



WNPL Junior Girls Information for the 2019 Season

This information is subject to change based on many factors including but not limited to council ground availability and changes by FFV.

Our purpose is to provide a progressive environment that enables our players to reach their highest potential. The journey of our players will be guided by the Box Hill playing style and team model, underpinned by the FFA curriculum of playing a pro-active brand of football, developing effective possession and cutting-edge players able to break down organised opponents. Key defensive principals of quick transition and collective pressure are integral. Our aim is to develop complete footballers with continued emphasis on improving technical and tactical capability. We focus on executing purposeful possession, quick transition and understanding the football picture. We introduce and work on physical preparation, including strength & conditioning,

Everything we do should represent our values, aiming to develop and prepare our players for a great football journey but also for life.

Our key values are Respect, Integrity, Performance, One Team and Care.

2018/2019 Football Calendar

The 2018 end of season break takes place from Monday 8 September 2018 to Sunday 28 October 2018

Summer Program (14 session technical/skill program)

- Location: Knox Regional Football Centre located at 291 George St, Wantirna South
- 2 sessions per week from Monday 29 October 2018 to Wednesday 12 December 2018
 - U12's & U14's train every Monday and Wednesday - Arrive 5.45pm, Start 6pm, End 7.30pm
 - U16's & U19's train every Monday and Wednesday - Arrive 7.15pm, Start 7.30pm, End 9.00pm
- The summer program is a compulsory for all players selected in the 2018 Squads. Players completing VCE exams in 2017 can request an exemption from this program by supplying a letter from parents explaining your school situation. This must be done at the time of accepting the 2018 player offer
- No practise games are scheduled during this period

2018 summer break - Thursday 13 December 2018 to Sunday 27 January 2019

Summer Program Cost

U12 to U16 = \$250per player (\$17.85 per session)

Under 19's will train with the senior squad

- This program requires the club to pay for coaches and ground hire. Full payment is required when accepting the player offer

2019 Season Program

2019 Training = 3 sessions per week from Monday 28 January to Sunday 8 September

Session	1	2	3
U12's	Monday 6-7:30pm	Tuesday 6-7:30pm	Friday 6-7:30pm
U14s	Monday 7:30 - 9pm	Wednesday 6-7:30pm	Friday 6-7:30pm
U16's	Monday 7:30 - 9pm	Wednesday 7:30 - 9pm	Thursday 7:30 - 9pm
U19's	Tuesday TBA	Thursday TBA	TBA

- 2019 pre-season practise matches will be a maximum of 3 matches on a Saturday or Sunday. These games are TBC soon after the season program commences.
- 2019 in-season matches are estimated to be 27 games from Saturday 3 March to Sunday 15 September 2019. This is not inclusive of finals. Should any team successfully make finals, a maximum of 3 additional weeks will be added
- The total in season program for U12 to U16 teams consist of 123 Football sessions

2018 Season Program Cost

- U12's = \$1,550
- U14's, U16's & U19's = \$1,700

Uniform Cost

- **U12 - U16** - \$265 including GST. (3 strips, track top, track pants & bag by Adidas)
- **U19 squad** - \$315 (includes optional club polo)
- Optional Club Polo \$40, is highly recommended for players to wear to and from games.
- Optional Rain Coat \$50, is recommended if a player does not have one from a previous season.
- Optional Adidas Alpha Skin Compression - \$50.
- At the time of ordering uniform parents are welcome to order any Box Hill gear for themselves.
- Players will receive an email to attend the uniform fitting/payment date in mid to late November.
- Players will receive an email to pick up uniforms around the 8th of February 2019.

