

SOUTH BARWON FOOTBALL & NETBALL CLUB

JUNIOR FOOTBALL HANDBOOK



GENERAL CLUB INFORMATION

Founded: South Barwon Football and Netball Club was founded in 1990 after a merger between Barwon Football Club and Belmont Football Club.

South Barwon Football & Netball Club Nickname: Swans

Premierships: 2001, 2005, 2006, 2007, 2009, 2010, 2012 (GFL)

South Barwon Football & Netball Club President: Roger Blacksell

South Barwon Football & Netball Club website:

http://websites.sportstg.com/club_info.cgi?client=0-6160-80521-0-0

South Barwon Football & Netball Club Facebook page:

<https://www.facebook.com/South-Barwon-Football-Netball-Club-Inc-216192678408220/?fref=ts>

South Barwon Football & Netball Club home ground:

McDonalds Reserve, Reynolds Road Belmont 3216

South Barwon Football & Netball Club song:

(Sung to the tune of the Melbourne Football Club song)

It's a grand old flag,

It's a high flying flag,

And its colours are red, white and blue.

It's the emblem of the team we love.

The team of the Swanners is true.

Every hearts beats true for the red white and blue,

And there's never a boast nor brag.

Should old acquaintance be forgot,

Keep your eye on the grand old flag.

UNIFORM REQUIREMENTS

The club requires that all players wear a South Barwon football jumper, blue shorts, red socks, and football boots. A mouth guard is highly recommended. All items (except the football jumper) are available at De Grandi Cycle and Sport, 419 Moorabool Street, Geelong. If you inform the staff that your child is playing for South Barwon then they will be able to help you select the correct colours. Short 'skins' or bike shorts are approved for use under football shorts but must be skin coloured (not black or white).

Please note that Geelong Junior football does not allow the use of playing gloves.

The club will supply each player with a South Barwon football jumper. This jumper is allocated to each player for the season and must be returned after the final game, clean and in good condition. Football jumpers are to be worn on game day only - please do not wear them to training. This will help keep the jumpers in good condition for several years.

South Barwon football jumpers can be worn at representative squads training sessions.

PARENTAL RESPONSIBILITIES

Volunteering

Junior football relies heavily on parent volunteers to run the competition. All of our junior committee and coaches are parent volunteers.

Parents will be expected to volunteer for the following team roles throughout the season:

- Timekeepers
- Goal umpires
- Runners
- Water runners
- Umpires – in Under 9, 10 and 12 each team needs to provide field umpires. Umpires are generally provided by the League for older age groups.
- Cleaning of dressing rooms after U14 and U16 games
- People to man the BBQ's and canteen at home games, this includes senior games as well.

It is important that every position is filled at every game. A roster system will be implemented by your team manager and everyone is expected to take their turn.

Canteen & other duties

All parents should note that they will also be expected to assist with the Hamburger Hut at senior home games, canteen duties and cleaning of club rooms after player events such as pizza and presentation nights, etc. Again, please remember that many hands make light work.

If your child is playing a game on the South Barwon top oval then your team will be rostered on to help in the canteen. Your team manager will advise you of your roster closer to the days. If you can't help out on the day it is your obligation to find a replacement. If you wish to get more involved at this level please contact the Junior Coordinator who can put you in contact with the club's Ladies Auxiliary who always welcomes new members to their group.

Training

Training finishing times are guidelines only and may vary by up to 30 minutes on any given day. Parents must be available to collect players at the conclusion of training (and games) or make alternative arrangements. It is not the coach's responsibility to remain at the ground waiting for players to be collected. Where players are not collected in a timely fashion at the conclusion of training and games, parents accept full responsibility for their child's welfare.

Parents/guardians are expected to attend (or be easily contactable) during both training and games. Please be aware that in the event of a player injury (or other situation), if no parent/guardian can be immediately contacted, then coaches/managers/trainers may call an ambulance if required (regardless of whether you have ambulance cover or not). We recommend that all players have ambulance cover.

