

WEST PERTH



15's DEVELOPMENT WAFL CARNIVAL HANDBOOK 2014



15's WAFL CARNIVAL FIXTURES WEST PERTH FOOTBALL CLUB

ROUND 1 - Saturday 20th September

Team: West Perth vs. Subiaco
Venue: HBF Arena, Joondalup
Start Time: Early's – 1pm /Late's – 3pm

ROUND 2 – Monday 29th September

Team: Perth vs. West Perth
Venue: Brownes Stadium
Start Time: Early's - 1pm /Late's - 3pm

ROUND 3 – Thursday 2nd October

Team: East Perth vs. West Perth
Venue: Medibank Stadium
Start Time: Early's - 1pm/Late's - 3pm

ROUND 4 – Monday 6th October

Team: West Perth vs. South West
Venue: HBF Arena, Joondalup
Start Time: Combined Early/Late – 1pm

ROUND 5 – Monday 9th October

Team: West Perth vs. Claremont
Venue: HBF Arena, Joondalup
Start Time: Early's - 1pm/Late's - 3pm

All players are expected at the oval in their match day uniform no later than 1 hour before the scheduled start time, unless told otherwise by the
West Perth Coaching Team

1. INTRODUCTION

Congratulations on your selection in the West Perth Football Club's 15's Development Squads. Your selection is testimony to your good playing form during the season and the enthusiastic and efficient way you have tackled our training program.

In many respects though, the hard work starts now. As a member of the West Perth Football Club we are looking for you to show great commitment during the carnival, both on and off the field in a variety of ways. This handbook outlines some of those areas and sets some standards that you are required to meet.

2. CLOTHING

All squad members will receive a West Perth club polo shirt, players bag, 2 x playing shorts, training singlet, hoodie, cap, foam roller, powerband and team photo. The club polo is to be worn to and from each game. You will also need to wear black trousers, black socks, a black belt and black shoes as part of your match day uniform. A club playing jumper will be allocated to you for each match.

Avoid wearing beanies, caps, jewellery, and thongs. Do not wear your playing shorts and socks to the ground. As a representative of the West Perth Football Club you are expected to act and dress professionally at all times.

3. COACHING STAFF

15's EARLY

COACH: Phil Carey – 0418 948 046

ASST COACHES: John Burton – 0438 877 111 / Tom Hills – 0417 083 337
Jordan Gray – 0466 633 976

TEAM MANAGER: Ward Harris – 0413 635 113

15's LATE

COACH: Ash McKeown – 0418 911 305

ASST COACHES: Scott Mountford – 0410 420 797 / Ben Horgan – 0408 411 349
Jonathan Grullis –

TEAM MANAGER: Ward Harris – 0413 635 113

4. PLAYING

Each game will consist of four, twenty minute quarters. Be aware that the red and yellow card system is used during the carnival and a tribunal will be convened for reported players. No West Perth Development Squad player will be reported, receive a card or give away a penalty. You are expected to demonstrate a high level of discipline at all times, both on and off the field.

Prior to each game all players should do some stretching, drink water, stay in a shaded area and constructively support the other West Perth teams if they are playing. Ensure you are punctual for all your games. Arrive no later than 1 hour before your allocated start time. If you are going to be late – contact the coach.

At the conclusion of each game the coach will give a match summary and announce the team for the next game. Due to our squad numbers not all players will participate in every match. All players will play in at least 2 games except through injury or behavioural issues. This will be at the discretion of the coaching staff, development squad coordinator and player development manager.

Even if you are not playing you are expected at every game. Always bring your playing gear with you as you never know when illness or injury will strike and you may be brought into the team at late notice. If you are not playing you may be required to run water for your team, help take stats or assist with time keeping and other roles. Be prepared to help out where you can if you are not playing.

