

Tuggeranong United Football Club



Premier League Player's Manual 2010

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INTRODUCTION

1. Background

Congratulations on being a part of the Tuggeranong United Football Club Premier League squad. The Club recognises and fosters excellence in our young players and the club was formed to help players to realise their full potential. This manual provides some guidance for Club players so that you know what is expected of you and you can organise your activities. It is essential that players read the manual and understand the requirements and expectations of being a member of the Tuggeranong United Premier League squad.

Tuggeranong United has been admitted to Capital Football's Premier League competition and will field teams in the Premier League, Premier Pathway League, Premier League Under 18 and Premier League Under 16 Competitions. The club will also compete in the Divisional competitions (levels to be determined by player strengths) and in the Masters Competitions.

Tuggeranong has a long and proud football history having produced a number of players who have represented Australia, the Territory and have played in the National League and National Youth League competitions.

Our Head Coach for the 2010 season will be Darren Viskovich. Graeme Plath has accepted appointment to the Premier Pathway League coaching position and Derek Lawrence will continue in the role of Premier 18 coach. Chris Whittaker has been appointed to coach the Premier League 16's.

Coaching Staff Contacts

Darren Viskovich	0421 078 876	darren.viskovich@bigpond.com
Graeme Plath	0431 070 856	gplath@bigpond.com
Derek Lawrence	0418 411259	derek.lawrence@optusnet.com.au
Chris Whitakker	0421 800 171	whit151270@hotmail.com

ADMINISTRATIVE MATTERS

2. 2008 TUFC Committee

The committee consists of nine members elected to the committee at the November 2009 AGM. The members and their roles are:

Member	Role	Contact Details
Anthony Corder	President	0413 004476
Steve Diggle	Vice President	0411099750
Danny Parker	Treasurer	
Olather Butler	Sponsorship	0410824736
Rob Maguire	Registrar	0409820281
Matt McDonald	Social	0449144869
Keon Ansell	Website	
Jeremy Butler	Equipment	
Ian Diggle	Committee Member	

All committee members have responsibilities for assisting other members along with their primary roles

3. Premier League Reimbursements

Before the season proper starts in April, coaching staff will select up to 15 players to form a first grade squad. These players will have their playing fees covered by the club. They will still need to complete the FFA registration process, but not be required to pay any fees.

This arrangement is made on the understanding that the player will complete the season in Premier League for TUFC. If the player chooses, during the season, to join another Capital Football region club, or decides to leave the PL Program for the Divisional teams, they may be asked to pay the full amount before being released to do so. Once a player takes the field for Tuggeranong United in an official match (ie. Fed Cup or PL), they will have incurred a cost to the club, and should they leave, may be required to repay such costs.

Players that have had their fees covered by TUFC will be expected to perform such duties as attendance at post match functions, and participation in rosters for assistance to TUFC Juniors, and canteen duties when required.

During the season, any players outside this squad who make an appearance for first grade will be reimbursed at the rate of \$25 per appearance. An appearance is defined as being on the match card as a player (ie. sitting on the bench counts). This reimbursement applies to the season proper only, not the Federation Cup or any pre/post season or friendly matches.

Payments will be made by cheque at the end of the season. These payments are offered on the understanding that the player will complete the season in Premier League for TUFC. If the player chooses, during the season, to join another Capital Football region club, or decides to leave the PL Program for the Divisional teams, they forfeit any remunerations.

4. Playing Fees:

Playing fees are necessary to allow the club to function. These fees are utilised to provide playing strips, playing and training equipment, paying for the use of sports grounds for training and matches, registration with the FFA, insurance, referees. It costs the club an amount greater than is charged in playing fees – however we attempt to keep the fees at a level that is affordable. The shortfall between playing fees and actual costs is made up through the sponsorship and support of local businesses. We also run a number of fundraising social events throughout the year and a canteen is run on match days. All these things help us to keep the cost to players as low as we can.

Playing fees for all players not included in the first grade squad as described above, for the 2010 playing season, have been set at:

- \$360 per player for senior players (21 and over)
- \$300 per player Under 20, and
- \$190 per player for Under 18's.

This year each player will receive, on completion of payment for registration, a kit bag and a pair of club socks.

All members of the Tuggeranong United Football Club Senior squads, not selected in the first grade squad, are expected to pay **their fees in full prior to the start of the regular season.**

The final date for payment in order to play the first game of the season is 1 April 2010.

A player's registration will not be completed with capital football until the relevant playing fees are paid in full. This means that you will not be able to take the field in the regular season unless you have completed the registration process and paid playing fees in full.

Team managers will be the primary point of contact for registration. Registration is completed via the Football Federation Australia (FFA) web based registration program. Detailed information will be distributed during pre season on how to complete this process.

If you have any queries regarding registration please see the registrar, a committee member, or your coach/manager.

