



**FOOTBALL & NETBALL
PLAYERS HANDBOOK SEASON 2023**

1. OBJECTIVES

The purpose of this document is to provide an overview of conditions, expectations, and all areas that the players at Werribee Centrals Football and Netball Club (the club) need to be aware of. It also provides a valuable reference source to all involved at the club. The areas covered include player membership, training requirements, match payments, match day attire, social functions, code of conduct, sponsors and support areas that are available to all players both football and netball at Werribee Centrals.

The Committee firmly believe that we are one of the leading clubs in the Geelong & District Football & Netball League. The Committee are working hard to put the club in a strong position off the field, and to portray ourselves as a professionally represented and administered club.

The objective for 2023 is for the Club to consolidate its position of strength as a leader within the competition and continue to build on the successes of previous years.

The Committee believes that by providing this document to the players of the club, we have outlined all the things that a player "needs to know" and the expectations the club has of them. By doing so, we can now all move towards the same aim – Continued Successful Growth of the Club for all Members in **2023**.

2. SCOPE

This handbook outlines all areas of responsibility for players at Werribee Centrals. Each area relates to all players regardless of age, grade or sport unless otherwise specified.

3. CODE OF CONDUCT

At all times any person representing the club in any capacity, whether that be playing or attending club functions, are expected to do so in a manner which will not bring the image of the club into disrepute.

Players who abuse umpires (league or club) will be brought before the Werribee Centrals Disciplinary Committee. The Club together with the GDFL, AFL Vic country and Netball Victoria all have a Code of Conduct.

Any breaches of these guidelines will result in the individuals concerned being immediately asked to front the Werribee Centrals Disciplinary Committee and provide just cause as to why they should not be suspended, fined or have another suitable penalty imposed.

The Werribee Centrals Disciplinary Committee will be chaired by the Club President, and will also include:-

- (a) 2 further members of the Club Committee
- (b) 2 senior players of the Club (if deemed appropriate).

Werribee Centrals will always act swiftly to protect the image of the Club.

4. SPONSORS

Werribee Centrals is very fortunate to have the support of many generous and loyal sponsors. To ensure we continue our strong relationship with those sponsors we ask that where possible all players support those who support us. Remember that without the efforts and contributions of these sponsors, the club would not be in the great position that it is.

All we ask is that if you are contemplating a purchase of goods or service that a sponsor of the club can provide that you at least give them a chance to win your business. The Club will be advertising all sponsors throughout the season via various methods such as our 70' televisions, electronic scoreboard, fence signs, website, Facebook page, match day record as well as in our announcements on game days and Thursday night training.

We also seek **your** assistance in acquiring new sponsors to support the club. Many of you have friends, family and employers that own their own businesses and are in the position to support the club and become part of the Central's family. It is your relationship with these people that opens the door to sponsorship, and we cannot do it without you. There are many ways sponsorship can be obtained with varying prices to suit all commitment levels. Some sponsors only wish to make a donation, others want to support just you as a player but then there are those who really want to be known as part of the club and commit to signage or naming sponsors. So, whatever the commitment level of your

sponsor we can accommodate but it all begins with YOU.

You need to approach them and see if they are interested and then we can assist in finalising an arrangement that is beneficial to the club and to your sponsor.

Items to consider: Player Sponsor, Scoreboard Sponsor, Media sponsor (Web, Facebook, smartphone app), fence signage, club room signage, apparel sponsor, event sponsor and much more.

5. PLAYER MEMBERSHIP

It is compulsory for all players of Werribee Centrals to be a member of the club. All player memberships **must** be paid prior to round one of the **2023 season**. The final date by which payment can be made will be the Thursday night before **Round 1**. Any players who have not paid their membership in full by this date **will not** be selected to represent the club in **round 1 or any subsequent round until paid or arrangements have been made with the club**. In the 2023 season, this rule will be strictly enforced by the club and the Match Committee of Werribee Centrals.

If you wish to take advantage of a payment plan or are having difficulty in meeting this date and would like to arrange a confidential extension, please see the treasurer or a member of the committee.

Membership Prices

Membership Type	Basic Membership Price
Senior & Reserve Football	\$450
A,B,C & D Grade Netball	\$250
Under 18 Football	\$300
U19 & U17, U15 & U13 Netball	\$150
Centurion Club	\$250
Social (Non Playing)	\$50

Membership Inclusions Football

Hotel 520 social club membership.

ISCW social club membership.

Buckley's social club membership.

Entrance to post game functions held at club rooms.

Membership Exclusions Football

Presentation night tickets, Reverse draw tickets and Mid-Year Ball entrance

DON'T FORGET THAT IF YOU HAVE A PLAYER SPONSOR YOUR MEMBERSHIP IS FREE.

Player sponsorship for 2023 is \$150 on top of the basic membership price (Plus GST if Invoice required).

