



WESTERN REGION



St Albans Football Club

Junior Coaching

Application

HANDBOOK

ST ALBANS FOOTBALL CLUB - COACHING SELECTION POLICY

- All St Albans Football Club coaching positions are declared vacant at the cessation of each season
- All coaching positions will be appointed at the discretion of the St Albans Football Club committee
- An advertisement for Expressions of Interest (EOI) will be placed on the club's website and facebook page at the end of each season
- The committee will have the discretion to seek additional candidates by whatever means they see fit including wider advertising in local papers, following up other recommendations etc.
- A coaching selection panel will be appointed by the committee to interview all candidates and make recommendations to the executive committee for ratification
- All applicants will be required to submit a written Coaching Application, available on-line or via email
- All applicants will be subject to an interview regardless of whether they are the only applicant. As part of this process, it is a requirement that all applicants sign the St Albans Football Club Coaches Code of Conduct and commit to follow the club's policies, procedures and philosophies.
- The coaching application, presentation during the interview and response to questions from the coaching selection sub-committee will be used as the basis for evaluation of coaching applicants
- All appointments will be confirmed in writing after discussion with the Executive Committee
- The Western Region Football League (WRFL) requires all coaches to attain minimum Level 1 Football coaching accreditation
- All coaches to attend training to attain these qualifications
- St Albans Football Club will also encourage any coach to obtain their Level 2 accreditation where it is deemed appropriate
- Consistent with state legislation and WRFL policy all coaches, trainers and team officials are required to obtain a Working with Children check

COACHING YOUTH PLAYERS

Coaching 13-to-17 year old player groups has been nationally identified by the majority of sports as the most demanding and difficult period for coaches and proportionally one of the most essential and challenging times for young athletes as they come to terms with the associated middle adolescence phase of life.

The key to successful youth coaching is via leadership not authority

These crucial player development years, which coincide with both physical and emotional changes as childhood behaviours are adapted, requires youth coaches to embrace a coaching philosophy that is competency driven, appropriate to the players age and skill ability and relevant to the competition environment: community football.

A good example has twice the value as good advice

The youth coach needs to measure the season's success via player skill development, continued player participation and maximum game time provided to all players: ***positional rotations***.

Coaches may not be able to make youth better footballers; however they can make better people for the experience

The AFL competition and its associated coaches have a major influence on coaches, parents, volunteers and administrators involved at the community level of participation.

It is vital to note that the methods, standards and coaching philosophies that serve this elite national competition should not necessarily be viewed as Best Coaching Practices given your role and responsibility as a community Youth Coach of a 13-to-17 year old developing player group.

Administrators, Coaches, Players, and Umpires are all travelling on the development pathway, hence the overall understanding, maturity and leadership required from you, the Coach.

None of us are responsible for all the things that happen to us, but we are responsible for the way we act when they do.

In conclusion, one can fully appreciate the demands and requirements placed on the volunteer community youth coach; however in time you will look back on your involvement with pride and personal memories of a job well done.

Although the games score lines will be forgotten, building character and implanting life skills into young people will endure.

ST ALBANS FOOTBALL CLUB CONSTITUTIONAL RULES REGARDING JUNIOR TEAMS

All successfully appointed coaches are to adhere to the following constitutional rules regarding game time for junior players:

1. Under 13 players and older are picked on their ability by the coaching staff to play in the highest division team and then to subsequent lower division teams.
2. In the Junior levels (Under 9's and Under 11's) we will have a team maximum of 25 players and all players in all divisions and in all games are to play a minimum of three quarters (3/4) of football. The exception will be finals where this rule is at the discretion of the coach. However all players must play at least two full quarters (2/4) of football.
3. In the levels Under 13's and older we will have a team maximum as allowed by the league, and all players, in all divisions and in all games are to play a minimum of two full quarters (2/4) of football. The exception will be finals where this rule is at the discretion of the coach. However all players must play at least one full quarter (1/4) of football

VILIFICATION AND DISCRIMINATION

In 2012, a new community based Vilification and Discrimination Policy was introduced across the country that states:

“No League Participant or Club Official shall engage in conduct which may reasonably be considered to incite hatred towards, contempt for, ridicule of or discrimination against a person or group of persons on the ground of their:

Race; Religion; Gender; Colour; Sexual preference, orientation or identity or Special ability or disability.

Further assistance in preparing for your interview

In your presentation

- Start with some personal information, coaching history, your philosophy, any educational qualifications and finally address any questions as outlined by the club.
- As you go through your presentation seek verbal feedback from the interview panel to make sure they understand your message and to address any issues they may have.
- Present what you will bring to the club, should you be appointed. Outline what training and game plans you will implement. Be realistic, be honest and be ready to discuss any options that you put forward.

ST ALBANS FOOTBALL LEAGUE - CODES OF CONDUCT - COACHES

- Abide by the Laws and Rules – always operate within the Laws of the Game and Rules of your club and the League and teach your players to do the same.
- Teach the Rules – rules are mutual agreements which nobody should break.
- Group players competitively – give all players equal attention and opportunities, everyone needs and deserves equal time.
- Avoid overplaying talented players – be reasonable in your demands on player's time, energy and enthusiasm.
- Maximise fun – place winning in perspective, remember that young people participate for pleasure and winning is only part of it.
- Stress safety always – make sure equipment and facilities meet safety standards and suit the age and ability of your players.
- Consider maturity levels – devise training programs to suit all, ensure any physical contact with a young person is appropriate to the situation and necessary for the player's skill development.
- Develop team respect – for opponents, umpires, parents, officials, spectators and coaches.
- Recognise the importance of proper injury treatment – treat sick and injured players with care and seek professional advice on whether injured players are ready to resume training or competition.
- Keep up to date – with coaching practices and the principles of physical growth and development.
- Attain coaching accreditation and update regularly.
- Avoid derogatory language – based on gender or race, create opportunities for participants to learn appropriate sports behaviour, lead by example at all times.
- Respect to all –respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- I abide by the guidelines set forth in the AFL Drug Policy and reject the use of performance enhancing substances in sport.
- Be supportive of any development strategies that are promoted by our governing body.