# **Pre-Season Preparation**

Prior to the season commencing you will receive a team list via email from the Registrar. Once you receive the list you can start planning for the season. You will need to:

- Liaise with the coach to plan for the season and confirm Team Training time/s, which is confirmed by President of the club/ coaching coordinator
- Decide on what if any team fundraising you will do for the season. (Fundraising is optional) Some teams fundraise to pay for end of season break ups/activities, oranges/lollies, umpires or team building activities
- Decide on a method of communication that you will use to contact the parents. Ie. Email / facebook / Text message. Many teams use a Team Facebook page to advise parents of training, games, club events etc.

If you decide to set up a Facebook page we recommend you have your TM Co-ordinator in the group (especially for the first few weeks) as they will be your first point of call if you have any queries.

The group must also be a closed group.

Please also be aware that not all families may be on Facebook, so alternatives may be needed for those families

- Make contact with all parents from the Team; (best way is via a group email initially)
  - Introduce yourself and the coach
  - Inform them of Training time/s
  - Advise how you will be communicating with them throughout the season.
  - Advise them of the various Volunteer roles that need to be filled each week and seek interest (\*See Game Day Roles)
  - \*\*\*It takes a village for Junior footy to run every week the more parents you can get on board the better/ easier your job will be.\*\*\*
  - Remind families of the Merchandise they will need (Socks and Shorts) before the season starts
  - Ask if their child has any medical conditions that you need to know about.
  - Send any Important Dates (Round 1, Awards nights etc)
  - Sort jumpers and organise jumper presentation at training (this can be done in club rooms or on oval after training). Ensure you note down name & number of jumper on your team list so you know who has received their jumper.
- You'll receive a First Aid kit at the Team Manager meeting. Your game day Trainer will be responsible for this during each match.
- Confirm who your Trainers (best to have a few to alternatite, especially as back up) These names
  will be and passed the First Aid Co-ordinator (see committee contact list) and they must supply
  their first aid certificate.

Note: Teachers and nurses have this already, for those parents who want to be a trainer but don't have a certificate, the club offers training for this.

Become familiar with the LJFC Social Media Policy as listed on the club's
website: www.langyjfc.com.au. All club representatives, parents and members are responsible for
their actions, including comments or information posted on Social Media. The club may sanction
any officials or members for inappropriate or offensive communication.

# **Club Meetings**

LJFC will hold meetings for coaches and Team Managers, which it is expected you will try to attend. Dates to be confirmed.

### **Social Events**

- Let parents know about the Social Functions that Langy JFC will be holding this year. Share any correspondence the club may distributed relating to social events.
- TM's and Coaches are expected to support and encourage their families to attend the social functions.
- LJFC Gala Awards Night is one of our big events and is always a lot of fun Date and Venue TBA. Coach and Team manager are given tickets to this event at no charge. 1 each per team. If your share your team manager role, you can split the cost of one ticket to make it fair.

## **Awards Night**

Your team will be rostered for a minimum of 1 award nights during the year.

You will receive a roster from the Team Manager Co-Ordinator.

Once you receive the roster, advise your team of your scheduled dates.

This night the awards you normally give out on game day will be handed out at the club.

The awards night is held in the Junior club rooms. Meals can be purchased and the Bar is open for parents to have a social drink with other parents.

Awards nights are held on a Sunday night, doors open 5pm.

#### **AWARDS**

Awards will be provided to you by your TM coordinator.

To ensure the awards last all year it is advisable that you hand out a 2-4 awards each game, with the canteen award as an additional award (only available for games 9am-1pm).

Once you run out of awards there are no more available. Ensure you keep a spreadsheet to keep track of who has received awards. This is important particularly for younger player

## **Pre Game Preparation**

#### Week to week (prior to Sundays)

You'll need to start preparing and communicating prior to game days. Here are a few things you'll need to do.