Fee Payment Dates

- Existing Box Hill United SC players will pay a \$750 non-refundable holding position deposit within **3 business days** from receiving an offer
- Successful trial players will pay a \$750 non-refundable holding position deposit within **2 business days** from receiving an offer
- All 2019 squad members will pay \$250 non-refundable cost for the Summer Program at the time of accepting

the player offer

- All 2019 squad members will pay a \$265 Uniform cost. (Approximate, to be confirmed) The uniform is fitted, ordered and paid directly from the uniform supplier in late October or early November 2017. The uniform pickup date requested from the supplier is for late January 2018
- The balance fee payment for the 2019 program is due **2 weeks before the first game** of the season, Friday 15 February 2019. (The club will enforce the no pay, no train or play policy)

Players leaving after accepting a position with the club

- The club offers player positions in good faith. Once a player is confirmed in the squad and has paid the deposit and or final payment and then decides to leave there will be no refund available at all. The club has pre-set expenses and each player fees contributes to the running of the club.

Coaching Appointments

- 2019 Coaching appointments are expected to be announced at the Junior Presentation night. This will be held on Sunday the 16th of September or within 24 to 48 hours from this time. Our plan is to make these announcements before players are required to accept player offers

U12 Format

- Games are 30 minutes each half
- Games are played with 9 v 9 players
- Games played on half pitch (i.e. 55 x 45)
- Goals size is reduced to 5 x 2
- Squad size = 12 players including goalkeeper
- No points, no ladders
- The squad will play games on NPL junior match days.

U14, U16 and U19 Format

- U14 to U19 - Squad Size can be up to 18 players including goalkeepers. Two goalkeepers may be selected at the coaches/TD's discretion

Train on Players

- This is at the Technical directors discretion.

Match Day Squad Size

- All teams will have match day squads of 16 players.

Player Rotation Policy 12's, 14's & 16's

- Players from each age group will be rostered off games on an equal rotation, if squads have all players available in any given week. Players rostered off may be called back into the squad if available to cover for last minute injuries or players deemed to be unavailable. Rotation is also subject to attendance at training and behaviour.
- If there are player shortages, players will be requested to play up or down an age group on any given week,

age permitting. The coach will make this request to the TD. The TD will discuss the request with the affected coaches and nominate players to play up or down based on a performance selection criteria

Final Two Rounds of the Season

The rotation policy ends if the entire squad is available for selection in the last 2 rounds. The match day team will be specifically chosen by the coaching staff/TD. All players will be expected to continue training to fight for team selection. Coaches have the option to continue with balanced rotation.

Player Promotion

- In 2019 players can and will be selected to play up age groups on a permanent or semi-permanent basis this will be based on their overall achievements in 2017, including but not limited to high ability, performance, attitude, professionalism, training attendance
- Players selected to play up age groups will be selected in the best interest of their development. During a long season player performance for any player playing up may change. It may be in the best interest of their development to drop back down an age group. If this is deemed necessary there will be a discussion with relevant parties including the Player, Coach, TD & Parent to find the best outcome for the player. If a player drops down an age group another player may get an opportunity to play up. The coaching staff will have the final say

Goal Keepers

- U12 to U19 squads may have two goalkeepers if the coaching staff & TD deem it necessary
- Goal keepers will have at least one training session per week with the GK coach and the remaining sessions with the team. Training session days and times will be confirmed later.

Game Time

- U12 to U16 players during the first 25 weeks of the season all players will be guaranteed a minimum 50% game time from their rostered games.
- Guaranteed game time only applies If players adhere to the Box Hill players rules and regulation guidelines and have full medical clearance to play. Game time is also subject to training attendance and behaviour. If any breach of the Box Hill rules and regulations occur then a player's designated game time may be effected and it will be left up to the coaching staff/TD to decide on appropriate/reasonable allocated game time
- Regardless of the 50% game time rule. Coaches are requested to play players as evenly as possible

Game Day Team Selection & Allocated Playing Time

Players will receive a minimum 50% playing time per rostered game if all following criteria are met:

- Current week's training attendance is 100%
- Current week's training performance is high
- Attitude is excellent
- Professionalism

Players may lose their position in the allocated squad for the following reasons:

- Current week's training attendance is not 100% (for any reason)
- Overall training attitude is poor

- Overall training attendance is poor
- Injury/Fitness
- Sickness

Players match day game time may be reduced due to the following reasons:

- Injury/Fitness
- Sickness
- Late to pre-game warm up
- Player does not meet above criteria
- Poor parent behaviour

All final decisions for the above matters will be made in conjunction with coaching staff/TD.

