

Leopold Lions FNC

Player Handbook — Junior Football



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Welcome

Welcome to the Leopold Lions, we hope you enjoy your time playing football for our club. The aim of this handbook is to provide you with the information that you may need throughout your time playing with the Leopold Lions. While we aim to cover all required information, should you have any further questions please contact your team manager.

Junior Management Group

Senior Committee

- President – Brendan Thompson (0430 046 945)
- Vice President – Steven Rose (0438 704 843)
- Director of Football – David Dowd (0400 031 666)
- Secretary – Susan McKie (0438 502 463)
- Treasurer – Stephen McHenry (0417 574 434)

Junior Committee

- Director Junior Football – Jamie Wray (0409 026 965)
- Age Group Co-ordinators
 - Auskick – Mark Brislane (0418 556 141)
 - U9 – Michael Ritchie (0412 555 237)
 - U10/11 – Clayton Burgoyne (0412 502 069)
 - U13 – Jamie Wray (0409 026 965)
 - U15/17 – Rocco Nadile (0414 401 118)
 - Junior Girls - TBA
- Coaching Co-ordinator – Paul Kelly (0412 898 619)
- Social Co-ordinator – Robyn Packham (0409 942 059)
- Compliance Officer – Davina Montgomery (0407 827 854)
- Welfare Officer – Kirsty Brislane (0419 114 759)
- Junior Secretary & Communications – Alison Spong (0400 425 801)

Teams

Auskick - Auskick is a national program that aims to develop and promote participation in football through clinics that aim to teach the basic skills required and to have fun.

Under 9's - Under 9's is the transition from Auskick skills focused sessions to playing actual games of football. Matches are played using modified rules with the aim of developing player skills and confidence in playing football and the player's first introduction to playing as a team.

Under 10's - This stage of football is about having a go and developing player skills. Matches are played with modified rules that will assist in developing skills and confidence in playing football and teaching players to be part of a team and a member of a football club. Team focus is on player development, rather than winning matches. The coaches are there to help develop football skills, allow opportunity to play different positions, encourage team work and make it an enjoyable experience so kids will continue to play football.

Under 11's - This stage is about developing your skills as a footballer. It will assist you in learning to be part of a team and a member of a football club. Matches will not be played with modified rules however a focus on player development remains. The coaches are there to help develop football skills, allow opportunity to play different positions, encourage team work and make it an enjoyable experience so young players will continue to play football.

Under 13's - As you move to under 13's, the focus of the coach and the team is changing. The under 13 age groups are graded and teams have the opportunity to play finals. Whilst player development is still important, the focus is now also on winning games, playing finals and having success for the club. The coaches and trainers are there to help you learn the skills required to achieve this result for both the team and the club.

Under 15's - In under 15's it is a competitive competition, with the goal of playing for premiership points. There is an ongoing focus on player development and success for the team and club.

Under 17's - In under 17's as per under 15's, it is a competitive competition, with the goal of playing for premiership points. There is an ongoing focus on player development and success for the team and club, whilst also looking towards the transition to playing under 19's football.

Under 12's Girls Football - This can be the first introduction to football for many girls and is about having a go and developing your skills as a footballer. You will play with modified rules that will assist you in developing skills and confidence in playing football, and learning to be part of a team and a member of a football club. Focus of training and games is on player development. The coaches are there to help you develop football skills, allow opportunity to play different positions, encourage team work and make it an enjoyable experience so you will continue to play football.

Under 15's Girls Football - Under 15's is about developing skills as a footballer and developing confidence in playing football while learning to be part of a team and a member of a football club. The coaches are there to help develop football skills, allow opportunity to play different positions, encourage team work and make it an enjoyable experience so young players will continue to play football.

Values



Unity and Team Work

Playing as part of a team is important to the success of the Leopold Lions and to your development as a footballer. Working together, being inclusive, and providing support to each other is important to achieve this value.

Image

The way we act reflects not only on ourselves, but also our team and our club. We should aim to act in a respectful manner both on and off the field, to our team, umpires, opponents and the wider community.

Courage

Doing the right thing, challenging yourself to be the best you can be, listening to feedback, and challenging negative behaviour all require you to show courage and at times step outside your comfort zone. Be courageous, be a Leopold Lion!

