



ST ALBANS FOOTBALL CLUB

2023

JUNIOR POLICY HANDBOOK

ST ALBANS FOOTBALL CLUB POLICIES

1. Registration and fee payment of existing St Albans junior players is to be completed online via Game Day prior to registration day. A club email will be sent to each player plus notification via the club Website and Facebook. Online registration commits the player and parents to all Club and EDFL policies.
2. Where registration/payment is not possible, full payment should be completed on Registration day. If full payment is not possible, a parent/guardian must contact the club treasurer or junior coordinator to organise a payment plan. If no payment or discussion has been made by Round 5, St Albans FC has the right to withdraw club registration.
3. New players to St Albans FC are required to attend Junior Registration day to complete all forms including ST AFC Registration, St Albans Player Transfer and supply a copy of their Birth Certificate.
4. Parents or Guardians are requested to collect players at the completion of training. Under no circumstances should any player leave the club premises without permission from coach or team manager.
5. Players are expected to attend two night of training per week, with the focus on ball skills rather than fitness. Players should also dress appropriately for football training, i.e. football shorts and football boots. If unable to attend training, players should contact their coach in the first instance, alternatively, they may contact the team manager. Competition football teams (u12s – u16s) must attend at least 50% training per week. This is to ensure the team overall are undertaking the same development skills, drills and game sense. This will also ensure individual player safety on game days making them aware of expectations on field as well as off. Weekly team selection is at the discretion of team coaches and may be based on any of the above.
6. If the weather is over 35c or it is raining heavily at the time that training is to begin then training **may** be cancelled.
7. Whilst at the Football Club, children remain under the supervision of their parents and are expected to behave in an appropriate manner at all times. This extends to club activities and events. The parents are directly responsible for the care of their child unless it is scheduled training or during football games
8. It is club policy that private medical insurance and/or ambulance cover be taken out by all parents. If an injury is deemed serious enough and with parent permission, club trainers will not hesitate to call an ambulance if required.
9. It is compulsory that mouth guards be worn by all players. St Albans FC will not be liable for any injury that may occur as a result of not wearing a mouth guard.
10. All under age players must play in the correct age group as their base side. Any request to play at a higher level must be in writing from the parent/guardian submitted to the Junior Football Operations Coordinator who will liaise with the Executive Committee and league.
11. The minimum Junior Age for a player is set by the respective football authority (AFL/ EDFL). St Albans Football Club will abide by the minimum requirement. The football club may also set an additional threshold that is within the authority guidelines.

12. Best and Fairest voting will be conducted on a 5, 4, 3, 2, 1 basis with one vote card to be allocated to the coach OR assistant coach, and one voting card to be allocated to the team runner. Any variation must be approved by the Junior President in writing.
13. The success of the club is parent involvement. A condition of your child playing with St Albans Football Club is that all parents will assist in canteen and other duties (a minimum of 6 games per season.) Canteen duty will be conducted for at least 3 games on a roster system where you will be required to assist with half a game at a time.
14. Volunteers representing St Albans Football Club must conduct themselves according to the Players, Parents and Supporters & Officials Code of Conduct.
15. **Social Media** All volunteers, parents, players, and family of the St Albans Football Club must abide by the social media policy that is published on the club website. Breaches in that policy may result in sanctions as assessed by the Club President.
16. **Jumper Numbers.** Where there is a clash of numbers, the player who has played the most amounts of games for the St Albans Football Club has precedence over the number. Where there are 2 players on equal number of games for STAFc, then the junior coordinator or team manager will toss a coin with both junior players and parents present.
17. **No jumper numbers are to be higher than the number 99.** (*This is a junior policy only and may not apply in senior teams*)
18. **Junior Finals.** Where possible all junior sides participating in finals games are required to field the maximum number of players eg. U12-16 - 25 players. Any top up players must play a minimum of 1 quarter. Any exceptions to this rule will be at the discretion of the Junior & Senior President

