



The Aberfeldie Junior Football Club welcomes all players and parents to what promises to be a very exciting and rewarding season.

This sheet is intended to answer questions that are most frequently asked at the start of the season. Whilst it contains essential information for new parents, “seasoned” parents should also take the time to review and update themselves on the important dates below, and note any changes to previous year’s policies and processes. This information should be read in conjunction with information on the club website.

The website includes Committee contact details and information about the club history and structure, the club song and a complete copy of the Junior Policy Document. You will find the Aberfeldie Sports Club website at

www.abers.com.au

Communication

The club’s preferred methods of communication are via the Abers website and electronic mail. You should regularly check the website for information updates. If you enter your email details on the website, you will be sent club newsletters and updates electronically.

On a weekly basis, much of the communication will be at team level through the coaches and team managers. Make sure they have your contact details and notify them if these change so you and your child don’t miss out on any important information. Please “quiz” your child after training about any updates or “news flyers”. In addition committee members are good sources for updates and advice on club activities.

Please assist the club and stay informed by providing updates of any changes to your email or home address and phone numbers to your Team Manager and the Club Secretary at secretary@abers.com.au

Code of Conduct

At ABERS we strive to instil and maintain high standards of behaviour both on and off the field that are in keeping with club and EDFL polices and the AFL Kids First Program. Players, parents, coaches and committee members are required to uphold a code of conduct and work together to maintain the excellent standards families have come to expect at Aberfeldie Sports Club. Please see page 6.

Uniform

General

- Aberfeldie Football Jumper – provided by the club and is to be worn for games ONLY and NOT to be worn to training.
- EDFL Shorts x 2 – Blue shorts for ‘Home’ games & white for ‘Away’.
- Club Jacket - All new Under 10 players are provided with a club jacket. This jacket is part of the uniform and should be worn to game days, but can also be worn at training. Replacement jackets are available for purchase at the uniform shop.
- Hooped football socks in club blues.
- Football Boots –Must not have metal studs, but can be purchased anywhere. Please note that Aberfeldie Football Club does participate in the loyalty program at Rebel @ Highpoint with all rewards coming back to the club. Just mention you are a member when making your purchase.
- Mouth Guard – It is an EDFL & club rule that all players must wear a mouth guard to take the field on match day. We strongly recommend that players also wear mouth guards to all training sessions and practice games. The club has arranged for ‘The Mouthguard Man’ to attend the clubrooms during pre-season to fit players whose parents wish to purchase through him. Alternatively, mouthguards can be purchased through a dentist or chemist.

Jumpers

All players will be issued with a club jumper prior to the start of the season. It is the responsibility of each player and/or parent to maintain and clean the jumper on a weekly basis. The jumper remains the property of the club and must be returned at the end of the season in good, clean condition. A register of jumper allocations is kept and any jumpers not returned or damaged through inappropriate treatment will result in a replacement fee being charged (\$150). Please note that jumpers are not for sale under any circumstances.

Permanent and semi-permanent adjustments to jumper’s length and sleeves by sewing or iron-on hem tape or other means is NOT permitted and should not be necessary. Each team set of jumpers has multiple sizes to accommodate all players, with the smallest start at No 1 to the larger size as the jumper number increases. Jumper allocations will be made an appropriate size rather than number preference.

We understand and hope that the players will be proud to wear the club jumper, but we do ask that it is not worn for training, school sports and other recreational activities. This maintains a consistent level of wear, colour and ultimately extends the life of the jumpers. Aberfeldie training jumpers can be purchased from the merchandise shop for general training and wearing.

Skins

Skins are NOT a compulsory part of the uniform. However, if players do wear them on game days, only flesh coloured Skins may be worn under white shorts. Under navy shorts players can wear navy, black or skin coloured skins. Only navy tops can be worn under sleeveless jumpers. Any coloured Skins can be worn to training.

Uniform Shop

The uniform shop is located in the clubrooms. It is open Friday nights between 5 and 6.30pm. You can purchase socks, shorts and training jumpers for players, as well as a huge range of merchandise including scarves, umbrellas and fleecy tops for the whole family. Cash or EFTPOS accepted.