Medical concerns

If your child has a physical disability or ongoing health issue, please ensure that you inform your coach and team manager directly. It is not the responsibility of the coach or team manager to administer medication to your child. If your child requires medication during training or games (such as asthma puffers) it is your responsibility to attend games to administer the medication correctly. If you have ongoing concerns about your child's health and safety, please ensure you discuss it with your coach or team manager on a regular basis.

We are always looking for parents to volunteer as trainers. If you have any first aid qualifications and would be interested in volunteering, please contact the Junior Coordinator or your coach/team manager.

Parent behaviour

Smoking is prohibited within 10 metres of any facility, arena or player at all junior football games. The consumption of alcohol is strictly prohibited at all junior games. Alcohol during senior games and club social events will be served as per the responsible service of alcohol laws.

Abuse of umpires or club staff will NOT be tolerated by any individual. Parents and other supporters are required to abide by our code of conduct included within this handbook. Please ensure you read the code of conduct to familiarise yourself with what is required.

Whilst parental support is valued at team huddles, please leave all coaching instructions to our coaches. Coaching instructions from parents may contradict the coach and this can cause players confusion and interruption of set game plans.

PLAYER RESPONSIBILITIES

Players are expected to be at training and games on time. Your coach or manager will advise you of game times and the expected arrival times. Parents/players are expected to notify coaches or managers if they are going to be late or absent from training or games. Please notify your coach or team manager as soon as possible as leaving this until the last minute can cause problems with team numbers. It is the parent's/player's responsibility to communicate directly with the team coach or team manager. Messages passed on from friends are not acceptable.

All injured players are required to report their condition to their coaches and/or trainers prior to commencing any training activities. Any player with a long-term injury must keep their coach up to date with their recovery and consult with their coach regarding a return date.

Players are expected to attend all training session. Training sessions are held in all weather conditions including rain. Training will be cancelled only if there are safety concerns for the players such lightning storms.

It is expected that players treat club facilities with respect and take the necessary actions to maintain them in a clean condition.

This includes the following:

- Boots are to be cleaned on the ground, not in the rooms or on the paved areas at the front of the clubroom. Banging of boots against building walls is strictly prohibited.
- Players are expected to help clean rooms after training and games if used.
- Players are expected to put any tape and rubbish in the bin after training and games. Leaving rubbish on the changing room floors will result in disciplinary actions.

Any player found with drugs or alcohol within the club boundaries will be disciplined accordingly as deemed necessary by the club. The consumption of alcohol by any junior players at club social events or dinners is strictly prohibited regardless of whether the player is accompanied by parents or not.

GUIDELINES FOR TRAINING IN EXTREME WEATHER CONDITIONS

When conducting training sessions, the safety and wellbeing of players is the most important consideration for South Barwon Football Club. In hot weather, if the temperature is 32 degrees or above at 3pm, training will most likely be cancelled for that day. Coaches will do their best to contact all players when training is cancelled. Please use your own discretion when sending your child to train in the heat or cold. A player will NOT be penalised for choosing to miss training due to extreme weather conditions.

RACIAL & RELIGIOUS VILIFICATION POLICY

The South Barwon Football Club is committed to an environment which promotes racial and religious tolerance. To read the full club policy, please click of the following link:

http://www.sportingpulse.com/club_info.cgi?c=1-6160-80521-0-10242512&sID=228085

CODE OF CONDUCT - PLAYERS, PARENTS & OFFICIALS

Responsibilities of Junior Players

- Abide by the rules of the game and rules set down by your coach, club and league
- Never argue with an official or umpire, accept their decisions regardless of whether you think it is right or wrong.
- Control your temper. Verbal or physical abuse of officials, players, umpires or spectators, or deliberately distracting or provoking an opponent is not acceptable or permitted
- Work equally hard for yourself and your team both in your matches and at training. Your team's performance will benefit and so will you.
- Listen to and respect your coaches. Correct practice at training will help you to develop your skills and approach to the game.
- Be the best you can be at all times and be proud of your efforts. Learn from your experiences and feel good about your involvement with the club.
- Be a good sport. Applaud all good players whether they are on your team or the other team. Be proud to walk off the ground after each game knowing that you have given

your best effort and never involve yourself in an argument with opposing players, umpires or officials.

