



PARENT HANDBOOK

Everything you need to know before joining **GLDSPNK GK Academy**.

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Academy at a Glance

Welcome to GLDSPNK GK Academy. We provide specialist goalkeeper coaching in a fun, professional and player-centred environment, helping goalkeepers of all abilities develop confidence, technical ability and a genuine love for the position.

Venue	Fincham Memorial Hall High Street Fincham King's Lynn PE33 9EJ
Session Duration	45 Minutes
Arrival Time	Please arrive at least 10 minutes before your scheduled session.
Memberships	Development Membership, Academy Membership, Performance Membership and Ad-Hoc 1-to-1 Coaching.
Academy Top	Every registered goalkeeper receives an official GLDSPNK GK Academy Training Top.
Payments	Memberships are paid monthly using our invoicing and payment system. Performance Memberships may also be paid monthly. Ad-Hoc 1-to-1, Development & Academy sessions are payable per session however, goalkeepers with memberships have priority over slots.
Email	gldspnk@gmail.com
Facebook	GLDSPNK GK ACADEMY

Our Philosophy

Every goalkeeper develops at their own pace. Our coaching is designed to provide structured, enjoyable and progressive sessions that build confidence while developing the technical, tactical, physical and psychological aspects of modern goalkeeping.



Welcome



Welcome to GLDSPNK GK Academy.

Thank you for placing your trust in us and becoming part of our goalkeeper community. Whether your child is taking their very first steps in goal or looking to develop their game further, our aim is to provide a safe, enjoyable and professional environment where every goalkeeper can grow with confidence.

Every session is carefully planned with long-term development in mind. We believe goalkeeper coaching should be structured, engaging and challenging while always ensuring players leave each session with a smile and a desire to keep improving.

Communication, professionalism and player welfare are at the heart of everything we do. This handbook has been created to provide you with all the information you need as a member of GLDSPNK GK Academy.

James Goldspink
Founder & Head Goalkeeper Coach

"Developing Confident Goalkeepers."



About GLDSPNK GK Academy

Our Story

GLDSPNK GK Academy was founded with one simple aim — to provide specialist goalkeeper coaching in a professional, enjoyable and supportive environment. After more than 20 years of playing experience in the position and progressing into goalkeeper coaching, I wanted to create an academy where every goalkeeper receives the attention, coaching and encouragement they deserve, regardless of their starting ability.

Our Coaching Philosophy

We believe every goalkeeper develops at their own pace. Our sessions are structured to build confidence first, followed by strong technical foundations and progressive game-realistic coaching. Every session has a purpose, every goalkeeper has a development pathway and every player is encouraged to enjoy learning one of football's most demanding positions.

Mission

To provide specialist goalkeeper coaching that develops confident, technically capable goalkeepers through structured, enjoyable and player-centred coaching.

Vision

To become West Norfolk's leading specialist goalkeeper academy, recognised for developing confident goalkeepers within a professional and positive environment.

Experience

20+ years playing experience within Charlton Athletic Academy, Leyton Orient Academy, FA Youth Cup Experience, as well as first team training environments at AFC Hornchurch & Billericay Town FC to name a few. Current Goalkeeper Coach at Gayton United FC, DBS Checked, FA Safeguarding, FA Emergency First Aid and FA Introduction to Football qualified.

Our Commitment

To provide safe, enjoyable and progressive coaching where every goalkeeper is challenged, supported and encouraged to become the best version of themselves.

Our Core Values

Professionalism

Development

Confidence

Respect



Membership Pathways

Choose the pathway that best suits your goalkeeper's age, experience and ambitions. Every membership includes a weekly 45-minute coaching session and is intentionally limited to maintain our coaching standards.

Development

£36 / month

≈ £9 per session

Ratio

1 Coach : 6 Goalkeepers

Age Groups

Mini (6–8)

Youth (9–11)

Junior (12–14)

Focus

Confidence, handling, footwork and goalkeeper fundamentals.

Includes

- Academy Training Top
- Guaranteed Weekly Place
- Structured Curriculum
- Priority Holiday Camps

Academy

£72 / month

≈ £18 per session

Ratio

1 Coach : 3 Goalkeepers

Age Groups

Youth (9–11)

Junior (12–14)

Senior (15–16)

Focus

Higher intensity coaching with greater technical detail and repetitions.

Includes

- Academy Training Top
- Guaranteed Weekly Place
- Structured Curriculum
- Priority Holiday Camps

Performance

£130 / month

≈ £32.50 per session

Ratio

1 Coach : 1 Goalkeeper

Age Groups

All Ages (6+)

Focus

Fully personalised coaching with an Individual Development Plan.