Boot Recycle Scheme

It is intended that a boot recycle scheme be introduced for season 2010 so that players might exchange outgrown boots that are clean and in good condition. Details will be available soon. In the meantime, dig out any outgrown boots you have lying around and clean them up in preparation.

Training Commencement Dates & Venues

Training nights for the various age levels are as shown below:

Age Level	Day(s)	Time	Venue	First Training Night
U10	Friday	5 – 6pm	Clifton Park	12 th March
U12	Wednesday & Friday	6 – 7pm	Clifton Park	10 th March
U14	Monday & Wednesday	5 - 6pm	TBA	TBA
U16	Tuesday & Thursday	5 – 6pm	TBA	TBA

Clifton Park and Walter Street Reserve in Ascot Vale will be the venues for home games and training.

Round 1 EDFL – Starts Sunday 18th April

It is possible that some teams may be scheduled to play their first game on the Friday night (16th April). Although we are not expecting the EDFL to enforce any special arrangements due to the poor condition of some grounds, there may be some impact on the fixture. We will keep you informed of any changes.

Draw for Season 2010

The season, including ground location details, will be available on the EDFL Web site (www.essendonfdfl.com.au) once all team submissions have been finalised. We have been advised that the EDFL will not produce a printed fixture this year (or perhaps again) - given the possibility of drought impacts on the venues and games.

Player Numbers

U10 – U14

As a successful club, Aberfeldie has a steady stream of players advancing through the age levels. We also attract many new potential players each year and in some cases, in excess of the number we can field. The EDFL has a limit of 4 teams that a club can field in any one age group and we will be fielding the maximum in U10's, U12's & U14's.

For any given match only 24 players can be named on the team sheet and take the field. Therefore, the maximum size of any age level squad is 96 players (4 teams x 24 players). It is our club policy to maintain the team squads at or below the maximum squad size to avoid player rosters and to maximize your child's opportunities to play each week. The intention is to ensure that all players (U10's, U12's & U14's especially) have equal time on the ground. An obvious exception to this will be where a player is injured or disciplined by the coach.

As documented in the Junior Football Club Policy, preference will be given to existing players re-registering, siblings of existing players wishing to play for the first time, new players that have an association with the Aberfeldie sports club or are a child of a previous club player.

It is therefore only after the registration day has concluded and all re-registering and associated players are known that we will be able to confirm the number of new players that can be accepted. We hope that you understand and we will endeavor to confirm positions as quickly as possible.

U16

As is the case with other age groups, each U16 team can only have 24 players named on the team sheet. To accommodate injuries and other commitments that boys at this age have week to week, the squad for U16 is usually managed somewhat higher than the 44 players that can take the field in 2 games.

At this stage, we expect to field at least 2 teams in this age group – recruitment of new players can be accommodated.

Aberfeldie Junior Football Club will be holding a pre-season information session for parents and players in this age group.

Team Selection

Team selection is a complex process based on many factors. Our guiding principles are to field competitive teams in each division, and to provide families with an option to align siblings who are in consecutive age groups in the same division. Our aim is for your family and the player to have an enjoyable year. Although requests may be considered, we cannot guarantee they will be accommodated. We will endeavor to ensure that each new player to the club will have one nominated friend in his or her team. For more detail regarding team selection, please refer to the Aberfeldie Sports Club – Junior Football Policy.

Remember, a football club provides an excellent opportunity to establish new friendships, at both a player and parent level. Take the opportunity to meet and mix with new players and parents. Aberfeldie Junior Football Club does not encourage or support the building of teams around particular school or friendship groups.

Pre-Season Practice Matches

Intra-club and interclub practice matches will be organised during the lead up to the season. You will be notified accordingly by the coach or team manager. This information will also be posted on the Abers website.

