

**NORTHERN KNIGHTS FOOTBALL CLUB**

**MAX RICHARDSON U16 SQUAD**



**TECHNIKA<sup>®</sup>**  
TOMORROW'S TECHNOLOGY TODAY

**Speed hurts.**  
TAC

**2011/2012**

**SUMMER / PRE-SEASON  
TRAINING PROGRAM**

**“Continual Improvement”**

# SUMMER / PRE-SEASON TRAINING

## HANDBOOK

### TRAINING VENUE

**La Trobe University:** Lower Playing Fields (Carpark 2A)  
West Entry off Kingsbury Drive  
Bundoora  
(Melway Ref: 19 F8)

## **CLUB ADMINISTRATION**

**Postal Address:**  
*(All Correspondence)*

PO Box 244  
Preston, VIC 3072

Fax: 9478 9541

**Region Manager:**

Peter Kennedy

9478 3431 (W)  
0418 543697 (M)  
[peterk@knights.org.au](mailto:peterk@knights.org.au)

**Football  
Administration:**

Josh Prendergast

9478 5796 (W)  
0419 409434 (M)  
[joshp@knights.org.au](mailto:joshp@knights.org.au)



**REGION:** *Defined by Local Government and Postcode Districts*  
Darebin, Banyule, Whittlesea, Section of Yarra,  
Nillumbik – all except former Shire of Healesville.



<b>2012 U16      MAX RICHARDSON SQUAD - STAFF</b>
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<b>SQUAD MANAGER:</b>	JOSH PRENDERGAST	(W) 9478 5796
<b>COACHING STAFF:</b>	RON MCKEOWN COREY MCCALL	(M) 0449 252 440 (M) 0417 121 741
<b>TEAM MANAGER:</b>	GREG HUMPHREYS	(M) 0419 517 292
<b>FITNESS ADVISOR:</b>	SHAWN JARMAN	(M) 0407 092 250
<b>TRAINING VENUE:</b>	LA TROBE UNIVERSITY LOWER PLAYING FIELDS (CAR PARK 2A), WEST ENTRY OFF KINGSBURY DRIVE, BUNDOORA (MELWAY REF: 19 F8)	
<b>TRAINING TIME:</b>	5:15PM TO 7:00PM WEDNESDAYS	

# **NORTHERN KNIGHTS FOOTBALL CLUB 2012 UNDER 16 MAX RICHARDSON SQUAD**

## **AIM OF THE PROGRAM:**

- To introduce and implement a structured skill development program.
- To focus on continual individual improvement.
- To provide a healthy, disciplined squad atmosphere.
- To identify players for inclusion in the Northern Knights TAC Cup Summer Training Squad for Season 2013.

## **METHOD OF ACHIEVING AIM:**

It is anticipated that the aim will be achieved by the following methods:

- By selecting the perceived best 36 players, through consultation with Northern Knights Staff, Coaches, and relevant Recruiting Officers and naming them in the initial Under 16 Max Richardson Squad (this list can be added to, or deleted from as the need arises).
- By conducting a training program that will culminate in the playing of AFL Victoria's Under 16 Metropolitan Championship (April) and the Northern Knights Under 16 Carnival (September) with a view of making selections of suitably talented players to be invited to the 2012/13 Northern Knights Under 18 Summer Training Squad.
- By introducing and exposing the players to the basic disciplines, principles and requirements in relation to a wide range of issues that they might well be expected to undertake if they were successful in being selected in the Northern Knights Under 18 Squad.

## **INTRODUCTION:**

Congratulations on being selected to train with the Northern Knights FC U/16 Max Richardson Squad. You are being provided with an excellent opportunity to develop your football skills and football knowledge and to prepare you for possible selection in the Knights U/18 Squad.

