads is a community based organisation that was started in 2001 in the London borough of Newham in east London by Keith Rochester and Tony Davis. Newham has one of the most culturally and ethnically diverse populations in the UK, with areas of severe deprivation and a younger age profile than the national average. Over the years we have extended our reach to neighbouring boroughs and parts of Essex, many of which share similar characteristics to Newham. Parts of east London are notorious for their gang culture, and young people in this

area are perpetrators and victims of crime and anti-social behaviour.

'We use sport and a programme of workshops to build the confidence and development of youngsters so they can resist some of the negative influences around them.'

We use sport and a programme of workshops to build the confidence and development of youngsters so they can resist some of the negative influences around them; getting their parents¹ involved can be a crucial part of this.

We have stayed true to our initial aim to encourage parents - especially fathers who may not be living

with their children - to get more involved with their sons' development through activities such as football. Mothers and girls increasingly take part in Dads and Lads football activities too. Over the years we have developed complimentary activities such as mentoring and workshops to help young people gain the confidence and skills to tackle some of the challenges in their lives, but sport is the main way we get through to these youngsters. We continue to be run by volunteers, people from the local community who willingly give up their free time to coach the teams and to help in other ways.

Until 2015,

Keith Rochester
Chairman, Dads & Lads

¹ The term "parent" also includes guardians and carers

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1. Progress and achievements in 2013

We have made steady progress this year. In 2013 about 90 youngsters benefitted from weekly football training sessions and matches, mainly playing as "Newham Warriors". The activity keeps them fit and healthy in a competitive but well-monitored environment and engaged in an activity that keeps them off the streets. The sessions are located near one of the so-called 'congregation points' in Forest Gate - Woodgrange Road. We have also increased our weekly training sessions at a youth zone attached to a local secondary school. It meets the demands of another part of Newham (Manor Park), but also extends the learning of our current players. We accommodate children whose only physical activity is what we offer at the youth club as well as young girls wanting to join the sessions.

Children between 7 and 11 are now attending our training sessions. Parents have been seeking an activity for their children to work on socialising, coordination and physical development. We are now using the services of a young female coach who has a degree in sport and fitness to train the younger members. With this new tranche of participants we have adapted our sessions so that it is easier for them to take part. This is their first experience of playing organised sport and they are keen to share pitches with people who are older than them. The more confident ones play in the matches at the end of sessions while the others have matches amongst themselves, supervised by our female coach. The parents leave them with us and we report back to them on their progress.



'Parents have been seeking an activity for their children to work on socialising, coordination and physical development.'

One of our other coaches has recently successfully completed his level 1 course. We are intending to send him and our other coaches on a level 2 course to increase their earning potential.

One of our former players, Nathan Okoye, who left us two years ago to sign scholarship forms with Cardiff City, has been back to do some coaching with our younger players as well as sharing his experiences at Cardiff.

We are constantly getting enquiries from parents wanting their children to be involved with us. The internet has been the most common way parents have found out about us. We are creating two new teams next season due to demand; additionally, we are in negotiations with a senior team so that we can extend the footballing experience of young adults.

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At our midweek training session, we accommodate children whose only physical activity is what we offer at the youth club attached to the secondary school in Manor Park. We have three young girls who regularly attend and who want to join the sessions. The girls are encouraged to train with the boys. Their initial reservation has long disappeared and we have noticed a change in their attitude as they are gaining more confidence and an eagerness to participate.

Our under 13s team finished their season in fourth place in the East London and Essex (ELE) league. This is a significant improvement compared to last season, where they finished near the bottom. The improvement can be contributed to the addition of an extra training day, the confidence instilled into players by the coaches resulting in their improvement and having more players competing against each other for places giving the squad a competitive edge. There is also a mix of schools which helps with integration and a good representation of the reach our organisation has.

Our under 16s finished their season in 7th position in the Eastern Junior Alliance (EJA) playing under the name Tower Hamlets FC. Although this is disappointing, it was their first season in a more challenging, competitive and demanding league. They had to change their style of play as they were playing against semi-professional teams who were more established than they were; they will learn to adapt next season through more thorough and specialised coaching.

There are fuller progress reports from the under-13s and under 16s coaches at the end of this report. Special thanks goes out to Club Manager Neville Haynes for keeping us informed of developments during the season and to all of our coaches: Paul Clarke, Tony Davis, Colin Cornelius, Daniel John, and Andrew Powell; without your devotion and loyalty we wouldn't be where we are now.

The only problem we encountered was not being able to follow through on working with the Safer Schools Initiative during the Easter period at a housing estate in Manor Park. The police officers we were due to work with were unable to commit to the sessions as they had a conflicting INSET at the same time. We are hoping to work with them, as well as putting on a series of workshops with them during the summer of 2014. However, in order to fill this gap we arranged a mini tournament involving our two current teams playing other teams, with trophies and refreshments provided.

