

Surrey Park

Junior Football Club



Member Handbook

2010

Introduction

Welcome to the 2010 season of football with the Surrey Park Panther Junior Football Club.

A **very special** welcome also to any new members and their families to our club.

On behalf of the SPJFC committee I wish you all an enjoyable and successful year.

Our club is experiencing continued growth and we hope to achieve 11 teams in the Yarra Junior Football League. As well as enjoying this growth our club rooms are being upgraded which should be finished by the start of the season.

We have had a few changes within the committee and their details are enclosed on the next page. The committee is here to serve you and ensure the club runs efficiently, so please do not hesitate to contact any member if you have any queries or need assistance. I would like to take this opportunity to thank our committee for their commitment and time to ensure our club remains successful.

The majority of our coaches have been appointed for 2010. Again I think it is important to thank all of our coaches. The coaches' role is one of the most important positions within the Club. They are there to nurture, support, encourage and teach our children the enjoyment of Australian Rules Football and team support participation. These roles require time and dedication and your support and thanks for their efforts is invaluable. As always our coaches are supported by their respective team managers, forever working in the background and their support is also greatly appreciated.

Please read through this handbook and update yourself on the information and policies of the club. These policies ensure a transparent process and clear guidelines for people to follow and are important to ensure we retain the great culture within our club.

Our club web site – **www.surreyparkjfc.com.au** will be regularly updated with news and items of interest, including fixtures, results, ladders and game day reviews so be sure to check it out for the latest news!

I wish you a great year and that your football experience here with Surrey Park Panthers will be part of great memories for all of our children.

GO PANTHERS.....

Megan Tanner
PRESIDENT

2010 Club Committee

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SURREY PARK JUNIOR FOOTBALL CLUB

STATEMENT OF PURPOSE & VALUES

The Surrey Park Junior Football Club aims to provide an opportunity for the youth of our area to participate in Australian Rules Football and enhance their health and well-being through organized sport. The Club, will at all times, endeavour to provide for the health, welfare and well-being of its players, supporters and spectators. This aim will be achieved by promoting and developing the following values and objectives:

- A sense of social and community values
- An environment to nurture the physical and mental development of our youth
- Respect for officials, opposition players and supporters
- The virtues of fair and disciplined play
- Equal opportunities for everyone

They will be realized by providing as far as reasonable:

- Competent coaches and assistants
- Adequate facilities, amenities and equipment
- Supervised social functions encouraging family participation
- Regular communication and consultation with players and parents
- Active leadership and management of the Club

All players, Coaches and Officials, parents, supporters and Committee members have a responsibility at all times when representing the Surrey Park Junior Football Club to conduct themselves in an appropriate manner consistent with these values and or Codes of Conduct.

SURREY PARK JUNIOR FOOTBALL CLUB

TEAM SELECTION POLICY AND GUIDELINES

This document has been produced to clarify the team selection process. It is Club policy to support our Coaches in any reasonable decisions they make. The Club requires our Coaches to adhere to the following guidelines as far as practicable:

- **Age Groups U/13 and below**

In these age groups the emphasis is placed on participation and enjoyment. Additional goals are the acquisition of football skills and the nurturing of physical and emotional development and well-being. Where registrations provide for two teams in the same age group, it is the policy of the Club that the two team lists will be developed by the Coaches based on friendship groups – not graded by ability. The Coaches Coordinator will assist the coaches select the sides as required.

The League policy allows for 24 players to play in an under-age match in these age groups. The Club requires that all players will play a minimum of three quarters of a game as far as is practicable.

Should any team in these age groups participate in finals the League policy allows for all qualified players to play, regardless of the numbers. The Club requires that during finals all players will play a minimum of half a game as far as is practicable.

- **Age Groups U/14 through to Colts**

The Club aspires to provide players in these age groups the opportunity to play in the highest level within the league. The Club's standing is determined by the performance of these age group teams in matches over the season. A greater emphasis is placed upon individual and team performances.

Where two sides are formed in the same age group it is Club policy to grade/stream team lists and to enter teams in different divisions. The 2 coaches are empowered to select teams - this is to be based on the coaches' judgment and perception of the players abilities, potential, development, attitude, commitment and the need for team balance. The Coaches Coordinator will assist the coaches with the selection of the sides as required.

The League policy allows for 24 players to play in a match in these age groups. The Club expects that all players be permitted to play a minimum of a half game as far as is practicable. Coaches must endeavour to provide the maximum number of players an opportunity to participate.

- **Appropriate Age Group**

For safety & developmental reasons, it is the club's policy that each player plays in the correct team for their age. If a player requests to play in a higher age team to play with friends, and team numbers permit this move, permission must be sought from the Football Sub-Committee, through the Coaches Coordinator. Where team numbers require it, there may arise a need for players to be invited to play up a year level. Only those players who can cope with the move would be offered the opportunity, and it would not be compulsory. All out-of-age arrangements are for the immediate season ONLY – and players will revert back to the correct age team for the following season.

