



# Collaroy Cromer Strikers Football Club Inc.

## 2018

U6, U7, W-8, W-9, U8 and U9  
Team Coaches & Managers Handout

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# U6, U7, W-8, W-9, U8 and U9 Teams Coaches and Managers Handout

This handout is intended to make your tasks as a coach or manager a little easier. It outlines the main duties and responsibilities of managing and coaching but is not intended as an in depth discussion of the finer points. The CC Strikers, Manly Warringah Football Association (MWFA), and Football NSW have developed policies and documents about coaching and managing your teams. Many of these can be found on the CC Strikers website [www.ccstrikers.com](http://www.ccstrikers.com). Please read through those policies so you are familiar with them.

The Playing Rules/Formats for U6 and U7 are found at [www.ccstrikers.com/Coaches and Managers/Competition Rules](http://www.ccstrikers.com/Coaches and Managers/Competition Rules)

## Getting Ready for the Season

### I Have a Question. Who Should I Contact?

Your first point of contact should always be your Age Coordinator. If unavailable and you need immediate help, contact your Vice President (juniors). Your third contact is the Club Secretary

Under 6 Coordinator	Darren McDermott	0410 501 761	<a href="mailto:mcd@atomicdrop.com.au">mcd@atomicdrop.com.au</a>
Under 7 Coordinator	Wendy Boyd	0404 836 717	<a href="mailto:wendykieranboyd@bigpond.com">wendykieranboyd@bigpond.com</a>
Under 8 Coordinator	Geoff Hunt	0419 490 689	<a href="mailto:geoff.hunt@optusnet.com.au">geoff.hunt@optusnet.com.au</a>
Under 9 Coordinator	Darren McDermott	0410 501 761	<a href="mailto:mcd@atomicdrop.com.au">mcd@atomicdrop.com.au</a>
Women's Under 8-11 Coordinator	Darren McDermott	0410 501 761	<a href="mailto:mcd@atomicdrop.com.au">mcd@atomicdrop.com.au</a>

### Who Should My Players or Parents Contact If They Have a Question?

The team manager is the point of communication between the Club and your team. Your Age Coordinator will send information to you for distribution to your team. Parents, players, and coaches on your team should send all questions to you for you to send on to your Age Coordinator. As the MWFA communicates with the Club only through the Club Secretary and Competition Secretary, please tell your coaches, players and parents that they should not contact the MWFA directly but rather send all questions to you for you to send on to your Age Coordinator. You will get a faster response by contacting your Age Coordinator.

### First Things First. Please Register!

All coaches and managers should register at MyFootballClub (<https://live.myfootballclub.com.au/SelfReg/Login.aspx?chkcookie=1>) as a coach or volunteer. Each team should have at least two coaches or managers to manage and direct the games.

All coaches or managers, persons assisting at training, referees etc must complete a **Working with Children Check** at <https://footballnsw.com.au/protection-and-safety/working-with-children/> .

### Install Team App on Your Phone and Sign Up as a Manager or Coach.

Please download the Team App application to your phone and sign up for the "CC Strikers FC" group. The "CC Strikers FC" group uses the circled lightning bolt over a multi-coloured "V" symbol shown at the top of the cover page of this handbook.

Game cancellations due to bad weather will be announced through this app, along with event announcements and other news announcements.

Encourage your parents to download the Team App application to their phones. Game cancellations, event announcements, and other news items will be made accessible to all public members.

A brochure with specific details on how to download Team App is attached and will be emailed to you for distribution to your teams.

## Where Else Can I Get Information About the Club?

### Website

Strikers have a comprehensive website at [www.ccstrikers.com](http://www.ccstrikers.com) where there is a wide range of information available. Please visit the site regularly for up to date information, news, ground allocations, weather and much more.

### Facebook

Please 'like' the Collaroy Cromer Strikers Football Club Facebook page. On your PC, go to the Collaroy Cromer Strikers Football Club page, click on the down arrow on the Like button and select "All On" on the drop down menu to make sure that you receive all of the CC Strikers' posts.

## Where Do I Get a List of My Players?

Your Age Coordinator will provide you a list of your players and their contact information. The details on this list should be confirmed and then distributed to each team member. Both the coach and manager's telephone numbers should be included on the list.

The coach and manager of the team should each have a copy of this contact list available at all matches and training sessions in case of incident or injury.