Squad Members will be offered a football development program as detailed below

### ***2011/2012 SUMMER / PRE SEASON TRAINING PROGRAM***

<b>Week</b>	<b>Date</b>	<b>Description</b>
<b>1</b>	10/11/11	<b>Induction night – Preston City Oval</b>
<b>2</b>	14/11/11	<b>Fitness Testing, Heights, Weights, Speed &amp; Endurance - RMIT Bundoora</b>
<b>3</b>	21/11/11	Hands off at ground level, Kicking, Front & centre crumbing
<b>3</b>	23/11/11	Kicking, Hands off at ground level, Front & centre crumbing
<b>4</b>	28/11/11	Kicking, Protection of ball carrier, Contested ground level balls
<b>4</b>	30/11/11	<b>TAC Cup Sports Development Program – Preston City Oval @ 5:00pm</b>
<b>5</b>	05/12/11	1%'s, Hands off at ground level, Front & centre crumbing
<b>5</b>	07/12/11	1%'s, Decision making games
<b>6</b>	12/12/11	Areas to be improved, Contested ground level balls
<b>6</b>	14/12/11	Areas to be improved, Contested ground level balls
<b>6</b>	16/12/11	<b>Time Trial - Willinda Park Athletics Track @ 9:00am</b>
<b>7</b>	19/12/11	<b>TAC Cup Sports Development Program – Preston City Oval @ 10:00am</b>
		<b>CHRISTMAS BREAK</b>
<b>8</b>	13/01/12	<b>Time Trial, Willinda Park Athletics Track @ 9:00am</b>
<b>9</b>	18/01/12	<b>TAC Cup Sports Development Program – Preston City Oval @ 10:00am</b>
<b>10</b>	24/01/12	<b>TAC Cup Sports Development Program – Preston City Oval @ 10:00am</b>
<b>11</b>	30/01/12	Hard Running, Protection of Ball Carrier, Kicking
<b>11</b>	01/02/12	Decision Making Games/Drills, 1%'s
<b>12</b>	06/02/12	Talls program, Hard running, Kicking, Contested ground level balls
<b>12</b>	08/02/12	Decision Making Games/Drills, Protection of ball carrier
<b>13</b>	13/02/12	Pattern of play, Stoppages, Contested ground level balls
<b>13</b>	15/02/12	Talls program, Goal kicking, Kicking, Front & centre crumbing
<b>14</b>	20/02/12	Hands off at ground level, Kicking, Specialists-speed, Pattern of play
<b>14</b>	22/02/12	Decision making games , Positional play (theory)
<b>15</b>	27/02/12	Recovery Session, Goal kicking, Decision making games
<b>15</b>	29/03/12	Talls program, Hard running, Protection of ball carrier, Kicking
<b>16</b>	05/03/12	Recovery Session, Decision making games
<b>16</b>	07/03/12	Kicking, Front & centre crumbing, Hard running, Team rules (theory)
<b>17</b>	12/03/12	<b>LABOUR DAY HOLIDAY</b>
<b>17</b>	14/03/12	Decision making games, Patterns of Play, Stoppages
<b>18</b>	19/03/12	Recovery Session, Hands off at Ground Level, Kicking
<b>18</b>	21/03/12	Decision Making games, Kicking, Patterns of play
<b>19</b>	26/03/12	Decision Making games, Patterns of Play, Stoppages
<b>19</b>	28/03/12	Decision making games, Kicking, Positional play (Theory)
<b>20</b>	03/04/12	<i>Metro Carnival Match</i>
<b>20</b>	05/04/12	Recovery Session, Patterns of Play, Stoppages
<b>21</b>	10/04/12	<i>Metro Carnival Match</i>

Two groups of approximately 18 players rotating through 2 stations, 25 minutes at each station, 30 minutes together as a squad and 20 minutes for warm up/stretch, changeovers/drinks and warm down.

## POTENTIAL MATCH SCHEDULE 2012

**SATURDAY 25<sup>th</sup> FEBRUARY**

*Vs Western Jets*

**SUNDAY 4<sup>th</sup> MARCH**

*Vs Calder Cannons*

**SUNDAY 18<sup>th</sup> MARCH**

*Vs Eastern Ranges*

**TUESDAY 3<sup>rd</sup> APRIL**

*Vs TBC*

**TUESDAY 10<sup>th</sup> APRIL**

*Vs TBC*

### **2011-12 TAC Cup Sports Education Program Schedule**

<b>Date</b>	<b>Time</b>	<b>Hours</b>	<b>Venue</b>
Thursday 10 <sup>th</sup> November	6:00pm	Sign Up	Preston City Oval
Monday 28 <sup>th</sup> November	5:00pm – 6:30pm	1.5hr	Preston City Oval
Monday 19 <sup>th</sup> December	10:00am – 2:30pm	4.5hr	Preston City Oval
Wednesday 18 <sup>th</sup> January	10:00pm – 2:30pm	4.5hr	Preston City Oval
Tuesday 24 <sup>th</sup> January	10:00pm – 2:30pm	4.5hr	Preston City Oval
Sunday 19 <sup>th</sup> February	9:30am – 12:30pm	3hr	Preston City Oval

