

Norwood Football Club

Under 16 & 18

Players Manual

2009



Contact numbers for the 2009 Norwood Underage Match Day Staff

Dominic Shepley	Chief Executive Officer	83626278
Raelee Oatey	Head Trainer	0400293416
Physiotherapist	Physioxtra (271 The Parade)	83317586

Under 18

Trevor Potts	Coach	0402122107
Gary Cameron	Assistant Coach	
David Bean	Assistant Coach	0418890868
Michael Aish	Assistant Coach	
Ray Kropinski	Fitness Coach	0402281035
Jane Harris	Team Manager	0403808825
Kerry Bungey	Physiotherapist	83317586
Hannah Mungovan	Trainer	0438646973
Cass Dales	Trainer	
Emily Madden	Trainer	0430382813

Under 16

David Oatey	Coach	0416195121
Rowley Pengilly	Assistant Coach	0412824231
David Ising	Assistant Coach	0417892835
Chad Simmons	Assistant Coach	0414362169
Darren Madden	Team Manager	0418895606
Travis Barty	Runner	
Emily Madden	Trainer	0430382813



FOOTBALL OPERATIONS MANUAL

The objective behind this manual is to create a reference for players of the Norwood Football Club (NFC) for all aspects of football club life. More specifically it will serve as a directory to the players for their football and social responsibilities during their time at the NFC.

It outlines player's social obligations and club functions players are expected to attend, a code of conduct, club rules and a 'what if' scenarios to assist players in acting responsibly in a variety of situations.

The Norwood Football Club Ethos

Guiding Principles

1. The Norwood Football Club will always embody Australian Football excellence, and aspire to be the pre-eminent football club in the SANFL
2. The Club's objective is always to play in the best Australian Football competition available
3. Norwood sets the highest possible football standards for players and administrators and aims to compete successfully in all Australian Football competitions in which it is a participant
4. The Club should impart a complete knowledge of Australian Football and endeavour to involve the members of the community in our sport and associated Club activities
5. Norwood should always project a winning attitude
6. Norwood is concerned with the development of youth including the promotion of moral standards and a code of conduct that are seen by parents, teachers and the community as exemplary
7. Norwood at all times promotes truthfulness, sincerity, reliability, and participation

8. Norwood team members and officials are proud winners and graceful losers

9. All dealings, negotiations and activities of the Norwood Football Club will be carried out in an ethical, business like manner

10. The Norwood Football Club Board will provide Management with direction that meets the needs of our community in a changing social and economic environment

Attitudes and Culture

1. On Field

The Norwood Football Club is guided, supported and influenced by many people, but it's true character and identity is forged by the men who wear the Red and Blue into battle

Striving for and achieving excellence is the glue that binds the current day Norwood player and his predecessors.

Representing the Norwood Football Club is a special privilege, one that carries with it great responsibility for every player

Wear the Red and Blue with pride. Respect the blood that has been shed by those who have gone before you

Expect to win every time you represent the Norwood Football Club

If we are to lose, then lose with courage and character. Nothing else in defeat is acceptable

The Norwood game is built on the belief that if we break even or better in the fierceness of the contest, our superior skills, discipline, and game plan will prevail.

Take pride in your ability to spoil, chase, tackle, bump and harass the ball back into our possession. If we haven't got the ball, we can't score.

Take equal pride in your ability to dispose of the football accurately with

hand or foot to give your team mates the best opportunity to retain possession. If we have the ball and are superior in our usage of it, we will score - often

Train hard to equip yourself with the skills, fitness and commitment to contribute in all areas of the Norwood game

The truest measure of the Norwood Football Club will always be how successful we are at winning League premierships

A player's contribution to the Norwood Football Club is measured the same way. Not by individual brilliance or achievement, but rather by what they were prepared to do for the Club to ensure it's ultimate victory

Draw strength, inspiration and guidance from the Norwood Football Club's proud tradition of success.

Use it to create your own piece of Norwood history.

2. Junior Development

Norwood has developed the reputation for being one of the pre-eminent developers of footballers in Australia. Take great care to protect and nurture this reputation.

Continually search for and attract the best junior talent to the Norwood Football Club

Create an environment of learning and growth where our juniors are challenged and inspired by the excellence and consistency of our coaching standards.

Next to premiership success, nothing is more important and valuable to our Club than the development of outstanding young players

3. The Norwood Oval

The Norwood Oval is the spiritual home of the Norwood Football Club. Nothing should be more feared by our opponents than playing Norwood at the Parade. Be fanatical about winning at home.

