



**Dee Why Football Club
Parent & Player Handbook**



DEE WHY F.C. SWANS



Welcome to DYFC and DYFC Academy

Congratulations for being a part of the DYFC / DYFC Academy.

We are pleased and excited to welcome our players and their parents to this forthcoming season with this historic Club. For those of you that are continuing with the Dee Why, welcome back! And for the new members of our club this year, we look forward to helping you achieve your goals and ambitions in football.

Aim

At DYFC we aim to bring quality training by highly qualified coaches within an academy environment to our local community club. We will give players opportunities to experience the professionalism and mentality needed to be involved within 'academy' football. We believe in creating better football through hard work, desire, commitment, quality training, and quality coaching for players who love to learn.

Vision

Our vision is to be renowned within the MWFA for providing the best opportunities to players through quality coaching and superior training. We will create pathways from our sub junior groups (U6/U7) right the way through to our Men's first grade squad and even beyond. We want to be at the forefront of professionalism when it comes to culture, standards and expectations.

Methodology

In our Academy players will be challenged, always have the opportunity to learn in a fun and safe environment. Training sessions will be fast, intense and delivered by qualified coaches. Our academy will fall directly in line with the FFA guidelines and will focus on the four core skills of:

- ✓ Striking the ball – passing (short and long), shooting and crossing
- ✓ First touch – controlling the ball with all body parts
- ✓ 1v1 – attacking and defending
- ✓ Running with the ball – at speed, with space/without space, protecting and changing direction

Developing the Individual within the team model

As well as the four main skills that the academy will focus on, there are also four main pillars in the game that players will be challenged to develop in. These four pillars are often described as the four attributes players must possess if they are to achieve elite goals in the sport. The four pillars are described below:

Technical Development

The player's ability to consistently maintain good technique throughout the game, even under pressure.

Tactical Development and Game Understanding

The players understanding of positions in relation to the ball when the opposition are in possession and also when their team mates have the ball. To develop a player's decision



making depending on the situation that is in front of them and look to make consistent good choices.

Physical Capacity

A player's ability to maintain good footballing actions and repeatedly produce maximal effort. To consistently display the strength and conditioning needed for game play.

Attitude and Personality

Related to the cultural values of the club and mentality needed to play within an academy. Individual characteristics in line with age and developmental level.

All trainings are in line with the training cycles and sessions will not be based around problems within the game. We are looking to develop the player holistically over the player's developmental years and base trainings off of a plan rather than reacting to individual errors. All coaches working in the academy will work within this model to achieve session objectives and key outcomes for the player's development throughout the season.

Player Development

All player development within Dee Why Football Club will strive to ensure that training will:

- Be age and ability appropriate
- Focus on the player within the team environment
- Create the correct attitude to all areas of development
- Develop the individual player holistically
- Approach the above with respect and honesty so that all players and coaches progress through this program whilst always striving for excellence.

Requirements of a DYFC Academy Player

Once a player has agreed to join the DYFC Academy there are a number of requirements they are needed to fulfil:

- Operate under the guidance and direction of the DYFC Academy staff
- Attend all DYFC Academy training sessions
- Wear DYFC Academy branded training uniforms
- Attend extra training sessions if required to or asked to
- At all times keeping honest and open relationships with all members of your team
- It is encouraged that players are to have private health care

These requirements are put in place so that the players within the program are given every opportunity to develop as football players. There are standards and expectations that come with an Academy brand. Everybody within the academy will be held accountable to these set standards. As an academy we understand that there are other responsibilities outside of football such as homework or religious practices, however we highly encourage players to attend and show levels of commitment to training and games that are required to be involved with academy football.



Accountability and Responsibility

As a player of the DYFC Academy you are personally responsible for your behaviour both on and off the field. It is expected that you will ensure your behaviour is of the highest standard at all times and you should not look to your coach to make sure that these minimum standards are met.

Respect

As part of the DYFC Academy we expect that players will have an honest and respectful attitude to their communication and actions at all time. Below is a list of key day to day responsibilities we associate with this behaviour.

