



Cronulla Seagulls Football Club Inc.

Established 1959

Coaches and Managers Handbook

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1. COMMITTEE CONTACT LIST

Executive Committee

President	George Koulouris	president@cronullaseagulls.com	0418 235 700
Secretary	Robert Brown	secretary@cronullaseagulls.com	0419 275 972
Treasurer	Liz Pavett	treasurer@cronullaseagulls.com	0417 423 549
Vice President Football	Phillip Savides	vpfootball@cronullaseagulls.com	0410 496 613
Vice President Admin	Kel Solari	vpadmin@cronullaseagulls.com	0408 619 622
Registrar	Sue O'hara	registrar@cronullaseagulls.com	0411 131 658

Management Committee

Building Sub-Committee CP	Cleve Barton		
Canteen Controller	Simone Earle		9523 8172
Chief Coach - Head	Robert Zasadzki	chiefcoachhead@cronullaseagulls.com	0414 956 613
Chief Coach - Honorary	John Doyle	Jdoyle@pacificbmg.com.au	0415 236 064
Chief Coach - Juniors	Mal Smith	chiefcoachjuniors@cronullaseagulls.com	0499 301 131
Child Protection Officer	Robert Brown	childprotection@cronullaseagulls.com	0419 275 972
Equipment Officer	Jimmy Anthopoulos	equipment@cronullaseagulls.com	0432 940 202
General Committee	Stuart Bush		
General Committee	Rhys Cheetam-Smith		
General Committee	Jeff Galea		
General Committee	Simon Grant		
General Committee	Karen Linnegar		
General Committee	Eddie Mostaghimi		
General Committee	Jamie O'Connor		
General Committee	Lincoln Pavett		
General Committee	Bruce Redman		
General Committee	Scott Rivett		
General Committee	John Schwarzer		
General Committee	Danielle Walker		
General Committee	Matt Whyte		
General Committee	Geoff Woolley		
General Committee - Honorary	Kim Ryder		



Grading Chairman	Mark Wedesweiler	gradingchairman@cronullaseagulls.com	
Grading Officer U6-U11	Mal Smith	gradingofficer@cronullaseagulls.com	0499 301 131
Ground Controller	Robert Brown	secretary@cronullaseagulls.com	0419 275 972
IT/Communications/Web Admin	Robert Brown	webadmin@cronullaseagulls.com	0419 275 972
Miniroo Ref Manager	Craig Mackenzie	refmanager@cronullaseagulls.com	0408 968 934
Miniroos Co-Ordinator	Larry Nicholas	ssfliaison@cronullaseagulls.com	0404 297 566
Sponsorship Manager	George Koulouris	sponsorship@cronullaseagulls.com	
Technical Director	Steve Karatacis		
Uniforms/Merchandise Officer	Annette Morton	uniforms@cronullaseagulls.com	
Womens Coordinator	Jonathan O'Hara	womenscoordinator@cronullaseagulls.com	



2. SUTHERLAND SHIRE GROUND LOCATIONS

GROUND	LOCATION	TELEPHONE
5SPORTS	125 The Boulevard, CARINGBAH	9540 6555
ANZAC OVAL	Anzac Avenue, ENGADINE	9520 2386
BILLA ROAD	Billa Road, BANGOR	9543 8432
BOX ROAD	Box Road, SYLVANIA HEIGHTS	9522 4087
BOYS TOWN	Waratah Road, ENGADINE	
BUCKLE RESERVE	Barnes Cres, (off Hall Drive) MENAI	9543 2587
BUNDEENA	Bundeena Drive, (opp Fire station) BUNDEENA	0418 273 514
CANBERRA ROAD	Canberra Road, SYLVANIA	9522 0800
CAROL AVENUE	Carol Ave, JANNALI	
CASUARINA	Casuarina Drive, MENAI	0434 019 111
COACHWOOD	Coachwood Drive, ALFORDS POINT	0424 263 711
DOBELL ROAD	Dobell road, ENGADINE	9520 6956
FOREST ROAD	Forest Road, KIRRAWEE	9521 1233
GLENN McGRATH	Off Willarong Road, CARINGBAH	9542 7216
GRAYS POINT	Angle Road, GRAYS POINT	9524 5729
GYMEA BAY	Cnr. Avenal & Gymea Bay Rds, GYMEA	9525 1516
HARRIE DENING S.C	Bates Drive, KAREELA	9542 3577
HEATHCOTE	Wilson Parade, HEATHCOTE	9520 3918
JANNALI OVAL	Sutherland Road, JANNALI	9528 3519
KAREELA OVAL	Princes Highway, KIRRAWEE	9521 8780
KINGSWOOD ROAD	Kingswood Road, ENGADINE	9548 1159
LAKEWOOD CITY	Coolidge Crescent, BONNET BAY	9528 2838
LILLI PILLI	Port Hacking Road, LILLI PILLI	9526 1958
LOFTUS	Princes Highway, LOFTUS	9521 8528
NARNIA PARK	Coachwood Dr, ALFORDS POINT	0424 263 711
NORTH CARINGBAH	Dianella Street, CARINGBAH	9524 4914
OYSTER BAY	Oyster Bay Road, OYSTER BAY	9528 4949
PORT HACKING HIGH	Wandella Road, MIRANDA	
PRESTON PARK	Engadine Avenue, ENGADINE	9520 5610
PRINCE EDWARD PARK	Prince Edward Park Road, WORNORA	
SEYMOUR SHAW	Central Road, MIRANDA	9524 3907
SOLANDER	Captain Cook Drive, WOOLLOOWARE	9523 9447
SUTHERLAND	Grand Parade, SUTHERLAND	9521 1681
THE RIDGE	Off New Illawarra Road, BARDEN RIDGE	0404 159 677
WARATAH PARK	Rawson Avenue, SUTHERLAND	9521 6694
WOOLLOOWARE OVAL	Cnr. Kingsway & Woollooware Rd, WOOLLOOWARE	9523 8172
WOOLLOOWARE HIGH	Woollooware Road Nth, WOOLLOOWARE	
WORONORA HEIGHTS	Willaroo Avenue, WORONORA HTS	9545 5576



