



TO BE KEPT BY CLUB MEMBERS FOR REFERENCE THROUGHOUT THE SEASON

West London Eagles Handball Club Welcome Pack - 2026/27 Season

West London's Premier Community HC and one of England's earliest (est. 1972) and most successful HC. We play competitively and make our community discover and enjoy our beloved sport. Act like an EAGLE:

one club (thinking and acting as one club vs each club section operating in silo)

vibrant (making everyone feel the excitement of handball)

welcoming (being inclusive and making everyone welcome)

visible (being visible to each other in our club and our community)

viable (thinking long-term and being financially sustainable)

HANDBALL ACTIVITIES:

- **Seniors:** training and competition for 2 x women's teams and 2 x men's teams
- **Juniors:** training and competition for U14, U16 and U19 girls and boys.
- **Development:** Minis, U12, U13 county and partnership with Vidar-Ulkebøl, one of Denmark's best known community junior HC

VOLUNTEERS:

We rely entirely on volunteers (coaches, assistants, team managers, table officials, referees, etc.) to run the club and are always on the lookout for individuals ready to contribute their time, passion, and skillset. You can make a tangible difference by enabling others to enjoy and develop in our beloved sport. We hope you'll also simply enjoy being part of the Eagles family. We expect you to abide by our code of conduct and pay the relevant club fees and we commit to funding your development (coaching / refereeing / table officiating qualifications) to reward your commitment.

PLAYERS:

At the most basic level, we provide you with access to training and competitions in exchange for fees but there is more to being an Eagle. You will grow as a player, you will experience and learn from successes and disappointments, and you will be part of a welcoming family, making friends and having fun in the process. In return, we expect you to be more than a handball 'consumer' and to give back. For seniors, it means being a new player's 'buddy' to help them better integrate, mentoring a junior player, helping at junior training a few times, and watching a few junior home games. For juniors, it means supporting the seniors a few times when they play at home. The more you give, the more you get back. We expect you (and your parents/guardians if you're U18) to abide by the club's code of conduct and pay the relevant club fees.

Membership and Registration:

>Registration with EHA through Game Day

>Club fees for players : see <https://www.westlondoneagles.co.uk/membership-fees>

>Club membership fee amount : £25

Fee for non-playing individuals to become members of the club e.g. coaches, parents, individuals etc

Contact us at any time via Spond or via westlondoneagles@gmail.com

FUNDRAISING:

Affordable player fees are typically insufficient to cover very high hall hire costs hence we critically rely on alternative sources of income to balance our budget and fund development activities. We kindly request club members to support where possible by helping organise fundraisers, applying for grants, seeking sponsorship, donating to the club and using easyfundraising (www.easyfundraising.org.uk), a great way to donate a % of your online shopping spend to the club at no cost or effort to you. Please use the following link to register:

https://www.easyfundraising.org.uk/support-a-good-cause/step-1/?char=113606&invite=2fzmv5&referral-campaign=s2s&utm_campaign=refCROtest



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EAGLES CODE OF CONDUCT:

All Eagles (whether volunteers and/or players and/or parents/guardians) **are expected to respect, without exception**, all other Eagles and members of the wider handball community (inc. referees, table officials, EHA officials, own / opposition players / coaches / parents / volunteers). **Show your respect in practice as follows:**

- Commit to attend and do attend as many events to which you're invited as possible (inc. training sessions, games, club meetings).
- Accept or decline Spond invitations to such events (i.e. don't ignore them).
- Be punctual to such events.
- Put the club's and team's objectives and interest before our own.
- Adopt a sportsperson-like conduct on and off court.
- Be courteous and polite and listen to others.
- Stay in control of our emotions.
- Pay club fees on time (or proactively requesting an extension).
- Discharge your volunteer and/or player duties as set out in the respective sections.
- Report ASAP anything inappropriate to the **Safeguarding/Welfare officer (Erika Recska, E: recsi5@yahoo.com, T: 07716 019053)**.
- Turn complaints into requests.

EAGLES ETHOS:

- Be enthusiastic and motivated, encourage and motivate your clubmates.
- Get to know your clubmates and develop a positive relationship with them.
- Enjoy training and enjoy competing with your clubmates.
- Accept that athletic contests, including practice sessions are educational experiences and opportunities.
- Get prepared for training and even more prepared for competition.
- Be willing to keep learning and learn from your mistakes, strive for improvement, and see every challenge as an opportunity.
- Lead by example and make those around you better.
- Stay humble.
- Put the success of the team above individual achievement.
- Show courage in adversity.
- Give your all, no matter the score.
- Be resilient, never give up.
- Be proactive in utilising your personalised skills / work connections to better the club and its members.

WHO'S WHO (100% volunteers):

Management committee: Chair (Marc Fayemi), Club Secretary (Aurelia Prat), Welfare Officer (Erika Recska), Club Treasurer (Maria Seri), Juniors Director (to be confirmed), Seniors Director (Ania Thornhill), Communication Officer (to be confirmed), Fundraising Officer (Christina Littman), Development Officer (To be confirmed), Social Officer (To be confirmed)

Qualified Club Coaches (non-exhaustive list): Christina Littman, Dora Maguin, Erika Recska, Franck Zaire, Marc Fayemi, Maria Seri, Paul Bray, Peter Gannon, Razvan Mihaila, Iwona Mashanda, Anna Thornhill, Denis Vasiljevic.

SPOND:

We use the Spond club management app exclusively for all club matters (training and match schedules, events, communication) and we expect all club members to download the app (spond.com) and use it.

Contact us at anytime via Spond or via westlondoneagles@gmail.com