Parent Participation

You and your child have signed up to be part of a team – your child is part of the on-field team and you are part of the off-field team. Volunteering is a great way to get involved in your child's sport, share or develop your talents and get to know others. Clubs don't exist without volunteers, so whatever you can do to help, however big or small, is appreciated. Your Coach and Team Manager are the key people to approach to offer your assistance. The Team Manager will be looking for volunteers to assist with weekly game day duties and is most likely to create a roster. These duties might include time keeping, providing oranges or awards, goal umpiring, boundary umpiring or being an umpire escort. Your team will also need a runner and a first aid officer. Put your hand up if you can help. Your active volunteering will ensure one less thing for them to worry about and ensure the team hits the field well prepared.

Game Day Preparation

There are a number of important things to remember on game day. These include:

- CHECK FIXTURE FOR GROUND LOCATIONS – do not assume games will be played at clubs home ground or where they played last year.
- MOUTHGAURD - no mouth guard = no play.
- CORRECT PLAYING UNIFORM – navy blue shorts = home /white shorts = away games, football boots, jumper, Abers jacket. It is a requirement of the EDFL that all players are dressed correctly at all times or the club may be fined. Umpires will check boots and ask for jewellery to be removed.
- DRINK BOTTLE - All players should have a drink bottle clearly marked with the players' name and containing either water, cordial or a sport drink;
- MEDICAL EQUIPMENT - Ensure medical requirements (such as Ventolin) are on hand

Medical Needs

We need to know if your child has a pre-existing condition, which requires particular care or treatment – discuss this matter with your team manager, first aid trainer and coach. In the case of asthma, we require a medical management plan to be completed by you and we recommend your doctor, prior to the commencement of the season. It is always the responsibility of parents to ensure that medication for any condition is available at EVERY session – training and matches. For all conditions, a parent or a responsible person MUST be on hand at both games and training to administer treatment if required.

Injuries

There may be occasions during the season when injuries occur. All teams will have a First Aid Trainer. At least one parent or guardian of each child is expected to remain at training and during games, to attend to any off-site medical attention that their child may need. The cost of ambulance transportation and/or treatment is the responsibility of parents/guardians. Refer to Aberfeldie Sports Club – Junior Football Policy.

Insurance

The club does carry sports injury insurance to cater for the more serious injuries that occasionally occur in junior football. The policy does not cover out of pocket expenses. The club advises that it is in your child's best interests to have your own personal medical insurance as a backup. All players play at their own risk and acknowledge that Australian Rules football is a contact sport where injuries may occur from time to time. Should your child be injured during a game and you may potentially wish to raise a claim, please see the team manager and request that an incident report be lodged with the insurer. This incident report must be lodged within 24 hours and is the important and essential first step to any subsequent claim. Team managers will be briefed on the process and will have the forms.

Inability to Play / Volunteer

In the event that your child is unable to play, please advise the coach before the game via a phone call. Similarly, your team manager will need to be advised in advance if you are unavailable for a rostered duty so that other help can be arranged.

Milestone Games & Banners

The club records the number of games a player has played for Aberfeldie and provides this information to families via team managers. We encourage parents to make 'run-through' banners to celebrate their child's milestone games, eg. 50 games. Teams are also encouraged to make banners for special occasions, eg. End of season or finals. If required, advice on how to make a banner will be on the website this season.

Game Day Awards

It is a tradition at Aberfeldie to provide different players each week with recognition of their efforts and teamwork at the conclusion of the game. Rewards such as chocolate bars or a voucher from local retailers for a free treat or discount generate a lot of interest and are greatly appreciated by the players and parents. If you or your business can contribute in this area it would be greatly appreciated – it is a great opportunity to promote your business – please approach a committee member. The club also provides a weekly award to a player in each opposition team to encourage respect for the opposition.

Player Discipline & Coaching

On-field discipline and player management is the responsibility of the coach. The clear intent of all Aberfeldie teams is to play the game in a spirit of fairness and mutual respect for teammates, opposition players and very importantly, umpires. The coaches require that players attend training on time and with the appropriate training equipment and attitudes. Discipline at training is just as important as on game day.

Please leave on-field discipline, coaching and player direction to the coach and team officials. Advice from the sidelines may only serve to confuse a player or undermine a team plan.