6. TRAINING

Werribee Centrals football teams will train on **Tuesday** and **Thursday** nights at Galvin Park (75 Shaws Rd) during the regular season. Players are to be "on the track" by **6.00 pm** and are to complete their individual warm up in preparation for full training to commence at **6.15 pm** sharp. Any alterations to these nights will be advised by the coaching staff. Additionally, extra training sessions may be called at different times and/or venues at the discretion of the coaching panel.

Werribee Centrals Netball teams will train on **Thursday** nights at Galvin Park (75 Shaws Rd) during the regular season. Individual team training times are as follows:

U19 & U17, U15 & U13 – 5pm

D & C grade – 6pm

B grade – 6:30pm

A grade – 7pm

Any alterations to these nights will be advised by the coaching staff. Additionally, extra training sessions may be called at different times and/or venues at the discretion of the coaching panel.

6.1 Warm Up Requirements

Prevention is always better than the cure. All players must complete a pre-session warm up to reduce the risk of injury. Footballers in particular must not kick a football until they have completed the minimum required warm up. Warm up programs as designed by our physios are posted in the changerooms.

THIS IS REQUIRED IN ORDER TO PREVENT UNNECESSARY INJURY ON THE TRAINING TRACK.

6.2 Attendance:

All training sessions are compulsory unless otherwise advised by the coaching staff. All players are expected to attend all training sessions, including **INJURED** players. Injured players must inform both the coaching and medical staff of their injury to ensure that they are receiving appropriate treatment. We are lucky to have a resident Physio and trained first aid staff that can provide guidance to both the player and the club on any injuries. A rehabilitation program will be arranged where required.

ANY PLAYER WHO CANNOT ATTEND TRAINING MUST CONTACT A REPRESENTATIVE OF THE COACHING STAFF PRIOR TO THE COMMENCEMENT OF TRAINING.

6.3 Training Uniform:

There is no specific uniform outlined for players to wear at training. The preference is for all players to wear the club colours whenever representing, whether it be training, game day, function or otherwise. Under no circumstances is a player to wear the apparel of their previous club particularly if it is a competing club in Werribee or the GDFL.

6.4 Training:

No player should leave the training track without advising a member of the coaching staff. If they are leaving due to injury, then they are to advise a member of the medical team to ensure injury management can begin immediately.

6.5 Thursday Night Meals

The club will be open on every Thursday training night and all players' football and netballer must make themselves available to remain at the club until after the Teams are read and all announcements are completed. The club will have meals available on the Thursday night. Meal orders can be placed via the Facebook Page and on the list that will be in the club rooms. Meal orders will close at 10am the day before.

NO TAKEAWAY MEALS WILL BE PERMITTED IN THE ROOMS ON THESE NIGHTS

6.6 Junior Club Participation

All senior players will be required to attend or assist with **JUNIOR** training nights at some stage during the year. It is expected that players would not be compelled to attend more than two training sessions for the season.

This is an initiative to assist in retaining our younger players at the club and to encourage them to support you our Senior players. If you would like to commit to more sessions that would be welcomed by the juniors, and you only need to contact the President.

In Season 2008 your club embarked on a program to entice players to our club from the local community by sponsoring a scholarship at Galvin Park Secondary college. The sponsorship from the Football and Netball Club supports students who excel in these forms of sport at the school and assist them in purchasing books and other stationary.

7. MATCH DAYS

Players are expected to be at the grounds both Home and Away at the nominated times by your coaching staff to provide a satisfactory preparation and a reduction in injuries which helps us all.

Any player who has missed selection or is injured must make him/herself available on match days to provide support to his/her team-mates and the club. There are many little tasks that can be done to help us all and you will be allocated one of these on either the Thursday night or on the Saturday. Be prepared to assist us all.

It is expected that Reserve football players will arrive early enough to support the U18's when they are playing at the same venue. Senior football players will arrive early enough to support the Reserves and on at least 2 occasions in the current season, arrive early enough to support the U18's.

7.1 Pre/Post game Uniform

Football - All football players are to arrive at both home and away games wearing a Werribee Centrals Polo or Werribee Centrals jacket with denim pants and enclosed footwear. Any player not arriving in the correct uniform will be fined or incur a sanction deemed appropriate by the Senior Leadership Group. Repeat offenders will face more severe sanctions.

Netball - All Netball players are to arrive both home and away games wearing a Werribee Centrals Polo and/or Werribee Centrals Hoodie. All netballers are required to wear black bottoms (tracksuit, tights, shorts) upon arriving and warming up.

7.2 Official/Licensed Match Day Uniform

All players are to ensure that they are wearing the GDFL/AFL Vic Country approved football and netball gear. All footballers will be supplied with a Werribee Centrals football jumper prior to the commencement of each game. Players must return these jumpers at the conclusion of each game. Long sleeve jumpers are available however these are paid for by the player and are the responsibility of the player.