Our intention to run workshops in the second half of 2014 under the heading "Challenging Youth Crime", by using sport as the means to get the youngsters through the door remains another of our aims.

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2. Relationship with the Swan Foundation

The Swan Foundation, which is the charitable arm of the Swan Housing Group, has supported Dads and Lads financially for a number of years. This year we successfully applied for a further grant of £18,000 for our 2014 activities. However, we only received half of this amount (in early 2014) as they had to be satisfied that plans were put in place to us becoming a charitable organisation and that we were able to sustain funding without their continued support. We were unable, however to receive the second tranche owing to the Foundation having limited resources. The Foundation's response has also prompted Dads and Lads into formalising its structure (see Governance and Management below).

Our grateful thanks go to Swan for this continuing support and especially to Pam Brown and Perryn Jasper, head of the Foundation and the project manager respectively, who have always strongly championed our cause. Stephen Timms MP also receives our thanks as he introduced us to the Foundation back in 2010.

3. Governance and Management

Dads and Lads Sports Club continues to be run on an informal basis with Keith Rochester as Chairman of our Management Committee, Tony Davis as the Secretary and Vice-Chair and Rupert Nelson as Treasurer. The parents of the youngsters who play for us, as well as the youngsters themselves, have always had the opportunity to have their say in what

'In 2014 we will therefore be applying to Government to be registered as a Community Amateur Sports Club (CASC).'

Dads and Lads Sports Club does and how we do it. This informal approach has worked well for us up to now but it has always been our objective to formalise the organisation to get us into better shape for attracting more financial support. The fact that Swan Foundation has made it a condition of their grant has galvanised us into action.

In 2014 we will therefore be applying to Government to be registered as a Community Amateur Sports Club (CASC). We will formalise the way we run the organisation, including writing a new governing document to be approved by all members; clarifying who sits on the Management Committee, its role and how people can be voted onto it; and giving everyone who pays a subscription the right to vote at member meetings. We will keep the name of Dads and Lads since it is well recognised locally and we know from experience that this does not present a hurdle to girls getting involved too. The formal name we are going for is Dads and Lads Sports Club and our plan is to broaden the range

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of sports we offer to include cricket and netball as well as football. The Government is very clear that any club that gets CASC status has to be open and accessible to all, so this fits well with the way we have operated since 2001. Although our status will be more formal, our community-based approach will not change and we will continue to rely on volunteers.

We would like to say a special thank you to Erica Zimmer and her husband Peter Waller. Stephen Timms MP recommended them to us to guide us in our desire to become a CASC organisation. They have skilfully steered us in the right direction.

4. Football Review for Dads and Lads - under 13's

The football season started in September 2013, in the (ELE) East London & Essex Junior football league. Pre-season we (players & management) set out our individual and team targets for the season which would be reviewed at the end of the Season. We finished the league in 4th place in March 2014. Our record was: **P16; W8; D1; L7; GF 50; GA 55; GD -5; Pts 25.**

Team target: to finish in the top half of the table: Achieved 4th position.

Individual goals targets: set specific targets for the number of goals scored during the season: many of the players passed their goal tally they set themselves.

The season was a good learning experience for all our players, on how they need to improve their performances, working on and to strengthen their bonding and unity as a team and also as individuals. We welcomed a number of new players which improved the squad significantly.

This was a new experience for me, as head coach and being in charge of the team. As head coach I also had to develop and gain tactical knowledge as well as a wider more in-depth and personal knowledge of the team and the players. This was greatly helped by coach, Tony Davis, who has guided and mentored me throughout the season.

The season had its fair amount of mixed moments. They ranged from momentous wins against Clissold Rangers and Pro Elite Sport; to hard fought games against more attack minded and well organised teams Walthamstow Wolves and Eastside Rangers. As a team we had to cope and deal with the daunting task of facing bigger/taller/better/stronger opposition, reduced team members (due to players not showing up). Also coping with the demands of general physical fitness, it strengthened the resolve amongst the players and team as a whole. We have felt that the team coped well and the desire to try to do their best individually and as a team remains strong.

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Just like the under 16s, I also had to experience the lack of support from some parents who didn't attend games. Special mention goes out to the parents who regularly attended such as Harvey Jones, Lisa Harney and Neil Zakiewicz. Moving forward, we would like to improve/encourage/ get more parents involved to come see games and to support their child.

There are a few players who have greatly improved socially since last season and are finding their feet as well as their voices. Though the team has had members leave and or join us, the balance and commitment hasn't. The main core of players has embraced the changes and new players, in helping them settle in. At the teams request we set up extra training sessions for midweek, in which players are benefiting from. The extra sessions have been a major factor in where we finished the season.