## When Does the Season Start

Games will start on 7 April 2018. W8–W9 Games will start on 8 April 2018.

## When Can We Start Training?

The CC Strikers will not have access to the fields for training until 31 March 2018.

## When Do We Get the Draw?

The draw normally comes out the week before the first game. The Club Competition Secretary will send this information to your Age Coordinator for distribution to the managers. Managers should send the draw out to all team members.

If the MWFA changes the venue, date or time of a game, the manager will be notified by either the appropriate Age Coordinator or by the Competition Secretary or Club Secretary. The manager must notify team members of these changes by whatever method works for your team.

## Can I Use the Draw Posted on the MWFA Website?

The draw on the MWFA website occasionally is not updated. If you ever see information on the MWFA website that conflicts with the draw information that your Age Coordinator has sent you, please call the Competition or the Club Secretary, immediately. We will chase down the correct information.

## What is in the Kit that I'm Getting Tonight?

The kit will have training balls, a match ball, cones, team shirts, training shirts and team socks.

At the end of the season, the Club will be gifting the team shirts to the players. However, during the season the shirt remains the property of the Club and should not be altered without written permission from the Club. Managers are asked to return the kit bag to the appropriate Age Coordinator at the end of the season, but no later than 1 September 2018.

## Can I Get More or Different Size Socks or Shirts?

Please make a list of what you need and email it to the Gear Steward.

## What Do I Do With Extra Shirts or Socks?

If you have more shirts and socks than you need, place them in a bag and return them to the Gear Steward. Add a note with your team's name and age group to the bag with the extra items.

## What if Some of My Players Wear Eyeglasses?

Eyeglasses may only be worn if they are of a type approved by the MWFA. Contact your Age Coordinator for more information on obtaining this approval.

## When Are Team Photos Being Taken?

A date for Team Photos has not been set. Your coordinators will contact you with this information as it is decided upon.

## Canteen Duty

All teams will be expected to help in the canteen. The Club will prepare a roster for these duties and send it to the teams through their Age Coordinator. The team manager should arrange a roster of parents or suitable volunteers for these duties. Volunteers in the canteen must be at least 16 years old.

Every attempt is made to roster each team on canteen duty only once during the season. As the Club doesn't ask teams to participate in any other fundraising activities during the season, it is expected that teams fulfill their assigned canteen duty.

Canteen duty should be carried out by parents not coaches and managers who already have duties to complete on game days.

## Names on Shirts

The entire team will be able to have names added to the back of shirts at no additional cost whilst numbers can also be added as an additional charge. Your age co-ordinator will provide you further details.

## Sponsorship

There are many sponsorship packages available but team sponsorship is a great way start. The funds raised go towards helping to improve our grounds, supply adequate training kits for all teams, and assist resources for the development of our players. The attached flyer has more information. Your age co-ordinator will provide you further details.

## Coaches and Managers Appreciation Dinner

All team managers and coaches are invited to join the Strikers Committee for drinks and dinner to say "thank you" for all of the effort and time managers and coaches put in to their teams during the season. The date and venue will be advised by your coordinator in due course.

## Glass Bottles and Alcohol

Glass bottles are prohibited from all sporting grounds and alcohol is prohibited from all school sporting grounds (egg Forest High School, Pittwater High School & Narrabeen Sport High School), this includes training. Any breach of these rules will result in penalties being imposed by the MWFA and possibly Council rangers.

## Noise at St Matts

All teams should be considerate of nearby residents and other field users at any field on which you train or have games. Teams need to be especially mindful of the neighbours when using St Matts fields. Sound carries far at the clubhouse end of the reserve and parking lot and the neighbours are just on the other side of the fence. Please be considerate and quiet when entering and leaving the parking lot and during your training sessions. Extra noise should be kept at a minimum, including music.

## The Season

### Fair Play, Equity and Good Sportsmanship

Coaches play a vital role in the development and performance of the players. The CC Strikers are committed to equity and fair play for all players. All players are to receive equal time on the field regardless of the division of the team, the ability of the player, or the competition the team is playing in.

Good sportsmanship should be displayed by all players, spectators, coaches and managers. It is the responsibility of coaches and managers, where reasonable and practical, to ensure that all individuals involved in their teams abide by the policies and guidelines set down by the Strikers, the MWFA, and Football Federation Australia (see attached). If at any time, you have any issues or concerns or need any assistance, please contact your Age Coordinator, Vice President or the Club Secretary.