3. SSFA FEES AND FINES

Appeal Fee – Club	\$250*
Appeal Fee – Player	\$220*
Protest Fee	\$220*
Complaint Fee	\$165*
Non Attendance at General Meetings	\$100
Late Receipt of Match Sheets	\$100
Withdrawal of Teams – Junior	\$100
Withdrawal of Teams – Senior	\$300
Incorrect Grading Sheets (per sheet)	\$50
Non Sighting of I.D. Cards on Field	\$200
Replacement I.D. Cards	\$10
Card Infringements (per infringement, per sheet)	\$5
Non-Recording of Team Names on Match Sheet	\$50
Non Supply of Suitable Match Ball	\$50
Player Out of Uniform	\$50
Non-Wearing of Ground Control Jackets	\$100
State Cup Entry Fee (per team)	\$200
Forfeit any of Last Three Rounds of Competition	
U21 & Mens (incl AL,O35,45) and W21 & Snr Women (incl W30)	\$400
Junior Men U12 to U18 and W12 to W18	\$200
Affiliation Fee	\$1.10
Membership Fee	\$1.10

* Includes GST with 50% refundable if the appeal is upheld

4. SSFA COMPETITION DATES



4.10.16

COMPETITION DATES 2017

		<u>SATURDAY</u>		<u>SUNDAY</u>	
ROUND	1	25 MARCH	1	26 MARCH	
	2	1 APRIL	2	2 APRIL	
	3	8 APRIL	3	9 APRIL	SCHOOL HOLIDAYS
	4	22 APRIL	4	23 APRIL	EASTER
	5	29 APRIL	5	30 APRIL	SCHOOL HOLIDAYS
	6	6 MAY	6	7 MAY	
	7	13 MAY	7	14 MAY	
	8	20 MAY	8	21 MAY	
	9	27 MAY	9	28 MAY	
	10	3 JUNE	10	4 JUNE	
	11	10 JUNE	11	11 JUNE	
	12	17 JUNE	12	18 JUNE	
	13	24 JUNE	13	25 JUNE	
	14	1 JULY	14	2 JULY	SCHOOL HOLIDAYS
	15	8 JULY	15	9 JULY	SCHOOL HOLIDAYS
	16	15 JULY	16	16 JULY	SCHOOL HOLIDAYS
	17	22 JULY	17	23 JULY	
	18	29 JULY	18	30 JULY	
SEMI FINALS & U11 GALA DAY	20	5 AUGUST	20	6 AUGUST	
FINALS & U11 GALA DAY	21	12 AUGUST	21	13 AUGUST	
GRAND FINALS	22	19 AUGUST	22	20 AUGUST	

N.B. Spare Days – Monday Long Weekend 12 June and
Saturday 26th August and Sunday 27th August for Finals Series Only

SUTHERLAND SHIRE FOOTBALL ASSOCIATION
P. O. BOX 188 GYMEA 2227



5. WET WEATHER PROCEDURE – ALL COUNCIL GROUNDS

WEEKDAYS CONTACT

COUNCIL WET WEATHER LINE

9710 0105 UPDATED AT 10am DAILY

PLEASE NOTE: This Council Wet Weather information is only updated once a day at 10am and generally only covers Sporting Activities until 4pm. Due to weather changes throughout the day, the Club has the right to close the ground for training and all other activities (we have council permission to do so). You must abide by the Cronulla Seagulls Website Ground Status, even if the Council Wet Weather states grounds are open. If the Status says CLOSED then the lights will be turned off and you are not allowed to be on the oval. This is only for Woolooware Oval. Those that train at 5Sports are not affected by Wet Weather and your training will be on.