Communication

Throughout the season information will be exchanged via Team App. To install Team App on your smart phone:

- Download Team App
- Create an account (which will be confirmed by email)
- In 'Search for a Team' type Leopold FNC
- Select Leopold FNC Junior Section, this will send a request to the club, and you will then be added by club admin
- Information will appear on your App when accepted.

The Leopold Lions also has a facebook page and website. These are:

- <http://www.leopoldlions.com.au/>
- <https://www.facebook.com/Leopoldlionsfnc>

Your coach and team manager will provide any extra information as required. If you have any queries, you should contact your team manager.

CareMonkey

CareMonkey for Sports is a mobile health and safety app that gives authorised team officials instant access to important medical and emergency contact details when an incident or injury occurs, and allows for efficient recording of injuries. This enables us to take appropriate action to ensure the health and wellbeing of all players at the club. For further information please visit www.caremonkey.com

Auskick



The NAB AFL Auskick program is an Australia wide program that makes learning to play AFL fun, safe and easy for boys and girls. Through weekly coaching sessions they will learn the skills of the game in an exciting, social and safe environment.

Children will learn the fundamental motor skills vital for future physical activity and sport participation as well as learning how to interact with other children as part of a team in small group activities.

The program also provides a great opportunity for parents to interact with their kids through the activities, have the opportunity to make new friends, learn about the game and spend quality time with their children.

For registrations and further information go to <http://www.aflauskick.com.au> or contact the LFNC Auskick Coordinator.

Under 9's



Training

Training for Under 9's is on Wednesday evening from 4:30 to 5:30.

A mouthguard must be worn at training in order for you to participate and it is recommended you bring a water bottle. Any clothing suitable for training can be worn and footy boots are required.

By the end of the season, through regular training, matches and practice at home, we hope that you will learn to:

- Be able to perform a drop punt from a standing position
- Be able to perform a handball from a standing position
- Be able to mark the football
- Be able to execute a modified tackle on a moving player
- Know all the zoned positions on the ground, experience playing in them, and be able to stay in position
- Understand how to shepherd and smother

Team Structure

- Team Captain – this will be rotated throughout the team over the season.
- Positions – Your coach will rotate the team through zones, throughout games, and throughout the year, including the interchange bench. This aims to give you experience in all zones and increase your skill and knowledge.
- Each team will have a coach and a team manager. These are the people you should approach if you have any questions or concerns.

Team Selection

During the pre-season the players are allocated to teams by the Football Operations Group in accordance with the Junior Selection Guidelines. Factors taken into account include:

- The age of the player
- The size of the player
- Development level of the player

The aim is to select teams based on the three factors above to ensure even performance and player development throughout the year. If you have any concerns or requests regarding team selection these should be directed to the Director of Junior Football.

Under 9's teams are not graded. As a result, teams are not focused on winning, but on skill development and enjoyment.

Awards

There is no best and fairest award given in under 9's however a participation award is given to all players at team presentation night. In addition, an award will be given each week. These awards are donated by our club sponsors and will be awarded on a rotational basis.

Under 10's



Training

Training for Under 10's is on Wednesday evening from 4:30 to 5:30.

A mouthguard must be worn at training in order for you to participate and it is recommended you bring a water bottle. Any clothing suitable for training can be worn and footy boots are required.

By the end of the season, through regular training, matches and practice at home, we hope that you will learn to:

- Be able to perform a drop punt from a standing position
- Be able to perform a handball from a standing position
- Be able to mark the football
- Be able to execute a modified tackle on a moving player
- Know all the zoned positions on the ground, experience playing in them, and be able to stay in position
- Understand how to shepherd and smother

Team Structure

- Team Captain – this will be rotated throughout the team over the season.
- Positions – Your coach will rotate the team through zones, throughout games, and throughout the year, including the interchange bench. This aims to give you experience in all positions and increase your skill and knowledge.
- Each team will have a coach and a team manager. These are the people you should approach if you have any questions or concerns.