Team Nights

You will be invited to a Team Night early in the season. This is a great opportunity for families to get to know the coach, team manager and other families in the team.

Use of the Clubrooms

The club offers a great social atmosphere to be enjoyed by all family members and players. In particular, after training on Friday night, the Clifton Park clubrooms provide an opportunity for an enjoyable end to the week and "build up" to the excitement of the weekend. Parents and their children, players and non-players, are encouraged to socialise and enjoy themselves, but we do ask that you assist in keeping the enthusiasm and excitement of your children under control.

It is everybody's responsibility to do their bit to be a responsible club person by;

- Reminding my child not to wear boots or play with balls in the clubrooms.
- Cleaning up after myself and encouraging my child to do the same by putting all rubbish in the bin, leaving the tables clear and picking up food dropped on the carpet.
- Being respectful of neighbouring properties.
- Encouraging my child to play safely in groups away from surrounding roads.
- Supervising my child adequately.

Team Photos

Team photos are organised each season. All players are required to be dressed in the club jumper, shorts and boots. Both team and individual photos are available for purchase and need to be paid for on the day. 2010 Photos are booked for the 16th & 23rd of May. Each team will be scheduled to attend at least one of those days. Details will be distributed closer to the time.

Presentation Day

The Club Presentation Day is held at the end of the season after the completion of the Finals Series. This is an exciting day for players and their families and officially marks the end of a busy and fun season. Individual team presentations are held in the clubrooms and Scout Hall at rostered intervals and all families are invited to general club celebrations and a BBQ held throughout the day. Team Managers will keep you informed of your team's involvement later in the season.

Social Functions

The club organises a number of social functions over the year at both a senior and junior level to build a positive and welcoming club atmosphere, as well as raise funds to assist in the financial operation of the club. Your support is vital to the ongoing success of the club and we hope you will feel free to invite non-club members to participate. Please watch out for these events via the website and e-mails.

Grievance Procedures

Questions or concerns about your child's participation in the team should be directed to the coach in the first instance. If the concern cannot be resolved at that level, parents can approach the Age-Group Coordinator. Age-Group Coordinator details are on the website. Failing that, the issue will be elevated to the Coaching Coordinator and/or committee. Resolution will be based on relevant club policies. Full details of club policies in relation to team selection, player rotation and finals selection are available on the website.

Club Fees & Fee Policy

Player No. in Family	Non Current Sports Club Member			Current Sports Club Member		
	Sports Club Fee	Football Club Fee	Total	Sports Club Fee	Football Club Fee	Total
1 st	\$130	\$130	\$260		\$130	\$130
2 nd		\$130	\$390		\$130	\$260
3 rd		\$130	\$520		\$130	\$390
4 th		\$130	\$650		\$130	\$520

The AJFC offers a single up-front registration fee – with no weekly participation fees.

The Sports Club fee is payable once per annum per family, so financial members of the Aberfeldie Sports Club through other associations, i.e., Cricket Club members, only pay the fee once. The annual period is from 1st October to 30th September.

We aim to keep fees as affordable as possible to maximise children's opportunities to play football. However, the continuation of the club is reliant on the payment of fees and a copy of the fee policy is available on the website. Should families anticipate or experience difficulty in meeting standard fee payments, please contact the Treasurer to make alternative payment arrangements.

Working with Children Check

In compliance with the law, the club have a policy that all committee members, coaches, team managers and first aid officers have a Working With Children Check.

Junior Football Committee

Committee contacts are available on the website as well as information about the Annual General Meeting and how you can become a committee member. The Committee welcome any support, suggestions or skills you can offer. There are no paid positions in the Junior Football Club and all committee members, coaches and team manager positions are voluntary. These people are giving freely of their time to ensure a great football experience for your child. Please keep this in mind in your dealings with the club. We are constantly looking for ways to improve how we do things and your feedback is always welcome.