- Print Team Sheets from Player HQ 2 3 copies . Do this on a Thursday or Friday once all your team is confirmed.
- Communicate to all parents advising of game time. What time players need to be there (some coaches like players there up to 30mins before game time) Location of ground, confirm volunteers. You can also send a map of the ground.

Example:



Round 4

Sunday 15th May 11:30am Vs YCW @ Lloyd Park Oval 2 (Home ground) Please arrive 11am for warm up.

Parent helpers for this weeks game:

OBJ

Goal umpire:

Runner:

Trainer:

**Ground Marshall:** 

Timekeeper/ Scorer:

Oranges/Iollies:

Boundary umpire:

Field Umpire: (u11-u17 should have allocated league umpire however back up parent field umpires are a must incase your game isn't allocated one for the day)

If you can't do a role I've rostered you on for please let me know and I'll make adjustments.

• First goal raffle \$2

Thanks everyone.

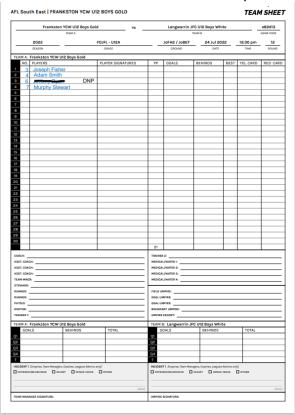


- Get your game day paperwork in order. This involves writing up your vote envelopes, awards, team sheets. Having your onfield roles vests/whistle etc.
- If you know of any players not playing ensure you let your coach know ASAP.

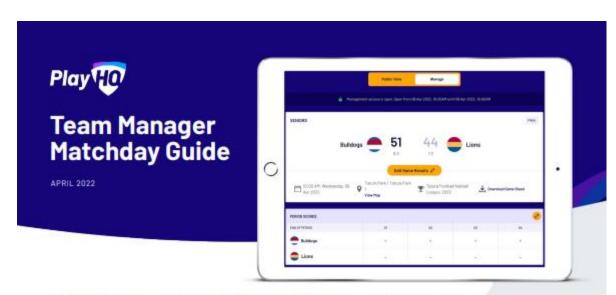
# **Game Day**

When you arrive at the ground there are a few things you need to do first.

- Complete your ground checklist (for home games only) App on phone instructions below.
- Obtain canteen awards x 2 (1 for your own team 1 for opposition team), not for 2.40pm matches (LJFC supply canteen awards for both teams as do many clubs, however some clubs do not.)
- Introduce yourself to the other teams Team Manager, provide them with canteen award (can swap team sheets then, or half time)
- Handout your volunteer bibs and ensure all volunteers are aware of job they have to do.
- Any Players that cant make it last minute on game day and you have already printed team sheets
  - 1. Cross their name off team sheet and write DNP (did not play)
  - 2. You will need to remove them from your team sheet for that game on player hq



- U11-U17 A copy of the teamsheet is to be Signed the Field umpires at half time of the game.
- If the umpire requires a copy of team sheet please provide them with one

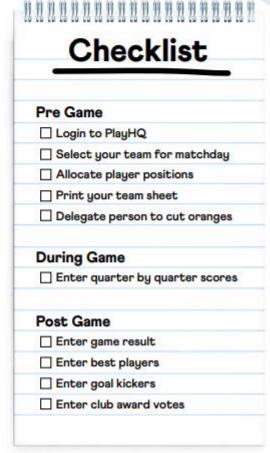


# Thank you so much for putting your hand up to be a Team Manager, it's people like you that keep clubs running.

This document is designed to guide you through using PlayHQ to successfully complete your Team Manager tasks on matchday.

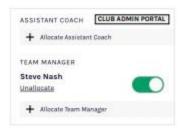
Before we tackle your matchday day to-do list, you'll need to ensure you've registered as a **Team Manager** to PlayHQ.