Team Selection

During the pre-season the players were allocated to teams by the Football Operations Group in accordance with the Junior Selection Guidelines. Factors taken into account include:

- The age of the player
- The size of the player
- Development level of the player

The aim is to select teams based on the three factors above to ensure even performance and player development throughout the year. If you have any concerns or requests regarding team selection these should be directed to the Director of Junior Football.

Under 10's teams are not graded. As a result, teams are not focused on winning, but on player development and enjoyment.

Awards

There is no best and fairest award given in under 10's however a participation award is given to all players at team presentation night. In addition, awards will be given each week. These awards are donated by our club sponsors and will be awarded on a rotational basis.

Under 11's



Training

Training for Under 11's is on Wednesday evening from 4:30 to 5:30. A mouthguard must be worn at training in order for you to participate and it is recommended you bring a water bottle. Any clothing suitable for training can be worn and footy boots are required.

By the end of the season, through regular training, matches and practice at home, we hope that you will learn to:

- Be able to perform a well executed drop punt from a standing position to another player
- Be able to perform a handball from a standing position to a target on either hand
- Be able to mark a kick overhead and in front
- Be able to correctly execute a tackle on a moving player using correct technique
- Know all the positions on the ground and experience playing in them
- Understand how to shepherd and smother

Team Structure

- Team Captain – this will be rotated throughout the team over the season.
- Positions – Your coach will rotate the team through positions, throughout games and throughout the year. This includes the interchange bench. This aims to give you experience in all positions and increase your skill and knowledge.
- Each team will have a coach and a team manager. These are the people you should approach if you have any questions or concerns.

Team Selection

During the pre-season the players are allocated to teams by the Football Operations Group in accordance with the Junior Selection Guidelines. Factors taken into account include:

- The age of the player
- The size of the player
- The development level of the player

The aim is to select teams based on the three factors above to ensure even performance and player development throughout the year. If you have any concerns or requests regarding team selection, these should be directed to the Director of Junior Football.

Under 11's teams are not graded. As a result, teams are not primarily focused on winning, but on player development and enjoyment.

Awards

There is no best and fairest award given in under 11's however a participation award is given to all players at team presentation night. In addition, awards will be given each week. These awards are donated by our club sponsors and will be awarded on a rotational basis.

Under 13's



Training

Training for Under 13's is on Wednesday evening, from 5:30 til 6:45pm. A mouthguard must be worn at training in order for you to participate and it is recommended you bring a water bottle. Any clothing suitable for training can be worn and footy boots are required. By the end of the season, through regular training, matches and practice at home, we hope that you will learn to:

- Be able to perform a well executed drop punt from on the run that hits the player and perform a standing drop punt from non preferred foot.
- Be able to perform a well executed handball from either hand whilst on the move
- Be able to mark the ball in your hands whilst running towards the ball
- Be able to correctly execute a tackle on a player moving towards you using the correct technique
- Being able to read what is happening in the play and where to position yourself
- Be able to execute a shepherd, blocks and smothers in games

Team Structure

- Team Captain – a captain will be selected for the duration of the season. A vice captain may also be selected. This process will be determined by your coach.
- Positions – your coach will decide who is selected and what position you will play in and this decision will be based on the best outcome for the team. This applies to both home and away and finals teams.
- Leadership group - a leadership group may be selected for under 14's and this group plays an important role that assists the coach and the team.
- Each team will have a coach and a team manager. These are the people you should approach if you have any questions or concerns.

Team Selection

Teams are selected by the coach as per the LFNC guidelines and philosophy for this age group and as overseen by the coaching coordinator. Under 13 teams are graded. Teams will play with an aim to make finals at the end of the season.

Awards

At the presentation night at the end of the season, there will be a Best and Fairest, Runner Up, Coaches Award, Most Improved and Most Determined award presented. The voting for the Best and Fairest award is to be done coaching staff.