- Foul/abusive/discriminatory language is NOT permitted
- Shoving/pushing/hitting other players is NOT permitted
- One voice – when your coach is talking make sure that you are LISTENING
- Treat ALL players on your team equally and fairly
- ENSURE that you look after the equipment and help to collect/tidy up when asked
- MAKE SURE you let your coach/manager know in plenty of time if you cannot make the game/training
- Approach and be invested in your team with honesty so that trust is gained throughout the squad

On – Field

As a player, please remember that your actions on the field are a direct reflection on the academy and therefore there will be a no-tolerance practice with any of the following behaviour when you are on the field

- AVOID arguing with the referee(s)
- AVOID arguing with your team mates
- AVOID arguing with any of the coaching staff
- NO fighting opposition or team mates
- AVOID listening to and following instructions from the sideline
- AVOID foul/abusive language or actions

Appearance

When arriving for training or for games and any other time DYFC Academy apparel is to be worn players will have:

- Playing shirts tucked in
- Shin pads – UNDERNEATH socks
- Correct footwear – football boots for grass/optional futsal shoes for artificial - No watches/jewellery



Equipment

From the start of the 2017 season all academy players will be asked to bring with them to both training and game day the following:

- Appropriate clothing (training uniform for training/playing uniform for playing)
- Water bottle
- Sun screen for hot weather
- Rain jacket for wet weather
- Appropriate size ball – to have the players name wrote on it

Playing Time

The academy recognises that 'the game' is what most people believe to be the deciding factor in a player's development. However, the game is just an extension of the week to week development that a player goes through when striving to become the best they can be. We believe that an Academy player's most significant development happens whilst on the training field. This is why so much emphasis is placed on the training that the players receive.

We also understand that the results of the hard work that a player has demonstrated in training is often shown through the game. With this in mind the academy players (U9-U12) will all play equal game time throughout the season. It should be noted this is different to equal game time in every game. Situations such as injuries/absence from training could effect this.

The team selection is that of the head coach and as a player in the academy you will respect and trust that the coach will be fair and consistent with a view to developing the team throughout the season.

Training Expectations

A full calendar of training will be made available once the draw for the MWFA has been made public. As a general rule of thumb however

- There will be 20 weeks of training
- During the school holidays, school holiday camps will run
- If there are persistent inclement weather cancellations, training will be extended an extra week(s) to make up for the significant loss of training

Players are expected to attend all training sessions, however as an academy we do realise there may be some non-negotiables that will force a player to miss training. If for any reason a player is going to miss training the coach/manager needs to know at the earliest opportunity. Training sessions are planned and often depend on numbers of players available. To help with this planning all prearranged absences should be communicated with either the coach or the manager.

As well as the adherence to the cultural values and standards already outlined in this document the basic schedule of training will look like this:

- Players to arrive 10mins before training and are encouraged to either juggle or pass in a small circle
- Players to greet each other and their coach with a high 5 or a handshake



- Players need to let their coach know before the session if there is something that could be affecting their training efforts on that day (fatigue/injury/illness)
- Players can ask their coach if they need any help setting anything up before they commence their juggling/small circle passing
- During the training session your FULL attention and BEST effort is required. If you cannot bring ENERGY, ENTHUSIASM and DESIRE to the training session you should not come to training as this is a bare minimum required for any DYFC Academy training
- At the end of training players should ask if any help is needed to collect the equipment in
- Before leaving players should say goodbye to each other and their coach with a high 5 or a handshake

Parents

If parents of Academy players would like to stay and watch the training, they are asked to do so by remaining near the clubhouse area. Just like in a game, players can become un-focused on the session objective as they are trying to 'please' mum or dad. This can even escalate to some parents telling their children what to do in training exercises. Please remember that the academy prides itself on the quality of training that it provides all its players and therefore will ask all parents/family members to remain away from the side of the training area and stay near the clubhouse.