Record Keeping of Training, Game Attendance & Game Time

- Players training attendance and game time allocation will be recorded from the first 2019 season program session until the last session of the season.
- Players are expected to attend all sessions each week. If you are not able to attend you need to email or SMS the team manager with a reason regarding why you are not able to attend, this will be passed onto the coaching staff.
- If a player falls below 90% attendance for any reason then game time can no longer be guaranteed at 50%.
- There will be school camps, special event school nights, as well as special family occasions. If you cannot make training for any reason, please advise the team manager ASAP. Any missed sessions for any reason count towards the 90% minimum attendance requirement to guarantee 50% game time.
- If a player is injured, injury permitting, they should also attend training and assist the coach and/or listen to the coach's message. A player should only stay home when sick with flu, cold, fever, any contagious infection or with an injury that requires rest or the injury prevents attendance due to treatment or isn't practical to attend. ie broken/plastered leg.
- If you are going on a holiday, the team manager is to be advised of the dates you will be missing ASAP.
- The rotation roster will not be adjusted for holidays, injury or sickness or any other reason once the roster has been set.

Training

- All correspondence will occur through Team Stuff and email if required
- We expect that 2019 season training sessions will take place at Sparks Reserve. This will be confirmed to all players in late January 2019
- Arrive 15 minutes earlier than the designated start time for all sessions
- Training strip with only matching shin guard straps and skins is compulsory and must be worn to all training sessions
- Only approved Box Hill United SC apparel is to be worn (once allocated)
- Parents are not to enter the training ground unless there is an urgent matter and they need to contact their child or coach

Public Holiday Training

- There will be no training on any Victorian Public Holidays (Except Monday 28th January - Australia Day Public Holiday)

School Holiday Training

- Training continues on school holidays unless advised otherwise

Match Day

- All correspondence will occur through Team Stuff and email if required
- We expect that all home games will take place on Wembley Park and Sparks Reserve. This will be confirmed closer to the start of the season
- Players will arrive at the designated time (1 hour before kick-off) to complete the team warm up. No one should miss the warm up. The team line up will be announced at the pre-game talk
- If you are genuinely running late for a perfectly good reason, please contact the team manager via a phone call or SMS
- Any player that arrives late may lose game play time. This decision will be made at the discretion of the coaching staff/TD
- Home/Away match day kit to be worn to all home/away games unless advised otherwise
- Players MUST bring with them their complete playing kits (home & away)
- Skins must match the strip colour
- Shin guard straps must match sock colour
- The moment a player is not able to make a match, they should advise the team manager via phone call or SMS
- Parents are not to enter the change room from pre match until the players are released, unless authorised by the team staff. Parents are not permitted to address the team unless invited to do so

Playing Positions & Playing Time

- Playing positions and playing time will be assigned by the coaching staff. Players and parents are expected to support the coach's decision at all times. Questions will not be taken regarding this matter unless club rules are not being followed.

General Training & Match Day Information for Players

- Ensure you follow the Box Hill United SC code of conduct at all times
- Only follow your coach's advice always. Do not take instructions from parents or spectators
- Work hard for yourself and for your team mates
- Respect and support each other at all times
- Never question the match officials
- Do not be provoked by opposition players, coaches or supporters
- Swearing is not permitted
- Offensive hand gestures are not permitted
- Shake the hand of your fellow players, coaches, parents and any club officials once you arrive and before you leave training and matches
- On the completion of all matches shake the hand of all opposition players, coaches and the match officials
- During training and games positive talk is required by players. Only positive talk is permitted

- Negativity is not allowed!! Negative talk will weaken development & success as well as hamper player confidence
- Eat as healthy as possible, especially the night and morning before a game and drink lots of water the day before the game
- Players should get to sleep early the day before each game
- Players should bring 2 bottles of water to the game, one for during and one for after the game
- Happy and smiling faces are very important

Red Cards

- Any player issued with a Red Card will later be issued with an invoice to pay the relevant fine as issued by the FFV. The club will not pay player misconduct fines.