CODES OF CONDUCT

PLAYER CODE OF CONDUCT

- ❖ Play by the laws and rules of the game.
- ❖ Do not argue with my coach, team mates, umpires or officials.
- ❖ Control my temper.
- ❖ Be a team player.
- ❖ Be a good sport.
- ❖ Treat all team mates fairly, as I would like to be treated.
- ❖ Be respectful of my coach, team mates, umpires, officials and opponents.
- ❖ Play for fun and do my best to improve my skills and knowledge of the game.
- ❖ Not make ugly or rude remarks to anyone about their race, religion, gender, appearance or ability.
- ❖ Be a responsible club person by
 - Not wearing my boots in the clubrooms.
 - Not playing with balls indoors.
 - Cleaning up after myself by putting all rubbish in the bin, leaving the tables clear and picking up food dropped on the carpet.
 - Being respectful of neighbouring properties.
 - Playing safely in groups away from surrounding roads.

PARENTS CODE OF CONDUCT

- ❖ Encourage children to participate, but do not force them.
- ❖ Teach children that honest effort is more important than winning.
- ❖ Encourage children to always play by the rules and accept the umpire's decision at all times.
- ❖ Never ridicule mistakes or yell at a child for making mistakes or losing.
- ❖ Remember that involvement is for the children's enjoyment, not mine.
- ❖ Remember that children learn best by example. I will respect all coaches, team officials, umpires, opponents and opposition spectators.
- ❖ Recognise the time and effort contributed by voluntary officials, coaches and administrators and support these individuals to the best of my ability and availability.
- ❖ Endeavour to never publicly disagree with officials. I will raise issues privately and through the appropriate channels.
- ❖ Support all efforts to remove verbal, racial and physical abuse and to settle disagreements without resorting to hostility or violence.
- ❖ Support club officials and the EDFL to foster high standards of behaviour for our club and uphold the principles of the Kids First Program.
- ❖ Be a responsible club person by
 - Reminding my child not to wear boots or play with balls in the clubrooms.
 - Cleaning up after myself and encouraging my child to do the same by putting all rubbish in bin, leaving the tables clear and picking up food dropped on the carpet.
 - Being respectful of neighbouring properties.
 - Encouraging my child to play safely in groups away from surrounding roads.
 - Supervising my child adequately.

COACHES CODE OF CONDUCT

- ❖ Respect the rights, dignity and worth of all individuals within the context of my involvement in Australian Football, including refraining from any discriminatory language or practices on the basis of race, gender, religion, ethnic background, or special ability/disability.
- ❖ Abide by and teach the AFL Laws of the Game and rules of the EDFL.
- ❖ Abide by the policies, procedures and philosophies of the EDFL and the Aberfeldie Sports Club and work cooperatively with League and Club officials.
- ❖ Ensure that players in my care are involved in a positive, fun environment where skill learning and teamwork are priorities that are not overshadowed by a desire to win.
- ❖ Avoid overplaying the talented players, aiming instead to maximise the enjoyment and participation of all players regardless of ability.
- ❖ Give due consideration to the varying maturity and ability levels of my players when designing practice schedules, practice activities and involvement in competition. Strive to develop and maintain positive self-esteem in players.
- ❖ Be reasonable in the demands I make on the time commitments of the players in my care, giving due consideration to their health and wellbeing.
- ❖ Refrain from any form of verbal abuse or unnecessary physical contact with the players in my care.
- ❖ Monitor the safety of players and follow parent's/physician's advice concerning the return of injured or ill players.
- ❖ Display and teach appropriate sporting behaviour, ensuring that players understand and practice fair play. Endeavour to ensure an acceptable atmosphere is maintained after each game by shaking hands with the opposition coach and encouraging players to do the same with their opponents. Endeavour to ensure we are humble in victory and gracious in defeat.
- ❖ Reinforce the Aberfeldie Sports Clubs expectations that players, officials and spectators abide by the Kids First Program principals. Display and foster respect for umpires, opponents, coaches and officials and not blame losses on poor umpiring.
- ❖ Keep my coaching accreditation up-to-date and endeavour to remain well informed regarding sound principles of coaching and skill development.