Game day Expectations

As an academy player all players are expected to be available for games at the weekend. If for any reason a player should not be available, they need to let their coach/manager know at the earliest convenience. Again, all games are planned and are based on what players are available so to help with the organisation of game day please let your manager/coach know if you can't make it.

On top of the 'game time' section and the club's values and culture which have been outlined above, players within the academy on a game day should:

- Arrive 30mins before kick off
- Should arrive in DYFC/DYFC Academy branded apparel
- Should greet team mates and coaching staff appropriately (high 5/handshake)
- WILL listen to instructions given by the coach
- Will AVOID listening to instructions given from the sidelines by anyone other than coaching staff
- Should shake all the oppositions hands at the end of the game
- Will shake the referees hand at the end of the game
- Before leaving will say goodbye to the team appropriately with either high 5's or a handshake

Parents / Game Day

As previously mentioned, within the program we believe that the game is an extension of the training and hard work the players do through the week on the training field. With that in



mind, it is an expectation that parents will allow their child to play without giving any instructions and only encouragement from the sidelines. This is something that the academy takes very seriously and will act upon it if there is a persistent issue.

More on Codes of Conduct

In addition to the standards and expectations set by DYFC and DYFC academy there are also national guide lines and codes that everybody in the game must follow. These have been outlined below.



FFA FOOTBALL CODE OF CONDUCT

THE NATIONAL CODE OF CONDUCT APPLIES TO ALL MEMBERS AND GOVERNS

1. BRINGING FFA OR FOOTBALL INTO DISREPUTE, INCLUDING THROUGH DISCRIMINATORY BEHAVIOR, OFFENSIVE BEHAVIOR AND INCITEMENT OF HATRED OR VIOLENCE;
2. LIABILITY FOR SPECTATOR AND SUPPORTER CONDUCT; 3. BETTING, MATCH FIXING AND CORRUPTION; AND 4. DISPARAGING PUBLIC OR MEDIA STATEMENTS.

PLAYERS

THE NATIONAL CODE OF CONDUCT APPLIES TO ALL PLAYERS AT ANY PLAYING LEVEL

1. PLAY BY THE RULES
2. NEVER ARGUE WITH AN OFFICIAL. IF YOU DISAGREE, HAVE YOUR CAPTAIN, COACH OR MANAGER RESPECTFULLY AND POLITELY APPROACH THE OFFICIAL DURING THE BREAK AT THE APPROPRIATE TIME.
3. CONTROL YOUR TEMPER. VERBAL ABUSE OF OFFICIALS OR OTHER PLAYERS, DELIBERATELY DISTRACTING OR PROVOKING AN OPPONENT IS NOT ACCEPTABLE OR PERMITTED IN ANY SPORT.
4. WORK EQUALLY HARD FOR YOURSELF AND YOUR TEAM. YOUR TEAM'S PERFORMANCE WILL BENEFIT, AND SO WILL YOURS.
5. BE A GOOD SPORT. APPLAUD ALL GOOD PLAY WHETHER IT IS FROM YOUR TEAM OR THE OPPOSITION.
6. TREAT ALL PLAYERS, AS YOU WOULD LIKE TO BE TREATED. DO NOT INTERFERE WITH, BULLY OF TAKE UNFAIR ADVANTAGE OF ANY OTHER PLAYER.
7. CO-OPERATE WITH YOUR TEAM COACH, TEAMMATES AND OPPONENTS. WITHOUT THEM THERE WOULD BE NO GAME.
8. PLAY THE GAME FOR THE FUN OF IT, NOT JUST TO PLEASE PARENTS AND COACHES.

FFA / PARENTS

THE NATIONAL CODE OF CONDUCT APPLIES TO ALL PARENTS AT ANY PLAYING LEVEL.