Change Room Sharing

- Often, we will be sharing a change room with the team coming on or off the ground
- If a team is finishing team talk, the team coming off the ground will wait in the race for them to finish and then enter the room
- The team coming off the ground at half time also has priority to the dressing room
- Before going out to play the game, bags are to be placed neatly to one side so there is room for the second team if required
- Clean boots outside club room
- Before you leave, tidy up club rooms, place any rubbish in the bins
- Do not bring any valuables into the dressing room

Club Song

- Be proud of who you play for by singing the club song after a game, show respect to the opposition (i.e. not right at end of the game in front of a losing team) – The best option would be to sing once the team is in the change room. Another option is to huddle in a group after the handshake, as we do at the start of the game, and with hands in, just say “We Are Box Hill”

Saturday School Sport

- We might throughout the season have scheduled Saturday games. We expect that you make yourself available for selection. If you believe your attendance to these games will be in jeopardy from compulsory school sport, please advise the team manager ASAP. Your position on the roster may be revoked for that week

Team Leadership Positions

- In the week prior to the first game and at the discretion of the coaching staff/TD the executive committee, will approve one team captain and one vice-captain. Changes to leadership positions may be made during the season at the discretion of the Coaching staff/TD with executive committee approval.

Club Protocol for Injuries

- If any injury occurs that hampers a player’s ability to play or train fully, it needs to be reported to the coach and team manager. This can happen either at the game, training session or the following morning when the

full extent is known. Injury notification needs to be documented on email at all times

- You should consult your own medical practitioner of choice for a diagnosis and treatment plan. Once your medical practitioner has cleared the injury, a return to sport plan and clearance certificate is required before training or playing will commence
- All reporting is to be submitted to the team manager via email. This will then be sent to the coaching staff/TD
- Once returning from injury or sickness players will not play games until the coach is happy with the fitness level and training performance of the player. Players are not to be hurried back to play after injury to ensure injury re recurrence is avoided
- There will be a game day sports trainer present for the treatment of any injury at home and away games

Byes & Catch up Rounds

Games or training may be scheduled on these rounds. (As much notice as possible will be given)

Additional Information

- Parents & Players must sign and follow the Box Hill United SC code of conduct.
- If anyone is aware of someone not following the code of conduct, they should be reported to the team manager immediately and the team manager has an obligation to report any issues to the NPL Junior Boys AGC/Committee Member.
- Do not critique team or player performance. We are dealing with players that develop at different rates. The strongest player today is not necessarily going to be the strongest player tomorrow. Allow our teams to play to the coach's instruction with confidence, freedom and happiness - remembering parents are not aware of the coach's instruction.
- Help from parents on game day is critical. Duties will be assigned the week before the season starts once all requirements are known. All parents will be rostered on evenly as possible and must complete their duties or organise a swap with another parent if they cannot attend. If there is a duty that you cannot complete please swap with another parent. If parents consistently miss duties this may jeopardise their child's playing time.
- Marshall reports to the referee room 15 minutes before kick-off. See the team manager for a fluorescent vest and Instructions. Return the vest to the team manager or the referee's room after the game.
- Car park duty report to the front gate at the arrival time of your child. See team manager for instructions. Wear a fluorescent vest available in the referee's room.
- Changeroom Duty -From U12's to U18's - Two players from each age group will be assigned to clean home and away club rooms at the end of each respective home game. All players are encouraged to clean up after themselves to make their team mates job easier. This includes sweeping and placing any left-over rubbish into the bins.
- You are always welcome to invite families and friends to watch our games - Cheer and support as much as you like. Do not coach or critique any player. Parents are responsible for all family members and friends who attend games and must be responsible for them following the CLUB RULES.
- Grandstand Cleaning Duty - Parents are encouraged to clean up after themselves. Don't leave your rubbish around for others to collect.
- Players & Parents will be removed from training and games if these rules are not followed.

