



Parent and Player Information JUNIORS

(Auskick to Under 18s)

Welcome!

Uraidla District Football Club (UDFC) prides itself on being a family orientated, continually growing club that endeavours to be well respected both on and off the field to achieve success through sporting excellence.

Bit wordy isn't it, after all, they're only juniors, however, what it *means* is that we believe that we can offer your child the best opportunity to be the best footy player they can be and to have fun doing it.

There are many ways that we achieve this and they are outlined further down but the really important skills we teach are participation and teamwork.

You will hear these terms used in UDFC footy:

Moddies:	this is the teams between Under 8 to Under 11
Juniors or Colts:	this means Under 12, Under 14, Under 16 or Under 18s
Seniors:	this is the adult A, B and C grades.

****We also have a Women's team for the first time in 2019** ☺**

Please contact Michael Tudor if you know anyone that is interested on 0400 604 255

Note: Juniors is also used to group all the kids that play Auskick to U18s

People you need to know to help you through your football journey:

Your Coach: refer to the attached team page

Your Team Manager: Refer to the attached team page

Your President: **Marc Richards 0429 066 653**

Your Merchandise Coordinator (socks and shorts etc) : **Jan Soar 0428 417 306**

Your Junior Contact: **Eirona Johansen : 0407 337 429** (Sam J's Mum)

Your Moddies Contact: **Andrea Fillmore 0403 803 306** (Harry, Noah and Jack's Mum)

Your Club Secretary: **Jo Schapel 0403 539 540** (Jackson and Brodie's Grandma)



What we need from parents to make this work:

Your coaches and the support people are volunteers and this is an amazing start, we thank them for their commitment to the club and your children however, there is always a “however”...Your **coaches are going to need help at games and at practice** to assist them with what is colloquially know as “**Cat Herding**”.

On training afternoons assistance is always welcome by throwing balls, setting cones and drill props like jumping, bumping bags, balls etc. You don’t have to know footy to help in this. If you are able to **be a grown up presence** and you are willing to help please make yourself known to the coach

At games there are a number of jobs that **MUST** be filled every game.

These are:

- Moddies Umpires under 8 to under 11
- Goal umpires jacket and flags supplied
- Time keepers hooter supplied as required
- Scorers BYO pen, all other supplied.
- Oval Delineators Moddies also need cone and goal posts set up to play

The game **cannot** take place without them.

If you would like to assist with umpiring, training is available and we have a Moddies Umpire Mentor (Marc Richards) who will be able to stand on the sidelines and give feedback.

If you can dedicate yourself to a job for the whole season, Great! Only two matches still great! Please let your team manager know.



Social and Fundraising:

Panic Not. This is not a request to sell raffle tickets or boxes of chocolate!

UDFC fundraises through Saturday Night Teas, Canteen, (Friday and Saturday) the BBQ and both inside and outside bars. The club also offers sponsorship packages- contact Paul Richards on 0439 844 588 to discuss or check out our website.

As a **Moddie parent** you will be asked to assist with Canteen duty on Friday nights and two lots of Saturday Night Teas.

Under 12 parents will be asked to do Friday night Canteen as well as two Saturday night teas

U14, 16 and 18 will be asked to assist with a couple of Saturday night teas and Saturday Canteen, also possibly a bar shift, if you have a preference please let Eirona know. 16s and 18s also sell raffle tickets at home games after their match.

Team managers will let you know when you are rostered on. **All catering rosters will be on the website.**

There are some very experienced people that can help you and this year we are trying to mix older Moddies teams with younger ones to ease the culture shock.

Saturday night teas are the time when the club comes together to acknowledge the best players of the week. Each coach makes a short speech and hands out the awards. We then have the raffle draw, members draw and general announcements. It's a good inexpensive meal and the bar stays open later than the kitchen. The two local Netball Clubs (Uraidla and Summertown) also share weekly presentation and best players on Saturday nights at the club.

The Social Club also puts on ticketed events during the year and we would actively encourage you to attend (and join the Social Club, Caroline Ward would love to hear from you 0432 945 729).

There will be a specific Moddies social event, and details will follow about when and where and what.

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The next few pages delve into the nitty gritty. There is a Code of Conduct for Players, A Code of Conduct for Coaches, what the UDFC offers you, the bank details of the club, detailed expectations of training s and the mission statement, vision and philosophy of UDFC.

Please read it at your leisure, but *please read* it, and show it to your child/ren
Any questions about anything please contact your team manager, coach or any of the contacts on page 1.



The Coaches:

The junior coaching program will emphasise learning the rules, skill development, fun and working co-operatively. Its aims include enabling all children to learn the basic skills of our sport and to become as good as they can. The Club believes that forming friendships, developing a feeling of belonging and learning to share experiences with others are important to children and our community and we see sport as a good way of achieving this.

All of our coaches undertake a National Criminal History Check and Screening assessment from the Department of Communities and Social Inclusion, South Australia that clears them to work with children, vulnerable adults and recipients of aged care services.

