Langho Football Club

Founded 1972

2026 Club Guide



ACCREDITED CLUB ★ ★ ★
PART OF ENGLAND FOOTBALL

The FA
Respect

www.langhofc.co.uk

Version: October 2026



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Langho FC

Antony Reader - Tel: 01254 846598

Email: chairman@langhofc.co.uk

www.langhofc.co.uk

Clubhouse and Pitches

Conkers Arena

The Rydings

Dewhurst Road

Langho

BB6 8AF

Northcote Pitches

Northcote Road

Langho

BB6 8BE



Chairman's Statement

Langho FC is an FA England Football 3 Star Accredited Club (Previously FA Charter Standard accredited Community club), the most advanced level of club development and football provision. We have been rigorously adjudged to be well-run, sustainable and we prioritise child protection, deliver quality coaching and implement the Respect programme.

It is the Policy of Langho FC to provide a safe and friendly environment in which all connected with the Club can learn and actively participate in the game of association football.

The aim of the Club is to develop an environment that allows players, coaches, managers and spectators to maximise their potential and fulfill their aspirations.

Written procedures and systems are in place to protect the players, coaches, managers and spectators of Langho FC and will be continuously reviewed to ensure that we are at forefront of any changes to the Child Protection or FA accreditation requirements.



Antony Reader - Chairman Langho FC Exec Committee



Langho FC – Who We Are

Who We Are

Langho Football club was established over 50 years ago in 1972 and is situated in heart of the Ribble Valley, mid-way between Clitheroe and Blackburn in Lancashire.

The club operates across two separate sites. The Rydings is where adult 11 a-side football, 9v9 and mini soccer is mostly played. Our second site is at Northcote where youth football is mainly played on two 11 a-side pitches. In summer 2015 in partnership with the football foundation and private member funding, nearly £200K was spent improving the drainage on each of the pitches at both sites. Today these improvements have lengthened the playing season for each of our teams, and enabled our teams to play more games through the winter period.

The Rydings is home to the clubs social club built by the founder member of the club in 1999, and also the clubs own floodlit mini soccer 3G pitch. Built over a decade ago from club funds, the 3G pitch provides the majority of club teams a winter training venue and the local community an opportunity to play football all the year round.



Langho FC – Who We Are

Who We Are

Currently the club has senior men's, junior teams and all girls teams playing football across different leagues in the region. With development football too starting at 4 years old, there is opportunity for all genders of all ages and ability to play football at the club.

Weekend football is played on both Saturday's and Sunday's, with the Accrington and District Junior Football League also hiring the club's mini soccer 3G pitch for their development football games on a Saturday morning. A friendly welcoming environment exists at the club with the social club open on match days and some weekdays and is also available to hire for private functions.

Langho football club was the pioneer of girl's football in the Ribble Valley setting up the first Ladies team. The development of girl's football at the club has seen hundreds of girls and ladies playing football regularly each week, and we hope through the history and success of our girls and ladies teams, we have created a path for girls to join, develop and move into adult ladies football in the future.

Langho football club is a family club at the heart of the local community and our facilities are available and regularly used by many in the local community, including local business and schools.



Langho FC – How we Play

How we Play

Football is a game of passion but also a game of principle. At Langho, we believe in encouraging our players whether man or lady, boy or girl to play the game respectfully, within the rules of association football and to play to the best of their own ability.

Each player at whatever age they play are asked:-

1) To perform to the best of their ability in whatever area they are playing in.
2) To be respectful of fellow players, referees, managers and coaches at all times.
3) To follow the instructions of the team manager or coach only and play within the parameters they instruct.

Each Langho manager and coach will have their own ideas as to how their team should shape themselves during games. Parents should let the coach “coach”, and not interfere from the side-line by issuing individual instructions, possibly in contradiction to those being issued by the coach.

Game time and training sessions should be creative and fun, and should allow players to express themselves and play with freedom and without pressure.