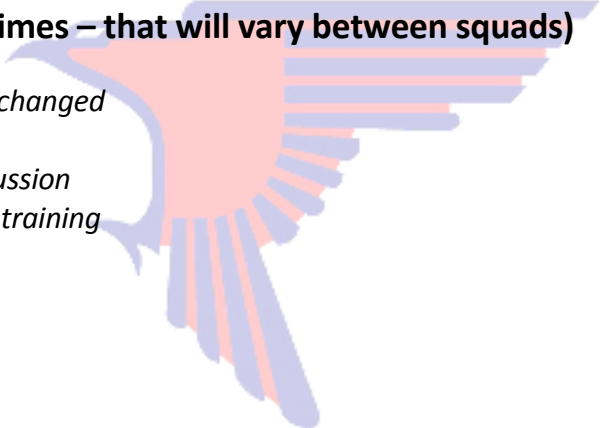
When you are playing, if a runner asks you to leave the ground, regardless of the reason, don't dawdle. Wait for an appropriate break in play and leave the arena immediately at speed. Don't view the interchange bench as a punishment, we will be rotating players regularly to try them in different situations. This is a key part of development football.

Don't confine yourself to one playing position. Be flexible and adaptable, and go where your team needs you. Remember, regardless of your position you still have to:

- Find the football
- Use it to our advantage
- Beat your opponent

If you have any questions about your playing performance or any aspect of the team play ask your coach at an appropriate time. Don't let any issues you may have snowball into bigger problems.

5. MATCH DAY ROUTINE (Approx. times – that will vary between squads)

- 
- 60 min prior to game:** *Arrive at ground, get changed*
45 min prior to game: *Jog stretch (5 mins)*
Individual player discussion
Light Ball drills as per training
Dynamic Stretching
30 min prior to game: *Team address*
15 min to game: *Training warm up*
Short to long kicking

Please ensure you know what your Coaches expectations are in this regard.

6. PLAYER MEDICAL INSURANCE

It is imperative that all players are covered by private medical insurance and ambulance cover. We are involved in a collision sport where accidents do happen from time to time. In the event of injury that requires insurance coverage through West Perth training sessions or games, the players are responsible to claim against their own insurance in the first instance.

All these forms with receipts are required to be given to the Player Development Manager no later than 3 months after the injury has taken place. The clubs medical insurance through JLT will then cover 90% of Non-Medicare Medical items.

Please Note: The Australian Health Insurance Act does not permit any insurer to contribute to any charges covered by Medicare (including the Medicare Gap). This insurance does not provide cover for surgeons, anaesthetists, doctors, X-Rays or other accounts which are partly covered by Medicare.

7. PARENTS/SPECTATORS

Parents and spectators are welcome to attend all the games. There will be adequate seating and catering at all venues.

As a courtesy to our coaching staff parents are requested not to speak to players during the course of a match. Players find this distracting especially if the coach wishes to speak to the player or they are playing to specific instruction. Parents and spectators are not permitted onto the ground during quarter and three quarter time nor are parents permitted into the change-rooms prior to the game or at half time. Please respect this process.

At the conclusion of each game parents are welcome in the change rooms to hear the coaches match summary.

For umpires involved this carnival is also a development opportunity. Please ensure you adhere to the relevant code of conduct when supporting your team.

PARENT'S AND SPECTATOR'S CODE OF CONDUCT



- Encourage children to participate, if they are interested.
 - Encourage children to always participate according to the rules.
 - Never ridicule or yell at a child for making a mistake or losing a game.
 - Remember that children learn best from example. Applaud good plays by all teams.
 - If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public.
 - Support all efforts to remove verbal and physical abuse from sporting activities.
 - Recognise the value and importance of volunteer coaches, managers and helpers.
 - Remember that children play organised sport for fun. They are not playing for the entertainment of spectators only, nor are they miniature professionals.
 - Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
 - Encourage players to follow the rules and umpire's decision.
 - Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches, umpires or volunteers.
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8. MEDICAL

Report all injuries, slight or otherwise, to our training staff. They will advise you and/or your parents on the required course of treatment or rehab. If you have got into the habit of wearing strapping or bandages during your junior club games, let the training staff know so they can assess your current condition.

Shower facilities are available at all grounds. You are encouraged to make use of these whenever possible. Continue to bring your own marked water bottle to games to ensure adequate hydration between games.

