

## Who are Alloa Saints Football Club?

Alloa Saints Football Club provides low cost access to football training for children and young people in Clackmannanshire. The goal of the club is to make football training accessible for all children, regardless of income. The club supply all the equipment and kits required for training and have taken part in numerous football festivals. The club has over 120 registered players, nearly 30 volunteer coaches and supports the local community by raising awareness for Chest, Heart and Stroke Scotland.



## How was the grant used?

- The grant supported the club to purchase two sets of mannequins which allows the members to train whilst minimising close contact between players for prolonged periods. They were also able to purchase a range of additional equipment required to run group sessions within Covid-19 guidelines. This included additional first aid kits, hand sanitizer and face masks.
- The club also were able to support their Team Coordinators with high visibility vests to assist in the management of the players and parents.

## What had to change due to Covid-19?

- The club adapted to the restrictions, by offering online training videos to encourage their members to continue to practice skills and support peers and friend groups to stay connected. As restrictions eased, the club were able to reintroduce sessions to their members.



*Mannequins being used to develop skills*



*Goal practice using the mannequins*

## What difference has the grant made?

- The grant has enabled the club to comply with Covid-19 guidelines from Scottish Government, Clackmannanshire Council and the Scottish Football Association and enabled training sessions to restart.
- Training sessions are now running two times per week and the club are in the process of recruiting 30 new players with the start of two new squads.
- The club have also taken on an additional six volunteer coaches to support the club's activities moving forward.

‘The main activity is obviously football but it has a wider implication not only in regard to their footballing skills but also to the mental wellbeing and health of the participants.’

*(Chairman)*

