



## **Mini Roos (SSF) Notes for U10 and U11 Parents, Managers & Players 2017**

The following is an outline of some of the key points in relation to your child's registration with Northbridge Football Club:

Where the detail for 2017 is not available the relevant information for 2016 has been used as a guide.

During the season information on the topics below and other relevant points will be forwarded via the team managers from the Age Co-Ordinator.

### **Registration Fees**

Registration can be completed online and paid via [www.northbridgefc.com.au](http://www.northbridgefc.com.au).

The registration fees for the 2017 season are \$270 per child. For multiple registrations there is a \$20 discount for the second child and \$40 for the third.

Players are required to purchase their own boots, shorts and socks.

Uniforms can be ordered online via [www.northbridgefc.com.au](http://www.northbridgefc.com.au) – online shop – and picked up from Storage King in Chatswood. Dates will be published on the website.

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## **Formation of Teams**

The ideal number for each team is 12. 9 players are on the field at one time so you will have 3 substitutes during the game (if all kids are available) and also to cover sickness and holidays etc.

Teams of any greater size will penalize the players as they won't get enough game time spending too much time on the sidelines waiting to be subbed on.

Except for the Academy teams the U10 and U11 teams will generally be formed based on friendship teams probably continuing from U9 teams etc.

If you have already grouped a number of kids to form a team these details can be sent through to the Age Co-ordinator.

The Age Co-ordinator will review comments made on the registration and then group kids based on the school attended etc where possible.

Note the Co-ordinator has the final say in the formation of the teams.

Each team will need a Manager and Coach.

## **High Performance & Academy Teams**

Trials for these 2017 teams were held in October/November 2016.

Information on the High Performance Program can be found on our website.

## **Role of the Manager**

The team managers are the point of contact with the Age Co-ordinators and then with their teams.

Primarily this will involve forwarding emails, organizing teams each week and keeping their teams informed of any relevant information, following up on wet weather issues, updating game results each week.

The managers or other parents in your teams assisting will keep the game scores and monitor the game time.

The weekly results are entered onto the NSFA website by the managers. It is appropriate at each game to have the match card signed by the opposition manager to avoid any discrepancies with the scores. Details on updating the scores will be provided to the managers prior to the season starting.

Due to the number of players it is not practical for the Age Co-Ordinator to communicate directly on all instances with each parent so the point of contact will be the manager.

Tip: setup group emails and SMS details to communicate with your teams. The Age Co-Ordinators should also do this for the team managers of their age group.

Some teams may nominate a back up person to cover the role when they are on holidays or sick.

### **Mini Roos Format 2017**

The games are 9 players v 9 players.

There are goal keepers, throw ins and corners.

No offside but the game leader can move players blatantly put in offside positions.

Fixed goal posts.

Field size – 60m x 40m. Size 4 ball. 2 x 25 minutes halves with a 5 minute break for half time.

After a goal has been scored the game is restarted from the halfway line.

Each team needs to provide a parent to referee one half of the game. This role should be shared amongst the parents.

### **Training Schedule**

The usual locations are available.

Each team will decide what is their preferred time and location. Preferences will be asked for by the age co-ordinator in March.

Each team will appoint a coach. This may be a parent or a paid coach organized by the Club.

The NSFA will run a number of training courses for coaches during the season. The main one for first time coaches would be the Grassroots course. The NSFA website is [www.nsfau.asn.au](http://www.nsfau.asn.au) for more details and if the Age Co-Ordinators receive any relevant information this will be forwarded to Team Managers.

## **School Holidays**

The NSFA will schedule games on the first Saturday and last Saturday of the April and July school holidays. This may vary depending on the timing of Public Holidays.

No games are scheduled on the middle weekends of the school holidays.

Northbridge FC holds training sessions during the school holidays. More details will be emailed to players about registration etc closer to each of the school holidays.

## **Trials and Grading**

There will be a number of trial games in March.

Note these trials are always on a Sunday as the fields are still booked by Cricket clubs on Saturdays.

Refer club's website.

There may be trial games against other clubs later in March but this is to be confirmed.

The trials are used as a guide to grade the teams. The focus for the friendship teams is not to grade individual players but to look at the teams.

The NSFA takes the view that during the season the teams should be reasonably matched and teams will be regraded (based on results during the season) up or down every 4-5 weeks. Whilst there may be the occasional lopsided game hopefully teams will win/lose 50% of their games.

The Age Co-Ordinators prepare draws for the trials.

The U10 & U11 teams have some past history and there may be less guess work for the co-ordinators on working out the draw for the trials.

The trials will generally be a round robin of 2-3 shorter games (15-20 minutes). This will depend on the setup of the field and the number of teams.

As a guide from last year the trials may run for over 2 hours each weekend.