9. STAFF/PROPERTY

All staff are to be treated with courtesy. Our staff are giving up their time to ensure a successful carnival for you. A message from the runner or Assistant Coach is to be treated as coming from the Coach himself.

Your assistance is necessary to look after our club property. All jumpers, footballs, training gear, first aid kits, water bottles, medical equipment etc are there for your use and convenience. You can assist us by helping to tidy up and put equipment away. This may seem only a small issue to you but to us it demonstrates respect and an ownership of club property.

Pick up your rubbish in all change-rooms we use and look to assist staff to pack away property at the conclusion of the day.

10. TEAM PHOTO

Team photos will be taken on Tuesday 16th September during and after the squad presentation night held at Lake Joondalup Baptist College. Team photos will be given out at the conclusion of the Development Carnival.

Parents are more than welcome to take photos of the games throughout the carnival.

11. PLAYER ASSESSMENTS & PRESENTATIONS

At the conclusion of the WAFL Development carnival we will ask all players back to receive their individual player assessments, team photos and for some awards.

This will be held on Sunday 19th October in the SportBar at HBF Arena from 9am until 10am.

All players will be asked to wear their match day uniform (Polo shirt, black pants & shoes).

12. CONCLUSION

The WAFL 15's Carnival represents a wonderful opportunity for you to play at an extended level within the WAFL Talent Pathway. You have trained at a high intensity over the past few months, developing on all facets of your game. It is now time for you to stand up, represent the West Perth Football Club with passion and strive to be the very best you can be! Best Wishes for an enjoyable and successful carnival in 2014.

If you have any questions about any aspect of the carnival, please contact Ward Harris on 9300 3611 or speak directly to your coach.

YOU ARE HERE BECAUSE YOU DESERVE TO BE...

WHAT AM I GOING TO BRING TO THE 15'S WAFL CARNIVAL?

1. _____
2. _____
3. _____

WHAT ARE MY GOALS FOR THE 15'S WAFL CARNIVAL?

1. _____
2. _____
3. _____

"WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT".

ARISTOTLE



PLAYER'S CODE OF CONDUCT

- Play by the rules.
- Never argue with an official. If you disagree, discuss the matter with your coach after the game.
- Control your temper. Verbal abuse of officials or other players, or provoking an opponent is not acceptable.
- Work equally hard for yourself and for your team. Your team's performance will benefit and so will you.
- Be a good sport. Applaud all good plays whether they are by your team, opponent or the other team.
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- Cooperate with your coach, team mates and opponents. Without them, there would be no competition.
- Avoid using derogatory language.
- Be prepared to take responsibility for your actions.

SOCIAL MEDIA POLICY

- Any Person who is found to have engaged in, or is suspected of engaging in the unacceptable use of Facebook, Twitter, YouTube or any other social networking site, including blogs, in connection with the game of Australian Football in any way, may be dealt with by the WAFL as it deems fit, notwithstanding the behaviour did not occur on the playing field.
- Without limiting the operation of this Rule, unacceptable use may involve the Person:
 - (i) Criticising umpires, players or any other person involved in Australian Football;
 - (ii) Engaging in bullying behaviour including but not limited to name-calling or making condescending, offensive (including racist or sexist) or abusive remarks about any person; or
 - (iii) Engaging in any other behaviour which the WAFL reasonably determines, in its absolute discretion, to have breached this policy.
- It is not relevant that the Person making the remarks was not aware that the content could or would be made publicly available.
- This Rule is to be interpreted and applied broadly.

NUTRITION

Main points

1. Hydration
2. Carbohydrates (CHO)
3. Protein



HYDRATION- WATER

- Dehydration affects concentration and endurance + overall performance
- Can be determined by weight loss after a game/training session

HOW TO REMAIN HYDRATED!

- Make sure you are fully hydrated before the game.
- Avoid caffeine that morning and the day before (eg coke, coffee, red bull)
- Take small sips constantly throughout to keep you hydrated + avoiding a stitch.
- Half time – sports drinks are a good option for replacing energy stores and salt/electrolytes which can be lost in sweat.
- After the game – drink lots of water to replace what is lost.
 - Weigh yourself before and after the game to see how much weight you have lost. (loss of 3kg = drink 3 L)

CARBOHYDRATES


GLUCOSE= Fuel for the brain and muscles + Carbohydrates are also a good source of FIBRE
The more Carbohydrates you consume the more ENERGY you will have!

