



Barwon Heads Football Netball Club

Junior Football Handbook

Season 2021

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About Barwon Heads Football Netball Club

Key BHFNC football facts

- Established: 1922
- Mascot: Seagulls
- Senior men's football premierships: 1957, 1972, 1973, 1974, 1993, 2019
- Senior women's football premierships: 2018
- Senior teams: senior & reserves men, senior & reserves women, U19 men
- Junior teams: U18 girls, U17 boys, U15 girls, U15 boys, U13 boys, U12 girls, U11, U10, U9
- Auskick: 100+ participants
- Members (2019): 750
- Home ground: Howard Harmer Reserve, Bluff Rd
- Secondary home ground: Barwon Heads Village Park

Our Purpose

The Barwon Heads Football & Netball Club (BHFNC) aims to provide the best possible environment for members to experience a community sporting club promoting participation, achievement and contribution.

Our Mission

To be recognized as a competitive, community and value orientated, professional, fun and successful sporting club, equally admired for on-field and off-field achievements.

Our Vision

We recognise that the club is greater than any one individual; therefore our vision for success incorporates a variety of components. Our aspirations are:

- To be an organisation which runs smoothly and professionally with ample resources and quality facilities
- To have qualified and accredited coaches, working in cohesion, to develop skills and people
- To have players in the senior age groups, who are acknowledged as role models for junior members for their sporting ability and social behaviour
- To be committed to coaching and training and to have established a style of play that promotes on-field success
- To have a supporter base consisting of playing and non-playing members who actively contribute to the club
- For the club to be acknowledged as making a contribution to the broader community
- For all members of the club to consistently display our core values
- To have the full support of local businesses who are eager to sponsor and promote/support us
- To have a stable leadership group who are positive, enthusiastic and open to change
- To have a club environment which is full of energy, commitment and is a great place to be
- For our club to be acknowledged as a leader in our league & region

Our Values

Enthusiasm and Commitment

- We train hard, play hard and have fun
- We contribute positively both on the field / court and within the club

Respectfulness and Accountability

- We respect all players, officials, spectators and members
- We maintain a high standard of personal behaviour
- We respect the decisions of the coaches and umpires

Teamwork and Collaboration

- We play and train as part of a team
- We volunteer and take up roles to achieve the best outcome for the club

Development and Excellence

- We win cleanly through spirit, talent and discipline
- All players are given the opportunity to reach their potential
- Development of all players, umpires and coaches remains a unique feature of our club

Code of conduct

- Each BHFNC member is required to sign the BHFNC code of conduct upon registering

BHFNC committee

- President: Tim Goddard
- Vice-President: Tim Ford
- Secretary: Garry Read
- Treasurer: Matt Tabone
- BHFNC Club Manager: Angie Spinks
- Director of Football: Brendan Curry
- Director of Netball: Narelle Elford
- Director of Women's Football: Tbc
- Director of Junior Football: Damian Clarke/Rob Mackie
- Director of Junior Netball: Maria Vallani

About Barwon Heads Junior Football

Junior football committee

Committee members and key responsibilities

- Damien Clarke: Junior coordinator, AFL Barwon & senior committee, coaches, U15 & U17 boys' football
- Rob Mackie: Junior coordinator, AFL Barwon & senior committee, coaches, U9 & U10 football
- Bec Whitehead: first aid, registrations, equipment
- Ewa Janezic: new committee member, equipment
- Jeremy Slattery: new committee member, umpires
- Amy Raleigh: new committee member, team managers
- Sarah Shaw: communications, team managers
- Trevor Harris: U12 – U18 girls'
- Nat Yates: trophies (U13+), medals & photo books (U9 – U12), social media, match day catering
- Cameron Don: U12 – U18 girls' football
- Chris Cornell: umpires, U11 & U13 boys' football

Purpose of the BHFNC junior committee

- To manage the junior football program at BHFNC in alignment with the One Club philosophy and the junior football priorities
- To enable all aspects of junior football to have a voice: competitive & non-competitive ages, boys, girls, coaches, umpires, team managers, families
- To report back to the BHFNC senior committee
- To raise sufficient funds for the junior football program to run (approx. \$1000 per team)
- To communicate to the junior football community on behalf of BHFNC

BHFNC junior football key philosophies

Program priorities

The two priorities for BHFNC junior football are as follows (in order)

1. Player retention – it is vital that we provide a fun, supportive and constructive environment for players so they stay at the Club
2. Player development – it is vital that we focus on developing weaker players who have a desire to improve, not just the stronger players. This is to support the retention priority but also in recognition that given the differing growth and development rates in children.

The third priority is winning games and finals. BHFNC wants to instil a winning culture in our teams, but never at the expense of priority 1 and 2.

