



Barwon Heads Football Netball Club

Junior Football Handbook

Season 2023

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About Barwon Heads Football Netball Club

Key BHFNC football facts

- Established: 1922
- Mascot: Seagulls
- Senior men's football premierships: 2019, 1993, 1972/3/4, 1957
- Senior women's football premierships: 2018
- Senior teams: senior & reserves men, senior & reserves women, U18 men
- Junior teams: U19 girls, U16 boys, U14 girls, U14 boys, U12 boys, U12 girls, U10 girls, U10 and U9
- Auskick: 100+ participants
- 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.

Child Safety Policy

Barwon Heads Football & Netball Club is committed to ensuring the safety and wellbeing of all children and young people who participate in football and netball and access the Clubs' services. We have in place and adhere to the Child Safe Code of Conduct which can be found at <https://barwonheadsfncc.org.au/junior-football-policies/>

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 player agrees to the BHFNC code of conduct upon registering

BHFNC committee

- PRESIDENT: Tim Goddard
- SECRETARY: Garry Read
- TREASURER: Georgia Hillman
- BHFNC Club Manager: Angie Spinks
- DIRECTOR OF FOOTBALL: Russell Hyland
- DIRECTOR OF NETBALL: Narelle Elford
- DIRECTOR OF WOMEN'S FOOTBALL: Phoebe Chirnside
- DIRECTOR OF JUNIOR FOOTBALL: Rob Mackie
- DIRECTOR OF JUNIOR NETBALL: Sandy Fry
- DIRECTOR OF SOCIAL EVENTS: Tom Andrew

About Barwon Heads Junior Football

Junior football committee

Committee members and key roles

- Rob Mackie: AFL Barwon & senior committee liaison, U14 and U16 boys football
- Ted Mithen: U9 – U12 football
- Luke Woods: U14 – U19 girls football
- Luke Woods and David Webb: Equipment and jumpers
- Mel Kiwi: communications, team manager liaison, registrations
- Chris Cornell: umpires & first aid
- Jeremy Slattery: Child Safety Officer
- Nicole Bacely and Kirsty Tweddle
- Junior Player Welfare Officer – Sally Mackie (not part of committee)

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
- 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 all juniors. 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 U10 ruckman may be an U16 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.

Team selections

Non-competitive years u9/10/12s

In all junior teams the Club supports maximising and emphasising game-day participation and enjoyment. This aligns to our club values and goals as well as supporting kids to build on and develop their football skills, the nurturing of physical and emotional development and general wellbeing. As a club, we will always aim to enter additional teams where possible eg 30 U10 players will result in 2 teams rather than a single large squad. This may mean we play short at times however with the support of AFLBarwon and in line with their regulations, it is encouraged that clubs share players where possible.

Within teams, it is expected that matches are evenly shared amongst players irrespective of skill level. However training attendance and attitude may influence selection and is at the discretion of the coach/s.

Where there are multiple Barwon Heads teams (in non-competitive age groups) the club will select teams in an “even” way. Team selection will occur at the start of each season by the coaches in conjunction with a junior committee member and will be re-selected each year. The committee will apply the following hierarchy of principles when going through the team selection process:

1. Team will be comprised of equal numbers (to as equal as possible)
2. Child(ren) of a coach will play in that coaches team
3. If teams are based on school year level then the year level teams will be as even as possible
4. If mixed across year levels then attempts will be made to ensure the teams are evenly matched in terms of skill level.

Where practical (coach and ground availability) the teams (of the same age group) will train together.

Competitive years u14/15/16/18s The club's aims to maximise the recruitment and retention of players through the pathway to senior football by developing skills and nurturing social interaction of our competitive years participants. If there are multiple Barwon Heads teams in competitive age groups, our club policy is to select and align players to teams based on their skill level.

The committee will apply the following hierarchy of principles when going through the team selection process:

1. Teams/squads will be comprised of equal numbers (to as equal as possible)
2. Team selection will be based on appropriate skill level for their football development.
3. Child(ren) of a coach will play in that coaches team (where appropriate)
4. Where possible, players will play with a core group of friends from previous playing years

This supports the majority of players being placed at the appropriate skill-level for their football development. It is expected that there will be movement across teams as form and team balance requires. The team coaches along with a junior committee member are responsible for initial squad selections, with the coaches responsible for weekly team selection. Where practical the teams will train at the same time with the whole group participating in some drills. Teams may break-out to coach team specific plays.

Final's 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 approximately 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

We have a coaches charter which provides the guidelines and requirements of our coaches. It can be viewed at <https://barwonheadsfnc.org.au/junior-football-policies/>

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 Juniors (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.

Results, fixtures and ladders, will be available on-line. It is a new system in 2022 and details to be provided prior to the season beginning

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:

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

Both steps need to be completed by Round 1, 2023.

Volunteer roles

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

- Coach
- Umpire (U9-U14)
- Team manager
- Trainer/ first aid
- Runner (U12+)
- Water carriers
- Interchange steward (U14+)
- Scorer
- Timekeeper

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 online at

<https://shop.locosportswear.com.au/collections/barwon-heads-fnc>

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>

Age Group Eligibility

Age groupings are based on the player's age at 1 Jan. For season 2023:

Girls:

- U10 – 2013 – 30 April 2016
- U12 – 2011 and 2012
- U14 – 2009 & 2010
- U16 – 2007 & 2008
- U19 – 2004, 2005 & 2006

Boys & mixed:

- U9 - 2014 - 30 April 2016
- U10 - 2013
- U12 – 2011 and 2012
- U14 - 2009 & 2010
- U16 - 2007 & 2008
- U18 - 2005 & 2006

Match days

- U10 girls, U12 girls, U15 girls, U18 girls play on Sundays
- U9, U10, U12 play Saturdays and some Friday nights
- U14 plays on Sundays
- U16 play Saturdays

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 has a designated first aid attendant/ trainer.

Concussion

BHFNC supports the guiding principle of 'if in doubt, sit out'. The BHFNC concussion policy is 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 (available from the app store).
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 permission is provided, by a parent, to their coach or team manager.

Issues resolution

AFL Barwon 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 Luke Woods (female footy) or Rob Mackie. They will respond and escalate appropriately and in the required timeline.

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. Therefore, it is vital that even if others go low, we go high.
- BHFNC coaches and parent 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.

Key contacts

General enquiries, registration queries: Angie Spinks, Club Administrator, admin@barwonheadsfc.org.au

Junior football enquiries: Rob Mackie, Junior Coordinator, robertgmackie@gmail.com