1. RESPECT THE RIGHTS, DIGNITY AND WORTH OF OTHERS.
2. REMEMBER THAT YOUR CHILD PARTICIPATES IN SPORT FOR THEIR OWN ENJOYMENT, NOT YOURS.
3. FOCUS ON YOUR CHILD'S EFFORTS AND PERFORMANCE RATHER THAN WINNING OR LOSING.
4. NEVER RIDICULE OR YELL AT CHILDREN FOR MAKING A MISTAKE OR LOSING A GAME.
5. APPLAUD GOOD PERFORMANCE AND EFFORT BY ALL PLAYERS. WHEN WATCHING A GAME CONGRATULATE BOTH TEAMS UPON THEIR PERFORMANCE REGARDLESS OF THE OUTCOME.
6. SHOW RESPECT FOR YOUR TEAM'S COACH, THE REFEREE AND OPPONENTS. WITHOUT THEM THERE WOULD BE NO GAME.
7. DEMONSTRATE APPROPRIATE BEHAVIOUR BY NOT USING FOUL LANGUAGE AND NOT HARASSING ADMINISTRATORS, COACHES, PLAYERS OR REFEREES. CONDEMN THE USE OF VIOLENCE ALWAYS.



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8. TEACH YOUR CHILD THAT AN HONEST EFFORT IS AS IMPORTANT AS VICTORY SO THAT THE RESULT OF EACH GAME IS ACCEPTED WITHOUT UNDUE DISAPPOINTMENT.
9. BE A MODEL OF GOOD BEHAVIOUR FOR CHILDREN TO COPY.
10. RESPECT OFFICIALS' DECISIONS AND TEACH CHILDREN TO DO LIKEWISE.
11. DO NOT PHYSICALLY OR VERBALLY ABUSE OR HARASS ANYONE ASSOCIATED WITH THE SPORT.
12. IT'S JUST A GAME

FFA / SPECTATOR CODE OF BEHAVIOUR

A SPECTATOR AT A MATCH OR OTHERWISE INVOLVED IN ANY ACTIVITY SANCTIONED OR STAGED BY, OR HELD UNDER THE AUSPICES OF FFA, A MEMBER FEDERATION, A DISTRICT ASSOCIATION OR A CLUB MUST:

1. RESPECT THE DECISIONS OF MATCH OFFICIALS AND TEACH CHILDREN TO DO THE SAME;
2. NEVER RIDICULE OR UNDULY SCOLD A CHILD FOR MAKING A MISTAKE;
3. RESPECT THE RIGHTS, DIGNITY AND WORTH OF EVERY PERSON REGARDLESS OF THEIR GENDER, ABILITY, RACE, COLOUR, RELIGION, LANGUAGE, POLITICS, NATIONAL OR ETHNIC ORIGIN;
4. NOT USE VIOLENCE IN ANY FORM, WHETHER IT IS AGAINST OTHER SPECTATORS, TEAM OFFICIALS (INCLUDING COACHES), MATCH OFFICIALS OR PLAYERS;
5. NOT ENGAGE IN DISCRIMINATION, HARASSMENT OR ABUSE IN ANY FORM, INCLUDING THE USE OF OBSCENE OR OFFENSIVE LANGUAGE OR GESTURES, THE INCITEMENT OF HATRED OR VIOLENCE OR PARTAKING IN INDECENT OR RACIST CHANTING;
6. COMPLY WITH ANY TERMS OF ENTRY OF A VENUE, INCLUDING BAG INSPECTIONS, PROHIBITED AND RESTRICTED ITEMS SUCH AS FLARES, MISSILES, DANGEROUS ARTICLES
7. AND ITEMS THAT HAVE THE POTENTIAL TO CAUSE INJURY OR PUBLIC NUISANCE;
8. NOT, AND MUST NOT ATTEMPT TO, BRING INTO A VENUE NATIONAL OR POLITICAL FLAGS
9. OR EMBLEMS (EXCEPT FOR THE RECOGNISED NATIONAL FLAGS OF ANY OF THE COMPETING
10. TEAMS) OR OFFENSIVE OR INAPPROPRIATE BANNERS, WHETHER WRITTEN IN ENGLISH OR A FOREIGN LANGUAGE;
11. NOT THROW MISSILES (INCLUDING ON TO THE FIELD OF PLAY OR AT OTHER SPECTATORS)
12. AND MUST NOT ENTER THE FIELD OF PLAY OR ITS SURROUNDS WITHOUT LAWFUL AUTHORITY;
AND
13. CONDUCT THEMSELVES IN A MANNER THAT ENHANCES, RATHER THAN INJURES, THE REPUTATION AND GOODWILL OF FFA AND FOOTBALL GENERALLY.

