



Club Information





Fox FC in Aid of Marie Curie Cancer Care

(Established 2009)

www.ihelped.info - www.foxfc.com
Telephone: 07787 289345 Email: Lee@ihelped.info



Club Info

The Fox Inn FC was established in 2009 the team has been set up to help raise money for the Marie Curie Cancer Care. Money made through the season will be split between the club to help with running costs and the Marie Curie Cancer Care. In our first season the Club raised £2800 for Marie Curie Cancer Care. As far as records show, we are the first team to set up a club in this nature. We hope to blitz that total every season and each year improve on the totals raised.

The Fox FC is all about helping others and supporting others. Football comes second, supporting charity comes first. The Club is not about individuals or own performances, it is about supporting each other, helping raise money for charity and being a family. To play for the Fox FC you need to be passionate about the cause and want to help in any way possible to move the club forward and promote the club. That will include attending events, supporting the team even when not selected, encouraging each other on and off the pitch and respecting each other. You will also be encouraged to gain sponsorship and support for the club.

To run a football club is not easy and we are always looking for sponsors as this helps the club establish itself for future seasons and means we can continue the good work started in 2009.

In 2011 the Club will be supporting not only Marie Curie Cancer Care but also two other charities: Help for Heroes and Guardian Angels (York Hospital Children's Ward) We hope to raise thousands for these 3 charities, but can only do that by everyone pulling together at the club and working as a team and a group rather than individuals.

We now have a new website which everyone needs to register on, www.foxfc.com all club information, results and team selections will be published on this site.



2010/2011 Season Sponsor: Glidden Trade

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Telephone: 07787 289345 Email: lee@ihelped.info Website: www.foxfc.com

Sponsored By:

Glidden Trade, Red Jester Photography, Quintal Healthcare Ltd, Clean & Dry York, Appletree Flooring, A1 Press, B&R Property, Charity Adventure, Mclean Aviation, Kitking, Stone Roses Bar York





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Club Rules

We are constantly trying to take the club forward and promote the good name of the Fox FC, therefore our team is about respect and respecting others. We can not bring the clubs name into dispute. Being part of the Fox FC is not just about football, its about what we do off the pitch too.

Bookings

The Standard booking is now £10, however if you are booked for dissent the fee is £15 – This rule is from the 20th February 2011. The club will not tolerate dissent and an extra £5 will be added to the booking. Whist I understand some games harsh tackles occur, this is part and parcel of football and being a physical game. However mouthing off is not and needs stamping out. Sending off, fines vary, as you can be sent off for many different things, however I believe the fines start at £25+

Disrespecting Each Other

A club fine will be imposed for players disrespecting each other during a game. The only mouthing we want to hear on the pitch is supporting each other and offering encouragement. Any dissent shown to a team mate heard by either the Captain or the management will incur a £1 fine for each occasion

If fines or memberships are not paid on time or refused to pay, the player will be suspended until the fine is cleared. These are the rules of the club, please respect them. We only want players who respect the club, so if this structure does not suit you, please see a member of the management staff.

Team Selections

The club has a large squad and therefore will need to rotate more frequently, NO PLAYER is guaranteed a first team place and we ask players to respect our decisions. You may not like them, but we are a team and challenging the selection disrespects the management and the team mates selected ahead of you. We ask you, if your not selected, please to support your team and show encouragement to those that have been selected and not to challenge the management, as running the club is hard enough without the dissent shown.



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Training

Training is always on a Wednesday night at the Energise Sports Centre (Formally Oaklands) We start at 8:30pm each Wednesday. Please ensure you are there at least 10 minutes before, so we can work out teams and use the full hour for football. On lighter nights, we will be starting earlier and working on the more technical side of the game

Training costs £3

Match Day

Match day subs are £4 for the players in the first 11 and £2 for the substitutes. If you don't get on, then you don't pay.

Signing on for the Fox FC

Fee's are £35 for membership, this also includes membership for New Earswick Sports and Social club.

Training Kit

We are looking at getting personalised training jumpers, the cost will be £20. Please see me for further details and orders.



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About the Marie Curie Cancer Care,....this is why we do what we do!!