Player rotations

BHFNC requires that junior teams follow a policy of rotating junior players across multiple positions right through to U17/U18. This is to ensure that players who may be smaller/less skilled at a young age do not miss out on crucial development opportunities, and similarly, that players who may be larger/more skilled at a young age are not pigeonholed into one position. An U11 ruckman may be an U17 rover, and vice versa.

Opposition teams should, but in practice may not follow this principle. This may result in short term losses for a team, but given that our two priorities are retention and development, this should not sway BHFNC teams from sticking with the rotation policy.

Finals selections

Given the differing player numbers and availabilities across age levels, BHFNC will not enforce a finals selection policy on teams, however recommends that teams select players for finals based on:

1. Attendance at training
2. Games played
3. Positional considerations

Whether the coach decides on this approach or has a different approach, the most important action is to clearly communicate their approach to the players and their families as early as possible in the season, and ideally multiple times via various channels.

Training Style

An 'all of club' approach to training is the recommended approach for each junior team. This means that, as for senior training, each junior training should consist of three phases:

1. Each session should begin with skills, with the aim being that each player touches the ball approx. 100 times via kicking, handballs, bouncing, and with an emphasis on the opposite side
2. Then move into structure drills, with the focus on maintaining structure, creating space etc
3. Each session should end with a game simulation, whether that be keepings off or full end to end games

BHFNC junior football – 2021 season information

Club communications

The Club will endeavour to keep players and families well informed via multiple methods:

- Email: to the email address/es supplied upon player registration
- Website: barwonheadsfnc.org.au
- Facebook: Barwon Heads FNC Junior Football (we would encourage you to join this group as it is a good source of instant news)
- Twitter: @BHFNCSeagulls
- Instagram: BarwonHeadsFNC

Team specific communications will be established by each team. A mix of Facebook, SMS, email and Team App are generally used – please talk to your Coach or Team Manager about the preferred methods for your team.

To view results, fixtures and ladders, download Game Day by SportsTG. Once it is loaded with the season fixtures you need to select Australian football then search for AFL Barwon in the League tab, then Barwon Heads to view and save all of the fixtures for your preferred team/s.

How to register

Player registrations generally open in January. Registrations are required as early as possible to enable the junior committee to make informed decisions on team numbers.

Register at <https://barwonheadsfnc.org.au/membership/>.

It's a two-step process, and both steps need to be completed by Round 1, 2021:

1. Register with Sporting Pulse to be recognised by AFL Barwon and covered by player insurance
2. Join and pay for your BHFNC player membership

Key dates

Season dates

- Junior football round 1: weekend of Sat 17 April
- Mid-season bye: weekend of Sat 3 July
- Grand Final - girls' football: weekend of Sat 21 August
- Grand Final - boys' football: weekend of Sat 28 August

Club dates

- Family day: Sat 20 March
- Senior football round 1: Sat 3 April (Easter Saturday)
- Junior football social & fundraising function: Sat 10 July
- Ladies Day: TBC

Volunteer roles

Each team requires many volunteers to enable their kids to play football. Volunteer roles that need to be filled are:

- Coach
- Field Umpire (U9-U13)
- Goal umpire
- Team manager
- Trainer/ first aid
- Runner (U11+)
- Water carriers
- Interchange steward (U13+)
- Scorer
- Timekeeper
- BBQ cooks

All helpers require a Working With Children check which is a free application process accessed via <https://www.workingwithchildren.vic.gov.au/individuals/applicants/how-to-apply>

Uniform

The Club will provide each player with a guernsey that must be returned at the end of the season. Players are required to supply their own royal blue socks and shorts, which can be purchased via this website: <https://shop.locosportswear.com.au/collections/barwon-heads-fnc> password: Seagulls

Any items worn underneath the uniform (eg 'Skins' compression tops or shorts) are optional and must match the skin tone of the player. DeGrandi and Target have been known to sell a cheaper brand of compression shorts.

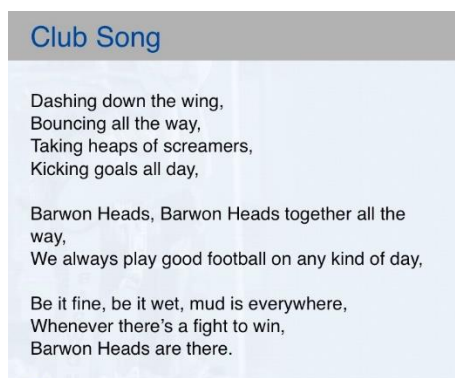
The Australian Dental Association recommends a custom-fitted mouthguard for all Australians who participate in contact sport or sports with high risk of dental injury.