The Langho Player

In 1972, Langho Football club was born on the back of the then very successful Barcelona football club, and ever since any player playing in the colours of Langho Football Club plays in the Royal Blue and Maroon strip colours mirroring the great Spanish club.

A player, male or female, boy or girl playing football for Langho Football Club will

1) Be happy and enthusiastic about their football.
2) Be respectful to their fellow teammate, opponents, referees and coaches.
3) Arrive in plenty of time for their training session / match.
4) Be full of energy and enthusiasm, willing to learn and listen to instruction
5) Always try their best in whatever they are asked to do.

Respect



The Langho Player

Depending upon what age the Langho player is at will determine what expectations exist for that player, but:

1) At the younger ages (up to age 11) within development football, we look for the Langho player to have fun, and learn and develop their footballing skills in a fun environment with no pressure from parents or coaches to become the best. Winning isn't important but listening, and learning is key, along with developing skills taught in practice.

2) At Age 12 upwards, when the player moves into youth football, a more competitive streak is required. Players need to be fitter and more determined but they must still have fun and enjoy playing in a more competitive environment. Player retention is key and each player must feel they are both part of and contribute to the success of the team.

Enjoying football at whatever level football is being played at, a Langho Player is hopefully a player that other players aspire to be like.



Langho FC – How we Coach

How we Coach

Creating a sense of excitement about sport is something our coaches are very passionate about. We are very confident in our ability to deliver an environment where player can develop their individual skills and techniques whilst becoming part of a great team and club.

Respect is earned by both the player and coach through hard work and this must compliment a fun, safe and trusting environment. Our coaches include current and ex-players and many are parents themselves. Being adaptable is the key as each individual player will undoubtedly need a different coaching style if the relationship is to grow and be successful.

Our coaches will aim to treat all the players in their care equally and aim to provide each player with sufficient knowledge to enhance their performance.

Specifically a coach will:-

1) Aim to provide a safe environment for players to learn and develop their ability.
2) Be positive in their instruction, encouragement and term of phrase.



How we Coach

3) Allow players to express themselves, and not berate individual players for making mistakes.

4) Listen to individual player needs, and be willing to adapt training / coaching sessions to suit the requirements of that player.

Players should be allowed where possible to take ownership of training sessions and whilst the coach is there to pass on their knowledge and expertise, and to initially guide players into a session, they should allow the player to express themselves as much as possible.

A good coach isn't driven purely by result. Whilst the aim of the game is to beat the other team, in the eyes of a good coach, "winning" is watching your players develop and grow, having fun, enjoying themselves and returning week after week to attend the next training session.

A Langho coach will always try to provide a positive atmosphere for their players to perform in, and be thankful for the effort of their players.



Langho FC – How we Support

How we Support

Football is a game of passion but also a game of principle. At Langho, we believe in encouraging our players whether man or lady, boy or girl to play the game respectfully, within the rules of association football and to play to the best of their own ability.

Key phrases exist that we follow:-

1) Encourage players to play and try new things.
2) Be positive in instruction and allow player ownership.
3) Allow the players to play, and don't kick every ball for them.

As a club, Langho actively supports its coaches through coaches Education and the FA Mentoring Scheme and will pay initially for a coach to broaden their knowledge.

Each coach is encouraged to book onto initially and complete an Introduction to Football course (previously FA Level 1 Coaching) delivered through the Lancashire FA. Coaches wanting to further their knowledge can then work up the coaching qualification path through Uefa C, to Uefa B and Pro-A coaching license.



Langho FC – How we Support

How we Support

Other coaching courses are available eg Level 1 and 2 Goalkeeping course, and as part of the level 1 course, each coach will receive a three year certificate in first aid and safeguarding children.

The welfare of children is paramount at Langho Football Club. Every coach at Langho is asked to complete a Criminal Record check and the FA Safeguarding Children course, and every three years these CRC checks have to be renewed. Coaches without a valid CRC check are not allowed to coach at the club, or have any involvement with children at the club. Langho FC is subject to an annual health check by the FA and without having the correct coaching and safe guarding qualifications in place the club will be suspended from football until the situation is corrected.