SURREY PARK JUNIOR FOOTBALL CLUB

CODES OF CONDUCT

MANDATORY & ENFORCEABLE CODES OF CONDUCT FOR COACHES, PLAYERS, PARENTS, SUPPORTERS AND OFFICIALS

The Surrey Park Junior Football Club fully supports the codes of conduct as introduced by the AFL and Football Victoria.

PLAYER'S CODE OF CONDUCT

- Play by the rules – the rules of your club and the laws of the game
- Never argue with an umpire or other official – without these people, you can't play football
- Control your temper – verbal abuse of officials and sledging other players doesn't help you enjoy or win any games
- Be a team player – it's a team game, treat it that way
- Treat all players as you would like to be treated – fairly
- Co-operate with your coach, the umpires and team-mates
- Play for your own enjoyment & to improve your skills
- Don't use ugly remarks based on race, religion, gender or ability – you'll let down your coach, team-mates and family if you do – and many such comments are now illegal

PARENTS & SUPPORTERS CODE OF CONDUCT

- Remember that you are there for the participants to enjoy the game
- Encourage participation, but don't force it
- Teach that enjoyment is more important than winning
- Never ridicule mistakes or losses – supporters are there to support not downgrade
- Lead by example and respect all players, coaches, umpires and spectators – physical or verbal abuse will not be tolerated
- Recognize all volunteers who are giving up their valuable time
- Never publicly criticize umpires – raise personal concerns with club officials in private
- Don't use ugly remarks based on race, religion, gender or ability – you'll let down your family and yourself if you do – and many such comments are now illegal

By registering your child with the Surrey Park Junior Football Club you are agreeing to abide by these principles. You are also agreeing to support the Club in its undertakings and encourage the Club to take any necessary disciplinary actions including the suspension and banning (where warranted) of any players, parents and or spectators for repeated serious breaches of these Codes of Conduct.

COACHES CODE OF CONDUCT

To become an Accredited Level 1 coach, which is the minimum requirement of all junior coaches, your coach will have signed and submitted the AFL Coaches Code of Conduct in which they have outlined their commitment to uphold the following values to the best of their ability:

1. To respect the rights, dignity and worth of all individuals within the context of my involvement in Australian Football, including refraining from any discriminatory practices on the basis of race, religion, ethnic background, or special disability/ability.
2. To abide by and teach the AFL Laws of the Game and the Rules of the Club and League.
3. To be reasonable in the demands made on the time commitments of the players in my care, having due consideration for their health and well-being.
4. To refrain from any form of personal abuse or unnecessary physical contact with players in my care
5. To have due consideration for the varying maturity and ability levels of my players when designing practice schedules, practice activities and involvement in competition.
6. To avoid overplaying the talented players aiming to maximize participation and enjoyment for all players regardless of ability. Where I am responsible for players in the 5-12 year old age group, I will ensure that all players gain equal playing time.
7. To stress and monitor safety always.
8. In recognizing the significance of injury and sickness, to seek and follow the physician's advice concerning the return of injured or ill players to training.
9. To endeavour to keep informed regarding sound principles of coaching and skill development, and of factors relating to the welfare of my players.
10. To at all times display and teach appropriate sporting behavior, ensuring that players understand and practice fair play.
11. To display and foster respect for umpires, opponents, coaches, administrators, other officials, parents and spectators.
12. To ensure that players are involved in a positive environment where skill learning and development are priorities and are not overshadowed by a desire to win.
13. To reject the use of performance enhancing substances in sport and abide by the guidelines set forth in the AFL DRUG POLICY.

SURREY PARK JUNIOR FOOTBALL CLUB

ISSUE RESOLUTION POLICY & GUIDELINES

Policy

The Surrey Park Junior Football Club requires that all issues are resolved to the satisfaction of the members and Committee in a timely fashion. Accordingly, the following issue resolution procedures have been developed to enable this objective to be fulfilled. All members have a responsibility to participate in reasonable actions to resolve issues. The procedures below detail the level of involvement for expediting issue resolution.

ISSUE		RAISED WITH
Football or team related	→	Team Manager or Coach
General nature	→	Committee Member

Procedure

1. Any person wishing to raise an issue shall do so as follows:

Where possible the person reporting the issue should make suggestions that may resolve the issue. As soon as possible after an issue has been reported, the Team Manager, Coach and/or Committee Member and the claimant, must meet and try and resolve the issue.

2. Where the initial parties cannot resolve the issue, the Team Manager should refer the matter to the Committee through the Team Representative, Coaches Coordinator, President or Secretary as soon as possible.
3. In attempting to resolve the issue, all parties should take into account the following factors:
 - a. The extent of the issue, ie, if it is likely to have a wider effect in the Club
 - b. The number of players or teams affected
 - c. Whether appropriate temporary measures are possible or desirable
 - d. The expected time before the issue can be addressed
 - e. What resources may be needed to resolve the issue
4. The consent of the Committee must be obtained before any external parties are involved in the resolution of Club issues. Only the Club President is authorized to make public statements on behalf of the Club.
5. The Team Manager and/or Coach may at any time call on Committee Members for assistance.
6. Under no circumstances –
 - are any parties to engage in open hostility in the company of children
 - can any matter be directed to the YJF League without going through the SPJFC Committee.

