

Norwood Football Club Development Squad Program 2011



Norwood Football Club **Development Squad Program 2011**

The following document is written to explain the aims of the Norwood Football Club Development Squad Program and to answer the questions that are regularly asked by players and parents.

Aims of the Development Program

- To allow the best players in the Norwood Zone the opportunity to train (and play) with each other.
- To develop the players basic football techniques (kicking, marking, handball and collecting the ball).
- To allow the best players the opportunity to be exposed to the AFL Elite Pathway.
- To assist the Norwood Football Club in identifying the best 50 players in the Under 15 age group.
- To introduce players to the Norwood Football Club and expose them to the history and tradition of Norwood with the aim of producing League players for Norwood within 5 years.

Staff

Development Manager	Robbie Neill	0448 039 319
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Under 13

Coach	Mark Swanbury	0421 619 368
Assistant Coach and Runner	Rino Traforti	0438 844 718
Assistant Coach	Paul Fantasia	0430 234 023
Team Manager	Ian Sparnon	8390 2205 or 0417 800 395

Under 14

Coach	John Jamieson	0406 381 267
Assistant Coach & Team Manager	Darren Madden	0418 895 606
Assistant Coach	Stewart Fincher	0431 112 172

Under 15 Metro

Coach	David Ising	0417 892 835
Assistant Coach & Team Manager	Brad Snell	0413 661 906
Assistant Coach	Matthew Jolly	0402 042 392

Under 15 Country

Coach	Ross Wait	0402 346 641
Assistant Coach	Paul Tanner	0438 198 024
Assistant Coach and Runner	Jack Bampton	0400 435 395
Team Manager	John Zantvoort	0414 313 253

Zones

The following link - http://www.sanfl.com.au/the_sanfl/sanfl_club_boundaries/ provides a map of the Norwood Football Club Metropolitan & country zone. If a player resides inside these boundaries they are bound to play for Norwood from the year they turn 15 until the year they turn 19. During that time, if another SANFL football club wants a Norwood zoned player to play for them they have 3 choices:

1. Pay Norwood \$5500 at the time of transfer (and more money if the player plays SANFL League or AFL football).
2. Try and arrange a trade with Norwood of a player of similar ability (this may happen 3 times a year).
3. The father of the player must have played League football for that SANFL club.

In the Norwood metropolitan zone there are 4500 players under 19 years of age, in the Norwood country zone there are 500 players under 19 years of age.

Due to this large discrepancy in numbers, Norwood has asked to have some of its metropolitan zone classed as country for the U15 Intra State Championships. If a player lives in Banksia Park, Fairview Park, Surrey Downs, Redwood Park, Yatala Vale, Modbury Heights, Ridgehaven or Greenwith they will be classed as country players for that competition.

Questions regularly asked by players and parents

1. How did you get my child's name?

- During October of each year Norwood asks the local football clubs and SASFA schools to nominate their best 3 players. Your name was obtained through this path.

2. How many players make the squad?

- The Under 13 and Under 14 squads will choose the best 42 players and these players will be informed of their selection by their coach in the week beginning 11th April. These players will then be expected to attend all training sessions held during term 2. The reason we choose 42 is so that all players get three games of football i.e. we take 21 players to each game, so after every second game all players should have been given a game.
- The Under 15 squads are limited to 25 at the end of term 2 and these 2 teams will then represent Norwood in the Under 15 Intra State Championships held during the July school holidays. These 50 players will then be invited to attend Norwood Under 16 pre-season training at the end of 2011.

3. Why don't you make the squads smaller?

- Children develop at different rates and we want to give the talented players (big and small) the chance to play AFL football
- If players are 'cut' at U13 it can leave a bad taste and can be difficult to get them back, so we try and have big squads to help more players and not lose too many
- It exposes more 'local club' players to the next level and hopefully they will take this back to their club and the overall standard of football will increase

4. Does this program replace club/school football?

- Certainly not, the players will have about 10 training sessions and about 3 or 4 games each. This is not enough to move a player through the elite system.
- This program is only an extra for the best players and they are expected to train at least once (hopefully twice) a week and play for their club/school.