For adults, parents and children, the club has two club welfare officers in place, Michael Cook and Charles Higham. They are available to be contacted by phone on 01254 846598 (or Mike 07703 941388 and Charles 07947 659117) or email welfare.officer@langhofc.co.uk in confidence on any matter you may require advise or help on.



Langho FC – Meet the Team

Meet the Team



Ray Grimshaw Club President

Antony Reader
Club Chairman



Andy Fraser
Football Committee Chairman
Youth Football Leader



Michael Cook
Club Welfare Officer
Club Treasurer
Club Secretary



Charlie Higham
Adult Club Welfare Officer
Open Age Leader



Chris Rush
Development Phase Leader

Rachael Hindle
Clubhouse Manager



Langho FC – Meet the Team

Meet the Team

League Secretary Mick Ellison (West Lancashire Football League)

Michael Cook (East Lancashire Football Alliance League)

Michael Cook (Accrington & District Junior Football League)

Executive Committee Members

Antony Reader, Andrew Fraser, Michael Cook, Charlie Higham, Ben Mayson, Jack Hayes, Chris Rush, Mick Ellison.

Football Committee

All qualified club managers and coaches are automatically elected onto the football committee.



Langho FC – Our Coaches

Club Mentors

At Langho FC, we believe in the continual development of our players and coaches.
A number of our coaches have received specialist training by the Football Association and as Club Mentors, are an additional resource available to anyone involved with our club.



Michael Cook
FA Lvl 1 Coach
FA Club Mentor
Specialist Area
League Rules & proceedures



Andrew Fraser
FA Lvl 1 Coach
FA Club Mentor
Specialist Area
Technology



Mick Ellison FA Lvl 2 Coach
Specialist Area
Female Football Coaching



Chris Thompson
FA Lvl 2 Coach FA Club Mentor
Specialist Area
Youth Football Coaching



Charlie Higham FA Lvl1 Coach
Specialist Area
Open Age Football Coaching



Paul Seery
FA Lvl 1 Coach
Specialist Area
Goalkeeper Coaching



Langho FC – Our Teams

Our Teams

We currently have teams throughout the entire age range including mixed, all boy and all girl teams. We have a high number of the age groups with multiple teams too.

West Lancashire Football League

Senior Mens

Senior Reserve Mens

East Lancashire Football Association

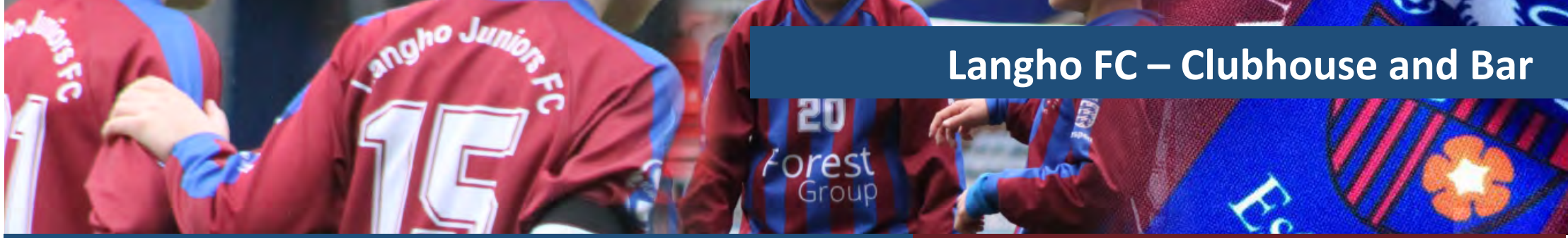
(Please contact us for the up to date team list and availability)

Accrington and District Junior Football League

(Please contact us for the up to date team list and availability)

Development Squads

(Please contact us for the up to date team list and availability)



Langho FC – Clubhouse and Bar

Langho FC Clubhouse and Bar

The Rydings is home to the clubs social club built by the founder member of the club which operates a fully licenced bar and includes big screen TV's.