Under 15's



Training

Training for Under 15's is 2 days a week at the coaches discretion. A mouthguard must be worn at training in order for you to participate and it is recommended you bring a water bottle. Any clothing suitable for training can be worn and footy boots are required. By the end of the season, through regular training, matches and practice at home, we hope that you will learn to:

- Be able to execute a drop punt on the run on either foot under pressure or when forced to make a decision.
- Be able to execute a handball on either hand to a target whilst under pressure.
- Be able to use your body in a marking contest to protect the ball drop zone and take a contested mark.
- Be able to correctly execute a tackle on an opposition player where you close down his space.
- Be able to understand team stoppage and kick in structures
- Position yourself on your opponent so you are in the best position to win the ball back when the opposition have it.

Team Structure

- Team Captain – a captain will be selected for the duration of the season. A vice captain may also be selected. This process will be determined by your coach.
- Positions – Your coach will decide who is selected and what position you will play in and this decision will be based on the best outcome for the team. This applies to both home and away and finals teams.
- Leadership group - a leadership group may be selected for under 15's and this is an important role that assists both the coach and the team.
- Each team will have a coach and a team manager. These are the people you should approach if you have any questions or concerns.

Team Selection

Teams are selected by the coach as per the LFNC guidelines and philosophy for this age group and as overseen by the coaching coordinator. Under 15 teams are graded. Teams will play with an aim to make finals at the end of the season.

Awards

At the presentation night at the end of the season, there will be a Best and Fairest, Runner Up, Coaches Award, Most Improved and Most Determined award presented. The voting for the Best and Fairest award is to be done coaching staff.

Under 17's



Training

Training for Under 17's is 2 days a week at the coaches discretion. A mouthguard must be worn at training in order for you to participate and it is recommended you bring a water bottle. Any clothing suitable for training can be worn and footy boots are required. By the end of the season, through regular training, matches and practice at home, we hope that you will learn to:

- Be able to execute a drop punt on the run on either foot under pressure or when forced to make a decision.
- Be able to execute a handball on either hand to a target whilst under pressure.
- Be able to use your body in a marking contest to protect the ball drop zone and take a contested mark.
- Be able to correctly execute a tackle on an opposition player where you close down his space.
- Be able to understand team stoppage and kick in structures
- Position yourself on your opponent so you are in the best position to win the ball back when the opposition have it.

Team Structure

- Team Captain – a captain will be selected for the duration of the season. A vice captain may also be selected. This process will be determined by your coach.
- Positions – Your coach will decide who is selected and what position you will play in and this decision will be based on the best outcome for the team. This applies to both home and away and finals teams.
- Leadership group - a leadership group may be selected for under 16's and this is an important role that assists both the coach and the team.
- Each team will have a coach and a team manager. These are the people you should approach if you have any questions or concerns.

Team Selection

Teams are selected by the coach as per the LFNC guidelines and philosophy for this age group and as overseen by the coaching coordinator. Under 17 teams are graded. Teams will play with an aim to make finals at the end of the season.

Awards

At the presentation night at the end of the season, there will be a Best and Fairest, Runner Up, Coaches Award, Most Improved and Most Determined award presented. The voting for the Best and Fairest award is to be done coaching staff.

Girls Football – Under 12's



Training

A mouthguard must be worn at training in order for you to participate and it is recommended you bring a water bottle. Any clothing suitable for training can be worn and footy boots are required.

By the end of the season, through regular training, matches and practice at home, we hope that you will learn to:

- Be able to perform a drop punt from a standing position
- Be able to perform a handball from a standing position
- Be able to mark a football
- Be able to execute a modified tackle on a moving player
- Know all the zones on the ground, experience playing in them, and be able to stay in position
- Understand how to shepherd and smother

Team Structure

- Team Captain – this will be rotated throughout the team over the season.
- Positions – Your coach will rotate the team through zones, throughout games, and throughout the year, including the interchange bench. This aims to give you experience in all positions and increase your skill and knowledge.
- Each team will have a coach and a team manager. These are the people you should approach if you have any questions or concerns.

Team Selection

During the pre-season the players are allocated to teams by the Football Operations Group in accordance with the Junior Selection Guidelines. Factors taken into account include:

- The age of the player
- The size of the player
- Development level of the player

The aim is to select teams based on the three factors above to ensure even performance and player development throughout the year. If you have any concerns or requests regarding team selection these should be directed to the Director of Junior Football. Girls football at under 12's is not graded. As a result, teams are not focused on winning, but on player development and enjoyment.

