

Notes for U6 and U7 Parents, Managers & Players 2020

The following is an outline of some of the key points in relation to your child’s

registration with Northbridge FC.

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 and paid online via information can be found at [www.northbridgefc.com.au](http://www.northbridgefc.com.au)

The registration fees for the 2020 season are $284 per child. For multiple

registrations there is a $20 discount for the second child and $40 for the third.

If the Active Kids Program is renewed by the State Government in 2020, you can use your Active Kids Voucher to get a $100 reduction per child. Go to [www.service.nsw.gov.au/](http://www.service.nsw.gov.au/) to claim your voucher before you register.

For new players this includes a bag, ball and pump (these will normally be

distributed to the team managers late March).

Uniforms

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

Shirts, shorts and socks can be purchased from our online shop. The link is below:

<https://northbridgefc.com.au/on-line-shop/>

Once you have ordered your clothing you will be notified of the pickup dates.

We recommend purchasing your boots from Rebel in Chatswood. They have a wide selection of kids boots and if you link your Rebel Card to Northbridge FC, the club receives a 5% rebate towards equipment purchases. There are often pre-season discount days in March which will be advertised on our website.

Formation of Teams

The ideal number for each team is 10-12. As 8 kids are on the field at one time

this will allow a couple of extras to sub on during the game and also to cover

sickness and holidays etc.

For example, if you have a team of 10, 4 will play on Field 1 and at the same time the other 4 will play on Field 2 with a reserve on each field.

U6 & U7 teams will generally be formed based on friendship teams starting from

Kindergarten or other friendship groups.

If you have already grouped a number of kids together to form a team these details can be emailed to the U6/7 Age Co-ordinator: [info@northbridgefc.com.au](mailto:info@northbridgefc.com.au)

Most U7 teams continue from the previous year but all U6 players will be new to Northbridge FC. If your child does not have a team you can ask around at school to see if you can put a team together. Often mentioning it at ‘Meet the Teacher’ night is a good way to find other interested parents.

Do not worry if your child does not have a team as once you have registered the Age Co-ordinator will try and group kids based on the school they attend. Please make sure you include the school when asked in the registration process.

Each team will need a Manager and Coach and also a name such as Tigers,

Socceroos etc.

Role of the Manger

The Team Manager is the point of contact between the Age Co-ordinator and their team.

The role involves organising 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 nominate someone on each field to keep the game scores and monitor the game time.

The weekly results (aggregated across the two fields) are entered onto the NSFA website by the managers. It is advisable 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 to communicate directly on all instances with each parent so the point of contact will be the manager.

Mini Roos 2020

The games are 4 players v 4 players.

No goal keepers.

No throw ins. When the ball goes out there is a kick in.

No corners. The ball is restarted from the goal line by the defending team.

No offside.

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

Here is a link to the basic rules:

<https://nsfa.asn.au/wp-content/uploads/2018/04/NSFA-ALDI-MiniRoos-Formats-and-Playing-Rules.pdf>

Each team needs to provide a parent to game leader/referee one of the games. This role should be shared amongst the parents. (The NSFA is likely to arrange an information session for game leaders early in the new year – it is useful if one or two of the parents from each team can attend.)

Training Schedule

The 2019 training schedule can be viewed on the club’s website as a guide for

available locations and times.

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 also appoint a coach. This can be a parent or a paid club coach (see below for details).

The Northern Suburbs Football Association (NSFA) will run several 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](http://www.nsfa.asn.au) for

more details and if the Age Co-ordinators receive any relevant information this

will be forwarded to Team Managers.

U6 and U7 Training Options

For the 2020 winter season, we have developed the following options for all U6 and U7 teams:

**Option #1 – Team Training with Volunteer Coach**

* Volunteer coach (often a parent) arranged by team takes weekly training session.
* The club will provide options for training ground / day. (Teams will be contacted by ground booking manager to nominate preferred training slot – first preference not guaranteed.)
* Managers will be provided with a kit bag containing cones and bibs to use at training.
* No additional charge (ground hire included in 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:
  + *Mondays: Northbridge Oval – 3:30pm-4:15pm*
  + *Wednesdays: Bicentennial Park – 3:45pm-4:30pm / 4:00pm-4:45pm*
  + *Thursdays: Bicentennial Park – 3:45pm-4:30pm / 4:00pm-4:45pm*
  + *Fridays: Northbridge Oval – 3:45pm-4:30pm / 4:00pm-4:45pm*
* Price includes provision of equipment for the training sessions (balls and cones, with goals being provided depending on number of teams taking up this option)
* **Price per team $1300 (14 weeks) or $1380 (15 weeks)**

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 Play Football 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 Play Football registration system and have a valid WWCC number.

Extra Football!