The club has training sessions every weekday evening so the clubhouse and decking are open with plenty of activity from locals, parents and players.

Opening Hours: (variable throughout the year, but example below)
Monday – from 8pm
Tuesday – from 6pm
Wednesday – from 6pm
Thursday – from 6pm
Friday – from 6.00pm
Saturday – from 3.30pm (when the senior team are playing at home)
Sunday -from 3.30pm (when the senior team are playing at home)



For more detail or to request information on party / event bookings, contact Rachael Hindle on 07737 148074 or email events@langhofc.co.uk

Langho Football Club

Est. 1972

Codes of Practice

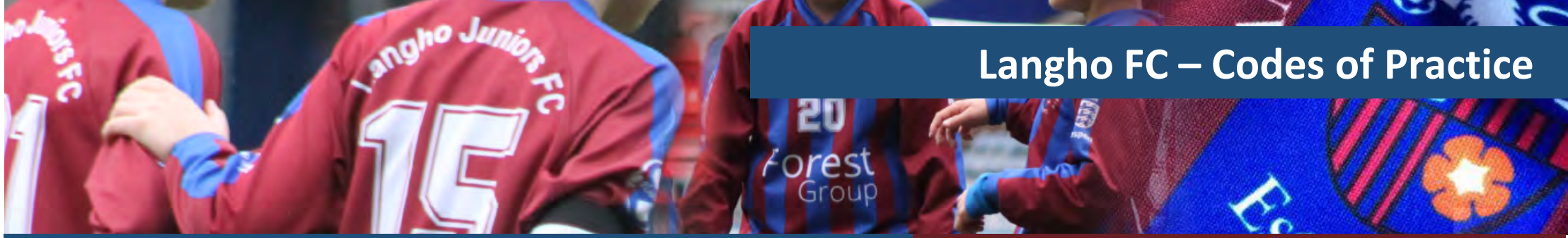


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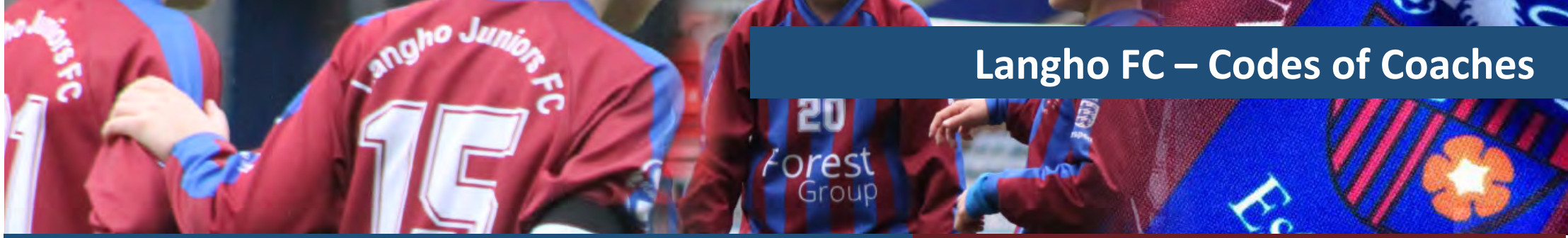


Langho FC – Codes of Practice

Codes of Practice - Parents

1. Parents/Spectators must abide by FA/Club Rules and Regulations at all times and any breach of these rules will result in disciplinary action by the FA or Club.
2. If you intend to be present on match days or training sessions please keep your vocal support positive and of course in the right spirit of the game.
3. Parents/Spectators must stay off the pitch during a game.
4. Please do not single out or criticise individual players or opposing team members.
5. We expect all Parents/Spectators to conduct themselves in such a way as to promote a good image of Langho FC at all times and adopt a fair play approach at all times.
6. Please allow the Manager/Coach to organise the Team as instructions from other sources can confuse the players.
7. Verbal, racist or physical abuse towards the Manager/Coach, Team Colleagues, Match Officials, Opposition or Spectators etc. will not be tolerated and will be subject to disciplinary action by the FA or Club.
8. If you have any particular concerns please talk privately to the Manager/coach who will do their best to resolve any problems you may have or alternatively contact our Child Welfare Officer (see page 13)
9. U18 Players activity should be monitored at all times on social media platforms such as WhatsApp.