### **Pre Game**





# Emait\* Please type Password\* Please type Log in

# S Steve

#### Admin allocates Team Manager

Ensure that your club administrator has allocated you as Team Manager.

The Team Manager toggle must be turned on to enable management access.

#### Login to PlayHQ

Login via playhq.com/login using your PlayH0 credentials.

Yet to sign up? Revert back to the previous page for step by step guide on signing up as a Team Manager.

#### Navigate to My Teams

In the top right hand comer, drop down the menu and click My Account. Find the team you are managing then proceed to the upcoming match.



# Select your team for matchday

Navigate to your upcoming match and toggle to Manage. You'll be granted access to Select Team ahead of matchday.



#### Allocate player positions

Under the POS heading, drop down the position of each player. If player positions option is unavailable, the likely scenario is that your league wouldn't have activated the player positions setting. Same applies for emergency players.



#### Print your team sheet

Select Download Game Sheet to export as a printable PDF. Don't forget that games can also be scored electronically.

You're all ready, now it's time to delegate the orange cutting before the big game.

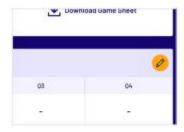


- If you do not have this access, you'll need to touch base with your club administrator to enable team management access.
- Administrators must have allocated players to your team in order for you to select players to match line-up.
- Adding players to a line-up must be done each game.
- You may not have access to edit opposition team line-ups. This is a league setting.



# **During and Post Game**





# Edit Game Results D Dublogs Lies 1 3 50 7 2 A4 TYUL 1515L 1515L

# BEST PLAYERS (0/6) Best Players (1/10) There! In the contraction of the contraction of

#### Enter quarter by quarter scores

You have the option to enter quarter by quarter scores however if you're too entrenched in the match, it's fine to just enter the scores at the games end. Within team management game centre, enter in the qtr by qtr results. Click the icon that's adjacent to Period Scores. If using electronic scoring, there is no need to do this.

#### Enter game result Once the game is con

Once the game is complete, click Edit Game Results to enter final scores. Even if you have entered the quarter by quarter scores, you will need to finalise the match via Edit Game Results. It's important to note that your league will set how many hours after game start time that the scores can be entered. If using electronic scoring, there is no need to do this.

#### Enter best players

Click on the edit icon / that's adjacent to Best Players heading, select the best players from the game in order of best, second best and so on. The league deciphers how many best players can be entered ranging from 1 to 6.







#### Enter goal kickers

Click on the edit icon / that is adjacent to the Player Statistics heading. Enter the goals and behind for each player. If using electronic scoring, there is no need to do this.

#### Enter club award votes

if your club has enabled club awards, click the three dots; that appear in the top right of team management game centre. Click the 2 icon to give votes to players.

Do note that club awards is different to best players. Awards can only be viewed by club admins whilst best players is public.

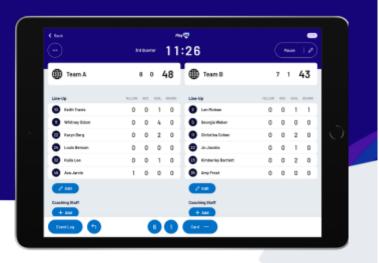
#### You're all done, canteen time

Dim sims, hot dogs, killer pythons, whatever tickles your fancy, treat yourself, you've earned it.



# Checklist During Game Enter quarter by quarter scores Post Game Enter game result Enter best players Enter goal kickers Enter club award votes







#### Managing the lineup

Select or or on a team to bring up the lineup editor.

Click on  $\bigoplus$  or  $\bigoplus$  to move players in and out of the lineup.

To add a fill-in, click ADD FILL-IN and provide required player information.

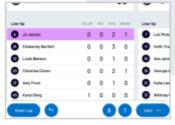


#### Editing the clock & starting periods

Click START to kick-off the next period.
The clock will automatically begin counting
down. The current period will show next to
the clock.

Edit the clock by clicking the 🧷 icon.