5. Why are we training at Greenwith not Norwood Oval?

- Norwood oval is heavily used and to ensure that the players are given plenty of oval space to practice their skills we use both Norwood Oval and Greenwith Oval.
- There are very few players living within 7km of Norwood Oval. Over the last 3 years only about 20% of players live close to Norwood oval. The other 80% live in the Tea Tree Gully area and by training at Greenwith, Norwood is taking football to the players. Hopefully this will mean more players accept the invitation to join the squads. In 2004 the acceptance rate was about 70%, hopefully this figure will rise and we will get the best players in our zone playing for Norwood. Since Norwood has offered two training venues the acceptance rate has risen to around 90%.

6. What are you going to do for the players who live close to Norwood Oval?

- The players in the Under 13 & 14 groups who live close to Norwood Oval and can not get to Greenwith will be offered a training session at Norwood Oval each Thursday night between 4.30pm and 5.30pm in term 2. These players need to attend the testing/selection sessions in term 1 at Greenwith but once on the list the players living close to Norwood are encouraged to train at Norwood with former league player and Development Officer, Matthew Brunoli and Talent Manager and current Under 18 coach, David Oatey.
- The Under 15 Metro team will train at Norwood Oval on Tuesday from 5pm until 6pm.
- Once every 3 weeks the Under 13, Under 14 and Under 15 Country team will train at Norwood instead of Greenwith, this will give the players who live in Norwood the chance to train with their team. It will also allow all players to train on the Norwood surface which is outstanding.

7. Why did Norwood choose Greenwith?

- It is a big oval with lights and it was available without interfering with the pre-existing football programs in the area.
- It is close to the majority of the player's houses.
- It would not adversely affect our local football clubs.
- Due to water difficulties, Harpers Field is no longer an option but Greenwith is a nice oval that we will be able to improve to make it a suitable second training venue for the Norwood Development Programs.

8. What happens with medical staff?

- It is supposed to be a development squad mainly based around skills, so we hope to not need trainers at training.
- When matches are played on Friday nights and during the U15 Intra State Championships there will be a qualified trainer in attendance to attend to injuries during the game.
- If a player needs strapping then the player needs to provide his own tape and the trainer will strap them before the game.
- ***Norwood will not be responsible for the cost of any injuries sustained during training or games. All players are encouraged to have top level health insurance.*** If a player is uninsured, Norwood has insurance but it will cost the player \$400 to use the fund and there is a 10% gap on any expenses. If a player is seriously injured during a game this is useful insurance but for all minor injuries it will not be of any benefit.

9. What do the players wear?

- All players selected in the final squads are asked to pay \$70 and this gives them a Norwood jumper, socks, shorts and Team top.
- Players are asked to wear the Team top to games with a pair of track suit pants and clean running shoes.
- At training, players are required to wear their Norwood playing uniform, football boots and mouthguard.

10. Once the program is running, who do we deal with?

- If it is an organisational question, ask the Team Manager
- If it is a playing question, ask the coach (not during training)
- If you do not feel satisfied with the answers call the Development Manager at the Norwood Football Club on 8362 6278.



The challenges facing today's teenagers have never been so great. Boredom, peer pressure, lack of respect and purpose, alcohol and drugs are all issues contributing to an increasing level of adolescent crime in our society.

The Norwood Football Club believe that being a member of a team, in a responsible well run football club, is an excellent way to assist young men to develop positively into adulthood.

In conjunction with its local zone community football clubs, 7 in the metro zone and 6 in the Adelaide Hills, Norwood has developed a program called 'Operation 100TEN', designed to promote the social and individual benefits associated with being a member of a team.

The message is, 'Give 100% to your team, club and community, and you'll Get 110% back'. 'Operation 100TEN' will focus on key themes such as respect, team values, mateship, club responsibility and community mindedness.

Youth crime is a serious issue. Operation 100TEN aims to promote the value of being part of a team, and importantly focus on the crucial role that sporting club's can play in providing the right environment in which young people can develop.