Providing care for terminally ill patients

Marie Curie Cancer Care was established in 1948 - the same year as the NHS.

More than 2,700 nurses, doctors and other healthcare professionals help provide care for terminally ill patients in the community and in our hospices, along with support for their families.

This year we expect to provide care to more than 31,000 people with cancer and other terminal illnesses.

Marie Curie Nurses

Research commissioned by Marie Curie Cancer Care shows that 65 per cent of people would choose to die at home. In reality, only 25 per cent achieve this.

Every year, [Marie Curie Nurses](#) make that wish possible for thousands of people with terminal cancer and other illnesses across the UK.

Our nurses now care for around 50 per cent of all cancer patients who die at home. They work through the night or during the day to provide care for patients in the comfortable and familiar surroundings of their own home.

They also provide practical and emotional support for carers and families at what can be an exhausting time. Marie Curie Nursing is always free of charge to patients and carers.

[Read more about our nursing services and nursing care in your home.](#)

Marie Curie Hospices

We have nine Marie Curie Hospices across the UK.

Each hospice offers specialist support in a relaxed, friendly and comfortable environment and no charge is ever made to patients or their families.



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We provide the largest number of hospice beds outside the NHS. Voluntary contributions, together with statutory government funding, are essential to continue providing these vital services.

[Discover more about hospice care and our nine Marie Curie hospices.](#)

Research and innovation

Marie Curie Cancer Care is committed to ensuring that patients have the best possible care – and to carrying out the [research and development](#) necessary to find out what the best possible care is and how to provide it.

Palliative care research

[The Marie Curie Palliative Care Research and Development Unit](#) seeks to improve care for those affected by life-limiting illnesses through encouraging and carrying out research.

Our work at the unit investigates a wide range of subjects and issues, including care of the dying in hospital accident and emergency departments; continuity of care for terminally ill patients; and the experiences of dementia patients and their carers.

Other research

Scientists funded by [Marie Curie Cancer Care](#) are at the forefront of cancer research. They focus on how the cells of our bodies should normally operate; what causes these processes to go wrong, leading to cancer; and how better treatments can be developed.

Much of the work carried out relates to the fundamental mechanisms governing proper cell division and organisation and how damage to genes which have important roles in ordinary cells can cause a cell to become cancerous.

A brief history of Marie Curie Cancer Care

The story begins in 1948, the same year the National Health Service was launched.

Not long before the Hampstead-based Marie Curie Hospital was transferred to the NHS, a group of committee members from the hospital decided to preserve the name of Marie Curie in the charitable medical field.

This was the beginning of the Marie Curie Memorial Foundation – a charity dedicated to alleviating suffering from cancer today – today known as Marie Curie Cancer Care.



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Following the donation of an engagement ring to help raise funds for the charity, the very first appeal was launched and brought in a substantial £4,000. By 1950 the ongoing appeal had raised a staggering £30,000 and two years later the Marie Curie Memorial Foundation officially became a charity - number 207994.

An extensive nationwide survey was undertaken to help identify medical, nursing and research needs in relation to cancer. The results formed the basis of the work of the Foundation and, largely, still do today.

The charity dedicated itself to:

- providing specialist homes for the care of cancer patients
- providing nursing for patients at home
- educating the public on the symptoms and treatment of cancer
- providing urgent welfare needs

At the time these ideas were quite revolutionary and the Marie Curie Memorial Foundation quickly established itself as a leader in the field of improving facilities for cancer patients.

Today Marie Curie Cancer Care:

- is dedicated to providing more and better care for patients and their families through the [Marie Curie Nursing Service and its nine hospices](#).
- is committed to carrying out the [research and innovation](#) necessary to find out what the best possible care is and how best to provide it.
- will ensure measures are in place to give people the choice of place their end of life care and death through The Marie Curie Delivering Choice Programme
- is determined that the needs of the dying remain on the political agenda and will continue to campaign for patients to be able to die in their own homes in all four countries of the UK through its [policy and public affairs work](#).

Much has changed since the pioneering days of 1948 but our core values have remained constant – putting patients and families first.