Awards

There is no best and fairest award given in girls football under 12's however a participation award is given to all players at team presentation night. In addition, awards will be given each week. These awards are donated by our club sponsors and will be awarded on a rotational basis.

Girls Football – Under 15's



Training

A mouthguard must be worn at training in order for you to participate and it is recommended you bring a water bottle. Any clothing suitable for training can be worn and footy boots are required.

By the end of the season, through regular training, matches and practice at home, we hope that you will learn to:

- Be able to perform a drop punt from a standing position
- Be able to perform a handball from a standing position
- Be able to mark a football
- Be able to execute a modified tackle on a moving player
- Know all the zones on the ground, experience playing in them, and be able to stay in position
- Understand how to shepherd and smother

Team Structure

- Team Captain – this will be rotated throughout the team over the season.
- Positions – Your coach will rotate the team through zones, throughout games, and throughout the year, including the interchange bench. This aims to give you experience in all positions and increase your skill and knowledge.
- Each team will have a coach and a team manager. These are the people you should approach if you have any questions or concerns.

Team Selection

Teams are selected by the coach as per the LFNC guidelines and philosophy for this age group and as overseen by the coaching coordinator. Under 15 teams are graded. Teams will play with an aim to make finals at the end of the season.

Awards

At the presentation night at the end of the season, there will be a Best and Fairest, Runner Up, Coaches Award, Most Improved and Most Determined award presented. The voting for the Best and Fairest award is to be done coaching staff.

Zoning/Modified Rules



In 2016 AFL Barwon released the modified rules for U9, U10 and girls under 12's football. Essentially, the changes are:-

1. Modified tackle – this season a tackler is NOT to take the player with the ball to the ground. Accidental or not, the umpire is instructed to pay a free kick against the tackler if this occurs. The tackler must stay on his feet and hold the opponent until the umpire deems it is too long (generally 3 seconds).
2. Ground layout –the ground will be split into 3 zones being BACK, FORWARD and MIDDLE, with 5 players in each zone.
3. Wrist bands – each zone will have a coloured wrist band, with every team in the comp using the same 3 colours to remove any confusion.
4. Coaches – our nominated coach will be on the ground for the whole game to teach the kids and keep them in the right places (no runner is required).
5. No bumping, shepherding or smothering – a free kick will be awarded against a player that attempts these actions, it's all about safety at this age.
6. Kicking the ball off the ground is not allowed

The philosophy behind the rule changes is to get the kids more involved (touching the ball more often) and having an environment where they can learn and have fun.

Under 11's will play according to rules under the Law of Australian Football, however will only have 16 players on the ground.

Positions



Club Song



The club song is sung by all players following a win and is sung to the tune of the old Fitzroy theme song:

We are the Boys from Leopold
We wear the colours of Green and Gold
GREEN AND GOLD
We will always fight for victory
VICTORY
We will always see it through
SEE IT THROUGH
Win or lose, we do or die
In defeat we'll always try
LEOPOLD! LEOPOLD!
The club we hold so dear
SO DEAR
Premiers we'll be this year!

War Cry

This is chanted arm in arm prior to the start of each game, and at other times as well....

Who, who, who are we
We are the boys from LFC
Goooooooo... Leopold!!



Matches

We hope that you try and make it to all training sessions. If you are unable to play in a match, please let your coach know as soon as possible.

Information on when and where you will be playing will be available on Team App and this information will also be given at training. Under 9, 10 and 11's games are played on Friday nights or Saturday mornings. Under 13, 15 17's and girls football games will be played on Sunday.

For the under 13's, 15's and 17's the season is made up of 16 games and the top 4 teams on the ladder at season end progress through to a final series being 1st Semi, 2nd Semi, Preliminary & Grand Final. There are no games played during the school holidays. The games are graded so the first 4 games will determine what division each team will play in for the remainder of the season

Equipment/Uniform

You will need to be in club uniform and wear football boots and mouthguard in order to play. You should also bring a water bottle to the match.

You will be required to have a

- mouth guard
- football boots
- Green Leopold Lions football shorts
- White away shorts for under 13, 15 and 17 teams.
- Leopold Lions socks.

