



## Under 16 and Under 18 Player Manual - 2022

### Introduction

The rules and regulations outlined in this manual apply to all registered players of Sturt Football Club.

It is important that you read this document. The manual will enable you to clearly understand what expectations the Club has of you as a player, and what responsibilities the Club has towards its players.

Should you have any difficulties in understanding any part of this manual, do not hesitate to contact the Centre of Excellence Manager.

### Contact Numbers

Club Office: Phone – 8271 4611

High Performance Manager	David Oatey	0416 195 121
Centre of Excellence Manager	Michael Higgs	0410 913 568
Centre of Excellence Head Trainer	Tamara Lane	0450 126 490

### Training obligations

Throughout the year both squads train Tuesday and Thursday nights. Dates, times and venues will be specified in block training schedules and provided to each player.

If selected into the Marty Mattner Academy training will occur every Monday night. All other players train every second Monday night unless advised.

### Dress code

A player's appearance and demeanour are important in expressing the values of Sturt Football Club

Players must wear the official club apparel to all matches the club participates in, or at any media or promotional activities or functions.

The Club will provide the players:

- Training guernsey x 1
- Match day guernsey x 1
- Match day shorts x 1
- Match day socks x 2
- Training t-shirt x 1
- Training hat x 1
- Match day warm up t-shirt x 1
- Navy casual shorts x 1
- Track pants x 1
- Hoodie x 1

Lost items will need to be replaced and will be at the expense of the player.

Players are required to provide their own:

- Football boots
- Running shoes

### **Pre-match procedures**

Players must ensure they arrive at the match venue at the nominated time and with the official playing attire:

- Late attendance will result in the player missing that game if an emergency player is present or the following game if there is no emergency player present
- Wear official Club match day attire to the game
- Football boots – It is recommended that players have two pairs of boots, one with moulded sprigs and one with screw ins for when the grounds are heavy
- Football socks
- Football shorts
- Football guernsey
- Mouth guard – it is recommended players wear mouthguards at training and games
- Water Bottle

### **Medical**

- The Centre of Excellence Head Trainer is responsible for the diagnosis and management of injury and illness and the structure and supervision of rehabilitation and treatment programmes for all players.
- Players must report all injuries or illness to the Head Trainer immediately upon the condition becoming apparent. Please note: the date of reporting injury is vital for insurance claim purposes whether this relates to immediate or later claims.
- The Club will only cover costs of injury when players attend medical professionals as directed by the Head Trainer.
- The decision to train or play always remains with the appointed medical staff of the Club.
- It is strongly advised that all players have private health insurance.
- The club uses Marsh Insurance. This insurance can be used by all players when they are injured during trainings or playing games for Sturt Football Club. The Head Trainer will direct the player and family to the appropriate medical professionals. The insurance covers a maximum of 90%. If a player has private health insurance this will likely cover the gap. If a player does not have private health insurance, they will be responsible to pay the gap.

### **Selection**

- During the season players will be informed of the match day squad after training on Tuesday night. Players not selected are expected to train with their local or school football team for the remainder of the week and play for them that weekend. Sturt Football Club will email the list of eligible players to all Clubs within the Sturt zone on Wednesday morning.

### **Communication**

- All official communication from Sturt Football Club will come from [general@sturtfc.com.au](mailto:general@sturtfc.com.au)

- Both teams have a Facebook group for the players. This is not compulsory for players to join. Information posted on these pages will be provided to players at training.
- The SANFL app is another source of information to cross-check game times and to access results and statistics.

### **Performance enhancing drugs**

- All players from the under 18 squad participate in an education session which covers recreational and performance enhancing drugs. Players can be randomly drug tested. Sturt Football Club has a zero tolerance for drug taking.

### **Centre of Excellence Player Fees**

- Players who are invited to attend Pre-Christmas training will be asked to pay \$100
- Players selected in the final Squad after Christmas will be asked to pay a further \$450.
- The invoice will come from [general@sturtfc.com.au](mailto:general@sturtfc.com.au)
- If you need to organise payment plans please contact the Sturt Football Club on 8271 4611

### **Training Locations**

- The Sturt Football Club uses the below venues for training dependant on availability

Unley Oval, 39 Oxford Terrace Unley

Urrbrae Agricultural School, Corner of Cross and Fullarton Roads

Cornerstone College, Adelaide Road Mount Barker

Summit Sport and Recreation Park, Springs Road Mount Barker