

## Allowable Expenses for Captains and Assistants for Junior County Teams for the period 1 January 2024 to 30 September 2025

### STANDARD INFORMATION APPLICABLE FOR ALL ACTIVITIES

	Lead Coach Level 4	Assistant Coach Level 3	Assistant Coach Level 1/2
Day Rate – matches/ID Days	£170.00	£110.00	£80.00
Half Day Rate – matches/ID Days	£100.00	£65.00	£50.00
Hourly rate – County Training	£40.00	£25.00	£15.00
Mileage Allowance	£0.40	£0.40	£0.40

For all County Matches where overnight accommodation the County will book and pay for the hotel accommodation, we operate on a budget cost of £80 per night.

Where overnight stays are required, the County will pay for a breakfast, lunch and evening meal for each night away, and we operate on a budgets cost of £30.00 per night.

Expense claims must be made within 3 months of the expense being incurred.

The Player/Coach ratio should not exceed 4 players per coach in all county competitions, but for county training this will increase to 8 players per coach due to the presence of parents during the sessions.

For details of all County Events and expenses allowable for the parents/players please see accompanying document:  
**2023-24 Junior Matches and Allowable Expenses v1.docx**

#### Player Numbers for each County Competition

Event	LTA Guidelines	Essex Max per team	Nos Coaches per team
U18 County Cup	6 – 10	8	2
U14 County Cup	4 – 6	6	1
U12 County Cup	4 – 6	4	1
U11 County Cup	4 – 6	4	1
U10 County Cup	4 – 6	4	1
U9 County Cup	4 – 6	4	1
U8 County Cup	4 – 6	4	1
Twelve Counties		4	1
Lionel Cox		3	1

### COUNTY CUP AND INTER COUNTY EVENTS

For the U14 and U18 County Cups it will be normal for both the Lead Coach and a suitable qualified assistant to attend for the during of the event.

For all other age groups where squad sizes will not exceed 4, it will be normal for just the Lead Coach to attend the event, except for the County Cup National Finals where an assistant may be used, after agreement from the EPLCO.

### TALENT ID DAYS

The Under 8's Lead Coach and the EPLCO to organise the event, with players recommended by club coaches.

One Talent ID Day will be run in October/November with a further one in February/March, if required

Each Talent ID Day will last for half a day.

4-6 Coaches and 4-6 Assistants required for each event.

### COUNTY TRAINING

The target squad size will be either 8 or 12, except for the Under8's where larger squads.

Training sessions will normally be for 2hrs except for the Under 8's which will be 1.5hrs.

### COUNTY TRACKSUIT TOPS

Each County Coach will be allowed one free county tracksuit top and 2 county playing t-shirts each year.