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The FA Charter Standard Club Programme Constitution and Club Rules



Suggested rules:

1 Name

The club shall be called
Fox FC in aid of Marie Curie Cancer Care
(the “Club”)

2 Objects

The objects of the Club shall be to provide facilities, promote the game of Association Football, to arrange matches and social activities for its members and community participation in the same.

3 Status of Rules

These rules (the “Club Rules”) form a binding agreement between each member of the Club.

4 Rules and Regulations

- (a) The members of the Club shall so exercise their rights, powers and duties and shall, where appropriate, use their best endeavours to ensure that others conduct themselves so that the business and affairs of the Club are carried out in accordance with the Rules and Regulations of The Football Association Limited (“The FA”), County Football Association to which the Club is affiliated (“Parent County Association”) and Competitions in which the Club participates, for the time being in force.

- (b) No alteration to the Club Rules shall be effective without prior written approval by the Parent County Association. The FA and the Parent County Association reserve the right to approve any proposed changes to the Club Rules.

- (c) The Club will also abide by The FA’s Child Protection Policies and Procedures, Codes of Conduct and the Equality Policy as shall be in place from time to time.

5 Club Membership

- (a) The members of the Club from time to time shall be those persons listed in the register of members (the “Membership Register”) which shall be maintained by the Club Secretary.
- (b) Any person who wishes to be a member must apply on the Membership Application Form and deliver it to the Club. Election to membership shall be at the discretion of the Club Committee and granted in accordance with the anti-discrimination and equality policies which are in place from time to time. An appeal against refusal may be made to the Club Committee in accordance with the Complaints Procedure in force from time to time. Membership shall become effective upon an applicant’s name being entered in the Membership Register.

The FA Charter Standard Club Programme Constitution and Club Rules



- (c) In the event of a member's resignation or expulsion, his or her name shall be removed from the Membership Register.
- (d) The FA and Parent County Association shall be given access to the Membership Register on demand.

6 Annual Membership Fee

- (a) An annual fee payable by each member shall be determined from time to time by the Club Committee and set at a level that will not pose a significant obstacle to community participation. Any fee shall be payable on a successful application for membership and annually by each member. Fees shall not be repayable.
- (b) The Club Committee shall have the authority to levy further subscriptions from the members as are reasonably necessary to fulfil the objects of the Club.

7 Resignation and Expulsion

- (a) A member shall cease to be a member of the Club if, and from the date on which, he/she gives notice to the Club Committee of his/her resignation. A member whose annual membership fee or further subscription is more than two (2) months in arrears shall be deemed to have resigned.

- (b) The Club Committee shall have the power to expel a member when, in its opinion, it would not be in the interests of the Club for them to remain a member. An appeal against such a decision may be made to the Club Committee in accordance with the Complaints Procedure in force from time to time.

- (c) A member who resigns or is expelled shall not be entitled to claim any, or a share of any, of the income and assets of the Club (the "Club Property").

8 Club Committee

- (a) The Club Committee shall consist of the following Club Officers: Chairperson, Vice Chairperson, Treasurer, Secretary and Minutes Secretary and up to five other members, elected at an Annual General Meeting.
- (b) Each Club Officer and Club Committee Member shall hold office from the date of appointment until the next Annual General Meeting ("AGM") unless otherwise resolved at an Extraordinary General Meeting ("EGM"). One person may hold no more than two positions of Club Officer at any time. The Club Committee shall be responsible for the management of all the affairs of the Club. Decisions of the Club

The FA Charter Standard Club Programme Constitution and Club Rules



Committee shall be made by a simple majority of those attending the Club Committee meeting. The Chairperson of the Club Committee meeting shall have a casting vote in the event of a tie. Meetings of the Club Committee shall be chaired by the Chairman or in their absence the Manager. The quorum for the transaction of business of the Club Committee shall be three.