Team Stuff

This will be our main method of communication for training, game and duty information. Any urgent messages will come through this system. If you are not getting communication, please let the team manager know

Team Dinners

During the season there will be a number of weeks where we will have a team dinner at the Wembley Park clubrooms after training. All players, coaches, parents and siblings are invited to attend

Dispute Resolution Process

- If you have any questions throughout the season, please firstly contact your team manager in writing for assistance.
- Do not direct question or approach the coaching staff with player/game/training related feedback or questions. All club communication is to occur via the team manager. Coaches are not to be approached unless invited to do so by a club official or the coach themselves. The only time they should be approached is in circumstances of an emergency like a risk to player or public safety.
- Player Feedback is provided to the players formally in feedback sessions and informally at games and training sessions. Players are encouraged to ask their coaches questions directly at training and games. The club aims to have two player/parent/coach interview sessions. The first between round 4-5 and the second between round 18 & 19.
- Parent, player & coach behaviours need to be respectful and professional at all times when dealing with fellow players, parents, coaches, referees, including club officials and volunteers. Unprofessional and disrespectful conduct will not be tolerated towards any individuals and these behaviours will always be monitored and any misconduct may incur penalties and possibly influence any future player retention.
- If you are not satisfied with any outcome passed on from your team manager. Feel free to contact our Technical Director and our NPL Junior Boys AGC/Committee Member in writing.
- Do not direct questions to other Committee Members. If you are still not satisfied with the outcome. You can request that the matter is raised at the Executive Committee level.
- We are here to make sure that all matters are dealt with in a timely manner and as efficiently as possible.
- We aim to ensure all team members are kept as informed as possible and provide support to our Box Hill United SC Family.
- If you need any further clarification regarding any points outlined in this document or if you have any other questions, please contact our Technical Director and our NPL Junior Boys AGC/Committee Member in writing, their contact information is listed at the end of this document.

Club Events

- During the year the club will hold several events, some of these are fundraising events. These events are not only to help the club collect revenue but they are also very important for our club culture.
- Christmas Break Up- On the completion of the last Summer program training session at Knox. The club will offer players/coaches an opportunity to mingle over Pizza & Soft drinks free of charge before they say goodbye for the year.
- Senior Men's & Women's season launch. A time to meet and mingle with our senior players & coaches. There is a cost for entry. The club also seeks sponsors for each player at \$500 per player.
- Presidents Lunch. At one of our home games during the season the presidents lunch will take place. This is a great time to catch up with friends over lunch and a drink. Enjoy in the surrounds of the club, listen to the special guest speakers and later catch the senior game.
- Presentation Night. Soon after the last game of the season the club hosts all players coaches and team managers as well as their families to celebrate the players and team's achievements for the season. Players, coaches and team managers are guests of the club and do not pay for the evening. The club can only continue paying if an affordable venue is found. Venue Ideas are always welcome especially from club sponsors.

- Club Raffle - The club holds one major raffle in the early part of the season. All club members will receive one book of 10 tickets valued at \$10 per ticket. All tickets need to be sold to support the club.
- Club Photos - Midway through the season the club will take team photos. Team photos are given to players, coaches & team managers free of charge. There are other optional photos that can be purchased, if required.
- Senior games - We know that our members spend a lot of time around the club. During the season our men's and women's senior teams play at Wembley Park. Our members which includes players, parents and coaches receive free entry to all home games. It's a great time to mingle and get a great meal and drink with friends at the best club café in Victoria. The kids love getting together outside of a structured training session and having a kick in the Panna Cage or behind the goals. Don't forget to cheer on our senior teams.
- Trivia Comedy Night - During the first half of the season, the club aims to hold its annual Trivia Night. This is the best Trivia Comedy Night that any club hosts, its lots of fun and great to catch up with other parents and friends outside of the soccer ground.

2020 Football Calendar

So players and families can plan ahead, we expect that the program will be run in the same format for the following year with possibly some minor date changes. This will be based on the release of information from FFV.

We wish all players, coaches and families the very best and an enjoyable 2018 season

Regards,

Matthew Borowicz

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