A pilot program was undertaken by 4 clubs in 2009 – Golden Grove FC, Tea Tree Gully FC, Modbury FC and Hope Valley FC. In 2010, a further 5 clubs took part. In 2011, all 13 clubs will be involved, which will include a kickathon for club fundraising and charity, as well as education on substance abuse, driver awareness and club government grant applications.

If you or your club requires more information about the 100TEN program, please contact Robbie Neill at the Norwood Football Club on 8362 6278 or email rneill@norwoodfc.com.au.

Development Squad Match Schedule

Match 1	Friday 6 th May v Central District @ Cooper's Stadium (M)
Match 2	Friday 13 th May v Glenelg @ Cooper's Stadium (C)
Match 3	Friday 27 th May v North Adelaide @ Cooper's Stadium (C)
Match 4	Wednesday 1 st June v Sturt @ Balhannah Oval (C)
Match 5	Friday 17 th June v Port Adelaide Magpies @ Alberton Oval (M)
Match 6	Friday 24 th June v Central District @ Hamra Homes Oval (C)
Match 7	Friday 8 th July v Sturt @ Cooper's Stadium (M)
Match 8	Wednesday 13 th July U15 - Norwood Metro v Country @ Cooper's Stadium, 7.30pm (TBC)

All Development Squad matches commence at the following times:

Under 13:	5.30pm – 4 x 13 min
Under 14:	6.45pm – 4 x 15 min
Under 15:	8.15pm – 4 x 17 min

Note:

(M) Norwood U15 Metro
(C) Norwood U15 Country

Norwood Football Club Development Squad Training Session Planner Term 1 2011

Under 13, Under 14 and Under 15C

Monday 7th March @ Greenwith, 5pm

Session 1 - Testing

Under 13:	Beep Test & Height/weight
Under 14:	Height/weight & Beep Test
Under 15 C:	REST

Monday 14th March @ Greenwith, 5pm

Session 2 – Testing

Under 14:	Agility & 40m sprint
Under 15 C:	Height/weight & Beep Test
Under 13:	REST

Monday 21st March @ Greenwith, 5pm

Session 3 – Skill Assessment and Testing

Under 13: Agility & 40m sprint
Under 15 C: 40m sprint & agility
Under 14: REST

Monday 28th March @ Greenwith, 5pm

Session 4 – Skill Assessment & catch up testing

Under 13: Kicking, handball and clean take assessment
Under 14: Kicking, handball and clean take assessment
Under 15 C: REST

Monday 4th April @ Greenwith, 5pm

Session 5 – Skill assessment & catch up testing

Under 14: Kicking, handball & clean take assessment (announce squad of 42)
Under 15 C: Kicking, handball & clean take assessment
Under 13: REST

Monday 11th April @ Greenwith, 5pm

Session 6 – Skill assessment & catch up testing

Under 13: Kicking, handball & clean take assessment (announce squad of 42)
Under 15 C: Kicking, handball & clean take assessment (announce squad of 35)
Under 14: REST

Under 15 M

Tuesday 8th March @ Cooper's Stadium, 5pm

Session 1 – Testing

Height, weight, 40m sprint, agility, beep test

Tuesday 15th March @ Cooper's Stadium, 5pm

Session 2 – Skill assessment and catch up testing

Kicking to a lead, handball and clean take assessment
Height, weight, 40m sprint, agility, beep test

Tuesday 22nd March @ Cooper's Stadium, 5pm

Session 3 – Skill assessment

Kicking to a lead, handball and clean take assessment

Tuesday 29th March @ Cooper's Stadium, 5pm

Session 4 – Skill assessment/game sense

Handball game, forward entry, defensive exit activities

Tuesday 5th April @ Cooper's Stadium, 5pm

Session 5 – Skill assessment/game sense

Handball game, forward entry, defensive exit activities

Tuesday 12th April @ Cooper's Stadium, 5pm

Session 6 – Skill assessment/game sense

Handball game, forward entry, defensive exit activities (announce squad of 35)