**Weekly U6 and U7 Skills Training**

This season we will also be running a weekly skills session for U6 and U7 players. This will be at the discounted rate of $10/week for players who are registered in a Northbridge FC team in 2020. (You sign up by the term, not by the week.) The training will be at Northbridge Oval from April 2020 each Friday during school terms.

**School holiday camps**

The club runs school holiday camps in all school holidays. These are particularly popular in the April holidays, as they give the kids an opportunity to learn new skills as the season gets under way. Details of the camps will be posted on Facebook and the club website nearer the time.

School Holidays

Due to the timing of the Easter break (10th–13th), the school holidays(18th/19th) and ANZAC Day(25th) the Association NSFA has decided

April 11th/12th: Easter weekend-NO MATCHES

April 18th: Matches scheduled for Mixed U6 and U7’s

April 25th: No matches scheduled for Mixed U6 and U7’s

The NSFA will schedule games on the first Saturday and last Saturday of the

July school holidays. This may vary depending on the timing of Public

Holidays. No games are scheduled on the middle weekend of the July school holidays.

Northbridge FC holds training camps during the school holidays. More details

will be emailed to players about registration closer to each of the school

holidays.

Trials and Grading

There will be a number of trial games in late February and March.

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

clubs on Saturdays. The last two Sundays of March may include trial games against other clubs but this will be confirmed to the Team Managers closer to the time.

The trials are used as a guide to grade the teams. The focus is not to grade

individual players.

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. For the first week for the U6

teams this is just a guess since the teams have never played before. The second week would generally split the winners from the first week to play each other.

The U7 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 3-4 shorter games (10-15 minutes) and will take about 2 hours for each age group.

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Where are the Games Played?

U6 & U7 teams will normally play at the following fields:

* Bales Park – Chatswood – note parking restrictions on Saturday.
* Tunks Park – Northbridge - parking nightmare – preferred option is to

access the field from the Cammeray side and leave via the Northbridge

side.

* Regimental Oval – Lindfield – usually some construction parking

restrictions.

* Blackman Reserve - Lane Cove

The NSFA Gala Day in late August may be played at other fields in the area

ranging from Tunks Park to Foxglove Oval 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.

What Days are the Games Played?

The trial games in March are played on Sundays due to prior bookings of the

fields for other summer sports.

All competition games are played on Saturdays. In 2019 the starting times for U6s was from 8.15am to 10.30am and U7s this was 10.30 to 12.30pm.

Bales Park – Field Setup & BBQ Duty

For the U6/U7 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.

The Age Co-Ordinator for the U6s will nominate 1-2 teams each week to assist

with the field setup. 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 dress the

fields in time for the games to commence.

The U7 Age Co-Ordinator will nominate 1-2 teams to assist with the pack up of

the goals and check the ground for rubbish.

There is a canteen and BBQ at Bales which is a large fundraiser for the club.

U7 teams will be nominated to assist for an hour or so on the BBQ during the

season. Note not all U7 teams will play at Bales Park and the duties will be shared as evenly as possible. Your team may be called on to assist more than once during the season.

Parent Behaviour

* 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 skillful 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 using this link:

<https://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check>

This is a compulsory requirement set by the club and Football NSW.

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 2019 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 2020 is expected to be on 22nd August and the

Northbridge Gala Day will probably be on 5th September.

The Gala Days are Round Robins of 3-4 short games and would normally take 2-3 hours.

Trophies

At the end of season Northbridge Gala Day each child receives an individually

engraved trophy.

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.

In 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

KDSA 1900 957 016

The above council websites may also provide more detail.

Draft Timetable

1 March 2020: Trial/Practice Games

8 March 2020: Trial/Practice Games

March 2020: Training bags, and kits for new players distributed

4 April 2020: The Season Starts

22 Aug 2020: NSFA End of season Gala Day

5 Sep 2020: Northbridge FC End of Season Gala Day

As the NSFA regrades the teams every 4-5 weeks the draw for the season

will only be released 4-5 weeks in advance and can be accessed via the

NSFA website.

Northbridge FC’s football pathways

This may seem a little premature… but we wanted to take this opportunity to let you know of the pathways available for your child should they love their first season of soccer and want to take it further.

In addition to the friendship ‘Community’ teams the club has playing in the local (NSFA) competitions from U6 through to Over-45, there are selected ‘Academy’ teams which play in the top divisions of the NSFA competitions. The Northbridge academy begins at U8, with teams training twice a week from February to August – trials will be held in November.

The highest level of competition played by Northbridge FC is in the Football NSW State League, where our teams play under the ‘North Shore Mariners’ banner. The Mariners program starts at U9, with what is called the ‘Skills Acquisition Phase’. Trials for next year’s NSM teams will be held in October.

For more details on the Academy and North Shore Mariners programs, please visit our website or Facebook pages.