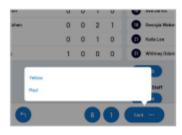
When the clock has run down the period will automatically end.



#### Adding scores

Scores can be added by:

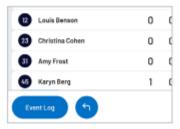
- Clicking on a player or team, then selecting the score OR
- Clicking on the score type, then selecting a player or team.



#### Adding cards

Cards can be added by:

- Clicking on a player or team, then selecting the card type, OR
- Clicking on the card type, then selecting a player or team.



#### Undo and event log

Click on EVENT LOG to view a full history of the games events.

Click on the to undo the last score or card.



#### Finalising a game

Click on the menu on the top left of screen, and select END GAME.

Click SUBMIT to confirm the result and enter the Pin to complete the match.

It is the <u>Team Managers responsibility</u> to ensure individual player goals and statistics are uploaded into PlayerHQ by the end of the day Sunday (after game has been played)
ALL AGE GROUPS are to enter individual scores to go towards "Career Goals"

## **Game Day Volunteers**

All parents are encouraged to help out on game day. This creates a great culture within your team. Fixtures won't be confirmed until the first few weeks of the season, so its best to wait until the fixture is confirmed before you send out your roster.

Allocate parents week to week based on home games or away games for role purposes.

You will need your volunteer's to register via Player HQ. Link will be provided by your TM Coordinator. All **on field helpers** will need to have a current Working with Children's Check.

Visit www.workingwithchildren.vic.gov.au or your local post office.

Follow up with On-Field Team helpers for WWC (this includes, Coach, TM, Runner and Trainer, Goal Umpire and Field Umpire.)

Some parents may be keen to commit to a certain role each week however if you cannot get parents/ family members to commit to a role every week you can create a roster to help share the load, (refer to provided template in your kit). You might find people will be more willing to help when it is rotated on a roster rather than every week.

#### **CLUB UMPIRES**

- In the Under 8, 9 & 10 age groups Club supplied Umpires are used. These are normally parents of players in the team.
- LJFC are implementing an umpiring training/information session for any parents keen to learn the rules and how best to umpire for your age group. Details to come.
- It is aimed that each team is to supply an umpire who will be responsible for controlling half the ground, it is hoped that this method will make the task less daunting and eliminate the perception of favouritism.
- One or two league umpires will be appointed to U11-U17 games.
   Please note it is recommended you allocate one parent field umpire as back up, that in the event your team isn't appointed league umpires, both home and away teams will need to supply one field umpire each.

Team Managers may approach the umpire at the conclusion of the playing quarters; to ensure umpires are supported, have water and raise any concerns for the game.

#### FIELD UMPIRES - UNDER 11's - 17's

League appointed refer to League Handbook for rules for this age group. Under 11's and 12's x 1 Umpires Under 13's – 17's x 2 Umpires

• If an Umpire doesn't turn up to a game you'll need to ask a parent. 1 from each side.

#### PLAYERS SENT FROM THE GROUND

In the event that the field umpire sends a player from the playing field, the following instructions should be followed:

A player sent from the ground may not be replaced for the period of the penalty, penalty imposed is playing time. (refer to red, yellow and blue cards)

Your Runner needs to escort player off the ground. Refer to by-laws

Blue Card- 15 mins off the ground, player can be replaced Yellow Card- 15 mins off ground, player cannot be replaced Red Card - Off the ground for the remainder of the game, player can be replaced after 20 minutes

- Please note that players receiving a red card may be reported and required to attend tribunal hearing (Discuss with umpires after the match & advise TM coordinators and coach coordinators of any Red/ Yellow cards incurred.) 2 yellow cards in a match = Red card penalty.
- If a player receives 2 yellow cards in a season, there is an automatic 1-week suspension to be served immediately. League Admin will advise club.