- Treat all players, as you would like to be treated. Respect the efforts of your teammates and the opposition. Always acknowledge good play.
- Do not interfere with, bully, or take unfair advantage of another player. Your involvement is to play for fun and enjoyment and winning is only part of it.
- Cooperate with your coach and teammates, and respect the ability of your opponent. Without them there would be no game.
- Play for the fun of it and not just to please parents or the coach. Never be forced into a competitive situation with which you are uncomfortable.
- Do not use derogatory language based on gender, race or religion.
- Lead a healthy lifestyle and adopt habits that are beneficial to your well-being, physical development and ability as a footballer.
- All equipment, grounds and clubrooms must be looked after and respected.

*****Responsibilities of Parents/Guardians & Spectators*****

- Encourage children to participate if they are interested. Never force a child to participate against their will.
- Focus on the child's effort and performance rather than the overall outcome of the event. This assists the child in setting realistic goals related to their ability by reducing the emphasis on winning
- Teach your children that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.
- Encourage your child to always play by the rules.
- Never ridicule or yell at your child for making a mistake or losing the competition. Recognise that children develop their individual abilities at different rates.
- Remember, your child should be involved in football for their enjoyment, not yours. Do not place your expectations on your child or any other children.
- If you disagree with an umpire or official raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public. Remember most officials give their time and effort freely for your child's involvement.

- Support all efforts to remove verbal and physical abuse from junior sporting activities. Do not use any derogatory language based on gender, race or religion.
- Recognise the value and importance of junior coaches. They give of their time and resources to provide recreational activities for children and deserve your support.
- Trust the coaches in their efforts to develop your child and refrain from interfering during ¼, ½ and ¾ time breaks. Communication of team instructions on match day is the job of the coaches. Note that this includes a 5metre exclusion zone around the coaches, officials and players' bench at all times games are in progress. This is to ensure officials and players are unimpeded in their game day responsibilities.
- Positive and appropriate support models good behaviours to your children. Applaud good play, show encouragement, offer moral support and attend matches as much as you possibly can.
- Grievances or concerns should be directed toward the appropriate personnel eg. Coach, Team Manager, Junior Development Officer or Junior Coordinator.
- Team officials should not be approached regarding team structure or selection during the course of a game.
- Encourage your child's regular attendance at training and assist your child to understand the need to maintain their equipment and playing gear in good condition.
- Support your club officials in maintaining the highest standard of behaviour on and off the field for the betterment of the league and your family. Offer your assistance to the team that your child is playing in so that every opportunity is provided for the very best supervision and support. Your involvement will give both you and your child far more satisfaction.

*****Responsibilities of Coaches, Managers & Club Officials*****

- All officials are expected to model positive behaviours, which are socially acceptable not only in the sporting arena but also in the broader community.
- Inappropriate physical contact with players is to be strictly avoided. The child's mental and physical safety is of paramount importance.
- Coaches must ensure that they pursue appropriate coaching courses to further enhance their knowledge of the game and ability to develop their players.
- Team trainers, must at all times, have the appropriate qualifications to ensure that they can undertake their role effectively.

- Coaches have a duty to ensure that all training sessions are well planned and provide equal opportunity for all players to participate and enhance their skill development.
- Coaches must provide all players with a fair and equitable division of their time and resources.
- Coaches should always encourage players to do the best that they can. Players can be challenged to extend their abilities providing they are physically and mentally able to accept the challenge willingly.
- Coaches should promote values of honesty and integrity amongst their players not just playing ability.
- Officials must at all times provide grounds and equipment, which ensure the safety of the players.
- Team officials should promote an environment which values hard work, honesty and a commitment to teamwork.
- Team officials should never belittle or humiliate a junior player. Where constructive coaching for an individual is required it is to be offered in a caring and supporting way.
- Team officials should not verbally or physically abuse players, umpires or team officials of the opposing club.
- Any disciplinary action taken against a junior player must be done so with the approval of the Junior Board and specifically in relation to the player's misdemeanour.
- Team officials wishing to register concern over any issue relating to Geelong Junior Football must do so through the appropriate channels. In most instances this would be through the SBFC Junior Board.
- Win/loss ratios are secondary to the continued development and welfare of the individual and team.