The Norwood Oval is our most valuable resource and has great revenue generating potential. Always keep it in good shape

Ensure that it reflects our culture and winning attitude so that our supporters and our enemies 'feel it' every time they visit. Invite the broader community to the Norwood Oval at every opportunity.

CONDUCT ON THE TRAINING TRACK AND IN THE ROOMS

Training Track

- Punctuality – warm up, ready to go as a unit.
- Attire – proper boots, guernsey and shorts.
- Follow instructions without question. Any problems to be sorted one on one with coaching staff never in front of players.
- Injury group workrate to equal main training group.
- In between drills always run to coach and go through injury prevention stretches.
- Always run through to cone after execution of skill.
- Constructive criticism between players. Focus on the solution not the problem.
- Talk to be constant always and whilst in line waiting for your next participation.
- Train as premiers.

In The Rooms - Training

- Strapping in the bin, none allowed in shower
- If not being strapped, or attended to by a trainer, you are either in the gym training or on the track warming up.
- Learn all the names of the support staff and show your appreciation.
- Gym is for training only; it is not a place to be unless you are either warming up or working out.

In The Rooms – Prior a Game

- Ready to go when warm up begins
- Ready for all pre game meetings
- Warm up is continuous talk, all positive and focusing on what we can control and how we will approach the game.
- Know who is on your line, e.g. backline, and communicate your goals for the game to each other.
- Regardless of the scoreboard, half time will always be positive. Where criticism is required it will be done in a constructive way by focusing on the solution not the problem.
- Make an effort to talk to all 21 teammates prior the game and tell them you are ready to work all day right next to them. You will not let them down and you expect the same in return.
- When we enter the race and on to ground make sure we are shoulder to shoulder as a tight unit. Any opposition watching us take the field will be sent a message – they are playing the tightest, most determined and single-minded unit in the SANFL.

Can't Attend Training?

All players who can not attend any training session for any reason are to advise their Team Manager or Coach at least 1 hour prior to training commencing.

Training Night Requirements

It is expected that all players be ready to train 10 minutes before scheduled starting time of each session. This is defined as being attired in the appropriate training uniform, all medical matters attended to (ie: Strapping, Rubs, Consultation with Club Physio etc) and being present on the ground.

Can't Train?

Any player who is unable to participate in the group training session because of injury is to report to the coach 15 minutes before the start of training for an alternative program.

Player Movement Notification

The coach will notify players who have been dropped from the team as early as is possible during the week following the player's last game. The player will be told clearly why he has been overlooked and what he must do to put himself back into contention.

The coach will notify players being promoted to the team as early as is possible during the week prior to the game.

Players Injured During a Game

All players of the Norwood Football Club should report all injuries incurred as a result of game to the Head Trainer who will assess the injury and refer onwards if deemed necessary.

A Club Physio will be in attendance from approx. 6.30pm on Thursday for player injury assessments.

Head Trainer

Head Trainers are answerable to all coaching staff, doctors, physiotherapists, Team Managers and Football Operations Manager of the Norwood Football Club. Responsible for all trainers at Norwood Football Club and to ensure trainers are prepared and capable to handle most situations that may arise and kept up to date with latest taping techniques and procedures.

They must ensure that all players are given the best possible assistance to prepare them in their endeavour to train or play football for Norwood Football Club.

They are responsible for the referral of players with injuries to medical staff, and to oversee rehabilitation of injured players under instruction from medical and fitness staff.

They ensure adequate medical supplies, strapping and all essential equipment to assist in the preparation of playing personnel available at all times.

Trainers

Responsible for the preparation and continued care of players of the Norwood Football Club on and off the field of play within their level of expertise, training and qualifications.

- On training nights trainers will be in attendance at least 30 min prior to the commencement of training (when possible), to assist player's preparation.
- On match days, trainers report approx. 15 min prior to report time to help prepare and set-up change rooms.
- All trainers to remain until completion of match day duties e.g. all equipment accounted for and packed up.
- All player requirements met with regards to after match care and injury management.

Players Terms & Agreement

9.2 SPECIAL PROVISION FORMING PART OF THE PLAYER/CLUB AGREEMENT OF THE SANFL INC.

Please note that Form 1B is a legal agreement. By signing you will be bound by the terms and conditions set out hereunder.