### Coaching Support and Assistance

The Club and the MWFA run courses to assist coaches of all levels. Coordinators will email out details of new courses and information will be posted on our website as it becomes available. If you need any assistance, please contact your Age Coordinator, Vice President or the Club Secretary.

### Referees

Teams are required to provide one referee each Saturday. This is usually undertaken a parent or relative. Please organise your team's parents for a volunteer or volunteers to handle refereeing duties.

Each team should have at least two volunteers who are not the coach or manager attend a referee course Your coordinator will advise you the relevant dates and venues

# TRAINING

## Training Schedule

Confirmation of allocated training time/day/location will be published on the website as soon as possible. The training roster will come into effect at that time and must be adhered to.

## Field Use

Goal mouths are the first areas to show signs of wear as the season progresses. Please do not train in the goal mouths to preserve them for the season.

Please ensure all players refrain from climbing on or kicking balls against the baseball backstops or cricket nets.

## Training Equipment

All players must wear shin pads at training. This is a requirement for insurance coverage. Shin pads should be worn on the inside of the socks and must be worn at training and games.

All players are encouraged to bring water to training and games.

## Training During Wet Weather

If it has rained on either the day of or the day preceding training, the coach or manager should check the Northern Beaches Council website to see if your ground is open or closed for training.

Go to <https://www.northernbeaches.nsw.gov.au/things-to-do/sports-and-recreation/fields-and-venues>, type in St Matthew Farm, or Plateau Park or Truman Reserve then select "Search".

If the field is not open, you are not permitted to train on that field, including the areas around the field. The Council will issue fines to teams that train on closed fields.

At times, the Club may close the fields to training activities to preserve the fields for matches. These closures will be announced on Team App. The Age Co-ordinator will also inform the Team Manager of you of any cancelled games. If in doubt contact the Age Co-ordinator

# The Week Before the Game

## Playing Seaforth or CC Strikers Teams as the Away Team

When your team plays as the "Away Team" (the team listed second on the draw) against a Seaforth or CC Strikers team, your team must wear alternate strip. Please check your game information on Monday to determine if you need alternate strip for the coming weekend. Alternate strip can be obtained from the Club Gear Steward (Refer to club website for contact details) and kit must be collected between 4pm and 7pm (Mon – Fri) with no exceptions. **The strip should be washed, dried and returned by the Tuesday evening after your game.**

## Game Day Referee

Ensure that there is a referee from your team prepared to referee your game.

## Borrowing Players

If you have difficulty fielding a team of seven players, the manager should contact your Age Coordinator to get contact information for other managers whose teams may be able to provide borrowed players. Borrowing players should always be done through the manager of the team lending you players.

General borrowing guidelines are below:

- Under 6 teams may borrow from any other CC Strikers Under 6 team
- Under 7 teams may borrow from any other CC Strikers Under 6 and Under 7 team
- Under 8 teams may borrow from any other CC Strikers Under 8 team,
- Under 9 teams may borrow from any other CC Strikers Under 9 team, and Under 8 team, Women's Under 8 teams may borrow from any other Women's Under 8 team.
- Women's Under 9 teams may borrow from any other Women's Under 9 team or Women's Under 8 team.

Teams in the Saturday Mixed Competition may NOT borrow from teams in the Sunday Women's Competition, and vice versa, unless the player is dual registered.

The maximum number of borrowed players in a game is four. The exception is in round robin/semis/finals when the number of borrowed players is reduced to two.

Managers should take care to ensure that borrowed players are not placed in a game level that they cannot handle.

### **Unregistered players must not be used.**

Remember that borrowing players should be done to bring your team up to the minimum number of players to play the game and not to increase the skill level of your team.

### Forfeiting Games

If you are unable to field a team for your match you must forfeit. Forfeiting games should only be done as a last resort in exceptional circumstances as we are normally able to organise borrowed players for your teams with adequate notice. Please text your Age Coordinator about your forfeit by 9am on the Friday morning before your game. Failure to do this may result in the MWFA imposing fines on the CC Strikers.

## Game Day

### Coach and Manager IDs

All coaches and managers should wear their MWFA coach or manager IDs while at the field for your team's game. Your ID must be displayed so that it is visible to others. If you do not have coach or manager ID, you cannot be in the technical area.

