

SWAN DISTRICTS FOOTBALL CLUB

2012 Player Handbook

Senior Women's Squad



Introduction

In 2007 the women's team known as Southern Thunder was approached by Swans Districts Football Club to join forces in growing the female game in the our District. This fully integrated partnership has seen the Swan Districts Womens team and its pathway become the Best Practise Model for all Womens teams in WA.

Female Football is growth area for our club and we are proud to be the only club in Australia to support a complete player pathway for women and girls delivering all girl Auskick centres, Junior (U12's) and Youth Girl Competitions (under 17's), Under 19's, and senior womens football with teams in the WAWFL Premier & Division 1 competitions.

Swans are commitment to developing opportunities for all women and girls in the game including playing, coaching, umpiring, administration and career pathways.

Contacts

POSITION	NAME	CONTACT NUMBER	EMAIL
Head Coach	Angela Doyle	0433 394 030	adoyle@swandistrictsfc.com
Premier Division Asst Coach	Joanne Taylor	0415 575 771	jtaylor@swandistrictsfc.com
Premier Division Manager	Cheryl Osborne		
Premier Division Runner	TBC		
Division 1 Coach	TBC		
Division 1 Manager	TBC		
Division 1 Runner	TBC		
Head Trainer	Alan Lai		
General Manager Football Operations	Phil Smart	0419 901 635	psmart@swandistrictsfc.com

****Fees**

Option 1: \$220 (excludes Polo Shirt)

Option 2: \$250 (includes Polo Shirt)

Your fees include the following:

- Registration fee
- Training Singlet, Running Shorts & Cap
- Polo Shirt (optional)
- 2012 Swan Districts Standard Membership (worth \$70)
- 2012 Ground Admission to WAFL Round Games (worth \$90)
- Weekly Umpire Fees*
- Access to facilities at the club, such as the Gym.
- On field uniforms (washed weekly and remain the property of SDFC)
- Full time Medical Staff & JLT Insurance (please read Medical Policy)

*No payment will be required on game days.

****Please note**

- ***Fees must be paid before Round 1 of the 2012 season. If you cannot pay in full please see your Manager to set up a payment plan.***
- ***Under 18 players may be eligible for Kidstart program – check with Ange.***
- ***Payment may be made by cash (to your manager), EFTPOS or credit card at SDFC reception.***

Training Program

Training Rules

1. Be on time
2. Don't save yourself
3. Train for yourself
4. No walking
5. Text/Email Coach/Asst Coach if you can't make training

Pack your Training Bag

- Good running shoes
- Football boots
- Cap
- Sunscreen
- Drink Bottle
- Running clothes
- Mouth guard
- Waterbottle x 2 (water & recovery drink)
- Towel
- Handbook & Pen

Pre-season Training

Pre-season training will occur on:

Wednesdays

Time: 6.30pm

Venue: Swan Districts Football Club

Focus: Game strategy, fitness, strength, skills

Sundays

Time: 8.00am

Venue: DNA Tower, Kings Park

Focus: Aerobic & Anaerobic Fitness

In Season Training

In-season training will occur on:

Wednesdays (starts 18th April)

Time: 6.30pm

Venue: Swan Districts Football Club

Focus: Game strategy & skills

Fridays (occasional)

Time: 6.00pm

Venue: Swan Districts Football Club

Focus: Specialist sessions, finals lead up

Game Day (*Competition starts Sunday 15th April*)

Game Day Schedule

Division 1		Premier Division	
11am	Division 1 players arrive Check in with Manager All strapping to be completed Uniforms & boots on	1pm	Premier division players arrive Check in with Manager All strapping to be completed Uniforms & boots on
11.30am	Coach Briefing	1.30pm	Coach Briefing
11.40am	Pre-game warmup	1.40pm	Pre-game warmup
11.58am	Captain's address	1.58pm	Captain's address
12pm	Game On	2pm	Game On

What you need to **bring** to each game:

- Drink bottle
- Football Boots
- Mouth Guard (This is compulsory for all players and the club takes no responsibility for those who choose not to wear this piece of safety equipment)
- All Black Football Socks – supply your own

What you need to **wear** to each game:

- 2011 Women's polo shirt

2011 Women's Annual Events

Dates to be confirmed:

- Jumper Presentation
- Quiz Night
- Bogan Bingo Night
- Women's Presentation Night

**Subject to change*

Medical Policy

It is HIGHLY recommended that each player has Private Health Insurance.

Please note the difference in options with and without Private Health Insurance:

Private Health Insurance

- Access to Physio (no cost for injury incurred while playing/training for Swans)
- Ambulance Cover
- Access to best surgeons & shorter waiting times in Private system.
- Insurance claim processed by Sports Clinic

No Private Health Insurance

- Pay up front for Physio for all injuries
 - o Standard Consultation \$65
- Insurance claim & up front costs your responsibility – this will cover 90% of non medicare expenses only (excludes surgeon, hospital, anaesthetist, MRI costs)
- Longer waiting time for surgery in Public Health system.
- Ambulance fees your responsibility (approx \$800)

*Also please note that any dental injury incurred as a result of not wearing a mouthguard will not be covered by the club. All senior players who are not wearing a mouthguard will be required to sign a waiver. All Under 18 players MUST wear a mouthguard – you will not be able to take the field without one.

Australian Football is a full contact sport and we want all our players to have the best medical advice and support available. Single person private medical coverage starts from as little as \$10 per week, please ensure you take responsibility for your health and get coverage.

CORE VALUES:

- Commitment
- Trust
- Respect
- Honesty
- Passion

COACHES EXPECTATIONS OF PLAYERS:

- Committed
- Selfless for the team
- Respectful
- Positive
- Honest
- Enjoy your football

PLAYER EXPECTATIONS OF TEAM MATES:

PLAYER EXPECTATIONS OF COACHES:

**All breaches in behaviour will be dealt with by the Leadership Group who will make a recommendation to the Coaching Team – the decision of the Coaching Team will be final.*

**Any issues with Coaching or Management staff may be reported to the Head Coach or alternatively the SDFC General Manager Football Operations, Phil Smart.*

Team Song

**We're all right,
We are the Mighty fighting Black and Whites
There's not another team to match our pace,
Take our place,
The swans boys are jumping
We sure have started
something
Here we come
Our banners fly on high to show that we have won
We play with all our might
Because we're full of fight
We're the famous
Black and Whites.**