Training

Auskick is on Sunday Mornings from 11am. Registration and payment is via the Auskick website, we are always looking for assistance with our Auskickers as they are a lively bunch! Please let Marc (President on 0429 066 653) know if you can help. We welcome Auskickers to all club events

Moddies train generally train Wednesday nights from 5-6pm at Uraidla oval. Team managers will confirm training times with you.

Mini colts (u14) and Junior Colts (u16) train Tuesday and Thursday nights 5-6:30pm.

Senior colts (u18) Tuesdays and Thursdays from 5-6:30pm.

Senior colts are welcome to stay on and continue training with the seniors (A, B & C teams).

Note: times may change with negotiation.

The Seniors train Tuesdays and Thursday from 6:30 pm

All players are expected to wear mouth guards and football boots. The club offers a boot swap/take cupboard inside the race green door, great for fast growing feet. On cold nights, it would be advisable to wear long sleeves and track pants. In inclement weather, we will go to plan b, which might be the school gym, or exercise in our clubrooms and grand stands; we may also show the kids educational videos on the data projector inside

Players should arrive **10 minutes early for training and commence warming up with a lap of the centre square and kicking**, without being told (buddy up with others to do this)

Once the formal sessions starts at 5pm, the format will typically include:

- Warm up skills with a partner (e.g. exercises, stretching and jogging)
- Skills (e.g. kicking, handballing, marking and bumping) tuition as a team and also one-on-one with a coach where possible
- Skills practice as a team using drills
- “Scratch match” (simulate the Game Day experience and assist in learning and understanding the rules) OR “circle work” (running and passing the ball by hand or foot around half the oval).



Our Philosophy:

The culture of football and football clubs have evolved quickly the past 30 years and the **combined Uraidla Districts Sporting Clubs cultures are now structured towards and enriched by participation from all family members.** The football club is entwined with our district's netball, cricket and tennis sports. At Uraidla, people from all walks of life and with all sorts of interests come together with a common understanding of **sport and human interaction as a key part of a good life balance.**

This is about helping **your children** towards being fit and active into the future as part of their daily adult lives and **interacting positively with those around them.** The benefits include physical fitness, happiness, development of hand/eye coordination and the “team” principles of interdependence and unselfishness in dealing with others. It's well documented that there is a strong correlation between physical fitness, psychological well-being, lifespan and illness and disease.

Simply handling any ball around home, at school lunch play or any time is critical to developing hand eye coordination will help your child in adulthood to competently engage in a range of leisure activities.. Their experiences at this age will also shape their confidence and ability to communicate.

Junior Player Code of Conduct

This has been derived from the AFL Next Generation Junior Match Policy and is endorsed by the Hill Football League

Play by the rules	They are there for the good of all
Never argue with an official	If you disagree, discuss the matter with your coach after the game
Control your temper	Verbal abuse racial or religious vilification of other players, provoking of an opponent or the other team is never appropriate
Be a good sport:	Applaud all the good plays by your team, opponent or the opposition team
Treat all players fairly	Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player
Cooperate willingly	Cooperate with your coach, team mates and opponents. Without them there would be no game
Play for the fun	Play for the “fun of it” and not to please your parents or coaches.



The Club Offers:

- A game of football in a secure environment, accredited appropriately through the AFL
- Excellent community facilities, including 2 ovals, change-rooms, weights room, trainers' room, umpires room, 2 grandstands, a playgrounds, canteen, bar and dining room, and ample car parking both round the oval and close to the clubrooms, all in a tidy lawned environment
- Excellent medical facilities including qualified trainers at training and on game day, medical kits and a close local doctor.
- A compressor- bring ANY sporting balls from home and have them pumped up during training
- Coordination of transport to/from training and or games (a parent pool)
- 50% insurance cover on any medical expense over and above Medicare or private coverage, to a prescribe value (i.e. 50% of the gap after the first \$200.00 is spent)
- \$100 Department of Sport and Recreation discount on subscriptions (see your TM for details) for primary school aged children
- A good quality Uraidla badged clothing item for every player as part of his/her subs.
- Family friendly social network, with affordable prices on Saturday nights for meals and drinks and an oval floodlight is always turned on for kids to kick the footy under watchful eyes from inside the clubrooms
- It is important that **all players have ambulance cover** as unfortunately accidents can happen. Please check your health insurance to determine your cover, if not SAAS can assist with ambulance only cover. Customer Service Centre on 1300 13 62 72.
- Uraidla Districts Football Club BSB: 015 367 and Account No: 460 032 249

Please reference any payments with your NAME and descriptor (e.g. subs, shorts, clothing) please email a copy/screenshot of your payment to udfcfinance@gmail.com

Members Protection Policy

The Hills Football League Inc. is committed to providing an environment safe for children that is free from harassment, discrimination and abuse for everyone, and promotes respectful and positive behaviour and values.