As a whole the season 2013/14 was a productive one and a learning curve for the team and myself as the head coach. The under 13s are still learning how to be more disciplined with regards to physical/health requirements. They are making steady progress in learning more about the essentials of time keeping and letting us know if they can't make training or matches. As they progress they will become more confident in facing new encounters and environments and learning how to deal with criticisms, difficult and challenging situations.

I would like to think that for the new season the under 13s can continue to improve themselves. We aim to encourage them to be positive and to finish higher than fourth. Their continued development can only serve well for the future of Dads and Lads as a sport club.

Paul Clarke, Head Coach under 13s

5. Football Review for Dads and Lads - under 16s

The football season started in September 2013, when our under 16s entered a new league - The Eastern Junior Alliance. This is a semi-professional league covering parts of Essex, such as Southend, Romford as well the east and north London area.

The under 16s previously played in the Echo League which is a normal Sunday league based in Essex. The team found the transition from Sunday league to semi-pro football difficult.

'They had to get used to the higher level of physical fitness, better quality of players, greater football skills and tactical requirements.'

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They had to get used to the higher level of physical fitness, better quality of players, greater football skills and tactical requirements. Some of the players found the changes at times quite startling. There was a dress code required which meant they had to wear a team track-suit or white shirt and black trousers at home and away games. Failure to do so would result in a financial penalty of £10 to the player.

Our under 16s also had to get used to playing in a floodlit stadium with large crowds in attendance and travelling longer distances to games. In a Sunday league you turn up, play and leave. So adjusting to the professional demands of the new league, they found quite difficult in the interim. This was a learning experience for our players, manifesting in open discussions and constructive criticism amongst themselves as how to improve their performances. However this adversity helped to strengthen our bonding and unity as a team. We finished the league mid-table in March 2014.

The league was also a new experience for our manager and his coaches. We had to provide refreshments after every home match for the referees and opposition players. We also had to ensure that our home pitch was to stadium standard meaning that it could not be played in a public park for instance but in a facility where changing rooms for not only both teams but for the referees were provided. Fines could be incurred if the facilities are not up to standard. Likewise if the referees are not financially remunerated for the games he officiated. Our coach also had to develop in areas of tactical acumen and a wider more in-depth knowledge of the teams and players in the league. The manager also had to experience lack of support from parents with non-attendance both at home and away games.

Overall the season had some high and not so positive moments. I felt the adversity they faced strengthened the bonding and unity amongst the players and team as a whole. However as a whole the season was productive as a learning curve. The under 16s learnt how to be more disciplined about physical/health requirements. They learnt more about the essentials of time keeping and working as a team. They became more confident in facing new encounters and environment and learning how to deal with criticism.

We hope the under 16s approach the new season with more confidence and belief. This can only be positive for them as the bonding and togetherness the team has developed can only serve well for the future of Dads and Lads as a sport club.

Keith Rochester, Chairman Dads and Lads and Head Coach under 16s

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6. Financial report

Dads and Lads: receipts and payments January 01, 2013 – December 31, 2013

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Total funds to the nearest £
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Receipts

Sponsorship & donations	0	-	0
Grants (London Borough of Newham)	250	-	250
Subscriptions	2,610	-	2,610
Total receipts	2,860	-	2,860

Payments

Workshops	0	-	0
Transport (to and from matches)	365	-	365
Kit	0	-	0
Equipment	0	-	0
Match fees	105	-	105
League Registrations	1,047	-	1,047
Coaching	0	-	0
Swan Foundation ⁽¹⁾	4,600	-	4,600
Web-site	224	-	224
Fines ⁽²⁾	200	-	200
Telephone	35	-	35
Trophies	120	-	120
Hospitality ⁽³⁾	280	-	280
Bank charges	70	-	70
Total payments	7,046	0	7,046

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Net of receipts/ payments	(4,186)	0	(4,186)
Cash funds January 01, 2013	4,622	0	4,622
Cash funds December 31, 2013	436	0	436

Notes:

- (1) surplus funds from Poplar Project returned to Swan Foundation as the project did not happen
- (2) matchday fines accumulated by players during the course of the season
- (3) provision of match day refreshments for officials and visiting teams

Assets and Liabilities: assets (sports kit) are valued at about £350; there are no liabilities.

7. In memoriam: Champion Ganda

It is with great sadness that we record here the death in May 2013 of Champion Ganda, one of our former players, who was fatally stabbed. This had a major impact on Dads and Lads and has reinforced the importance of what we do. We do not want Champion's death to have been in vain. We believe that our activities will contribute to reducing criminal and anti-social behaviour and increasing community participation. We send our sincere condolences to Champion's family and friends.