## Where are the Games Played?

U10/U11 teams will play from OH Reid, Blackman Reserve, Tunks to Wahroonga, Hornsby Heights etc.

The NSFA Gala Day in late August may be played at other fields in the area ranging from Tunks Park to Mt Colah etc.

Note: the club and NSFA struggle each year to maintain the quota of fields allocated to Football. It should be a priority to pick up rubbish when leaving the fields and be on the best behaviour to not upset the local neighbourhood with poor parking, leaving rubbish behind etc.



**Pick up your rubbish and keep the fields clean.**

## What Days are the Games Played?

The trial games in March are played on Sundays with a possible mid week trial due to prior bookings of the fields for other summer sports.

All competition games are played on Saturdays.

The only exceptions to the above may be the Northbridge Gala Day at the end of the season but this will be advised in August.

With school sport commitments some teams may be eligible to apply for special consideration to play at a later time on Saturday. This should be addressed with the Age Co-ordinator.

## Parent Behaviour and Sport Rage

The following comments are made:

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performance and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Encourage fair play
- KEEP YOUR EMOTIONS IN CHECK

The majority of parents do a great job of contributing to an enjoyable sporting environment for everyone. But others could be unwittingly creating tension which contributes to sport rage. Which parent are you?

*The Screecher* focuses on the negative and yells constantly at the players and officials. The Screecher must learn to see the positive things in the game and make an effort to ignore mistakes.

*The Try Hard* is overly positive, cheering so hard it can be embarrassing for their kids. It is also irritating for the coach, players and other spectators. The Try Hard must learn to balance their enthusiasm.

*The Analyst* takes notes to analyse performance. They relive the match with their child and point out things to do better. The Analyst needs to learn to leave the coaching to the coach.

*The Wannabe* lives their dreams through their child. They treat their child's game as if it were their own. The Wannabe needs to drop the win at all costs attitude and remember it's not their game.

*The Not Really There* is so busy catching up with the news for the week and talking on the phone that they pay no attention to the game. The Not Really There should remember a little encouragement goes a long way.

*The Five Star Parent (you?)* focuses on the child's effort and not the outcome. They respect and thank the coach, officials and opposition. They are positive supporters and keep in mind the role they are playing on the sideline.



## What children really want from sport

Sport provides many valuable learning experiences, but for most children enjoyment is the most important outcome. If they don't have fun, they will not want to play.

Ask children and you'll discover the scoreboard, trophies and winning are not really that important. While they may not remember the score from a game played just two weeks ago – they will recall a funny incident or who they played with after the match. In fact, one of the most satisfying things about sport for children comes from being with their friends and being part of a team.

All adults involved in children's sport – parents, spectators, coaches and officials – can help children get maximum enjoyment from sport by focusing on what they like most about the game. Emphasise the importance of effort and having fun, rather than the score.

### Top tips

- ✓ Talk about trying hard and having fun, not just winning
- ✓ Don't pressure children – it's their game not yours
- ✓ Never criticise or ridicule children
- ✓ Discuss with children what they enjoy about a game

## Working with Children

Managers and coaches will be required to register for a Working with Children number with the RMS.

This is a compulsory requirement set by the club.

Teams won't be able to participate in the competition unless this has been completed by the team manager and coach.

## **Team Photos**

During the season the NSFA arranges a photographer to take team and individual photos.

In 2016 the photos were taken in June/July over a range of dates at Bales Park.

The Age Co-ordinators will advise the Team Managers of the dates closer to the time. Team Managers will need to make a preference at that time.

## **Gala Days**

There are normally two Gala Days at the end of the season.

For 2016 the NSFA Gala Day was on 20 August and the Northbridge Gala Day was on 27 August. The timing should be similar for 2017.

At the Northbridge Gala Day the players receive the trophies which are individually engraved for each player.

The Gala Days are a series of 2-3 short games as a round robin and would normally be 2-3 hours.

## **Trophies**

At the end of the season each child receives an individually engraved trophy.

## **Competition Dates**

The first competition game will be 1 April 2017 for the Saturday mixed competition and 2 April 2017 for the all girl Sunday competition. The last two Saturdays in August will be the NSFA and NFC Gala Days respectively.



## **Wet Weather**

It will rain during the season which will impact games and training.

If the relevant council closes the field no play or training is allowed.

The majority of instances the council will provide reasonable notice about any cancellations but other times this may be on the Friday night before the game or on the Saturday morning of the game.

The Ground Controller also has the option of cancelling play should there be a dramatic change in the playing conditions.

The wet weather numbers are:

Willoughby Council 9777 7631  
Lane Cove Council 9911 3585  
North Sydney Council 9936 8220  
Ku-Ring-Gai Council 9424 0754  
NSFA 1900 957 016

The above council websites may also provide more detail.

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