#### **BOUNDARY UMPIRE**

A goal umpire shall be at least 13 years of age

Dress: White Vest (supplied by club)

- The boundary umpire is responsible for determining when the ball has left the field of play and whether it has done so on the bounce or on the full.
- The boundary umpire is responsible for throwing the ball back into play when it has left the field of play (a throw-in).

Speak with league field umpire to confirm your role

#### **GOAL UMPIRE**

A goal umpire shall be at least 16 years of age

Dress: White Jacket/top and flags (supplied by club)

- Before the match, check that game details are correctly entered on the scorecard.
- Wait for the field umpire to give the all clear before giving a decision. If the field umpire believes the score is a behind he/she will raise one hand near their mouth and say, "all clear". If the umpire believes it is a goal he/she will raise two hands.
- Both goal umpires must wave the flags after each score and record the score on the scorecard.
- Scorecards should be checked with the other goal umpire at the end of each quarter.
- Umpires must change ends at the half time break. Club supplied umpires are not to barrack or comment on play.
- The Field umpire may override the decision given by the club goal umpire

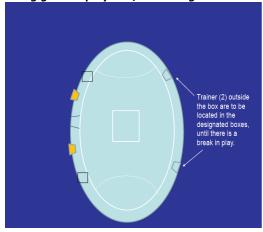
#### **TRAINERS**

#### To attend to injuries & provide water to players for hydration

Dress: Vest (supplied by club)

- 1 trainer minimum required on game day
- Team trainers need to be Level 2 certified. Please advise our First Aid Coordinator (See club contacts) of your Trainers name and details, including those that have current accreditations ASAP.
- Each team should plan for 2 volunteers to be first aid trained, qualified as each team requires at least 1 trainer to be on field during matches
- Training available for those interested and not level 2 certified. Sessions will be held over two evenings. Dates to come.
- The trainers should ensure that a stretcher is located near the coaches' box/area and that it is in serviceable condition.
- Trainers may enter the field to assist an injured player, as soon as you have completed your duty you must come off the ground immediately
- There may be 2 trainers if required for U11-U17 (highly recommended for U15-17). One trainer to remain in coaches box and the other at least 20 meters away from the coaches box. Refer to below image.

Trainers must not act as Runners or Coach while on the ground & Teams may be penalised for loitering on the ground during general play and/or making comments to players and umpires.



#### **RUNNER**

Minimum 18 years old for U11-U17 Dress: Vest (supplied by club)

- To relay messages from the coach to the players
- Runners must not assume the role of the coach and should not remain on the ground for any other purpose than to deliver a message and return to coach's box.
- The umpire may ask the runner to leave the ground if it is felt the runner is not carrying out his designated role.
- If a player is reported or sent from the ground the runners should go directly to the umpire who will inform them of the penalty and reason.
- The Runners are not to enter into discussion with the umpire and are to go directly to the timekeepers and inform them of the player's name, number, penalty and offence.
- Runner must escort player off field.

#### **GROUND MARSHALL**

Dress: Vest (supplied by club)

- Ground Marshalls should introduce themselves to the umpires
- Ground Marshalls are to stand behind fence during play
- Control spectators' behaviour such as Abuse, Language, un-sportsman like behaviour and derogatory remarks, both Ground Marshalls of home and away teams should approach offenders in a nonthreatening way, if the problem persists, club executive or committee personnel should be informed.
- No spectators on the field at anytime
- Offer water to umpires at each break and stand with umpires until siren sounds
- Escort umpires off field post game

Parents are not allowed on the ground if injuries occur. Only Runners and Trainers allowed.

#### **TIMEKEEPER**

For all Home & Away games - Both teams shall supply a timekeeper for each match

- Time keep & enter score for scoreboard located at ground
- To sound the siren at the beginning and end of each quarter.
- To record details of any send off or report on the card, give the all clear when penalty imposed by the umpire has lapsed.
- Time keepers will advise the club runner or team manager that the player may return to the ground or that a replacement is permitted
- You cannot stop the clock, even for injury. The umpire is the only person that can call the game off.