All netballers need to purchase the Werribee Centrals netball dress. These are paid for by the player and are the responsibility of the player.

Long sleeve football jumpers and netball dresses must be purchased via the clubs agreed supplier to ensure they meet the AFL Vic Country/GDFL standards and requirements.

All football players must provide their own: -

- Football boots (moulded and/or screw ins)
- Football shorts
- Football socks

Football shorts and socks must be AFL Vic Country/GDFL approved, so therefore purchased via the club.

Any fines imposed by the GDFL to the Werribee Centrals for players wearing incorrect gear will be the responsibility of the guilty player for settlement.

It is also recommended that all players obtain an approved sporting mouth guard. The club can provide names of suppliers if required.

7.3 Home Games

All players (Seniors, Reserves, U18's, Netball Seniors & Juniors) must as part of their agreement with the club remain at the club on home games until after the Coaches Match Day awards are made and any speeches are completed. For all Senior, Reserve, A & B Grade Netball this is expected to be 6.30pm. Exemptions can be obtained on a one-off basis from either your coach or committee.

7.4 Away Games

It is mandatory that players attend the host club's rooms after days play.

You do not need to stay long but you do need to make an appearance, wear your club apparel and show that we are supporting our opposition clubs. Werribee Centrals have a great reputation in this regard and this simple deed is always returned when they visit our club which provides much needed funds.

One of our major sponsors is the Racecourse Hotel and after away games it is compulsory to meet at the Racecourse Hotel as a group to show support to our sponsor and to conduct reviews of the day's games. All players are to remain in Werribee Centrals apparel to provide visual evidence to our sponsor and also show those outside of the club how united and proud of our club we are.

7.5 Post Game Recovery

Just as important as a warm up is a proper recovery. It is expected that all players will conduct a proper recovery after each match. Recovery can start immediately after the game with simple stretching and if required icing. The following day also provides an excellent opportunity for recovery. For more information on the best methods for recovery speak to a member of the coaching panel or medical team.

Injured players in particular need to look after their recovery by:

- Notifying the medical team and coaching panel of their injury by the Tuesday following the game
- Following the "No HARM" principle (No Heat, No Alcohol, No Running and No Massage)
- Following any rehab/recovery plan set by the medical team.

7.6 Return from Injury

If a player has suffered an injury or concussion and has been taken from a match by ambulance or referred to a hospital/doctor by the physio or a member of the medical staff, they will be required to supply a doctor's certificate to the Head Trainer prior to a return to training or matches. The certificate must indicate that the player is able to return to competitive contact sports, not to just resume normal duties.

8. MATCH PAYMENTS (Senior Football Only)

The base payment/reimbursement for members of the Senior football side will be **\$50.00 per home and away game**. Payments will not be made for Finals as it is expected the player will represent his club and jumper for these games. Prior to the season commencing Werribee Centrals may negotiate a confidential arrangement with certain Senior players at a rate to be decided.

The Werribee Centrals Committee will review all match payments regularly throughout the season, and if a player/s form warrants it, the Committee may raise a player's match payments following negotiation with the player involved and with the full support of the match committee. Conversely, if a player's form deteriorates or does not meet expectations, the Committee may negotiate a decrease in a player's match payments. **Full match payments are based on the player completing two training nights and a fixtured match on a 25/25/50% basis.**

It is strictly forbidden for any contracted player to discuss payments with another member of Werribee Centrals. RESPECT your team-mates and the clubs wishes that all contractual matters remain confidential.

8.1: Composition of Match Payments:

A training attendance register will be maintained by the coaching staff, and players who do not attend a training session, and who do not pre-notify the coaching staff, **will be subject to a reduction of match payments** at the discretion of the Werribee Centrals Committee.

Players who pre-notify a member of the coaching staff that they cannot attend a training session, and who do provide an acceptable reason, may not have their match payments deducted unless it is deemed by the match committee the player has missed an abnormal number of training sessions or the reason is deemed unacceptable.

8.2: Suspensions resulting in monetary penalties:

If a player is reported and suspended and as a result the club receives a financial penalty this will be paid by the offending player. A penalty of \$100.00 will be imposed against the club for each week the player is suspended from playing, along with \$150 for the tribunal appearance. In the event the player does not pay this financial penalty it will be deducted from match payments or referred to the Werribee Centrals Disciplinary Committee for a decision.

9. SOCIAL FUNCTIONS

The Social Committee will arrange social functions for all members of Werribee Centrals Sports Club. These social functions provide a very important source of revenue, but also provide a venue for players to build camaraderie and friendships. It has been said friendships developed at sporting clubs last forever and that close sides win close games and at Werribee Centrals we will promote both these thoughts.