## CHRISTMAS HOLIDAY PERIOD

Squad members are asked to consider undertaking a training regime during the Christmas/New Year period. The Fitness Advisor will issue a more detailed program on the last training night prior to the Christmas break. This will assist you to present yourself in good physical condition, ready for the commencement of Pre Season Training. Remember, also, to enjoy yourself and have fun.

### *Note the following points:*

- Squad members should try and train together (perhaps with a group of 3 or 4 teammates who live nearby).
- **Avoid running on hard surfaces** i.e. roads and footpaths. This will minimise the chance of sustaining stress related injuries. Where possible, run on grass surfaces and always wear running shoes with a cushioned sole and solid heel cup.
- It is preferable to train before 10:00am or after 5:00pm. Be sensible, **don't train in extreme temperatures.**
- **Maintain hydration** when training (drink one litre of water per hour of exercise).
- Warm up and warm down, **stretch** after each session.

# SQUAD MEMBER RESPONSIBILITIES

## 1) TRAINING

Squad members are expected to organise themselves to ensure they are in attendance at all training sessions as specified by the Coach. On your arrival at training, please report to the **Team Manager, Greg Humphreys** to register your attendance.

**In the event that you are unable to attend training, you must notify Greg Humphreys before the particular training session. *Injured players are expected to attend every training session unless otherwise directed by the Coach, the Club Doctor or Physiotherapist.***

It is the player's responsibility to make sure the **Coach**, is informed of any injury that will stop him from participating in normal training.

No player is to leave the training track without first seeing the **Coach** or his nominated member of the Coaching Staff.

## 2) TRAINING APPAREL

All squad members are to bring good quality running shoes, football, football boots, Knights T-Shirt or Singlet (to be issued by the Club), football or running shorts (NO board shorts) towel and water bottle to **all** training sessions.

## 3) PERSONAL BELONGINGS

Squad members will be responsible for their own items of clothing and property. All items of clothing and property should be clearly marked with squad members' names. Squad members are advised to place all personal belongings in their bag whilst they are on the training track. Please refrain from bringing unnecessary valuables to training. Please **collect all of your belongings** after each training session. Staff may not always be in a position to collect unclaimed items after training.

## 4) TRAINING FACILITIES

Squad members are asked to keep the training facilities clean and clear of rubbish (tape, unwanted drink bottles etc).

## 5) OTHER ISSUES

At various times throughout the program, squad members may be asked to complete various football related documents that are issued by Coaching Staff and/or Club Administration. Squad members **must ensure the prompt return** of any such documents.

***NORTHERN KNIGHTS FOOTBALL CLUB  
2012 U16 Max Richardson Squad***

**DIET PROGRAM  
“BULKING UP THE SAFE WAY”**

There is no specific nutrient, hormone or protein powder that will increase your muscle mass without regular exercise. For effective muscle gain, you must have a proper and balanced diet.

The most important guidelines for your diet are as follows:

**1. Keep the fat content of your diet low.** You want to gain predominantly **muscle, not fat.**

This means limiting your intake of:

- **Fatty Meats** - choose lean cuts of meat and remove the skin off chicken. The less fat your meat has, the more protein and iron it contains.
- **Fried Foods** - avoid battered fish, chips, chiko rolls, dim sims, potato cakes, and other deep fried takeaway foods. Home fried foods should be avoided as much as possible, e.g. fried eggs and bacon, fried meats and poultry, etc. Choose alternative cooking methods such as steaming, grilling and baking.
- **High Fat Dairy Foods** - select low fat milks, yoghurts and cheeses. These foods are important to include for their protein content, however, you must select the **low fat** varieties.
- **High Fat Takeaway Foods** - greasy hamburgers, pies, sausage rolls, pizzas, etc. These foods should be limited as much as possible as they are inadequate in protein and carbohydrate and too high in fat.
- Avoid adding too much fat in the form of **margarine, butter, oils and mayonnaise.**

**2. Ensure that you eat enough complex carbohydrates (CHO).** CHO is the fuel source utilised during training sessions. Therefore a high CHO diet must be consumed.

**Include plenty of the following foods:**

- \* fresh, tinned or dried fruits.
- \* starchy vegetables such as potato, pumpkin, peas, corn.
- \* rice - steamed or boiled, not fried.
- \* spaghetti, pasta noodles, fettucine - with low fat sauces.
- \* breads of all types.
- \* muffins, crumpets, dry biscuits.
- \* legumes - including baked beans, lentils, soybeans.



**3. Ensure that you have an adequate protein intake.**

Contrary to popular belief, you do not need huge amounts of protein to bulk up. However, your diet must contain adequate amounts of **high quality protein**.

Make sure you consume the following foods **on a regular basis**:

- \* lean cuts of meat.
- \* skinless chicken (not fried).
- \* fish including tuna, salmon, sardines, etc.
- \* low fat milk.
- \* low fat yoghurt.
- \* reduced fat cheeses.
- \* eggs (not fried).
- \* soy beans, baked beans, lentils.

**4. Because** the types of foods that you require for maximum energy are relatively low in calories or kilojoules, it will be necessary for you to **include regular snacks** - in fact many of you will find that you **need to be eating at least 3-4 times per day**.

**Suitable snacks** are:

- \* dried fruits and nuts.
- \* high protein drinks.
- \* dried biscuits with cheese or jam or honey on top.
- \* muffins, crumpets.
- \* tinned spaghetti, baked beans.
- \* raisin bread.
- \* fruit yoghurt.
- \* "healthy" muesli bars.
- \* pancakes.
- \* sandwiches, rolls, pita bread.
- \* baked potatoes.

**5. FLUIDS.** You must also ensure that you keep up your fluid intake - you need approximately **3 - 4 litres of fluid per day** and more when you're training in hot weather. Most of this fluid should be cold water or liquid CHO e.g. Powerade. You may also include fruit juice, milk and meal supplement drink e.g. Sustagen in this.

By consuming liquid CHO drinks **DURING** exercise bouts, performances will be maintained that are closer to optimal levels.

## **CLAIMING FOR SPORTS INJURIES (NON - MEDICARE ITEMS ONLY)**

### **NON - MEDICARE MEDICAL AND HOSPITAL TREATMENT**

AFL Victoria has insurance cover with Jardine Lloyd Thompson Pty Ltd (Sport & Leisure).

The Cover is limited to **\$1500.00** per injury, **for Non Medicare medical expenses only.**

There is an excess of **\$100.00** with each Injury claim.

It is strongly suggested that you are a member of a Private Health Fund to cover you for Private Hospital expenses should you require surgery. Jardine Lloyd Thompson will cover non medicare expenses such as: dental, ambulance (if not otherwise covered), chiropractic, physiotherapy, osteopath, naturopath, massage and pay for orthotics prescribed by a Surgeon to aid recovery.

### **CLAIMING FOR SPORTS INJURIES**

Should you be injured while either training or playing for the Club, the procedure is as follows:

- Notify the **Team Manager** of your injury and obtain an Injury Claim Form from him.
- It is the **responsibility of the injured player** to complete a claim form and submit it to Jardine Lloyd Thompson Pty Ltd (Sport & Leisure) via the Northern Knights Office, **within sixty (60) days of the injury occurring.** Claims lodged after that date will be **denied** by Jardine Lloyd Thompson.
- **Please do not send accounts that are covered by Medicare.** The Australian Health Insurance Act does not permit Jardine Lloyd Thompson to pay any part of these accounts.
- Complete **ALL** the relevant questions, ensuring that you sign and date the Claim Form.
- Return the completed Claim Form to the Team Manager as soon as possible. (Original receipts for all payments you have made should be included with the Claim Form).

**IT IS STRONGLY RECOMMENDED THAT PLAYERS ARE  
COVERED BY PRIVATE HEALTH INSURANCE.**

## NORTHERN KNIGHTS PLAYER CONDUCT

Players or staff members from the Northern Knights Football Club must at all times behave in a manner that is not likely to be detrimental to the image of the Club, AFL Victoria and any associated sponsors.

You are expected to maintain standards of behaviour that are above that expected of the general public. It is encouraged that all players and members of staff strive to achieve the following conduct standards:

- responsibility for all actions on and off the field
- respect for team mates, staff, club, facilities and equipment
- professional preparation for training and games
- disciplined team actions
- support team mates and staff
- accountability for all club commitments

We expect you to act as responsible young people and keep clear of situations that can lead to undesirable outcomes.

Further to the above, the Northern Knights Football Club **does not condone** the following:

- Smoking
- Under age drinking
- The taking of non-prescription drugs or illegal substances

Any indiscretion will attract varying forms of disciplinary action. The Club, after due consideration, reserves the right to penalise that person/s. In order to assist you to achieve your personal goals in football and in life, we expect you to prepare and conduct yourself in a professional and disciplined manner as a proud representative of the Northern Knights Football Club.

***DISCIPLINE SHOWS CHARACTER - DISCIPLINE LEADS TO SUCCESS.***

## RACIAL OR RELIGIOUS VILIFICATION

No player or member of staff in the course of carrying out his/her duties within the club shall act towards or speak to any other person in a manner, or engage in any other conduct which threatens, disparages, vilifies or insults another person (“the person vilified”) on the basis of that persons race, religion, colour, descent or national or ethnic origin.

## **Northern Knights Football Club SmokeFree Policy**

### **Rationale:**

The Northern Knights FC recognises that exposure of non-smokers to tobacco smoke (passive smoking) is hazardous to health and that non-smokers should be protected. Passive smoking can lead to serious illnesses in adults such as bronchitis, lung cancer, and cardiovascular disease. Children can also develop chest illnesses and asthma from exposure to tobacco smoke. Accordingly, the following policy has been developed by the Knights to protect the health of all concerned.

The move to go **SmokeFree** also complements the Knights desire to create a healthy family and community friendly environment. The Knights believe that such an environment and image will be advantageous in attracting new sponsors as well as positively promoting the club in the community.

Legislation and the legal duty of care also provide clear reasons to have a **SmokeFree** club. Under common law the Northern Knights has a legal duty of care to ensure that employees, volunteers, members, players and officials are not exposed to potentially harmful situations. The Occupational Health and Safety Act stipulates that employees and working volunteers must have a safe environment to work in. Victorian legislation also states that enclosed dining areas must be **SmokeFree**.

### **Who is Affected by the Policy?**

This policy applies to all members, administrators, officials, coaches, players, parents, visitors and volunteers of the Northern Knights Football Club.

### **Timing:**

This policy has been effective from **1<sup>st</sup> March 2003**.

### **Designated SmokeFree Areas:**

The Northern Knights requires the following areas, where such areas are under control of the club, to be **SmokeFree**:

- Club and social rooms
- Administration and office areas
- Changing rooms
- Toilet blocks
- Playing areas
- Eating areas
- Grandstands and spectator viewing areas
- Near open windows (ten metre radius around open windows)
- Near entries and exits of buildings, facilities, and the ground (ten metre radius)

### **Behavioural Expectations:**

The Knights recognises that role modelling can have a significant impact upon the players and members of the club. Hence, the following individuals and groups are to refrain from smoking while they are acting in an official capacity for the club or while in club uniform:

- Coaches (when coaching, representing the club or while in club uniform)
- Trainers (when training players or while in club uniform)
- Officials (when officiating for the club or while in club uniform)
- Volunteers (when working for the club or while in club uniform)
- Players (at all times)

<b>Parents are required to refrain from smoking when in attendance at Knights games, practice sessions and club functions.</b>
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Coaches, medical staff and trainers will also speak to players about the effects of smoking on performance, health and physical wellbeing.

# PATHWAY FOR JUNIOR FOOTBALLERS