ST ALBANS FOOTBALL CLUB

COACHING POLICY GUIDELINES Junior U12

The St Albans Football Club policy relative to coaching in U12, & U14 junior teams is:

1. Improve the skill level of all players. Emphasis at this level should be to have all players capable of using both sides of their body.
2. Other skills such as tackling, shepherding, and marking should be under development.
3. Start the elementary understanding of position play. Use words and language they can understand
4. Instill the fundamentals of team play and the importance of playing as a team, this is achieved by regular attendance at training
5. At the younger levels, the training is focused on skill development rather than fitness.
6. Ensure all players are treated equally and are given equal opportunities.
9. At these levels players should be exposed to various positions (within reason), not just their 'pet' position.
10. Give praise when it is justified, encourage when it is not.
11. Do not belittle or yell out to players in front of their team mates
12. Do not approach games with a win at all costs attitude. Your job is to educate and develop the skills and game sense weekly. Do this properly and the wins will follow.

They are a bonus. Premierships are the added bonuses.

13. Encourage team bonding amongst players and parents.
14. Respect all umpires and teach the players to respect the umpires. Most umpires are usually no older than the players.
15. Players should not play in a side where they have had the same coach for more than 3 years. It is club policy that players should be exposed to a variety of coaches and methods.
16. It remains the discretion of competition football team coaches as to whom they select on game days, for example: if a team has many players, the rotation system may come into play. If a player does not attend regular training sessions, they may not be chosen to play. The club encourages all players to attend at least 50% of weekly training to ensure that they are benefiting at the same level as their team mates.
17. The Junior Coordinator must approve any team events held outside of the St Albans Football Club before being undertaken eg team dinners, BBQ's, alternate training or excursions.
18. In the event that the numbers of players required to fill all teams across an age level, it may be required to move a player from their regular team to make up the numbers in another team. Volunteers will be ask first and then if no volunteers come forward, the Junior President in coordination with the Coach will select the required number of players to move teams.
19. **VERY IMPORTANT - DO NOT SWEAR - MOST IMPORTANT – HAVE FUN**

**ST ALBANS FOOTBALL
CLUB**

**COACHING POLICY GUIDELINES
(JUNIORS U14 & 16)**

The St Albans Football Club policy relative to coaching the above mentioned groups is:

1. Improve the skill level of all players. By this age level, all players should be proficient on both sides.
2. Reinforce the fundamentals of team play and the importance of playing as a team.
3. Ensure all players are treated equally and are given equal opportunities within the grading policy that applies
4. All interchange players in these age groups must have a minimum of 2 quarters on the ground
5. Do not continually 'hide' less capable players out of the action.
6. Players should be exposed to various positions (within reason), not just their 'favourite' position.
7. Give praise when it is justified, encourage when it is not.
8. Respect all umpires and teach the players to respect the umpires. Most umpires are usually no older than the players.
9. Players who receive the order off rule three or more will receive an automatic 1-week suspension from playing for their side by the STAFc, regardless of any other penalty incurred.
10. Do not make personal verbal attacks on players, either in private or in public. (Be aware of parents & spectators close by) and abide by the Spirit of the Game.
11. Encourage team bonding amongst players and parents.
12. Players should not play in a side where they have had the same coach for more than 3 years. It is club policy that players should be exposed to a variety of coaches and methods.
13. Any team events held outside of the St Albans Football Club must be approved by the Junior Coordinator before being undertaken eg team dinners, BBQ's, alternate training or excursions.