It is expressly agreed that the player shall for the term of this contract play football for the club to the best of his skill and ability and shall:

- (a) Obey all reasonable directions of the Coach and Football Operations Manager
- (b) At all times make your services available to the club as a player
- (c) Comply with all the club's requirements as to training and shall at all times maintain such standard of fitness as would enable you to fulfil your obligations of service as a player
- (d) If selected, play in all matches in which the club is a participant
- (e) If selected, play in representative matches arranged by the SANFL and attend interstate squad training sessions if selected
- (f) Not train with or play football (whether Australian Football or some other code of football) for any other team other than a team of the club without written or verbal consent of the club and the club shall have the right to withhold such consent
- (g) Not to engage in discussions or enter into any contract, agreement, or option relating to playing with or transferring to any other football club within the Commonwealth of Australia without the prior consent in writing of the club
- (h) No player may participate in any activity that may cause him to be unavailable for selection in any team of the club

- (i) At all times players will conduct themselves in such a way as to prevent any harm being done to the reputation of the Norwood Football Club or his own reputations
- (j) No player shall be interviewed by or appear on or enter into an agreement with any newspaper, radio or television station for any purpose that is directly related to Australian Football without obtaining the permission of the club
- (k) Not enter into any agreement with any person, persons or body corporate which involves the commercial promotion of any products which are competitive with the products of any sponsor of the club or of the League without the written permission of the club
- (l) **Join and maintain a membership of a private health insurer on the highest table of such fund with Extras (physiotherapy essential).**
- (m) Undergo any fitness or medical test under the supervision of a medical officer or head trainer appointed by the club as and when required.
- (n) If selected to play in any match, to obey any reasonable request made by the Team Manager in relation to all matters of or concerning travelling, accommodation, times and places of attendance for any purpose related to training playing or any other matter whatsoever connected with Australian Football, promotion and publicity of Australian Football, press and media interviews, photographs, dress and general behaviour and discipline.

9.3 MEDICAL, TRAINING FACILITIES AND SERVICES

The club shall make available for the benefit of the player reasonable medical and training facilities and staff at each training session and for each match in which the club participates.

It is expressly agreed between the club and the player that neither the club nor any servant or agent of the club (including any independent contractor from time to time employed by the club or any voluntary worker carrying out honorary or unpaid duties for the club) shall in any circumstances whatsoever be under any liability whatsoever to the player for any loss,

damage or injury of whatsoever kind arising directly or indirectly from any act, neglect or default (whether negligent or otherwise) on the part of the club or such servant or agent while acting in the course of or in connection with his employment or provision of services to or for the club or to or for the player.

9.4 COMPLIANCE WITH RULES OF THE CLUB AND THE SANFL

You shall at all times be bound by and obey the rules of the club and the South Australian National Football League Inc., and the reasonable directions of the club with respect to your duties either as a player or as a member of the club.

9.5 BREACH OF PLAYING CONDITIONS OR RULES

If in the absolute discretion of the club the player shall commit any breach of the playing conditions or the Rules of the Club and the SANFL Inc., the club may do the following:

- (a) Impose a fine not exceeding the sum of \$500.00
- (b) Impose a suspension in accordance with the Rules of the SANFL Inc.
- (c) Forthwith suspend payment of all or any monies which may from time to time be or become due and payable to the player and upon such breach being remedied by the player or at such other times at the club may decide, the club shall have the absolute right to determine as to whether or not the player shall be reimbursed for all or any such suspended payments.
- (d) Fines may be imposed for any breach of the playing conditions i.e. failure to notify absence from training, non-attendance at mandatory social functions, lateness to training or matches, failure to observe dress rules.

9.6 COMPULSORY FUNCTIONS

The Annual Trophy Presentation Night is a compulsory attendance function. After each home game, presentations will be held in the Premiers Bar at Norwood oval. The U16 team will have presentations at 2.30pm and the U18 team at 5.30pm. It is expected that all players will attend these functions after home games and invite family and friends to stay after the game and attend these presentations.

9.7 ANNOUNCEMENT OF LISTS

The respective training lists comprising a maximum of 45 players will be published by the 20th of March in each year. The lists will be reviewed from time to time.

9.8 PLAYER REQUIREMENTS

All players are required to pay a \$50 fee to cover some of the costs of the football uniform.

9.9 PLAYER ENTITLEMENTS

On payment of \$70 all players receive

- Norwood polo shirt
- Norwood team top
- Running shorts
- Norwood singlet
- Cap
- Running socks
- Asics Navy shorts
- 1 pair red Norwood football socks
- 1 pair navy Norwood football shorts
- Norwood bag

After completion of seventh game in a season players receive

- 1 pair red Norwood football socks

Players have the opportunity to buy Asics products at reduced price.

9.10 PLAYER EXPECTATION

All players are expected to represent the club with dignity and pride.

