

WELCOME – PARENT HANDBOOK

GETTING STARTED

If you are returning to Watsonia Heights Football Club, then welcome back. If you are a new family to Watsonia Heights, welcome aboard. WHFC prides itself on being a community club that has a family orientation leaning towards participation then competitive results, especially in the early years of your child's football life.

In this handbook you find an orientation of sorts; expectations of parents and players, our philosophy and curriculum outline and commonly used phrase section and some FAQ's.

You are encouraged at any time to ask questions of your coach and team manager. We were all new to this game – some not all that long ago.

OUR MISSION

At WHFC we strive to build enjoyment of the game for players of junior and senior ages both male and female whilst being a part of an inclusive, family orientated community who aims for excellence and fair play both on and off field.

OUR PHILOSOPHY

Watsonia Heights FC is committed to the delivery of the Football Federation Australia National Curriculum (copies of this can be viewed in the club rooms) which focuses on Discovery, Skill Acquisition and Game Training Phases as children move through age groups.

Equal emphasis is focused on girls and boys teams and we provide opportunities in mixed and single sex teams.

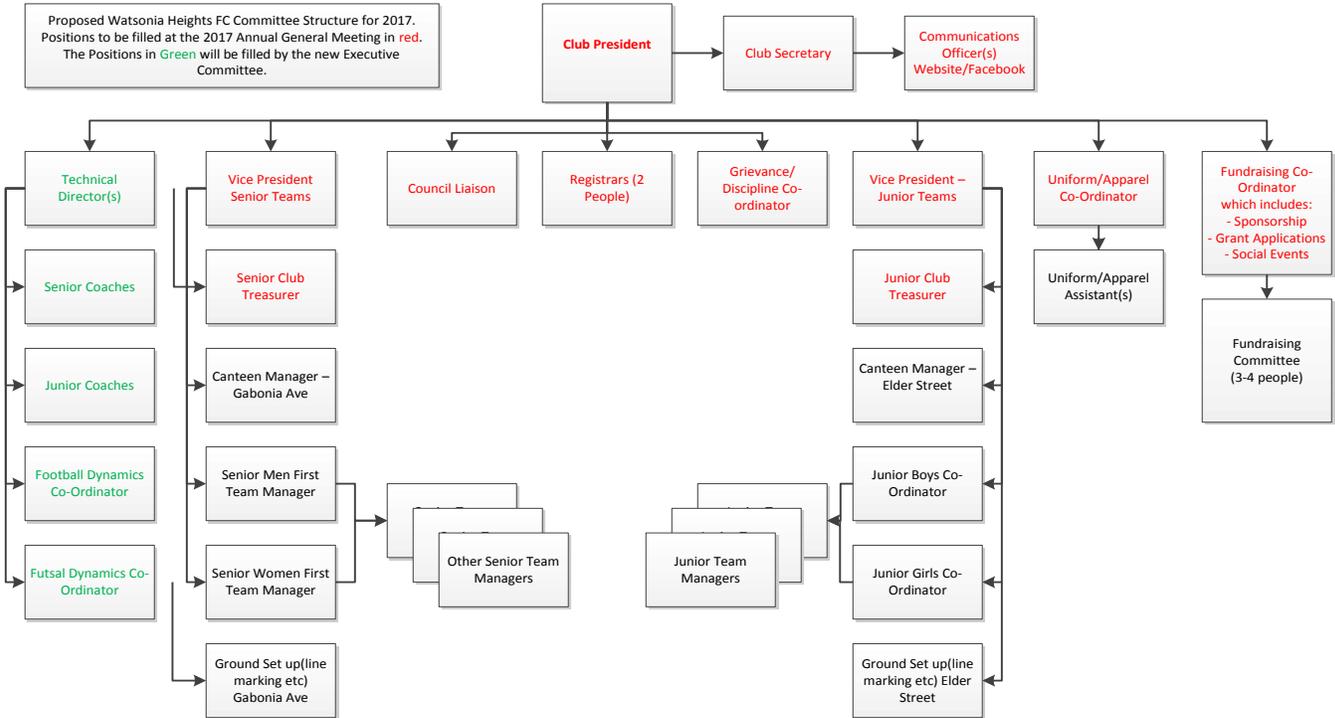
The junior teams operate under performance and participation themes based on which fixture they compete in.

A team playing in a Kangaroos or A grade fixture is called a performance team. These teams conduct trials and only accept players who are committed to playing football at the highest level, commit to training 3 times per week (1 session with Football Dynamics head coach) and immerse themselves in the club environment

All other teams are considered Participation Teams, are required to train twice a week with their team coach.

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OUR STRUCTURE



Watsonia Heights Football Club is an associated entity and is governed by its constitution.

Our executive are charged with mandating our vision and mission statements and determining the strategic and financial security of the club. The general committee enact those philosophies and ensure that the Watsonia Heights Junior Football Club continues to grow and deliver a quality product in a way that reflects our mission.

All members, are welcome to a committee meeting at any time. Usually held monthly at Elder Street Club rooms.

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GETTING STARTED - REGISTRATION

The registration process is completed on www.myfootballclub.com.au web site. This process is completed directly with Football Federation Australia and is not linked to Watsonia Heights Football Club in any way.

It is not until your child is registered that your details will appear on any Watsonia Heights contact lists. Your child can not take the field until they are registered. We allow 3 training sessions for families to experience the club and it's culture, after that the player must be registered.