Includes

- Academy Training Top
- Guaranteed Weekly Slot
- Individual Coaching Plan
- Priority Holiday Camps

Ad-Hoc 1-to-1

£40 / session

One-off booking

Ratio

1 Coach : 1 Goalkeeper

Age Groups

All Ages (6+)

Focus

Standalone specialist coaching without a monthly commitment.

Includes

- 45 Minute Session
- Book As Required
- Subject to Availability
- No Membership Perks

Choosing the Right Membership

Development Membership is ideal for goalkeepers building their confidence and learning the fundamentals. Academy Membership is suited to goalkeepers ready for smaller groups and more intensive coaching. Performance Membership provides a dedicated weekly 1-to-1 programme, while Ad-Hoc 1-to-1 sessions offer flexible specialist coaching without committing to a monthly membership.



Weekly Timetable

Our weekly timetable has been carefully designed to provide structured goalkeeper coaching while allowing time between sessions for parent feedback, player discussions and smooth group transitions.

Monday

18:00 – 18:45 **Development**
Mini Keepers (6–8)

18:45 – 19:00 *Parent Debrief & Group Changeover*

19:00 – 19:45 **Development**
Youth Keepers (9–11)

Tuesday

18:00 – 18:45 **Development**
Junior Keepers (12–14)

18:45 – 19:00 *Parent Debrief & Group Changeover*

19:00 – 19:45 **Academy**
Youth Keepers (9–11)

Saturday

09:00 – 09:45 **Academy**
Junior Keepers (12–14)

09:45 – 10:00 *Parent Debrief & Group Changeover*

10:00 – 10:45 **Academy**
Senior Keepers (15–16)

10:45 – 11:00 *Parent Debrief & Group Changeover*

11:00 – 11:45 **Performance / Ad-Hoc 1-to-1**

11:45 – 12:00 *Parent Debrief & Group Changeover*

Please Note

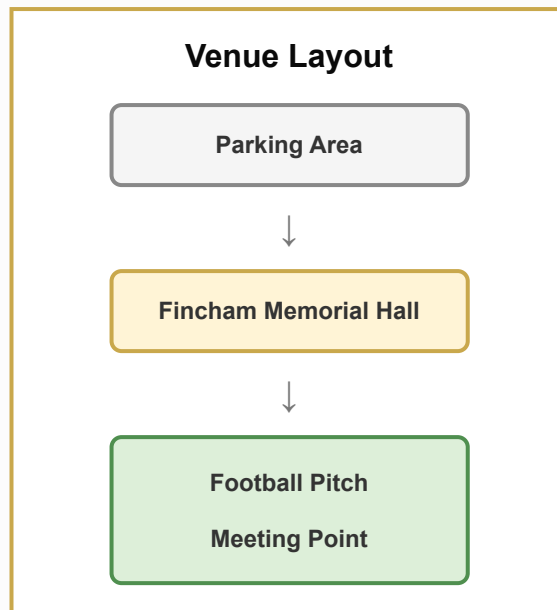
Goalkeepers should arrive at least **10 minutes before** their scheduled session to allow time for registration and preparation. As GLDSPNK GK Academy continues to grow, session times and additional training groups may be introduced to accommodate demand while maintaining our coaching standards.



Venue Information

All GLDSPNK GK Academy sessions take place at Fincham Memorial Hall. Please ensure you arrive at least 10 minutes before your scheduled session to allow time for registration and preparation.

Venue	Fincham Memorial Hall
Address	High Street Fincham King's Lynn PE33 9EJ
Parking	Free on-site parking is available. Due to other clubs and groups using the hall, vehicles should be parked on the designated field parking area when required.
Meeting Point	Please meet on the football pitch ready for registration.
Arrival	Please arrive at least 10 minutes before your session begins.
Toilets	Toilet facilities are available inside the hall.
Refreshments	Please bring your own drink to every session.
Spectators	Parents and guardians are welcome to remain and watch all coaching sessions.
Footwear	Football boots suitable for natural grass pitches should be worn.



Please Note

Player safety is our priority. Please supervise children until they have registered with the coach and have entered the training area. At the end of each session, children should only leave once collected by their parent or guardian.



What to Bring

Arriving prepared helps every goalkeeper get the most from each session. Please ensure the following items are brought to every training session.

Essential Items

- ✓ Football boots suitable for a natural grass pitch.
- ✓ Goalkeeper gloves.
- ✓ Water bottle.
- ✓ Suitable sports clothing.
- ✓ Official GLDSPNK Academy Training Top (once issued).