Players are required to attend games dressed in Norwood team jacket, Norwood polo shirt, Asics dress shorts or taupe dress pants and tidy black shoes.

At training players are required to wear Norwood jumper and shorts.

9.11 TRAINING

Your coach will determine the quantity and times of training sessions and attendance is obligatory. Any apologies for training must be communicated to the team manager or coach at least one hour prior to the commencement of the training session.

Unless otherwise advised, U16 training sessions will be conducted on Monday and Wednesday evenings and players must be prepared to begin training at 6pm, U18 training sessions will be conducted on Monday, Tuesday and Thursday evenings at 6pm. Training times and venues will be displayed on the players' notice board. It is your responsibility to be fully acquainted with the training program.

9.12 MATCH CONDITIONS

- (a) Match day jumpers will be supplied and laundered by the club
- (b) Match report times and colour of shorts required for the ensuing game will be advised by notice displayed in the changerooms each Thursday night. It is expected that all players will observe the report time with punctuality and be correctly uniformed. It is the responsibility of each player to report to his Team Manager within the locker room on arrival at the ground

9.13 MEDIA EXPOSURE

Whilst the club encourages media exposure, all arrangements must be co-ordinated by the club and permission must be obtained from the Football Operations Manager before players consent to interviews, photographs, comments etc.

9.14 INJURIES

All injuries or illnesses must be reported immediately to the head trainer who in conjunction with the club medical officers will arrange the necessary treatments or rehabilitation programs.

All injured players must attend all training sessions unless otherwise advised following a Friday or Saturday game.

Any injury during training must be reported to the Coach or an Assistant Coach before leaving the ground.

9.15 COMMUNICATIONS

- (a) Information will be distributed to players by memo and by display on the players' notice board. It will be assumed that the contents of each memo have been read and understood.
- (b) It is each player's responsibility to advise their team manager and the N.F.C. office of any change of address, telephone number or employment.
- (c) Matters relating to the players' selection/performance should only be communicated through the coach.

9.16 CAR PARKING - TRAINING NIGHTS

Only senior training list players have parking privileges within the Norwood Oval on training nights during the playing season.

9.17 STORAGE OF VALUABLES

Before training and matches, money, watches and other valuables are to be handed to the Team Manager. The club will not be responsible for any loss of items left in players clothing, bags or lockers etc.

9.18 PLAYERS CHANGEROOMS & GYMNASIUM

The players' changerooms and gymnasium are for the use of players and officials only. Players are not permitted to invite visitors into these areas at any time.

It is the players' responsibility to ensure that the rooms are maintained in a neat and tidy condition.

Smoking is not permitted within the changerooms.

9.19 MEDICAL BENEFITS

It is your responsibility to show proof of your medical benefits status (see item 9.2(i)).

Players without private health cover will pay the first \$400 to use the JLT Insurance cover the club has. There will then be a gap of 10% on any medical benefit claimed through the JLT Insurance scheme.

Example: Knee Reconstruction, total medical cost \$5000. If the player has no insurance they pay \$400 to use the insurance scheme and then pay the 10% gap not covered, another \$500. So total minimum cost if a player has no insurance is \$900.

It is the player's responsibility to claim from Medicare and his medical benefits fund and forward the cheques and appropriate information to the Football Operations Manager. The club will be responsible for meeting the balance between your claim and the actual cost of medical services,

hospitalisation, dental fees or physiotherapy following post operative rehabilitation, providing of course that such services have been correctly authorised by a doctor of the medical panel.

Please note – the Football Club will not cover the gap of Physiotherapy accounts other than post-op rehabilitation, until a player has played League Football. To help the medical staff provide players the best care, we recommend players use the underage physiotherapist (Physio Xtra, 271 The Parade, Beulah Park, 8331 7586) if physiotherapy is required other than due to surgery. This service will incur no gap, so players with Physiotherapy cover in their insurance policy will be treated free as long as the player presents their Health Benefits card at the time of treatment.

In the event of a medical benefits policy bearing voluntary excess or deleting some items, it will be the players' responsibility to meet the excess or services deleted from the cover.

9.20 DIAGNOSTIC X-RAY AND RADIOLOGY EXAMINATIONS

We have made arrangements for Drs Perrett and Partners and Benson Radiology to accept the Medicare Rebate as full payment of the account and therefore we expect them to be used whenever possible.