**ST ALBANS FOOTBALL
CLUB**

COACHING POLICY GUIDELINES
(Female Junior Football)

The St Albans Football Club policy relative to coaching in the Junior Female teams is:

1. Improve the skill level of all players. Through their development, all players of U18s should work towards being proficient kickers and hand-ballers on both sides of their bodies.
2. Reinforce the fundamentals of team play and the importance of playing as a team.
3. Do not continually 'hide' less capable players **out of the action**.
4. Girls should be exposed to various positions (within reason), not just their 'favourite' position.
5. Give praise when it is justified, encourage when it is not.
6. Respect all umpires and teach the players to respect the umpires. Most umpires are usually no older than the players.
7. Players who receive the order off rule three or more will receive an automatic 1-week suspension from playing for their side by the STAFCL, regardless of any other penalty incurred.
8. Do not make personal verbal attacks on players, either in private or in public. (Be aware of parents & spectators close by) – abide by the Spirit of the Game
9. Encourage team bonding amongst players and parents.
10. Players should not play in a side where they have had the same coach for more than 3 years. It is club policy that players should be exposed to a variety of coaches and methods.
11. Any team events held outside of the St Albans Football Club must be approved by the Junior Coordinator before being undertaken eg team dinners, BBQ's, alternate training or excursions.

ST ALBANS FOOTBALL CLUB

MANDATORY & ENFORCEABLE CODES OF CONDUCT FOR PLAYERS, PARENTS, SUPPORTERS AND OFFICIALS

PLAYERS CODE OF CONDUCT

I....., hereby commit, to the best of my ability, to uphold the Team Conduct of the St Albans Football Club.

In representing myself in an honest manner and without bringing the game and each training session into disrepute, I will endeavor to uphold the following to the best of my ability:

1. I will respect the rights, dignity and worth of all individuals within the context of my involvement in Australian Rules Football, including refraining from any discriminatory practices based on race, religion, ethnic background, or special ability/disability.
2. I will play by the rules of the team, the club and the laws of the game.
3. I will show respect at training to the Coaches and my team mates and refrain from disrupting training sessions
4. I will be supportive at all times and I will refrain from any form of personal abuse or unnecessary physical contact with my team mates and the opposition players.
5. I will cooperate with my coach, team mates and parent volunteers.
6. I will play and attend training to develop and to improve my skills.
7. I will always display appropriate sporting behavior, ensuring the practice of fair play.
8. I will display and foster respect for umpires, opponents, coaches, administrators, other officials, parents and spectators.

**Should any of the above be breached, your game day ground time may be affected;
meaning your time on field will be limited**

Signature of Player.....Date.....

Signature of Parent/Guardian.....Date.....

ST ALBANS FOOTBALL CLUB

PARENTS, SUPPORTERS & OFFICIALS CODE OF CONDUCT

- Remember that you are there for the participants to enjoy the game and that children should be involved for their enjoyment, not yours
- Encourage participation, but don't force it, recognize your child's limitations
- Encourage your child to play by the rules of St Albans Football Club and the laws of the game
- Teach that enjoyment is more important than winning
- Never ridicule mistakes or losses, including opposition players and supporters – Supporters are there to support not downgrade
- Lead by example and respect all players, coaches, umpires and spectators – physical or verbal abuse will not be tolerated, applaud good play by both your team and by members of the opposing team
- Recognise all volunteers who are giving up their valuable time
- Never publicly criticise umpires – raise personal concerns with club officials in private. 1st point of call being Team Manager, & Junior Coordinator.
- The St Albans Football Club will not tolerate ugly remarks based on race, religion, gender or ability – you'll let down your family and yourself if you do – & many such comments are actually now illegal. Refer AFL Kids First Program
- We expect the highest level of junior behavior both on and off the field and in any circumstance where this is not the case, severe action will be taken
- Support your club officials; offer your assistance to the team so that every opportunity is being provided for the best supervision. Involvement is a satisfying opportunity for both you and your child
- Parents are always welcome match days and to training, but are expected to let players focus on the Coaches instructions.
- Do not contradict the Coaches instructions either in front of players or on social media. Any concerns with Coaches should be communicated to Junior President
- Do not belittle or abuse umpires or approach them at any stage of the game including intervals. As your child is starting his football career so too in most instances are the umpires. Don't expect AFL level umpiring. Be tolerant, and treat them the same way you would want your own children