Any football or team related issue reported to the Committee, where the Team Manager and/or Coach has not been given the initial opportunity to resolve any such issue, will be referred back to the Team Manager/Coach & Coaches Coordinator.

All persons must take reasonable actions to avoid situations that could cause serious injury or harm to health of players, officials or the public. If any hazard is identified the Committee are to be informed as soon as possible.

SURREY PARK JUNIOR FOOTBALL CLUB

Tackers to Under 12s

The Surrey Park Junior Football Club is committed to the participation and continuing development of all of its players and this commitment is no more evident than in our philosophies relating to the Tackers to Under 12 age groups.

The club believes strongly in the equality of opportunities given to players in these age groups and encourages our coaches to provide equal time on the ground as well as equal time throughout the three areas of the ground as far as is practicable. We believe this to be the best way to provide young footballers with all round development regardless of their level of ability.

We expect all of our players to be respectful to each other and acknowledge that we all make contributions in different ways. This is why our intention is to encourage each individual to be the very best that *they* can be whilst being good team players and contributing to the team to the best of their ability.

Mouthguards and Helmets

It is compulsory for all players to wear a mouthguard during matches, and it is highly recommended that one be worn at training also. The Club organises for mouthguards to be fitted and purchased prior to each season to assist in the facilitation of this policy.

The wearing of helmets is compulsory in the Tackers, Under 10 and Under 11 teams – other team's players can wear a helmet at the discretion of the parents. The Club has a number of helmets available for each age group and, should the parents request that their child play in a helmet, the parents shall be responsible for ensuring this takes place. Speak to your Team Manager to secure a helmet for your child.

Parental Participation

Parental participation is an integral component in providing your child with a positive footballing experience. Substantial evidence exists to show that children whose parents are involved in their education (and at this level that is largely our agenda) have significantly increased achievement and development levels.

It is expected that all families will make a contribution throughout the season and your Team Manager will provide you with a roster for match day duties. You are also encouraged to attend training sessions and assist your coach in the setting up and running of training drills.

Parents are also encouraged to provide support for their children during intervals (¼ time, ½ time, ¾ time) however, we do request that you show due respect to your coach to ensure that the players are mindful of who is in control at these times. ie Refrain from coaching and directing your child

Skills Development

During their time in the Tackers to Under 12s age group the main focus will be on developing the player's skills in the three key areas of:

Possession Skills

Marking – arm or chest mark,
hand mark, overhead mark
Bouncing the ball
Pick up
Evasion – running, sidestep,
blind turn, dummy

Disposal Skills

Kicking
Handball
Hitting out and palming

Checking Skills

Smothering
Tackling
Bumping
Spoiling
Shepherding

Player Development and the 3 Stages of Learning

There are three identifiable stages of learning. Players will move through these stages at varying rates, and when new skills are introduced may regress from a later stage to an earlier stage. Your coach's responsibility is to carefully assess each player's current stage and develop appropriate practices so that each player is motivated and challenged.

Early Stage

The greater majority of players in the Tackers and Under 10's as well as some players in the Under 11's and Under 12's are still in the early stage of learning what many would consider to be the basic skills. Players in the early stage of learning a skill tend to make a large number of errors and may look and feel clumsy and uncoordinated.

The performance of these players during a game might be characterized by one or more of the following:

- Parts of the skill performance are missing, particularly the preparation and follow-through components
- Some parts of the skill are exaggerated, while in other parts the use of the body is highly restricted
- Rhythm, coordination and control are poor
- Minimal outcomes result from maximum effort
- Poor decisions are made regarding response options

Intermediate stage

Whilst there may be some Tackers and Under 10's who will be at this stage with some of their basic skills the number of players at the intermediate stage will increase most dramatically at Under 11 and Under 12 level. Players at the intermediate stage of learning a skill have basic command of the skills and are able to perform the skills at a faster pace, and, therefore, place them at a more competitive level in a match situation.

The performance of these players during a game might be characterized by one or more of the following:

- Movements have better control, coordination and rhythm
- Some parts of the skill continue to be either restricted or exaggerated
- While the overall skill produces reasonable results, some components of the skill are performed incorrectly

Final Stage

Whilst there may be some players who reach this stage by the end of Under 12's it is anticipated that the majority of players will not get to this stage until much later in their junior career. In this stage players are able to perform skills subconsciously and under pressure. At this point, players are ready to advance to more complex skills.

The performance of these players during a game may be characterized by one or more of the following:

- Mechanically efficient and coordinated movements
- Automated performance of the skill, which allows the player to process other information while performing the skill – the types of information includes strategies to counter opposition movements, responding to changes in the environment and planning for the next game play
- Confident and purposeful movements
- All components of the skill are correctly performed, well sequenced and optimally timed
- Minimal variation in the outcome of the skill performance

All of our coaches acknowledge that your child is a unique individual and will arrive at both the intermediate and final stages in their own time. We ask that you are also accepting of this fact and simply offer encouragement to your child rather than placing undue expectations upon them. Allow them the room to discover, make skill errors, mistakes in their decision making and, overall, experience the journey without feeling that they are in some way letting *you* down.