EXPECTATIONS

5. Club expectations of Premier League Players

As a Premier League player with Tuggeranong United Football Club there are some expectations placed upon you. These are:

- When you join the Premier League Program, you are joining the TUFC PL Squad, rather than a specific team. The TUFC coaching staff will decide who plays in which team on an ongoing basis.
- You will be expected to attend regular training sessions to the satisfaction of your coaches.
- You will be expected to make yourself available to whichever teams you are selected to play in, which may include being a substitute for a higher grade.
- Starting line-ups, substitutions, promotion and demotions are selected on merit, rather than purely participation.
- Whilst all efforts will be made to accommodate dropped players getting playing time in another team, it's possible that some players will not get a run some weeks.
- You must adhere to any dress code dictated by coaching staff for match days.
- You may occasionally assist Junior Coaches with training sessions. This will be a requirement of two or three times during the season.
- You are expected to participate in club functions, such as post match functions, social events and possibly Capital Football events.
- assist in club activities such as canteen rosters, Summer Sixes etc to benefit the club in its running and organisation.

6. Club Captain and Team Captains

The Head Coach and the Committee will appoint a team captain for First Grade, who will become the Club Captain for the season.

The Club Captain's duties will be as follows:

- Represent the players of Tuggeranong United to
 - Other clubs
 - TUFC Juniors
 - Capital Football
 - Media
 - Sponsors
 - Supporters and
 - Parents
- Lead all the players in the club by example
- Mentor and be a role model for younger players
- Become familiar with teams at all levels
- Be approachable by all players
- Contribute and participate in off field Club activities

Premier League coaches will appoint Team Captains to other teams as they determine appropriate. These Team Captains will lead their teams on the field, and represent them at club or media events when required.

7. **Training:**

Training will be held at the Wanniasa Oval, Sternberg Cres Wanniasa commencing at 18:30 on Tuesday and Thursday evenings.

Players should be ready to train at least five minutes prior to the start of the session and at the specified time for training games.

These fields are shared with Junior teams, and Senior players must not disturb or interrupt these other teams during their warm-up or training.

Training will commence at the designated time regardless of whether all players are in attendance. Players who arrive late for training and games may find themselves on the bench.

Players are to contact one of their squad staff (coach or manager) if they are going to be absent or late for a training session. It is **your** responsibility to ensure your coach knows about any absence or late arrival.

On completion of training all players are to assist with the return of training equipment to a central point.

8. **Match Day:**

Players are to arrive at the appointed ground no later than one hour (60) minutes prior to the start of the games. Players are also to ensure that the Squad Manager has noted their arrival. Players who arrive late for games may be on the bench.

You may be required to adhere to a dress code for arrival at match venues. Your coach will advise the details of such a code.

On completion of the match, players are to attend the dressing rooms for a post match debriefing.

The club may have after match commitments for players, such as attending sponsor's premises, or observing higher grades, attendance at these sessions are mandatory. Players are to advise their squad staff (coach or manager) if they will be unavailable to attend.

Players are to contact one of their squad staff (coach or manager) if they are going to be unavailable or late for any match. It is **your** responsibility to ensure your coach knows about any absence or late arrival.

9. Inclement Weather:

Where there is an expectation that ACT Sports Grounds may be closed due to wet weather players are to contact their respective Squad Manager by 1700 on the day of training, and as early as possible on match days, to get advice on any alternate arrangements that may be in place. Failure to do so may result in players being stood down / benched for upcoming games.

When sports grounds are closed the club may make suitable alternate arrangements for players to train. This may include Gym sessions, Pool sessions or Indoor soccer (Futsal).

HEALTH AND FITNESS

10. Flexibility And Stretching

Players in all senior squads are expected to self manage their fitness levels. It should not be considered the responsibility of the club to ensure that you reach your optimum levels of fitness.

During the year there are a number of demands placed on you in sport and it is essential that you maintain a good flexibility program that will assist in minimising injuries while also enhancing your range of movement.

All sessions will commence with warm-ups and finish with cool-downs which will include stretching exercises.

Players are also encouraged to stretch on a regular basis outside of Tuggeranong training and games.

11. Injuries

All injuries, whether they occur at squad / club training or matches, should be reported to your team staff as soon as possible. It is important that the correct treatment is provided as early as possible. Your squad coach may also require you to complete an Injury Report Form prior to your return to training or matches. The coach may also request a formal clearance from your doctor or physiotherapist.

If you are injured and need to make a claim, the information on how to claim is available from the Capital Football website under the Organisation tab select Library and Admin in the drop down menu. The address details are: <http://www.capitalfootball.com.au/library/>



CODE OF CONDUCT

This code of conduct applies to all Tuggeranong United Football Club players, coaches and managers.

1. I will engage in the following positive behaviours:
 - a) Promotion of the sport of football and those who support the sport including its clubs and sponsors;
 - b) A spirit of fair play, including playing by the rules of football and accepting the decisions of referees;
 - c) Respect for players (including both team members and opposing players), coaches, referees and officials, and
 - d) A competitive spirit in the conduct of the game, striving for excellence at all times.

2. I will not engage in the following behaviors:
 - a) Public comments or actions which bring the sport of football, Tuggeranong United Football club it's players, coaches, referees, officials or sponsors into disrepute;
 - b) Violent acts, verbal abuse, offensive language or behaviour, or acts likely to incite others, including spectators, to engage in such behaviour;
 - c) The use, possession or promotion of performance enhancing drugs, and
 - d) Harassment, discrimination or vilification on the basis of race, sex or religion.

3. I acknowledge that by signing the declaration hereunder that I will adhere to the code of conduct and accept any disciplinary action taken by the club should I breach the Code of Conduct.