Football Guernsey's will be provided by the club and are to be handed back at the end of season.

Football shorts & socks can be bought through the Leopold Football club.

Other club items such as beanies, caps, bags and hoodies are available to purchase from Ghanda at www.ghanda.com/leopold-fnc

Injuries



To ensure a reduced risk of injury to our players and opposition players we require the following actions:

- Appropriately fitted mouth guards should be worn when training or playing.
- As per AFL policy, helmets are not recommended unless they are recommended for a specific injury (ie: facial fractures)
- No player should play or train if injured or sick
- If you suffer an injury during a game, seek assistance of trainer/umpire immediately
- Remove yourself from the ground if you have a cut that is bleeding
- Utilise safe tackling procedures as learnt in training, during both training and games

Injury:

- If you are injured during a game this needs to be logged with the team manager at that game.
- If this cannot be done at the time, the team manager should be contacted to log this injury.
- All injuries will be logged electronically with CareMonkey.

Concussion:

- A player with suspected concussion (ie: significant force to the head or whiplash type injury) must be withdrawn from playing or training until fully evaluated by a medical practitioner and cleared to play.
- Players with a concussion or suspected concussion should be monitored for onset/increase in symptoms (see concussion information sheet) until medical assessment is sought and further advice provided.
- All players with concussion or suspected concussion need an urgent medical assessment (with a registered medical doctor).
- If you are concussed, or have a suspected concussion, during a game this needs to be logged with team manager at that game.
- If this can not be done at the time, the team manager should be contacted to log this injury
- All injuries will be logged electronically with CareMonkey.

Returning from injury:

- Any player returning from a logged injury will be required to provide a doctor/physio letter or certificate allowing them to play prior to taking part in training or games.

Code of Conduct



The way we conduct ourselves, both on and off the field, is important as this reflects on ourselves, our club and our community. Given the importance of this, a code of conduct has been devised, for both players and those who come to watch you play. Treating your teammates and opposition players, support staff and spectators in a respectful manner is a vital part of playing for Leopold Lions.

Player Code of Conduct

1. Abide by the rules of the game and the rules set down by your coach, club and league.
2. Never argue with an official or an umpire. If you disagree, talk to your coach during the break or after the game.
3. Control your temper. Verbal or physical abuse of officials, umpires, spectators or other players, or deliberately distracting or provoking an opponent is not acceptable behaviour.
4. Work equally hard for yourself and your team. Your teams performance will benefit and so will you.
5. Be a good sport. Applaud all good plays whether they be in your team, or the other team. Be proud to walk off the ground after each game knowing that you have given your best effort. Never involve yourself in arguments with players, umpires, officials or spectators.
6. Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
7. Co-operate with your coach and your team mates and respect the ability of your opponent. Without them there would be no game.
8. Play for the fun of it, not to please parents or coaches.
9. Avoid use of derogatory language based on gender or race.

Parents and Spectator Code of Conduct

1. This code applies to the behaviour of parents and spectators attending games or supporting a registered player involved at the Leopold Football Netball Club.
2. This code applies to behaviour in public or on social media.
3. Unacceptable behaviour and/or action may be referred to LFNC, GJFL, Football Geelong and/or VCFL for action.
4. Remember that children participate in sport for their enjoyment and benefit, not yours.
5. Encourage children to participate, do not force them.
6. Focus on the child's efforts and performance rather than winning or losing.
7. Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
8. Encourage children always to play according to the rules and settle disagreements without resorting to hostility or violence.
9. Support all efforts to remove verbal and physical abuse from all sporting activities.
10. Never ridicule or yell at a young child for making a mistake or losing a game. Positive comments are motivating.
11. Remember that children learn best by example. Appreciate all good performance and skilful plays by all participants.
12. Applaud good performance and efforts from all individuals and teams.
13. Congratulate all participants on their performance regardless of the game's outcome.
14. Respect the decisions of officials and teach young people to do likewise.
15. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
16. Show appreciation for volunteer coaches, officials and administrators. Without them your child could not participate.
17. Show respect for your team's opponents. Without them there would be no game.
18. Encourage players to follow the rules and the officials' decisions.
19. Remember, that comment you might make on the side of the field can carry and be heard by players.