Additional Information

- ✓ Dress appropriately for the weather conditions. Waterproofs, base layers and extra clothing are recommended during colder months.
- ✓ Parents should ensure all required medication (such as inhalers or EpiPens) is brought to every session and that a completed medical form has been submitted.
- ✓ All jewellery must be removed before training begins wherever possible.
- ✓ Mobile phones should remain with parents where possible. If a parent leaves the venue, they must keep their phone switched on for emergency contact.
- ✓ Chewing gum is not permitted during sessions due to the risk of choking.
- ✓ Players are welcome to label gloves, bottles and clothing with their name.
- ✓ Any valuables brought to training remain the responsibility of the goalkeeper and parent/guardian.

Reminder

Training sessions will continue in most weather conditions unless they are deemed unsafe by the coaching staff. The better prepared a goalkeeper is, the more they will get from every session.



Membership & Payments

Our memberships have been designed to provide consistent, high-quality goalkeeper coaching throughout the year. Monthly memberships secure your goalkeeper's place within their allocated training group and allow us to maintain small coaching ratios and professional coaching standards.

Monthly Payments	Memberships are paid monthly through our secure online invoicing and payment system. Invoice dates will be confirmed when your membership is created.
First Payment	Your first invoice must be paid before attending your first official coaching session.
Membership Place	Your monthly membership guarantees your goalkeeper's place within their allocated weekly training session.
Performance Membership	Performance Membership is invoiced monthly and includes one dedicated weekly 1-to-1 coaching session.
Ad-Hoc 1-to-1	Standalone 1-to-1 sessions must be paid in full before the coaching session takes place.
Late Payments	If payment has not been received by the due date, a friendly reminder will be issued. A reasonable grace period will always be given and, where necessary, we will work with families to find a suitable solution. Should payment remain outstanding without communication, membership may be temporarily paused until payment has been received.
Missed Sessions	If a goalkeeper is unable to attend, we will always try to offer an alternative session where possible. If this cannot be accommodated, a credit may be applied to the following month's invoice at the academy's discretion.
Membership Cancellation	Please provide at least 30 days' notice if you wish to cancel your membership. This allows us to manage waiting lists and offer places to other goalkeepers.
Refund Policy	Membership fees are non-refundable once paid, except in exceptional circumstances at the discretion of GLDSPNK GK Academy.
Holiday Camps & Events	Holiday camps, clinics, workshops and academy events are invoiced separately and are not included within monthly membership fees unless otherwise stated.

Our Commitment

Our aim is to work with families wherever possible. We understand that circumstances can occasionally change, and we pride ourselves on being approachable, understanding and fair while ensuring the long-term sustainability of the academy and maintaining the high standards expected by every goalkeeper and parent.



Attendance & Cancellations

Regular attendance is one of the most important factors in a goalkeeper's long-term development. Consistency allows players to build confidence, develop new skills and progress through the academy's coaching pathway.

Unable to Attend	Please let us know as early as possible if your goalkeeper is unable to attend a session. The more notice we receive, the greater opportunity we have to offer the space to another goalkeeper.
Contact Methods	You can notify the academy by email, Facebook Messenger or any future academy communication platform.
Academy Cancellations	If a session has to be cancelled due to severe weather, pitch conditions, coach illness or other unforeseen circumstances, we will always aim to rearrange the session or provide an appropriate credit where possible.
Weather	Sessions will continue in most weather conditions and will only be cancelled where conditions are considered unsafe by the coaching staff.
Holidays	If your goalkeeper is unavailable due to holidays or other commitments, we appreciate being informed in advance wherever possible.
Late Arrival	If you are running slightly late, please let us know where possible. We will always do our best to involve your goalkeeper in the session safely and as quickly as possible.
Collection	Parents and guardians should remain at the venue where possible and must collect their goalkeeper promptly at the end of every session.
Attendance	If attendance becomes consistently poor without communication, we may contact you to discuss whether the current membership remains suitable for your goalkeeper.

Consistency Builds Confidence

Goalkeeper development is built through regular practice and repetition. Attending sessions consistently gives every goalkeeper the greatest opportunity to improve, build confidence and enjoy their football in a structured learning environment.



Health & Safety

The safety and wellbeing of every goalkeeper is our highest priority. We are committed to providing a safe, positive and enjoyable environment where players can develop with confidence while parents have peace of mind.

Qualified Coach	Sessions are delivered by a coach who is Enhanced DBS Checked and holds current FA Safeguarding and FA Emergency First Aid qualifications.
Medical Information	Parents and guardians must ensure all medical information is completed accurately and kept up to date at all times.
Existing Injuries	Please inform the coach of any injuries, illnesses or concerns before every session, even if they appear minor.
Emergency Medication	Parents are responsible for ensuring any required medication, including inhalers and EpiPens, is available at every session.
Accidents	Any accident or injury occurring during a session will be dealt with appropriately and recorded where necessary.
Behaviour & Safety	Unsafe behaviour that places the goalkeeper or others at risk may result in the player being removed from part or all of the session.
Emergency Contact	A parent or guardian must remain contactable throughout the duration of every coaching session.
Weather	Sessions will continue in most weather conditions. If conditions become unsafe, coaching will stop immediately and parents will be informed.