### Technical Area

The technical area for the U6 and U7 teams is the corridor between the two fields used for your team's games. Coaches, managers and substitute players should stand in this area to make it easier to coach players and manage substitutions. Parents and spectators should stand on either side of the fields rather than behind the goals or in the technical area. All coaches and managers in the technical area must display their coach or manager ID.

### Match Balls

Have match balls available of the right size and at the right pressure. Fewer than 6s and Under 7s use size 3 balls.

### Check Player Equipment

Ensure that each player has shin pads, Club socks, Club shorts and Club shirt. Shin pads should be worn on the inside of the socks and must be worn at training and games.

### Jewelry, Casts or Braces

Players must not use any equipment or wear anything that is dangerous to himself or another player. This includes any jewelry or any cast or brace with rigid parts. Taping jewellery is NOT acceptable. Encourage your players to remove all jewelry at home prior to arriving at the field. Players arriving at the field wearing jewellery should remove it and give it to their parents for safekeeping. Any casts or braces with rigid parts are not allowed, even if padded.

The only exception to this rule is Medic Alert bracelets containing emergency medical information. The bracelet should be taped appropriately and to the satisfaction of the referee of the game.

### Spectator Sportsmanship

Ensure that your spectators conduct themselves in a sporting manner. Be prepared to speak with anyone who is bringing the game and/or the Club into disrepute. If you have an issue with a parent that continues to not conduct themselves in an appropriate manner, please bring this to the attention of your Age Coordinator.

### Rules

Know the rules and have a copy available for reference at all matches. They are available on the website on [www.ccstrikers.com/Coaches and Managers/Competition Rules](http://www.ccstrikers.com/Coaches%20and%20Managers/Competition%20Rules).

### Wet Weather on Game Day

Local councils have wet weather lines or WebPages that advise if their grounds are open during rainy weather. However, a closed field does not mean that your game is cancelled. Please wait for the official word from the Club through the Team App and/or from your Age-co-ordinator to see if your game is cancelled or moved. Assume your game is on unless you see a message stating otherwise.

It is the manager's duty to advise your players about game cancellations or field changes. You can do this in whatever way works for your team: text messages, emails, phone trees, etc.

Please note that cancelled games might not be rescheduled.

### After the Game

Applaud the players of both teams and the referees.

### Game Results

Text your result to your Age Coordinator as soon as the game ends. Include the name of the home team, goals scored, the name of the away team and goals scored, i.e. "Home CCS U8 Bandits 7 - Away Curl Curl Longhorns 0".

### Injuries

If a player is injured during a game or at training, it must be reported within fourteen days. Failure to notify the Club of an injury within this time frame may jeopardise a player's insurance claim. Information regarding the reporting of injuries can be found on the Club's website,

### Incidents

If there is any type of incident at your game or training session, please inform your Age Coordinator as soon as possible. Include all the details that you have about the incident including location, date, time, teams present and, if possible, names of those involved in or who witnessed the incident.

Your Age Coordinator will forward this information to the Club Secretary create a submission to the MWFA.

### Out of Area Gala Days and Competitions

Strikers encourage all teams to attend out of district gala days and competitions. If your team is considering participation in an event, your Age Coordinator must be notified prior to entering or competing. This is to ensure that your players are covered by insurance. A Football NSW Sanction Form must be completed and submitted to your Age Coordinator before entering the gala day. This form can be found on the website.

Transport, accommodation and other expenses are the responsibility of the competing team. The CC Strikers Club can assist with half of the gala day registration fee (up to \$100 per team). The Strikers will only subsidise any one team a total of two times per season, if a team attends more than two gala day competitions in a season then the team is responsible for all costs, including entry fee.

### Additional Information

The CC Strikers, MWFA and Football NSW have created policies that govern the competition, including coaching tips, good sportsmanship, weather cancellations, and many other topics. The CC Strikers has links to many of these policies on the Club's website. Please read through those policies so you are familiar with them.

**In registering as a coach or manager you agree to abide the various governing bodies and CC Strikers codes of conduct. These are rules put in place to encourage fair play and treatment of everyone at a football match and must be followed.**

**You can read the Codes of Conduct Document at <http://www.ccstrikers.com/2016-01-21-22-48-23/competition-rules>. We may be asking you to sign a Code of Conduct Declaration prior to commencement of the competition.**