Policies



Vilification & Discrimination

No League Participant or Club Official shall engage in conduct which may reasonably be considered to incite hatred towards, contempt for, ridicule of or discrimination against a person or group of persons on the ground of their:

- Race
- Religion
- Gender
- colour
- Sexual preference, orientation or identity
- Special ability or disability.

Cyber policy

AFL Barwon takes seriously its responsibility in providing robust policy, guidelines and education for its members in relation to what is deemed acceptable and appropriate online behaviors. The League and/or club name, motto, crest, logo and/or uniform must not be used in any way which would result in a negative impact for the league or club and its members. Members of AFL Barwon and its clubs have a responsibility to ensure that all online communications are in keeping with the leagues expectations in relation to appropriate and respectful interactions with officials, coaches, umpires, players, parents, spectators and sponsors. Players will not post inappropriate comments about individual AFL Barwon officials, umpires, players, club or club members; which if said in person during the playing of a game would result in disciplinary action being taken.

“Cyber bullying is a way of delivering covert psychological bullying. It uses information and communication technologies to support deliberate, repeated and hostile behavior, by an individual or group that is intended to harm others.” (Belsey 2007)

Cyber bullying includes, but is not limited to, the following misuses of technology: harassing, teasing, intimidating, racially vilifying or threatening another person by sending or posting inappropriate and hurtful e-mail messages, instant messages, text messages, phone messages, digital pictures or images, or Web site postings (including social network sites eg facebook or blogs) and the sending, receiving and/or possession of naked or sexually explicit images of a person. Club members must also be aware that postings from their individual accounts, whether done by themselves or another person will remain the responsibility of the account owner.

All members of AFL Barwon and individual clubs must be aware that in certain circumstances where a crime has been committed, they may also be subjected to a criminal investigation by Police over which the league and/or club will have no control. This particularly applies to ‘sexting’ where the image is of a person under the age of 18 years whereby Police will be informed immediately a club becomes aware of the situation. This policy applies to AFL Barwon Senior & Junior competitions.

Alcohol policy

Rationale

This policy provides the basis for a balanced and responsible approach to the use of alcohol at Leopold Football Netball Club events and activities. This policy will help to ensure the club:

- Meets its duty of care in relation to the health and safety of our members and others who attend our club functions.
- Upholds the reputation of the club, sponsors, partners and *Good Sports*.
- Understand the risks associated with alcohol misuse and our role in minimising this risk.

The following requirements will apply to all players, coaches, officials, members, committee members, club visitors, club facilities, club functions and other activities undertaken by the club where alcohol may be consumed.

General Principles

- The club will not advertise, promote or have alcohol served or consumed at junior events or activities.
- A risk management approach will be taken in planning events involving the supply or consumption of alcohol. Such events will be conducted and managed in a manner consistent with liquor licensing legislation and this policy.
- Alcohol misuse can lead to unsafe or unacceptable sexual and/or violent behaviour, drink-driving and other alcohol-related harm. Excessive consumption of alcohol will not be an excuse for unacceptable behaviour, particularly behaviour that endangers others or breaches the law, this policy or any other policy of the club.

Committee members, Members, Players and Officials

- Must not compete, train, coach or officiate if affected by alcohol.
- Must not provide, encourage or allow people aged under 18 to consume alcohol.
- Must not participate in or encourage excessive or rapid consumption of alcohol.
- Must not pressure anyone to drink alcoholic beverages.
- Must not post images on social media of themselves or others drinking alcohol at club-related activities.
- Must accept responsibility for own behaviour and take a responsible approach and use good judgment when alcohol is available.

Policies



Illicit drug policy

Policy Statement

The Leopold Football Netball Club does not allow the use, distribution or sale of illegal drugs at the club venue, club functions or any club activities. Further to this, the committee prohibits arrival at the club venue, functions or any club activities under the influence of illicit drugs. This extends to any activities outside the club where members are wearing club attire or representing the club. This policy reflects our club's commitment to protecting the health, safety and wellbeing of everyone associated with the club and those attending club activities, as well as the clubs reputation. Where there is a breach of this policy our club will seek support for individuals whilst also applying the appropriate disciplinary measures as attached.