Our Commitment

Every decision made by GLDSPNK GK Academy places player welfare first. We encourage open communication between parents, players and coaches to ensure every goalkeeper can train in a safe, supportive and enjoyable environment.



Parent Code of Conduct

Parents and guardians play a vital role in creating the positive environment that makes GLDSPNK GK Academy a great place to learn. By working together, we can provide every goalkeeper with the best possible experience both on and off the pitch.

Supporting Your Goalkeeper

- ✓ Encourage effort, learning and enjoyment above winning or perfection.
- ✓ Respect every goalkeeper, regardless of ability.
- ✓ Allow the coach to coach during sessions.
- ✓ Promote confidence, respect and good sportsmanship.
- ✓ Arrive on time and collect your goalkeeper promptly after training.

Working Together

- ✓ Keep all contact and medical information up to date.
- ✓ Raise any concerns privately with the coach rather than during a session.
- ✓ Photography for your own child is welcomed where appropriate and does not impact coaching or the privacy of others.
- ✓ Please avoid posting negative comments about players, parents or GLDSPNK GK Academy on social media.
- ✓ Treat everyone involved with kindness, patience and respect.

Our Shared Commitment

By registering with GLDSPNK GK Academy, parents and guardians agree to support these standards and help us create a safe, enjoyable and professional environment for every goalkeeper. Working together allows us to provide the highest possible experience for every player and family.



Photography & Social Media

Photographs and videos help us celebrate goalkeeper achievements, showcase academy life and promote GLDSPNK GK Academy. Safeguarding and player welfare will always remain our highest priority.

Academy Photography

- ✓ Photographs and videos may be taken during coaching sessions for academy promotion.
- ✓ No goalkeeper will be photographed or featured unless a parent or guardian has completed and agreed to the academy's media consent section during registration.
- ✓ If consent is not provided, we will ensure the goalkeeper is not intentionally included in academy photography or promotional media.
- ✓ Parents may withdraw or change their media consent at any time by contacting GLDSPNK GK Academy.

Social Media & Parent Photography

- ✓ Academy media may be used on Facebook, Instagram, our future website and printed promotional material.
- ✓ Parents are welcome to photograph or film their own goalkeeper where appropriate, provided it does not interfere with coaching or include other children without permission.
- ✓ We ask all parents to use social media respectfully and avoid posting abusive, offensive or inappropriate comments relating to players, families or the academy.
- ✓ We love seeing your **GLDSPNK** when goalkeeper's journey and **GK** sharing encourage families to tag **ACADEMY**academy moments.

Safeguarding First

Every decision regarding photography and social media is made with safeguarding in mind. The wellbeing, privacy and safety of every goalkeeper will always take priority over capturing photographs or promotional content.



Frequently Asked Questions

Below are some of the questions we are most commonly asked. If your question isn't answered here, please don't hesitate to get in touch.

Does my child need previous goalkeeping experience?

Not at all. We welcome goalkeepers of all abilities, from complete beginners to experienced players looking to develop further.

What happens if it rains?

Sessions continue in most weather conditions. Training will only be cancelled if conditions are considered unsafe, and parents will be informed as soon as possible.

Can parents stay and watch?

Yes. Parents and guardians are welcome to remain at the venue and watch coaching sessions while respecting the coaching environment.

What should my goalkeeper bring?

Football boots suitable for grass, goalkeeper gloves, a drink, appropriate sports clothing and their academy training top once issued.

What happens if my child misses a session?

Where possible we will try to offer an alternative session. If this isn't possible, a credit may be applied to the following month's invoice at the academy's discretion.

Can my goalkeeper move between memberships?

Yes. As goalkeepers develop, we may recommend moving between memberships to ensure they continue receiving the most suitable coaching.

How do I contact the academy?

You can contact us via email or through our official Facebook page. Additional communication methods may be introduced as the academy grows.

Still Have A Question?

Can't find the answer you're looking for? We're always happy to help. Please get in touch and we'll be happy to answer any questions you may have before your goalkeeper joins the academy.



Contact Us

Thank you for taking the time to read our Parent Handbook. We hope it has answered your questions and given you a clear understanding of what GLDSPNK GK Academy is all about.

We are incredibly excited to welcome you and your goalkeeper to the academy and look forward to being part of their goalkeeping journey. If you have any questions at all, please don't hesitate to get in touch.

Email	gldspnk@gmail.com
Facebook	GLDSPNK GK ACADEMY
Phone	Coming Soon
Website	Coming Soon
Instagram	Coming Soon

James Goldspink

Founder & Head Goalkeeper Coach

GLDSPNK GK Academy