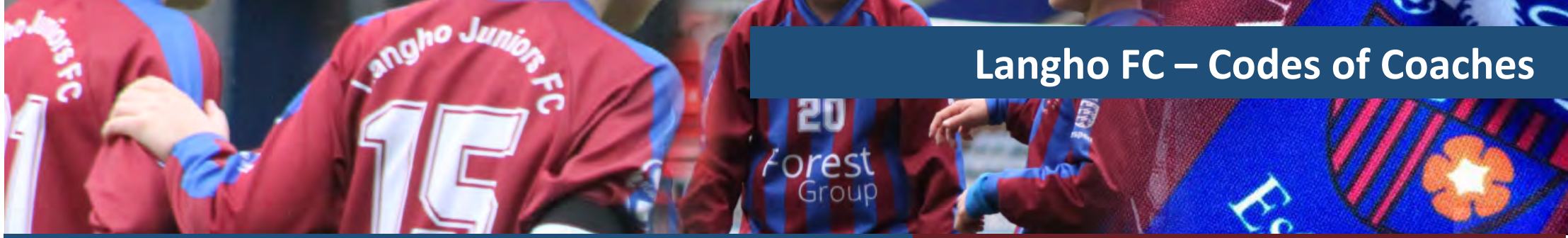
NB. The Club/Manager/Coach reserve the right to restrict Parent/Spectator access to matches or training sessions if necessary.



Langho FC – Codes of Coaches

Codes of Practice - Coaches

1. All Managers/Coaches will abide by the FA/Club rules and any breach of these rules will be subject to disciplinary action by the FA/Club.
2. Managers/Coaches must not use verbal, racist or physical abuse towards any player, colleague, match officials, opposition or spectators.
3. Managers/Coaches must not use or tolerate inappropriate language.
4. Show due respect to all players, officials, club and opposition members.
5. Managers/Coaches must not cheat to influence the outcome of a game.
6. Managers/ Coaches must not tolerate the use of any substances that may affect player performance.
7. Follow our 'Child Protection Policy' providing a safe friendly environment for all children under their care.
8. Where possible, every player should be given the opportunity to train with a squad irrespective of ability. As each team plays in various league abilities, the most appropriate ability level team should be selected. Where no team of the players ability is available, training only fees will apply and the club will make efforts to recruit similar ability players creating a new team and assist in the development of a parent to coach the team.
9. Managers/Coaches must give priority to the interest of the team at all times.
10. Team Managers/Coaches will be required to provide an FA DBS, obtain the FA 'Introduction to Football' coaching qualification, First Aid In Football and Safeguarding Children courses. The Club will cover the cost of these courses.



Langho FC – Codes of Coaches

Codes of Practice - Coaches

11. At U5 to U8 (Foundation Phase), equal game time for every player should be the target. At U9 to U11 (Foundation Phase), where possible "fair game time" (never less than 50% in a match should be the aim to allow coaches flexibility whilst they develop their squad. From U12 (Development Phase), coaches are encouraged to develop their team positively and in line with the Langho FC DNA and policies and aim to support players with an estimate of 50% game time across a season.
12. All Managers/Coaches will be required to apply for CRB clearance and will be reimbursed by the Club upon receipt of the CRB Certificate.
13. All Managers/Coaches will promote the sport positively regarding fair play and sportsmanship.
14. Managers/Coaches will display high standards of behaviour and leadership qualities.

NB. The Club reserve the right to suspend or cancel the registration of a Manager or Volunteer if necessary.

"It is our aim at Langho FC to create and maintain a good spirit and ask that everyone connected with the Club follow the above Codes of Practice!"

We only do positive.