



UNDER 14, 16 & 18 PLAYER MANUAL 2024

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Introduction

It is important that all registered Sturt Football Club (Club) players read this manual. It defines the expectations the Club has of you as a player, and what responsibilities the Club has towards its players.

Should you wish to discuss anything from this manual do not hesitate to contact the Centre of Excellence Manager

Vision

To be acknowledged in all respects as the premier Club in the SANFL

Mission

The diligent pursuit of excellence and success through continuous club wide improvement and creating a pathway for our players to play in the AFL or SANFL

Values

- S** – Steadfast in our pursuit of excellence
- T** – Trust that we will achieve our goals
- U** – United through inclusion
- R** – Respect for our Club, partners and community
- T** – Teamwork both on and off field

Objective

Sustained success and to win grand finals

Club Summary

Located at Unley Oval, Sturt Football Club (Club) was established in 1901. The Club is made up of two incorporated associations – Sturt Football Club Inc. and Unley Community Sports Club Inc. A Board of Directors is responsible for the running of both entities.

The Club has won 15 League Men premierships in the South Australian National Football League (SANFL) and is one of the premier Clubs in the SANFL.

The Club has a culture of success and pride in its performance and exists for the benefit of its members and to support the promotion and development of Australian Rules Football.

The Club manages teams in all the competitions run by the SANFL. The Club, as well as the other seven SANFL Clubs has equity in the SANFL. The Club enjoys a good relationship with the SANFL as we strive to deliver both the short- and long-term goals of the League.

Other key relationships include City of Unley, members, sponsors, staff, players, and volunteers. There is a positive community feeling about the Club both on and off the field.

The Club owns and operates a Hospitality Venue –Jack’s on Unley located at 166 Unley Road Unley.

The aims of the Club

- To provide for the players of the Club’s regional and metropolitan zones the opportunity to play Australian Rules Football at the highest level - SANFL in South Australia and the Australian Football League (AFL) nationally.
- To promote, foster, encourage, advance and develop the game of Australian Rules Football.
- To assist in the educational advancement of the community by means of the development of a sense of fair play and a love of sport, especially in and through Australian Rules Football.
- To promote leadership, unity and good fellowship among the players and members of our club and other clubs.
- To play finals football consistently in all grades and to maintain the Club’s reputation in the SANFL.

Office bearers & contact numbers

Club Office: Phone – 8271 4611

Board of Directors

President	Jason Kilic	0417 847 926
Football	Chris Thredgold	0408 020 454
Finance	Ben Pledge	0418 203 223
Director	David Reynolds	0417 808 812
Director	Grant Nancarrow	0412 693 797
Director	Phillip Halliwell	0402 845 433
Director	Jenny Hurley	0413 750 956
Director	Corey Gray	0412 225 217

Staff

CEO	Sue Dewing	0498 650 747
Football Manager	Chris Trapp	0402 278 972
Centre of Excellence Manager	Scott Prebble	0400 634 457
Development Manager	Daniel Merrett	0400 913 352
Centre of Excellence Head Trainer	Hayley Sutton	0432 090 818

Communication

Official Club communication will be from general@sturtfc.com.au .

The U18s 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.

Player code of conduct

Players will conduct themselves on and off the playing arena in a manner that will maintain the high reputation of the Club and/or the players personal reputation as a leading Australian sportsman.

The Club does not condone or encourage, nor will it tolerate the racial and religious vilification, sexual assault or harassment of any person. There are significant legal and financial ramifications for players who choose to disregard the standards of morality of the Club and of society generally.

Language generally regarded as insulting, vilifying, humiliating, unpleasant, offensive or unacceptable in public shall not be used by players and officials representing the Club. This direction is related to demonstrating concern and respect for members of the public, personnel who provide a service within the Club's change rooms and people, including umpiring personnel and opposition players, on or near the playing arena who could be offended by such language.

Players are not to urinate on the playing arena at any time (players are to leave the oval to do so).

Players are encouraged to demonstrate concern, respect and appreciation for Medical Staff, Training Staff, Room Staff and League Officials always. You are to exhibit a "*Sweep the Sheds*" attitude and pick up and bin your own strapping, paper cups and general waste in the correct rubbish bin.

