

Mini Roos Notes for U8 and U9 Parents, Managers & Players 2019

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

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 information can be found on website www.northbridgefc.com.au. The registration fees for the 2019 season are $280 per child. For multiple registrations there is a $20 discount for the second child and $40 for the third.

Uniforms

Players are required to purchase their own boots, shorts and socks. Uniforms can be ordered online via www.northbridgefc.com.au – online shop – and picked up from Storage King in Chatswood. Dates will be published on the website.

Formation of Teams

The ideal number for each team is 10. 7 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. 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 2019 teams were held in October/November 2018. Information on the High Performance Program can be found on our website.

Role of the Manger

The team manager is the point of contact between the Age Co-ordinator and their team. The role involves organizing your team each week, keeping your team informed of any relevant information, following up on wet weather issues and updating game results weekly. The managers should organise someone each week to 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 backup person to cover the role when they are on holidays or sick.

Mini Roos Format 2019

The games are 7 players’ v 7 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 – 40m x 30m. Size 3 ball. 2 x 20 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.nsfa.asn.au for more details and if the Age Co-Ordinators receive any relevant information this will be forwarded to Team Managers.

U8 and U9 Training Options

Option #1 – Team Training with Volunteer Coach

• Teams organise training once a week through their volunteer coach

• Training allocations to be organised through ground bookings manager. Teams will be contacted to nominate preferred training allocation

• This option is inclusive of your season registration fee

Option #2 – Team Training with Northbridge FC Coach

• Teams are allocated a club-trained coach for the season who will take for training once a week (matches not included). 14-15 weeks based on the preference of the team

• Club-trained coaches are trained, mentored and organised by our Football Development Manager to ensure quality and reliability and will appoint cover when a coach becomes unavailable for a session

• Teams will be able to select allocated training slots on the following days, times and venues: o Mondays: Northbridge Oval – 3:30pm-4:15pm o Wednesdays: Bicentennial Park – 3:45pm-4:30pm / 4:00pm-4:45pm o Thursdays: Bicentennial Park – 3:45pm-4:30pm / 4:00pm-4:45pm o Fridays: Northbridge Oval – 3:45pm-4:30pm / 4:00pm-4:45pm • Price per team $1400 (14 weeks) or $1500 (15 weeks)

• The price has increased from 2018 due to an increased background support, training and mentoring of the appointed coaches with our coaches now providing equipment for the training sessions (balls and cones, with goals being provided depending on number of teams taking up this option) Please note that the club will no longer permit external coaches to coach our teams at our training venues unless they register with the club as a coach via the NSFA registration system to ensure that all our coaches are insured to train at our venues and look after our clubs’ players. All external coaches will need to have a valid WWCC number and contact our club registrar. Any coaches that take charge on match day will also need to register via the NSFA registration system and have a valid WWCC number. Please Note: We have been advised by the Association all teams will need to have a coach and team manager registered with a valid verified by the club WWWC number before a team is allowed to play.

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 may be Grading Day in March. Note Grading Days 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 U8 & U9 teams have some past history and there may be less guess work for the co-ordinators on working out the draw. The trials will generally be a round robin of 2-3 shorter games (10-15 minutes). This will depend on the setup of the field and the number of teams.

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 Grading Day in March are played on Sundays. 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.

Field Setup

For the U8/U9 the home ground for Northbridge is Bales Park in Chatswood.

The NSFA will appoint a Ground Controller to look after the field, first aid etc. NFC Admin will nominate teams (team playing on their field 1st) each week to assist with the field set up. These teams should be there at least 30 minutes prior to the start of play. Note this is not voluntary as assistance is required to undress the fields.

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

Working with Children

Managers and coaches will be required to register for a Working with Children number with Service NSW. This is a compulsory requirement set by FNSW. 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.

The NSFA Gala Day for 2019 is expected to be on 24 August and the Northbridge Gala Day will probably be on 31st August. The Gala Days are Round Robins of 3-4 short games and would normally take 2-3 hours.

Trophies

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

Competition Dates

The first competition game will be 6 April 2019 for the Saturday mixed competition and 7 April 20179 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: 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

The above council and NSFA websites may also provide more detail.