ANY PERSON WHO DOES NOT COMPLY WITH THE SPECTATOR CODE OF BEHAVIOUR OR WHO OTHERWISE CAUSES A DISTURBANCE MAY BE EVICTED FROM A VENUE AND BANNED FROM ATTENDING FUTURE MATCHES.

FFA / COACH

THIS NATIONAL CODE OF CONDUCT APPLIES TO ALL COACHES AND MANAGERS AT ANY PLAYING LEVEL:

REMEMBER CHILDREN PARTICIPATE FOR THEIR ENJOYMENT. WINNING IS ONLY A PART OF THE FUN.



1. NEVER RIDICULE OR YELL AT A CHILD FOR MAKING A MISTAKE OR LOSING.
2. BE REASONABLE IN YOUR DEMANDS ON YOUNG PLAYER'S TIME, ENERGY AND ENTHUSIASM.
3. TEACH YOUR PLAYERS TO FOLLOW RULES.
4. WHENEVER POSSIBLE, GROUP PLAYERS TO ENSURE THAT EVERYONE HAS A REASONABLE AMOUNT OF SUCCESS.
5. ENSURE THAT EQUIPMENT AND FACILITIES MEET SAFETY STANDARDS AND ARE APPROPRIATE TO THE AGE AND ABILITY OF YOUR PLAYERS.
6. AVOID OVERPLAYING THE TALENTED PLAYERS. THE AVERAGE PLAYERS NEED & DESERVE EQUAL TIME.
7. DEVELOP TEAM RESPECT FOR ABILITY OF OPPONENTS AND FOR THE JUDGEMENT OR OFFICIALS AND OPPOSING COACHES.
8. FOLLOW THE ADVICE OF A PHYSICIAN WHEN DETERMINING WHEN AN INJURED PLAYER IS READY TO RECOMMENCE TRAINING OR COMPETITION.
9. KEEP UP TO DATE WITH THE LATEST COACHING PRACTICES AND THE PRINCIPLES OF GROWTH AND DEVELOPMENT OF THE CHILD.

Social Media Policy

As a member of the DYFC program please make yourself aware of the social media guidelines by FNSW.

Social media has immense opportunity to promote and recognise the achievements of our young players. However, if used irresponsibly and disrespectfully, it can have a significant impact on the professionalism of the program. One of the basic stipulations within the Policy is that all Staff, Players and Parents are not permitted to post slanderous, profane, discriminatory, obscene, racist or sexist language or images through social media. If this occurs, disciplinary action will be implemented and could have an impact on playing eligibility. As a result, it is the responsibility of all members to ensure that images and social media posts will not have a negative impact within the program.

Wet Weather Policy

Any cancellations to games or training will be put on the appropriate website and Facebook page. Any last-minute cancellations you will be notified either via email from the academy or by the team manager by the agreed method. Please do not inundate the academy or team managers with messages, the club will do all in its power to make sure you get the appropriate information.

Feedback and Complaints Procedure

The whole aim of the academy is to bring a level of professionalism and endeavour to the already existing DYFC program. Whilst we are always striving to become better there are always going to be learning experiences and areas where we could improve even further. We would value any feedback both positive and constructive so that as an academy we can grow and achieve the potential that we as a club believe that we hold.

The nature of the Academy and the club set up could make it confusing for people when they are trying to contact the right person to raise concerns or questions. To minimise this confusion the club have put into place a feedback procedure.



COMPLAINTS

Firstly, we encourage all our players and parents to maintain an open and honest relationship to reduce chances of mixed messages or misunderstandings.

We recommend opening communication with your team manager if you do have any issues or concerns. If this does not resolve the problem below is the procedure to follow:

