

Kangaroos Frequently Asked Questions...

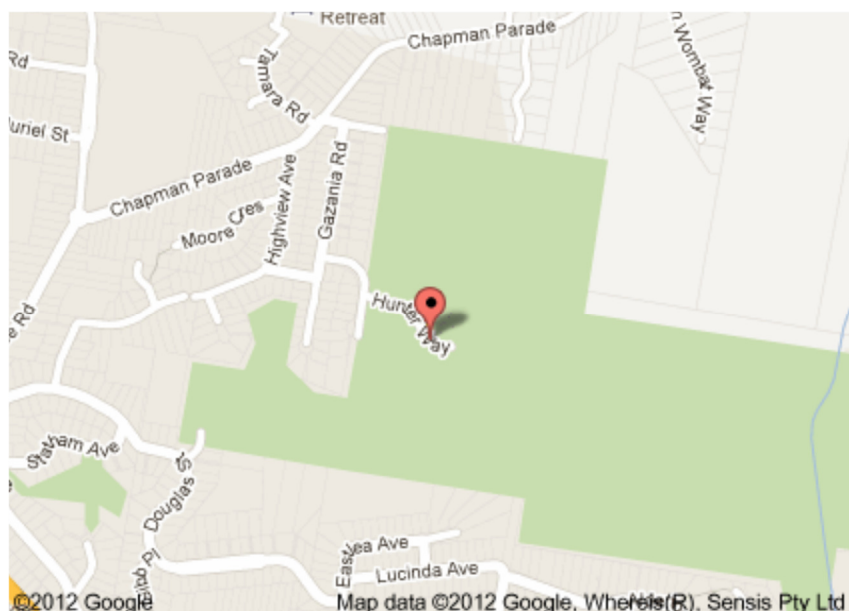
About Us

The Blue Mountains Kangaroos Junior AFL club is a community club run by mountains families to give mountains kids a chance to play the great Australian game. We value team play, sportsmanship and smiling faces regardless of the scoreboard. It's all about the kids.

Home Ground

Our home ground is at Tom Hunter Park, Faulconbridge. Game day is Sunday for both Auskick and the junior and youth teams – under 10's to under 17's.

We are fortunate to have floodlights so during the season; we can train on our oval afternoons/evenings each week and have an occasional evening game



New to the game of AFL?

If you are new to AFL you may want to access this website to get an overview of the game.
<http://aflnswact.com.au/index.php?id=272>

Training

Training is compulsory for competition teams. It helps refine skills, builds team spirit and creates a team where individual players know how their team mate performs. The coach of each team will advise of training days and times. Training will take place at Tom Hunter Park unless otherwise advised. A change in training venue would require parental consent. Shorts/trackpants, T-shirt and jumper (its cold in winter on warm up and cool down) and water bottle and mouthguard

Auskick is non-competitive and as such there is no training, only game day experience. Older age groups (U15 and above) usually have two training sessions offered each week.

Game Day

Game day is the reward for training. In previous years we have had several premiership winning teams across a variety of age groups. We love footy and want our players to love it too. Your team will be given a draw for the season as soon as it is available from the region. You can expect your team roster for duties to be included with this.

- ✓ Full uniform must be worn
- ✓ Mouthguards are highly recommended
- ✓ Boots are not to have metal studs
- ✓ No jewellery to be worn on field
- ✓ Fingernails are to be short and clean- *parents please address this at home prior to the game*

Parent Duties

We are a volunteer club and rely heavily on each family contributing to team duties several times throughout the season. Duties will be rostered early in the year and no family is exempt. Team jobs may range from washing jerseys, bringing oranges, goal umpiring to BBQ or Canteen for about an hour. Most families will have a duty four to five times in a season.

Uniforms

The Kangaroos wear their colours proudly. We wear a strip similar to the North Melbourne Kangaroos which is royal blue and white and our shorts and socks are royal blue and white. If you wish to purchase uniform items please download the uniform order form from the club website www.bluemountainskangaroos.com.au and either hand it to the Uniform Officer or email it to the treasurer@bluemountainskangaroos.com.au for EFTPOS processing. Uniform for Auskick is optional however it is essential for players u10 and upwards to turn up in full uniform.

Registration

Footy season starts in late March, early April each year. The dates for registration are usually advertised via our website, road banners and emails. Player registration involves a membership to the Kangaroos (paper form), online registration with AFL NSW/ACT (on our club website) and payment of fees. All three must have occurred for a player to be ready to play with our club. Early bird registrations attract fee discounts. Follow the instructions on the website or contact the registrar@bluemountainskangaroos.com.au for assistance.

About our Volunteers

Our Club is sustained by our volunteers. We always appreciate offers of help for game days and "behind the scenes" - set up of field, pack up of field, qualified first aid, mowing, trades, line marking, ordering/shopping for canteen, start up BBQ, and pack up BBQ. You can become as involved as you choose - game day duties or take the opportunity for a coaching or committee role.

Committee Contacts

Click the link on the webpage for our current committee contact list.

Coaches

All of our head coaches are level 1 or 2 certified through the Australian Football League. Usually we hold a level 0 coaching session at club gala day early in March each year, for all new parents. Assistant coaches are always welcome. Assistant coaches interested in gaining level 1 coaching accreditation should contact the Club President for further info.

Each coach will have their own methodology, guided by the Coaches manual from AFL NSW/ACT. Please feel free to speak with your coach, assistant coach or team manager about any concerns regarding your child.

Players do not play in permanent positions, generally they move across all three zones (forwards, centres and backs) to develop all round skills and game knowledge. Players may also have time on the interchange bench- coaches keep records to ensure that no player is disadvantaged.

Guide for Goal Umpires

There are two ways of scoring points – by either a **goal** or a **behind**. A **goal** is worth six points and is scored when the ball is kicked between the two goal posts (the taller ones!). The ball does not have to go over the line on the full but can't be touched by any other player. A goal is signalled by the goal umpire with both hands, followed by waving both flags. A **behind** is worth one point and is scored in several ways. It can be scored if the ball touches the goal post; the ball passes over the line between the goal post and the smaller behind posts; it is touched by a player before it crosses over the line, or is carried over the line by a defending player. A behind is signalled by the goal umpire with one hand followed by waving one flag.

Guide for Boundary Umpires

Boundary Umpires are required to assist Field Umpires by advertising when a ball is out of bounds and throwing the ball back in to play. A ball has to totally cross the boundary line to be out. If any part of the ball remains on the line it is still in play.

There are 2 main signals for the Boundary Umpire;

1. A ball is kicked out on the full without being touched is signalled by **both arms being held out horizontally**
2. When the ball goes out of bounds from hand or ground it is signalled by **raising one arm vertically upwards**.

Boundary umpires may be on the field to shorten the distance they run but when play is near or on your side you should return to the boundary line.

When throwing the ball back in;

1. Field umpire will instruct you to throw it in
2. Face away from the centre of the field with your back to the players.
3. Ensure your back faces centre circle.
4. Hold ball in hand with pointed end facing body and throw backwards over your head. Try to ensure ball is thrown upward.
5. Have a whistle and white boundary shirt.
6. Boundary umpires cannot coach or encourage players during the game.

Child Protection

All volunteers (coaches, team managers and committee) complete the Working with Children Volunteer/Student Declaration.

Code of Conduct

All of our players and families are expected to abide by the code of conduct. This is a condition of club membership. This document is on the website.

Photos

Club photos take place in July each year at our home ground. Players and coaches and team managers are requested to be in full uniform. This is a fund-raising activity for the Club. A proportion of photo sales revenue goes back to the Club.

Presentation Event

Every player is recognised at our Presentation ceremony. It is usually held towards the end of September at a local venue. The club website advertises it under the "Latest News" section

Club Song

Hearts to hearts and hands to hands,
Beneath the Blue and White we stand.
We shout, God bless our native land,
Blue Mountains, Blue Mountains.
Out we come, out we come, out we come to play,
Just for recreation's sake to pass the time away.
Lots of fun, heaps of fun, enjoy yourself today,
The Mountains mob are hard to beat, when they come out to play.
So join in the chorus and sing it one and all,
Join in the chorus, the Roos are on the ball.
Good old Kangas, they're champions you'll agree,
Blue Mountains is the team and place, to win for you and me!!

Ground Locations Western Sydney (West & Southwest)

Rooty Hill Power JAFC

HOME GROUND: Whalan Reserve
ADDRESS: Debrincat Ave, Whalan

Emu Plains/Glenmore Park Lions JAFC

HOME GROUND: Dukes Oval
ADDRESS: Great Western Hwy, Emu Plains 2750

Hawkesbury Saints JAFC

HOME GROUND: Bensons Lane Reserve
ADDRESS: Bensons Lane, Richmond 2753

Penrith Swans JAFC

HOME GROUND: Greygums Oval
ADDRESS: Greygums Rd, Mount Pleasant 2519

Quakers Hill Bombers JAFC

HOME GROUND: Wrights Reserve
ADDRESS: Pye Rd, Quakers Hill 2763

St Clair Crows JAFC

HOME GROUND: Cook Park
ADDRESS: Cnr Pages Road & Wilson Street, St Marys, 2760

Hills Lions JAFC

HOME GROUND: Doyle Park
ADDRESS: Isabella St, Parramatta 2150
[Click Here For A Map](#)

Camden Blues JAFC

HOME GROUND: Fairfax Reserve
ADDRESS: Fairfax Reserve, Harrington Park 2567
[Click Here For A Map](#)

Campbelltown Swans JAFC

HOME GROUND: Clarke Oval
ADDRESS: Raby Rd, Kearns 2558
[Click Here For A Map](#)

South West Tigers JAFC

HOME GROUND: Greenway Park
ADDRESS: Greenway Dr, Carnes Hill

Ingleburn Magpies JAFC

HOME GROUND: Memorial Oval
ADDRESS: Lancaster St, Ingleburn 2565
[Click Here For A Map](#)

Liverpool Eagles JAFC

HOME GROUND: Rosedale Oval
ADDRESS: Stroud St, Warwick Farm 2170
[Click Here For A Map](#)

South Campbelltown Roos JAFC

HOME GROUND: Thomas Acre Reserve
ADDRESS: Cleopatra Dr, Rosemeadow 2560
[Click Here For A Map](#)

Wollondilly Redbacks JAFC

HOME GROUND: Bargo Showgrounds Oval
ADDRESS: Remembrance Dr, Bargo 2574
[Click Here For A Map](#)

Wet Weather

- **Game Day:** The club website posts any game cancellations by the Saturday. In the event of a late home ground closure (Sunday am), an SMS will be sent. After checking all of these, please contact your coach if unsure about wet weather cancellation as games can be moved to other fields if your field is closed due to wet weather on game day.
- **Training:** You can check our home ground status by phoning the Sporting Ovals Hotline on: 4780 5617 after 3pm. If the ground is closed by council you will NOT be notified by the club or coach.
- There are two “spare games days” factored into the AFL draw, so in the event of a complete region washout, all games will be rescheduled to the first of these “spare” days. If our local ground is closed but others open, we will try to move games to the nearest vacant venues by 10am.

Serious Injuries

We don't see too many injuries in AFL. However, we maintain a pool of volunteers with current first aid skills and each team kit has a first aid kit. At the commencement of each season, the Club runs an injury prevention and management session for coaches, managers and all interested persons.

In the event of an injury at training or game day;

- The coaching or first aid staff will attend to the player as necessary
- If required, an ambulance will be called
- Injury forms will be completed at the time and lodged with the Ground Manager
- Greater Sydney Juniors are informed of the injury via the Club
- A follow up from AFL NSW/ACT or the insurers will follow if required

Note: A BMK injury form is completed for all injuries minor or major (outlining the nature of the injury, any treatment and parent/guardian notification). These are retained by the Club Trainer or delegate.

All clubs participate in a national insurance program through JLT. Our Bronze level Personal Injury insurance provides reimbursement (50%) for Non-Medicare Medical Costs. Further information can be obtained via <http://www.jltsport.com.au>

How to Treat Common Injuries in AFL

You are right, injuries do not happen very often in our game, but feel free to have a look at the link below for some great general information. This is particularly relevant for the players in 12's and above. <http://www.aflcommunityclub.com.au/index.php?id=912>

Conflict Resolution

Today's parents have an important role in the delivery and support of sporting activities for their own and other children. With it comes a clear responsibility to act in a constructive and encouraging manner at all times. Blue Mountains Kangaroos have a zero tolerance for sports rage, player abuse, coach or umpire abuse. In cases where a spectator may forget the spirit of the game, he/she will be cautioned by the team coach or ground manager and a second offence, will be asked to leave the ground. Please note if a sideline becomes overtly vocal, the umpire may penalise teams on the field.

If there is conflict between players, the umpire is the first step to resolution. Please do not approach the umpires or the opposing coach or parent to air your views. There are procedures in place to address issues and such matter should follow the correct channels.

Share Your Feedback

Finally, if you have any suggestions on what we can do better, or just need to get some footy issue off your chest, then please do not hesitate to chat with your coach or any committee member. We are here as volunteers with good intentions and hope to make your time with AFL enjoyable.