Performance enhancing drugs

The Club condemns the use of banned performance enhancing drugs and doping practices.

The use of performance enhancing drugs and doping practices is contrary to the ethics of sport and can be harmful to the health of players.

The Club also condemns the personal use of recreational drugs, which are illegal.

The only legitimate use of drugs in sport is under the supervision of the Club's physicians and medical staff for a clinically justified purpose.

Players are advised not to purchase any medications over the counter of a pharmacy and are strongly advised not to accept medication from another player or person.

Players are advised not to consume food supplements that have not been cleared by the Club. Such supplements could contain banned substances.

All players from the Under 18 squad will participate in an education session about performance enhancing and recreational drugs and can be randomly drug tested.

The Club will cooperate fully with the SANFL and drug testing authorities. There are significant legal and financial ramifications for players who choose to disregard the doping policy of the SANFL.

Refusing to provide a sample for testing when requested] places a person in breach of the SANFL's Drug and Doping Policy.

The Club accepts the legitimacy of testing results carried out by a drug testing authority i.e. ASADA.

Training obligations

Throughout the year the U18 squad will train 3 nights a week, Monday, Tuesday and Thursday. The U14 & U16 squad will train 2 nights a week, Tuesday and Thursday. Dates, times and venues will be specified in block training schedules and provided to each player.

The Club uses the venues below for training:

- Unley Oval, Trimmer Terrace Unley
- Urrbrae Agricultural School, corner Cross & Fullarton Roads, Urrbrae
- Cornerstone College, Adelaide Road, Mount Barker
- Summit Sport & Recreation Park, Springs Road, Mount Barker

Dates, times and venues will be provided in a block training schedule to each player.

Player management in hot conditions

Heat exhaustion is not a trivial matter – it is a serious health risk.

The following factors can contribute to heat injury-:

- High ambient air temperature;
- Solar radiation;
- Humidity;
- Dehydration.

Exercising in hot weather conditions can place players at risk of heat illness in extreme circumstances – even death.

It is recommended that players-:

- Consume four litres of water in the eight hours prior to any training session where extreme conditions are to be experienced
- Consume at least 8mls of water per kg of body weight no more than two hours before the planned training session or match.

Selection

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 club for the remainder of the week and play for them that weekend. The Club will email the list of eligible players to all Clubs within the Sturt zone on Wednesday mornings.

Dress code

A player's appearance and demeanour are a reflection of the Club.

Players must wear the official club apparel to all matches the club participates in, post match presentations or during any media or promotional activities and functions.

The Club will provide to its 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

Any lost items are to be replaced at the expense of the player.

Players are required to purchase:

- Football boots
- Running shoes

Pre-match procedures

Players will ensure they arrive at the match venue at the nominated time and with the correct and 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
- It is recommended that players have two pairs of boots; one with moulded sprigs and another with screw in sprigs for wet weather
- Football socks
- Football shorts
- Football guernsey
- Mouth guard – no player is to take the field for competitive training or matches without a properly fitted mouth guard
- Water bottle

Security and player's valuables

The Club will not take responsibility for the loss of valuables on match or training days.

Club property

All players are reminded of their responsibility to treat club property as their own, including keeping the changerooms and the gymnasium clean and tidy.

All players must ensure that all rubbish is placed in bins and not leave it up to others to clean.

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 to all players

Players must report all injuries or illness to the Head Trainer immediately the condition becomes apparent. Please note: the date of reporting injury is vital for insurance claim purposes whether in regard to immediate or later claims.

The diagnosis and management of injury and illness is the responsibility of those medical professionals approved by the Head Trainer. If, after a reasonable period, a player wishes to seek a second opinion from another medical source with regard to prognosis and subsequent treatment of persistent injury he may do so providing it is done in conjunction with the Head Trainer

The decision to train or play remains with the appointed medical staff of the Club

It is strongly recommended that all players have private health and hospital insurance

The Club uses Marsh Insurance. This insurance can be used by all players when they are injuring at training or playing for the Club. The Head Trainer will direct the player and family 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.