Purpose of this policy

The purpose of this policy is to ensure the committee, members and visitors understand the club's position regarding illegal drugs and how the committee will respond to drug-related incidents within its jurisdiction.

Definition of this policy

For the purpose of this policy an illegal drug is a substance that is not permitted to be taken or used according to state and national laws. This policy applies in all areas under our club's jurisdiction, including activities at the club facilities, clubrooms, grounds, games, matches, functions and activities organised or sanctioned by our club at alternate venues.

Responsibilities

Our club committee will:

- Abide by policy and promote it as widely as possible
- Role model expected standards of behaviours at all times
- Appoint appropriate people to provide referral for members where needed
- Respond to violations of this policy discreetly and in a timely manner
- Investigate breaches of this policy and determine a course of action as per club procedures
- Recruit support where the law has been broken and/or welfare professionals are needed
- Review this policy annually

Individuals will be expected to:

- Abide by the policy
- Role model behaviours consistent with this policy and the Codes of Conduct
- Be encouraged to raise concerns about their own, or another club members/visitors, illegal drug use with the Welfare Officer
- Honour our Club's commitment to the health, safety and wellbeing of all its members
- Say if they see something untoward
- Report suspicious behaviour

Policies



Photography Policy

At Leopold Football Club we often photograph junior players for the purpose of team photos, football cards, and at times for printed materials for advertising. In addition to this other parents often photograph their own children playing football and this can at times mean other children are also inadvertently photographed. ***If you have a specific reason why you, or your child, should not be photographed please discuss this with Player Wellbeing Officer.*** If you see a spectator photographing or recording junior football and you are uncertain as to who this person is or the purpose of their photography, it is acceptable to ask for information about this. It is the role of all parents and spectators to ensure the safety and privacy of our junior players.

Grievance Procedure

If you or your parents have an issue that you would like to have addressed, or if an issue has been raised about your behaviour, these complaints should be directed to the year level coordinator who will forward issue to Player Wellbeing Officer. If this is not successfully resolved a grievance form can be completed and a mediation session will be conducted. Grievance forms can be obtained from the Team App site. If the issue is still not successfully resolved a mediation session with the Director of Junior Football will be organised. If still not resolved, then the Senior Committee will review the issue and decide on appropriate action. We request that parents do not directly speak to a child about an issue that is not their own, unless there is an immediate healthy or safety risk that would necessitate that.

Health and Wellbeing

Taking part in sporting activities is a great way to improve our health and wellbeing. However if you experience a stressful event or have an ongoing issue, this may distract from your enjoyment of the game and have a negative impact on your health and wellbeing. Such events or issues could include bullying, violence, vilification based on culture or gender, being excluded, substance abuse or peer pressure to do something that you are not comfortable with. These behaviours are not acceptable at Leopold Lions and appropriate disciplinary action will apply if players are found undertaking these behaviours. If any of these issues occur for you, or if you witness this occurring, please discuss this with someone you trust. This may be a parent, coach, team manager or level coordinator. The Leopold Lions has a Junior Welfare Officer that you or your parents can seek help from if required.

Parental Involvement



We encourage Junior parents to get involved at training and assist the coaches. Any help is greatly appreciated. Coaching, umpire, trainer and team manager are all positions that need to be filled by parents, as well as other roles including canteen, time keeping and oranges. In addition there is a Junior Management Group that requires parents to become involved. If you are interested in taking on one of these roles, either this year or next season, please contact the Director of Junior Football. We also ask if there is a conflict of interest, or court orders relating to access, then the Director of Junior Football be advised of this.

In addition to this a roster will be distributed at the start of the season by the team manager for the role of goal umpire and to bring half time oranges. If you are unable to fulfill this duty it is your responsibility to arrange an alternate person. If you have difficulty please see the team manager of your child's team.

Parents of children in under 9's, 10's, 11's, 13's and under 12 girls are required to supervise their children at training. The coaches role is to focus on skill development and they are unable to provide supervision to all children, this remains parental responsibility.

Thanks to our main sponsors for their ongoing support of Leopold Lions:



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