All children are registered in their age group and unless otherwise organized with the club's executive committee, that is where your child must play. Our adoption of the national curriculum allows for a child's development within their age group and skill level. We will challenge and ask your child to stretch themselves within their own peer group.

Once you have registered, each child will receive a Football Federation Australia (FFA) number. This number is important as it is your child's unique identifier. If your child plays in competition teams (u12 and above), he / she cannot participate without an FFA number.

AGE GROUPS AND FOOTBALL PROGRAMS

U7 Saturday Skills

Every Saturday morning a group of children under the age of 7 are up early at Elder Street reserve playing football in the Discovery phase of the FFA National Curriculum. The emphasis is on trial and error, learn football by playing football, less coaching and more exercise but most of all build the love of the game and have fun.

Mini Roos

"Mini Roos" is an all encompassing term for all children not yet playing competition football, i.e u8's to u11's. In these age groups the Skill Acquisition Phase, with emphasis on technical skills on sound foundations that are functional in a game situation.

Mini roos teams play Sunday mornings usually around gam. Where they play can depend on how many teams clubs have entered. But the intention is for these kids to travel less, with clubs all around us, many games are in the Diamond Valley region.

Mini roos are not scored, have no ladder and do not play for points.

Competition Teams

These teams play within a home and away fixture that is played for points and a champion and runner up are awarded at the end of each season. These games are generally refereed by an appointed and qualified referee from Football Federation Victoria.

Competition guidelines and rules are strictly adhered to within this structure.

At training the players will focus on Game Training Phase and Performance Phase of the national curriculum. These phases are about application of the foundations they have learnt and team set up. Players will learn tactical awareness, decision making and solving football problems. In the later age groups, winning becomes a focus as does conditioning.

The phases of the footballer's development are designed to have a structured approach to lesson plans, season objectives and provide a structured pathway to senior football and beyond.

YOUR COACH AND TEAM MANAGER

All coaches within WHJFC are qualified by Football Federation Victoria. Our Technical Director ensures that qualifications are kept up to date and that coaches are running their sessions in accordance with the National Curriculum.

Your Team Manager is usually one of the player's parents. The team manager wears many hats and depending on the age group has many tasks. These may include, coordinating parents to work the canteen, set up the pitch, provide oranges, run the lines, provide referee escorts, complete a match day book, enter scores etc etc.

Some coaches will be paid a stipend for their time, this usually consists of fees for their child. Coaches of Performance Teams will be remunerated.

EXPECTATIONS OF PARENTS

Parents play an integral role in a child's sporting development. It is an expectation that all parents encourage their child no matter the result. The talk in the car on the way home from the game can be some of the most valuable parenting you can do. "I love to watch you play....." should be the basis of every conversation you have. We all want your kids to be the best they can be. This may not mean they are the best in their team.

Behavior of parents at games and on training evenings is extremely important. Like the players, parents are representing Watsonia Heights Football Club and the code of conduct reflects the minimum standard required (attached).

If you witness unacceptable behavior then it needs to be addressed straight away. Most players at WHFC have been through the "Stand Up, Don't stand by" program and we expect the same from parents.

Beyond behavior, we expect that parents abide by the coaching standard set and do not coach from the sidelines.

If there is a conversation to have, have it. If you have expectations of your child's development, then have that conversation with the coach to make sure you are on the same page.

Our expectation is that all children will share game time, even if this is at the cost of winning within participation teams. Performance teams will award game time for performance, attendance at training, behavior and game situation.

If there are issues outside of the 4-5 hours your child may spend at Football that may affect his / her behavior then please communicate with the coach.

All conversations are treated in the strictest of confidences.

Volunteers Levy:

\$80.00 is payable by all families who cannot or do not wish to volunteer to assist with running of the club and fundraising to provide more opportunities for the kids. This levy pays cleaners, line markers, maintenance costs and other associated operational costs. It does not excuse you from.....

ALL parents will be rostered on to help with pitch setup, pull down, run the lines, escort the referee, team manager and help in the canteen and organize.

It is the expectation that parents remain at the ground for the duration of practice and game time to the age that a child can make their own way home. It is not the coach's responsibility to wait with your child for you to return.

REPRESENTING WATSONIA HEIGHTS FOOTBALL CLUB

All members, supporters and parents are reminded that they are representing the broader Watsonia Heights Football Club every time they are playing, training, travelling to and from games and social events.

All members must:

Be dressed and groomed to appropriate standard when they are representing WHJFC.

Conduct themselves in a manner reflecting of respect for themselves, opposition and officials.

Wear WHJFC uniform in accordance with association guidelines and club rules.

All players should ensure their uniform is cleaned after every game / training sessions.

Demonstrate courteous behavior and sportsmanship regardless of result.

Shake hands and thank the opposition players and officials regardless of game scenario.

Never remonstrate with a referee or official.

Failure to follow the above guidelines is a serious breach of the WHJFC code of conduct and can result in sanctions being put in place up to and including suspension from games / training.

SUPPORT OTHER CLUBS

You are now in a football community, there are many clubs around us run by great volunteers all with the aim of growing football within this state.

They are our opposition, but they need our support. Please demonstrate this by supporting their canteen in whatever way you can. Simply buying a coffee goes a long way.

CONTACTS

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