- (c) Decisions of the Club Committee of meetings shall be entered into the Minute Book of the Club to be maintained by the Club Secretary.
- (d) Any member of the Club Committee may call a meeting of the Club Committee by giving not less than seven days' notice to all members of the Club Committee. The Club Committee shall hold not less than four meetings a year.
- (e) An outgoing member of the Club Committee may be re-elected. Any vacancy on the Club Committee which arises between Annual General Meetings shall be filled by a member proposed by one and seconded by another of the remaining Club Committee members and approved by a simple majority of the remaining Club Committee members.
- (f) Save as provided for in the Rules and Regulations of The FA, the

Parent County Association and any applicable Competition, the Club Committee shall have the power to decide all questions and disputes arising in respect of any issue concerning the Club Rules.

- (g) The position of a Club Officer shall be vacated if such person is subject to a decision of The FA that such person be suspended from holding office or from taking part in any football activity relating to the administration or management of a football club.

9 Annual and Extraordinary General Meetings

- (a) An AGM shall be held in each year to:
 - (i) receive a report of the activities of the Club over the previous year
 - (ii) receive a report of the Club's finances over the previous year
 - (iii) elect the members of the Club Committee
 - (iv) consider any other business.
- (b) Nominations for election of members as Club Officers or as members of the Club Committee shall be made in writing by the proposer and seconder, both of whom must be existing members of the Club, to the Club Secretary not less than 21 days before the AGM.

The FA Charter Standard Club Programme Constitution and Club Rules



Notice of any resolution to be proposed at the AGM shall be given in writing to the Club Secretary not less than 21 days before the meeting.

- (c) An EGM may be called at any time by the Club Committee and shall be called within 21 days of the receipt by the Club Secretary of a requisition in writing, signed by not less than five members stating the purposes for which the Meeting is required and the resolutions proposed. Business at an EGM may be any business that may be transacted at an AGM.
- (d) The Secretary shall send to each member at their last known address written notice of the date of a General Meeting (whether an AGM or an EGM) together with the resolutions to be proposed at least 14 days before the meeting.
- (e) The quorum for a General Meeting shall be:
- (f) The Chairperson, or in their absence a member selected by the Club Committee, shall take the chair. Each member present shall have one vote and resolutions shall be passed by a simple majority. In the event of an equality of votes the Chairperson of the Meeting shall have a casting vote.

- (g) The Club Secretary, or in their absence a member of the Club Committee, shall enter Minutes of General Meetings into the Minute Book of the Club.

10 Club Teams

At its first meeting following each AGM the Club Committee shall appoint a Club member to be responsible for each of the Club's football teams. The appointed members shall be responsible for managing the affairs of the team. The appointed members shall present to the Club Committee at its last meeting prior to an AGM a written report of the activities of the team.

11 Club Finances

- (a) A bank account shall be opened and maintained in the name of the Club (the "Club Account"). Designated account signatories shall be the Club Chairperson, the Club Secretary and the Treasurer. No sum shall be drawn from the Club Account except by cheque signed by two of the three designated signatories. All monies payable to the Club shall be received by the Treasurer and deposited in the Club Account.
- (b) The Club Property shall be applied only in furtherance of the objects of the Club. The distribution of profits or proceeds arising from the sale of

The FA Charter Standard Club Programme Constitution and Club Rules



- Club Property to members is prohibited.
- (c) The Club Committee shall have the power to authorise the payment of remuneration and expenses to any member of the Club (although a Club shall not remunerate a member for playing) and to any other person or persons for services rendered to the Club.
- (d) The Club may provide sporting and related social facilities, sporting equipment, coaching, courses, insurance cover, medical treatment, away match expenses, post match refreshments and other ordinary benefits of Community Amateur Sports Clubs as provided for in the Finance Act 2002.
- (e) The Club may also in connection with the sports purposes of the Club:
- (i) sell and supply food, drink and related sports clothing and equipment
 - (ii) employ members (although not for playing) and remunerate them for providing goods and services, on fair terms set by the Club Committee without the person concerned being present
 - (iii) pay for reasonable hospitality for visiting teams and guests
 - (iv) indemnify the Club Committee and members acting properly in the course of the running of the Club against any liability incurred in the proper running of the Club (but only to the extent of its assets).
- (f) The Club shall keep accounting records for recording the fact and nature of all payments and receipts so as to disclose, with reasonable accuracy, at any time, the financial position, including the assets and liabilities of the Club. The Club must retain its accounting records for a minimum of six years.
- (g) The Club shall prepare an annual "Financial Statement", in such format as shall be available from The FA from time to time. The Financial Statement shall be verified by an independent, appropriately qualified accountant and shall be approved by members at General Meeting. A copy of any Financial Statement shall, on demand, be forwarded to The FA.
- (h) The Club Property, other than the Club Account, shall be vested in not less than two and no more than four custodians, one of whom shall be the Treasurer ("the Custodians"), who shall deal with the Club Property as directed by decisions of the Club Committee and entry in the