This policy provides a code of behaviour forming the basis of appropriate and ethical conduct which everyone must abide by. (*Members Protection Policy*, Hills Football League 12/01/2012)

Refer [Child Safe Officer page](#) on HFL website

Uraidla Districts Football Club is committed to this policy. All coaches, team managers, junior directors, and all others working with your children have a police check form to be able to undertake any official role with children and young people under 18 years. UDFC, a community club, believes that child protection is everyone's responsibility.



Our Mission:

To be well respected, both on and off the field, and achieve success through sporting excellence.

Our Vision:

- To maintain a winning culture
- To be the Club of Choice for footballers
- To develop well-rounded footballers through innovative development programs
- To build on the respect and tradition of the Club and its players
- To promote the concepts of fair play, teamwork and team spirit and to maintain the highest level of sportsmanship in playing football
- To promote and sustain a family-friendly environment at the Club
- To be a successful, disciplined, well-respected and progressive community-driven football club to meet the needs of our players, members, families and supporters
- To encourage mutual respect amongst Club, members and players
- To be a leader in football management so that the long-term success and sustainability of the Club is assured
- To provide a safe and supportive environment to nurture the physical and emotional safety and development of our players
- To employ best-practice governance and management and adhere to relevant codes of conduct with all duties carried out honestly and with integrity

Our Values:

- The physical and emotional safety of our players is fundamental to our Club
- The promotion of fair play, teamwork and team spirit fosters personal development, respect, responsibility, leadership and mateship
- Having a family-friendly culture at the Club
- Creating meaningful relationships amongst our players, members, families and supporters and engaging and connecting with the wider community
- A commitment to the highest level of professional integrity
- A commitment to excellence in all that we do and constantly strive to improve
- Building on our legacy to create experiences where passion and purpose come together
- We believe in fair and equal treatment for all persons involved with the Club



Club song

We like to sing the club song after every game, win or lose. It's fun for the kids and reinforces that winning isn't everything. It's great when parents join in too...with gusto!!!

It's a grand old flag

It's a high flying flag

It's the emblem for me and for you

It's the emblem of the team we love

The team of the Red and the Blue

Every heart beats true for the Red and the Blue

As we sing this song to you - what do we sing?

Should auld acquaintance be forgot

Keep your eye on the Red and the Blue



Coaches' code of conduct

I,(insert coaches name) of URAIDLA DISTRICTS FOOTBALL CLUB hereby commit, to the best of my ability, to uphold the AFL Coaches' Code of Conduct.

I understand that I must maintain a standard of behaviour and conduct in the best interests of the game and the players/staff in my care. In representing myself in an honest manner, and without bringing the coaching profession or the Game into disrepute, I will endeavour to uphold the following to the best of my ability:

- I will respect the rights, dignity and worth of all individuals within the context of my involvement in Australian Football, by
- Refraining from any discriminatory practices including, but not limited to, discrimination based on race, religion, gender, ethnic background, special ability/disability or sexual orientation, preference or identity.
- I will abide by and teach the AFL Laws of the Game and the Rules of my Club and League/Association.
- I will be reasonable in the demands I make on the time commitments of the players in my care, having due consideration for their health and wellbeing.
- I will be supportive at all times and I will refrain from any form of personal or physical abuse or unnecessary physical contact with the players in my care.
- I will have due consideration for varying maturity and ability levels of my players when designing practice schedules, practice activities and involvement in competition.
- Where I am responsible for players in the 5-18-year-old age group, I will strive to ensure that all players gain equal playing time.
- I will avoid overplaying the talented players, aiming to maximise participation, learning and enjoyment for all players regardless of ability.
- I will stress and monitor safety always.
- In recognising the significance of injury and sickness, I will seek and follow the physician's advice concerning the return of injured or ill players to training.
- I will endeavour to keep informed regarding sound principles of coaching and skill development, and of factors relating to the welfare of my players.
- I will at all times display and teach appropriate sporting behaviour, ensuring that players understand and practise fair play.
- I will display and foster respect for umpires, opponents, coaches, administrators, other officials, parents and spectators.
- I will ensure that players are involved in a positive environment where skill-learning and development are priorities and not overshadowed by a desire to win.
- I reject the use of performance-enhancing substances in sport and will abide by the guidelines set forth in the AFL Anti Doping and Illicit Drugs policies.

I agree to the following terms:

- I agree to abide by the AFL Coaches' Code of Conduct.
- I acknowledge that the AFL, or a body affiliated with the AFL, may take disciplinary action against me if I breach the code of conduct. I understand that the AFL, or a body affiliated with the AFL, is required to implement a complaints-handling procedure in accordance with the principles of natural justice, in the event of an allegation against me.

I acknowledge that disciplinary action against me may include de-registration from the AFL National Coaching Accreditation Scheme.

SIGNATURE: _____ DATE: _____

WITNESS SIGNATURE: _____ DATE: _____
TO BE SIGNED BY CLUB PRESIDENT

(This has been signed and countersigned by the club president and is available at the club)