9.1: Attendance at Social Functions:

Attendance at all functions is mandatory. Players who do not attend these functions will be fined or have another suitable penalty imposed. This rule will be strictly enforced for both football and netball.

Werribee Centrals does realise that some circumstances may arise that do prevent attendance at these compulsory functions, and players who pre-notify a member of the Committee that they cannot attend these functions, and who do provide an acceptable reason for non- attendance, will not be fined or be penalised accordingly.

It is strongly encouraged that you bring your family and friends to these functions to make the night as enjoyable for you as possible. It will also make them feel part of the club and get to know your teammates.

9.2: Fundraisers

Social functions are a great source of revenue; however, Werribee Centrals will conduct a number of fundraisers as well. All players will be required to take part in these fundraisers to ensure they are successful and achieve the desired goals. Remember that all funds raised go back to the club and assist with making it a better place for you. Any player who does not contribute or fulfil their obligation will be sanctioned as deemed appropriate by the committee and senior leadership group. For players on match payments the amount will be deducted from the applicable match payment if not paid in full.

Any fundraising for individuals, player's trips or otherwise need to be discussed and approved by the committee prior to the commencement of any activity.

10. VOLUNTEER PROGRAM

Being a member at Centrals means more than just being a player. It means you are part of the family and community. As such you are required to assist in certain jobs that are required to be done on a regular basis. There will be a roster of jobs and you will be required to complete that job as outlined on the roster.

Some areas of the club where you will be helping as part of the Volunteer Program are:

- Canteen
- Bar
- Thursday Night Kitchen
- Functions
- Technology/Media
- Fundraising

In the event you are unable to complete your rostered job then you are responsible for finding a replacement person. Not being available does not get you out of your obligations and you will be required to make up the time at a later stage of the year.

Any player who does not contribute as part of the volunteer program will be fined or incur a sanction deemed appropriate by the Senior Leadership Group. Repeat offenders will face more severe sanctions.

11. INDIVIDUAL PROTECTION

11.1 Private Health

It is recommended that membership be taken out with a recognised Private Health Insurance Fund which provides the maximum hospital, dental benefits and Ambulance cover. In the absence of any Private Health Cover or Ambulance cover, medical expenses are paid in accordance with the player Insurance Policy taken out through AFL Victoria. A copy of the current policy can be obtained from the club secretary and/or AFL Victoria and the Clubs Website.

The club accepts no responsibility beyond the benefits paid by the Player Insurance Policy. Basically 75% of the costs to a figure of \$2,500- (Max) per injury with a \$100- excess.

We are asking that all players be a current member of the Ambulance Service. The club will not be held liable for any ambulance costs for any member.

Netball players are covered separately under their VNA membership.

11.2 Ambulance Cover

It is strongly recommended that you take out personal Ambulance Cover. In the event you suffer a serious injury the medical team will call an ambulance to ensure you are looked after in the best way possible. Any cost of that ambulance trip is at the player's expense. Some health insurance policies do include ambulance cover but often this is only under certain circumstances or for a one-off occasion. Make sure you understand what coverage you have.

11.3 Physio

The club is supported by Hoppers Physio and we will have a physio at the club each Tuesday night.

We ask when additional physio is required that 'Hoppers Physio' are used. This enables a whole of injury management program to occur. Hoppers Physio will then liaise with the club medical team to ensure that you are fit to resume training /games. They will provide their services at the clinic at a discounted rate for all members. They can also assist you with your insurance claims if you are eligible.

President - Chris Kopelke 0407 302 961

Vice President - Paul Campbell 0432 598 933

Vice President Football - Leigh Skinner 0401 711 753

Vice President Netball - Ellie Tubbs 0401 609 597

Administration - Alan Stewart 0409 144 634

Player Welfare - Shane Grigg 0438 143 656

Player Advocate - Steve Higham 0409 422 166

Secretary – Julian Pace 0418 130 736

12 Grounds

Club	Address
Anakie	De Motts Road, Anakie, Vic, 3221
Bannockburn	Moore Street, Bannockburn, Vic, 3331
Bell Post Hill	Creamery Road, Bell Post Hill, Vic, 3215
Belmont Lions	Glyn Street, Belmont, Vic, 3216
Corio	Purnell Road, Corio, Vic, 3214
East Geelong	Richmond Crescent, East Geelong, Vic, 3219
Geelong West	Shannon Avenue, Geelong West, Vic, 3218
Inverleigh	Railway Street, Inverleigh, Vic, 3321
North Geelong	Osborne Park, Swinburne Street, Geelong North, Vic, 3215
Thomson	Godfrey Street, East Geelong, Vic, 3219
Winchelsea	Eastern Reserve, Hopkins Street, Winchelsea, Vic, 3241
St.Albans (finals only)	203 St Albans Road, Breakwater, Vic, 3219