The FA Charter Standard Club Programme Constitution and Club Rules



- Minute Book shall be conclusive evidence of such a decision.
- (i) The Custodians shall be appointed by the Club in a General Meeting and shall hold office until death or resignation unless removed by a resolution passed at a General Meeting.
- (j) On their removal or resignation a Custodian shall execute a Conveyance in such form as is published by The FA from time to time to a newly elected Custodian or the existing Custodians as directed by the Club Committee. The Club shall, on request, make a copy of any Conveyance available to The FA. On the death of a Custodian, any Club Property vested in them shall vest automatically in the surviving Custodians. If there is only one surviving Custodian, an EGM shall be convened as soon as possible to appoint another Custodian.
- (k) The Custodians shall be entitled to an indemnity out of the Club Property for all expenses and other liabilities reasonably incurred by them in carrying out their duties.
- the members present.
- (b) The dissolution shall take effect from the date of the resolution and the members of the Club Committee shall be responsible for the winding up of the assets and liabilities of the Club.
- (c) Any surplus assets remaining after the discharge of the debts and liabilities of the Club shall be transferred to another Club, a Competition, the Parent County Association or The FA for use by them for related community sports.

12 Dissolution

- (a) A resolution to dissolve the Club shall only be proposed at a General Meeting and shall be carried by a majority of at least three-quarters of

The FA Charter Standard Club Programme Respect Code of Conduct for Adult Players



Fox FC in aid of Marie Curie **Football Club** **Respect Code of Conduct for** **Adult Players**

We all have a responsibility to promote high standards of behaviour in the game.

Players tell us they want a referee for every match, yet 7,000 match officials drop out each season because of the abuse and intimidation they receive on and off the pitch. Respect your referee today and you may just get one for every match this season.

Play your part and observe The FA's Respect Code of Conduct for players at all times.

On and off the field, I will:

- Adhere to the Laws of The Game
- Display and promote high standards of behaviour
- Promote Fair Play
- Always respect the match officials decisions
- Never engage in public criticism of the match officials
- Never engage in offensive, insulting or abusive language or behaviour
- Never engage in bullying, intimidation or harassment
- Speak to my team-mates, the opposition and my coach/manager with respect.
- Remember we all make mistakes.
- Win or lose with dignity. Shake hands with the opposing team and the referee at the end of every game.

I understand that if I do not follow the Code, any/all of the following actions may be taken by my club, County FA or The FA.

I may:

- Be required to apologise to team-mates, the other team, referee or team manager
- Receive a warning from the coach
- Receive a written warning from the club committee
- Be required to attend a FA education course
- Be dropped or substituted
- Be suspended from training
- Not be selected for the team
- Be required to serve a suspension
- Be fined
- Be required to leave the club.

In addition:

- The FA/County FA could impose a fine and/or suspension on the club.



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Sponsors

Please can I ask all players, if any of the services below are of interest to you, please contact the companies. As they sponsor us, I would like to use their services within the team as much as possible

Glidden Trade

www.icipaints.co.uk

Quintal Healthcare Ltd

www.quintalhealthcare.co.uk

Clean and Dry York – Carpet Cleaning

www.clean-and-dry.co.uk

Red Jester Photography

www.redjester.co.uk

Mclean Aviation

www.mcleanaviation.co.uk

Charity Adventure

www.charityadventure.org.uk

Stone Roses Bar York

www.stonerosesbaryork.com

B&R Property Consultants

01904 769487

Appletree Flooring

07753 428827

A1 Press

www.a1press.co.uk



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Club Contact Information

Chairman

Lee Quickmire

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Manager

Shaun Urquhart

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Website

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