- At very high intensity exercise energy stores are used at a very fast rate and may become depleted after 30-45 minutes.
- Glycogen stores need to be full at the start of a game and replaced at the end.
- Most important meal = breakfast

HOW TO INCREASE YOUR ENERGY INTAKE!

- Eating high CHO containing foods before the event. E.G. cereal or bread/fruit (eat these 2 hours before a game so that your stomach can empty).
- Events longer than 1 hour or at high intensity require CHO to replenish stores and avoiding fatigue. E.G. sports drink
- CHO load the night before to avoid such a huge drop in glycogen stores overnight (there will still be enough but we want to top it up) E.G. pasta/bread/potato
- Sports drink during the event to replace blood glucose instantly.
- 3 days before the game eat high carbohydrate containing foods.

Examples of Carbohydrate rich foods



<i>Night before a game</i>	<i>Breakfast</i>	<i>During the game</i>	<i>Post game snacks</i>
Pasta	Cereal (with fibre)	Sports drink	Banana
Rice	Fruit/fruit juice	Jelly beans	Breakfast/sports bar
Potato	Baked Beans		Fruit/ Smoothie
Bread	Toast/ Crumpets		Yoghurt
	Porridge		Fruit toast

PROTEIN

- Most people consume enough protein in their diet
- Required for building muscle/repairing injured muscle

Examples of foods high in protein

- Eggs
- Meat (red and white)
- Dairy (milk, yoghurt, cheese)

West Perth Football Club History

Did You Know.....?

As a club we began in 1885 and have won 19 premierships making us the oldest and second most successful club in the WAFL

1897	1934	1951	1995
1899	1935	1960	1999
1901	1941	1969	2003
1905	1942	1971	2013
1932	1949	1975	

Within our player ranks we have produced:

- 12 Sandover Medallists
- 18 Simpson Medallists
- 16 WA Football Hall of Fame inductees

2 of our players have played over 300 games:

- Mel Whinnen 371 games
- Bill Dempsey 343 games

17 of our players have played over 200 games:

- | | |
|----------------------------|---------------------------|
| Alan Watling 284 games | Ken Ashdown 218 games |
| Les Fong 284 games | Jason Salecic 213 games |
| Paul Mifka 283 games | Norm MacDiarmid 210 games |
| Ray Schofield 277 games | Max Tetley 210 games |
| Wally Price 256 games | Jim Craig 203 games |
| Peter Menaglio 236 games | Brian Foley 202 games |
| EJ (Ted) Fleming 229 games | Len Harman 201 games |
| Bill Rainoldi 228 games | Eddie Wylde 200 games |
| E A (Ted) Tyson 228 games | |

13 of our players have won multiple Breckler Medals, with club legend Mel Whinnen winning an amazing 9 Breckler Medals between 1962 and 1975.

The Club relocated from its home ground in Leederville to our current home at Arena Joondalup in 1994.

The first 10 seasons at Arena Joondalup (1994-2003) produced 5 grand finals, 3 premierships and 2 pre-season premierships making it one of our most successful decades ever.



Team Rules/Team First

Take first option,

- Quick hands, feed back

Encourage and direct with voice

Avoid going short to a 50/50 contest

- Long and direct

Move ball on quickly through the inside

- use the corridor/grid

Front and square to the contest

- outnumber opposition at contests

In front first to move at stoppages

- be proactive

Run and support from behind

- carry to break lines

Second, third and fourth efforts

- don't concede the contest

Transition – react quickly to turnover

Always be the very best you can be!



WEST PERTH FOOTBALL CLUB

CLUB SONG

It's a grand old flag
It's a high flying flag
It's the emblem for me
And for you

It's the emblem of
The team we love
The team of the red and the blue

Every heart beats true
For the red and the blue
As we sing this song for you
Should auld acquaintance be forgot
Keep your eye on the red and the blue



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