GRADE	QUARTER LENGTH	INTERVALS (mins)
U8 – U10 Boys/Girls /Mixed	4 x 12 mins (No time on)	3 – 5 – 3
Under 12 Girls	4 x 12 mins (No time on)	3 – 5 – 3
Under 11, 12, 13, 14 Boys/Mixed Under 14, 16, 18 Girls	4 x 15 mins (No time on)	3 – 8 – 5
Under 15, 17 Boys	4 x 20 mins (No time on)	3 – 8 – 5

# **During the Game and After the Game**

#### During – Home and Away games

- It's best if Team Manager/ Assistant Coach keep track of the score. That way you can let the coach know what the score is and if there is discrepancy with the goal umpire's scorecards.
- Keep track of player goals either hand written or straight into PlayerHQ.
- You, as TM are allowed on the ground during all breaks. At Half time it is advisable you hand out oranges to the players and at ¾ quarter time or after the game hand out lollies. This can change and is dependent on each team.

#### Half time – Home game

- At half time you'll need to meet the opposition team manager to exchange team sheets. They will need to give you a copy of their signed time sheet. They also need to sign your Langwarrin team sheet Note: for away games you'll need to just hand over your signed Langwarrin team sheet to the opposition TM.
- During the last few minutes of the game is advisable you write out your awards. You'll need to discuss with your coach as to who he/she wants to nominate for an award.
- For the younger age groups in particular these awards should be used as encouragement awards and all players should receive awards throughout the season. Keeping a spreadsheet can help keep a record of who has received an award and how many they have received. (See provided template in your kit)
- The older age groups may choose to award based on the match played.
- The awards are generally given out straight after the game in the club change rooms or when you have your scheduled awards night, you'll need to keep the awards for that day and hand out at the awards evening.

#### After the Game

- Have the umpires sign your team sheet (if hasn't been done already)
- Take photos on your phone of both scorecards
- It is the <u>Team Managers responsibility</u> to ensure individual player goals and statistics are uploaded into PlayerHQ by the end of the day Sunday (after game has been played)
- ALL AGE GROUPS are to enter individual goals kicked to go towards "Career Goals".
   (A lot of kids and parents are keen to know how many goals they have kicked for the year).
- <u>ALL AGE GROUPS</u> to enter Game Score into PlayerHQ (best way is to look at the photo taken from your goal umpire and enter exact scoring)
- U8-U10s even though the scoring doesn't count, its good practice and for U10s this will help with team grading purposes going into U11s, whether your team is placed into Div 1, 2, 3 etc. (note this is not an individual grading process)

#### **Match Day Paperwork to submit**

#### **HOME GAMES**

For all home games you are responsible for handing in all the paperwork.

#### Non Competitive U8-U10

2 x signed team sheets

Submit in supplied envelope and write game details on (see team manager paperwork)

Envelope should be handed into the Canteen or if canteen closed, give to committee in office or Bar.

#### **Competitive U11-U17**

2 x scorecards off Goal Umpires

2 x signed team sheets (ensure league umpire has signed)

Submit in supplied envelope and write game details on (see team manager paperwork)

There will be 2 envelopes one is for game day sheets, the other is for CLUB Votes.

These envelopes are to be handed into LJFC letterbox in foyer next to canteen.

#### Envelope 1 should include:

2 x Goal Umpire scorecards

2 x signed team sheets

Umpire Votes should be submitted via the umpires matchday app.

#### Envelope 2 should include:

Club vote envelopes (3 small envelopes in the 1 larger one)

Votes can be done by eg, coach, assistant coach, 1 runner or you boundary umpire etc. (see below for more information on votes)

#### **AWAY GAMES**

#### Non Competitive U8-U10

You don't need to submit Paperwork for away games. All the paperwork is submitted by the opposition Team Manager for their home game.