9.21 INSURANCE

Each player is insured through the SANFL insurance plan. If any injury sustained whilst playing or training is likely to result in loss of time from your employment or attract substantial medical expenses, the circumstances must be communicated to the Football Operations Manager within two days of sustaining the injury. Failure to report injuries that may result in loss of time and medical expenses will preclude you from claiming any expenses against the club.

Under 19 players have loss of wages cover to a maximum of \$500 per week.

The player will promptly attend to any insurance proposal or claim forms and undergo medical examinations for the purposes of insurance as instructed by the Football Operations Manager.

9.22 MOUTHGUARDS

Players are expected to wear mouthguards at all official training sessions and matches with the cost being borne by the club after claiming from private health insurance benefits. However the club will not be responsible for the cost of any injuries in matches or practice sessions caused through players not wearing mouthguards.

9.23 SANFL RULES

All players should be acquainted with SANFL Rule 14 - Registrations, Listings and Transfers and Rule 15 - Disciplinary. Copies of Rule 14 and 15 are on the back of the Youth Registration Form and should have been read prior to signing the form. If the rules were not read then they are available from the Norwood Football Club office.

9.24 PLAYER WELFARE COMMITTEE

The members of the Norwood Football Club sub-committee (Player Welfare Committee) are at your disposal for counseling on matters of employment, study programs and accommodation etc. The initial approach for advice or assistance should be made through the Football Operations Manager.

Norwood Underage Team Rules

The following rules form the basis of our game. It is expected that you know and understand these rules and make every effort to implement them during training and games.

The game has three possibilities:

1. We have the ball
2. No one has the ball
3. They have the ball

We Have The Ball

- Make every effort to maintain possession
- Get the ball to the longest option down the ground
- If there is a free player, who is a short option, who can take the ball and run, then that is a good option
- If the ball carrier is running at goal, **protect him and let him carry the ball and choose the best option, he must be confident he can run and look!**
- When the ball carrier is running away from goal, his job is to run with power and look for a handball, if there is not one, then keep running out into space until he is running at goal or can kick laterally to a **free target**
- Players down the ground must be reading the long kick, talls leading to receive on the kickers leg and smalls getting to a crumbing position (normally front and square)
- Players ahead of the ball must work to get free
- Run to create space for yourself and team mate, do not stand and fill a hole
- Once the ball has cleared your area you need to decide whether to run ahead (normally on a short kick) or push back and pick up your man or fill a dangerous position for the opposition (normally on a long kick)

No One Has The Ball

- Player closest to the ball needs to decide if he is going to be first to the ball or whether he has to concede and then make a tackle or herd the opposition

- Players off the ball need to decide if **we are going to get the ball** (then get in a position where they can receive the ball or protect the player collecting the ball; players behind the player talk and protect, players in his vision talk and receive, if it is a sensible handball) **or are they going to get the ball** (get between opponent and their goal and harass)

They Have The Ball

- **Keep them from scoring and push them away from their goal by being between our opponent and his goal**
- If a tackle is possible, then make a good tackle that holds up the opponent and the ball (pin his arms)
- If a tackle is not possible, then herd the opponent and get him to kick the ball long and high, this gives the players down the ground a much better chance to spoil or even mark. Do not let the player turn you around (get goal side) because we will then be a player short and a 2 on 1 situation is hard to beat.
- Our aim is to get the ball back off the opposition without them scoring, this means knowing when to concede and when to attack with a tackle or an intercept

We will have set plays:

- How to set up at throw ups and throw ins
- How to zone when they are kicking in
- How to kick the ball in if they are playing a zone or man on man
- Where to line up at centre bounces
- How to bring the ball into the forward lines

These plans will slightly vary from week to week. They will be practiced at training and must be adhered to.

Football is a very open game and many decisions need to be made every second. It is vital that there is **plenty of talk on the oval**, instructing the players around the ball and also those off the ball. Talk is not all about getting a touch yourself, you need to be the eyes for other players.

Football is a combat sport, you need to enjoy the contact of the game and more importantly, you need to initiate contact to ensure that your team mates are protected and the opposition intimidated. It is not a game where you can run off line, make sure you attack the ball with your full body (not your head) and protect yourself by hitting the opposition with a tucked in shoulder. Never miss the body because it sets up a 2 on 1 if you run past!

A game that has 18 players on a team requires plenty of communication and a group of selfless players to be successful. Play the game so that when you walk off the oval you can look your team mate in the eye and know that you did all you could to get him a kick and protect him. This is what makes winning teams.

Players Declaration

I have read the players manual and fully understand my commitments and Norwood Football Clubs commitment for season 2009.

Name: _____ Date: _____

Signed: _____
(parent or guardian if under 18)