Merchandise

BHFNC supporter merchandise orders (eg hoodies, beanies, polo shirts etc) can be purchased any time throughout the year. Browse and order via this website: <https://shop.locosportswear.com.au/collections/barwon-heads-fnc> password: Seagulls

Team song

To the tune of 'Jingle Bells'



The image shows a graphic with the title 'Club Song' in a grey header. Below the title, the lyrics are displayed in a light blue background with a subtle pattern. The lyrics are:

Dashing down the wing,
Bouncing all the way,
Taking heaps of screamers,
Kicking goals all day,

Barwon Heads, Barwon Heads together all the way,
We always play good football on any kind of day,

Be it fine, be it wet, mud is everywhere,
Whenever there's a fight to win,
Barwon Heads are there.

Age Group Eligibility

Age groupings are based on the player's age at 1 Jan. For season 2021:

Girls:

- U12 - 2009 - 30 April 2014
- U15 - 2006, 2007 & 2008
- U18 - 2003, 2004 & 2005

Boys & mixed:

- U9 - 2012 - 30 April 2014
- U10 - 2011
- U11 - 2010
- U13 - 2008 & 2009
- U15 - 2006 & 2007
- U17 - 2004 & 2005

NB. Age groupings for mixed & boys' football will change to U9, U10, U12, U14, U16, U18 in season 2022.

Match days

- U12 girls, U15 girls, U18 girls play on Sundays
- U9, U10, U11 play Saturdays and some Friday nights
- U17 boys play Saturdays
- U13 & U15 boys play Sundays

Grading of teams

The Club submits an estimated grading of each junior team to AFL Barwon so they can schedule the first 4 matches of the season. AFL Barwon grading of teams takes place during this period. At the completion of grading, teams are placed in the most suitable division and the remaining fixtures will be released. It can be hard to plan for but it is worth it as it ensures that games are not too one-sided (in either direction).

First aid

Each team required at least one designated volunteer first aid attendant/ trainer. People who undertake this role require a minimum level 1 first aid or an equivalent level of training or experience. BHFNC also offers basic training for first aid attendants during the season.

Concussion

BHFNC supports the guiding principle of 'if in doubt, sit out'.

The BHFNC concussion policy will align with AFL Barwon requirements, but is currently (as at 1 March 2021) as follows:

1. If an incident resulting in a possible concussion occurs, the player needs to be taken from the field and assessed by the team trainer via the HeadCheck app (to be downloaded on smart phones).
2. If the HeadCheck assessment results in advice that the player should not continue playing, the player may not take the field again during that match.
3. If the HeadCheck assessment results in advice that the player should not continue playing, the player is not permitted to play the following week unless they provide written medical clearance to their coach or team manager.

Issues resolution

Vilification & Escalation Policy

Should anyone on your team experience vilification, the Club will support them and escalate to AFL Barwon if desired. The process for vilification and other grievances is to contact your hub contact (listed below). They will respond and escalate appropriately and in the required timeline.

- Damien Clarke: U15 & U17 boys' football
- Rob Mackie: U9 & U10 football
- Trevor Harris: U12 – U18 girls' football
- Cameron Don: U12 – U18 girls' football
- Chris Cornell: U11 & U13 football

Match day issues

In the unusual occurrence of players and spectators behaving inappropriately towards players, umpires or coaches, prevention is certainly more effective than a cure.

Incidents can be prevented or minimised in the following ways:

- Our team managers reminding families to never abuse umpires or other team players, volunteers or spectators, even if provoked. The way we act in these situations directly influences the way our kids act.
- BHFNC coaches and volunteer umpires should meet and greet their opposition coach and parent umpire before each game, wish them well and remind them that we are all here to enjoy a fun game of footy. Our umpire should state at this time that the game will be played to the age-appropriate rules and free kicks will be paid (eg no tackling to ground, no sling tackles, no abuse etc)
- The BHFNC parent umpire should pay free kicks against any player from either team who deviates from the rules, and any time they receive inappropriate sledging or abuse from any player or spectator from either team.
- If issues arise during the game, the coaches should meet at the next break to highlight the issue and ask that it be addressed.
- The parent umpire can give yellow cards with/without report or red cards with report.
- In extreme cases if the above steps have been taken and the safety or wellbeing of our players or umpires are still at risk, the Club will support your decision to end the game.

Outstanding issues should be raised with your team manager, who may escalate the issue to the relevant hub contact if they cannot resolve it within the team. Hub contacts must be notified of the issue by 5pm of the day of the issue.

- Damien Clarke: U15 & U17 boys' football
- Rob Mackie: U9 & U10 football
- Trevor Harris: U12 – U18 girls' football
- Cameron Don: U12 – U18 girls' football
- Chris Cornell: U11 & U13 football

Key contacts

- General enquiries, registration queries, merchandise queries: Angie Spinks, Club Manager, admin@barwonheadsfn.org.au
- Sponsorship enquiries: Tim Ford, Sponsorship Manager, tim.f@beachwealthadvisers.com.au

BHFNC Policies

Please refer to www.bhfn.org.au for Club policies including Vilification, Code of Conduct & Child Safety.