#### **Non Competitive U11-U17**

Club vote envelopes (3 small envelopes in the 1 larger one)

Envelope to be handed into LJFC letterbox in foyer next to canteen, next home game.

#### **VOTES**

#### Club Votes - 11's -17's

- Speak to your coach about who they would like to do the votes each game. It is recommended that officials do the votes, including coach, assistant coach, runners, TM rather than parents. But this is entirely up to the coach.
- The votes are given back to the team Manager after each game. You'll then need to hand these in as per your match day paperwork. They need to be handed in at LJFC letterbox in foyer next to canteen.

#### League Votes – 13's – 17's

- Leave a team sheet in the umpire's room for them to refer to. Umpires should complete votes via their Umpires Matchday app.
- If League umpire not in attendance, then the club umpires should complete votes after the game and these should be submitted to the club with the match day paperwork

#### WORKING WITH CHILDRENS CHECK

(Required for all registered volunteers)

www.workingwithchildren.vic.gov.au

or visit your local Post Office

Volunteer Checks are free.

#### **CARE OF PLAYERS**

#### **Injury Reports**

All injuries should be reported to the club.

This online form should be completed by Team Manager, Trainer or Coach and once completed a notification will be sent to the club secretary. This form should be completed within 48 hours of the incident.

All players are covered by the LJFC insurance. If the injury does or is likely to require ongoing medical treatment, families can and should submit a claim form to the Insurance company.

Claim forms can be downloaded from the club website, completed and sent to <a href="mailto:secretary@langyifc.com">secretary@langyifc.com</a>. The forms are then signed and completed by Exec committee and can then be submitted.

#### **Medical Conditions**

Please ensure your Team manager and Coach are given details of any medical conditions, allergies or physical ailments for players.

This information will be confidential and is only provided to team and club officials, such as trainers for them to support players on and off the field.

In the event that an injury or accident occurs this information will be extremely important in providing care to your child.

#### **Player Concussion Information**

- All players with suspected concussion <u>must</u> seek an urgent medical assessment with a registered doctor.
- The earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 12th day after the day on which the concussion was suffered.
- Children and adolescents typically take longer to recover following a concussion than adults. In general, children and adolescents (aged 5-17) require a different approach from adults because their brains are developing, and they need to continue learning and acquiring knowledge. As such, the priority is not just player welfare and return to sport, but a critical element is return to school and learning.

#### Please refer to Concussion Management Guidelines:

PRECEDENT INFORMATION PAGE (langyjfc.com.au) afl-faqs-community-concussion-27april2021.pdf (langyjfc.com.au) www.headcheck.com.au

# **SCHEDULE 1: MANAGEMENT OF CONCUSSION** ON THE DAY OF INJURY

#### Presence of any concussion symptoms or signs

(e.g. stunned, confused, memory problems, balance problems (e.g. staggering or stumbling, unable to walk unaided), headache, dizziness, not feeling right)



#### Remove from the ground

Assess using HeadCheck or the Concussion Recognition Tool 5th Edition (CRT5)3



#### Presence of any red flags

(e.g. neck pain, loss of consciousness, confusion, vomiting, worsening headache)





Call for ambulance and refer to hospital

Do not allow player to return to play Refer to medical doctor for assessment (at venue, local general practice or hospital emergency department)

# **Merchandise**

- The merchandise range for Langwarrin JFC includes stock and custom / pre-order apparel items.
- Please note that due to AFL licensing requirements LJFC playing shorts are only available from the club.
- The Merchandise Shed is open one afternoon throughout the junior football season. Dates and times TBC.
- For any queries, to view samples or for more information regarding pre-order windows, please contact
  the club merchandise coordinator via email at <a href="merchandise@langyjfc.com">merchandise@langyjfc.com</a> or speak with your Team
  Manager Co-Ordinator









Please contact your Team manager or Club registrar if details need updating during the season.