The Seagulls Website Status can be changed up to 4pm, so it is imperative that all Coaches and Managers watch the website if there is doubt training would be allowed or not.

WEEKENDS / MATCHDAY

Managers and Coaches will be advised,

AS SOON AS OFFICIAL Information is available!

They will contact Teams with the CORRECT DETAILS!

- 1) Managers/Coaches, please have your phone number contactable!!
(problems: mobiles, answering machines, children answering phones)
- 2) Please **DO NOT** ring the Canteen, as updated information needs to be passed on urgently!
- 3) **DON'T ASSUME "IT'S OFF"!** Games may be played even if it's raining,
as long as the field is deemed played.

NOT ALL FIELDS AT ALL GROUNDS ARE CALLED OUT!!

- 4) **If in doubt – BE THERE!!!!** To avoid a forfeit situation (fines apply)



6. CRONULLA SEAGULLS FC COACHES AND MANAGERS LIST

check website for updated details

Team	Coach	Phone	Manager	Phone
AL3/1	Joseph McEwan	0414 928 594		
AL3/2	Darren Bunny	0412 374 158	Jimmy Anthopoulos	0432 940 202
AL4	Peter Garland	0413 080 174	Dale Murphy/Jordan Brown	0405 369 977
AL8	Sam Lavender	0401 929 034	None	401929034
AL9	Rhys Cheetham-Smith	0416 858 598	Kim Ryder	0419 979 819
AL10	Mitch Hahn	0422 750 741	Mark Wigger	0422 463 689
AL16			Liz Pavett	0417 423 549
O35A/1	Mathew Lumb	0425 225 600		
O35A/2	John Haynes	0422 861 694	Patrick McCarthy	0417 001 150
O35E	Michael Dutton	0439 894 827	Philip Savides	0410 496 613
O45/B			Eddie Lim	0417 461 469
O45/D	Mark Casemore	0411 519 353	Paul Frame	0412 100 970
U21A	Michael Harrington	0411 709 070		
U21C/1	Daniel Neumeyer	0431 344 715		
U6A/1	Damon Snape/Thomas Bourdier	0400 138 809	Rachelle Harrington	0423 231 839
U6A/2	Taryn Evans	0416 173 329	Suz Sapsed	0415 387 254
U6A/3	Ruben Lewis/Zachariah Lewis	0410 665 081	Lauren McElroy	0404 866 688
U6B	Greg Murrell	0406 6985 41		
U6C/1	Chad Stewart	0409 520 487	Carissa Smith	0422 719 861
U6C/2	Adam Goff	0421 716 113	Daryl Tuffey	0429 598 055
U6D/2	Adam Winning	0450 298 155	Melanie Cooper/George Cooper	0405 697 655
U6E	Mark Bayer David Edwards	0407 740 970	Joanne Stephenson	0403 319 696
U6F	Gary Woodside	0404 873013		
U6G/1	Kent Aston/Glenn Davis	0401 023 622	Selena Aston	0415 825 745
U6G/2	Yewlan Wanigasekara Mohotti	0413 552 025	Ross Ozolins	0432 161 261
U6H	Russ Otter	0439 441 391	Rebecca Gale	0408 004 403
U7A	John Stewart	438249147	Carolyn Whyte	415889935
U7B	Craig Field	0429 302 882	Greg Burgess	0400 016 073
U7C/1	David Reid	0411 057 138	Shara Reid	0424 086 147
U7C/2			David Humphreys	0408 668 356
U7D	Jason Mobberley	0418 733 041	Jason Mobberley	0418 733 041
U7E			Chris Downes	0429 910 625
U7F	Craig Steen	0405 718 834	Vanessa Baillon	0418 843 102
U7G			Renee Brian	0416 078 727
U7H	Matt McGilvray	0437 988 794	Martine McGilvray	0478 134 784
U7I/1	Scott Darke	0417 437 845	unknown	0
U7I/2	Andrew Scales	0400 769 643	TBA	4
U8A	Troy Linnegar	0414 841 739	Louise Lakomy	0416 276 766
U8B	tbc	0419 808 909	Paula Brennan	0419 808 909

U8C	Mike Danby	0481 011 858	Gregory Shelley	0411 807 837
U8D/1	Damien Ford	0419 430 918	Kate Ridley	0408 221 173
U8D/2	Butch Pfrengle	0414 544 141	Christopher Cordwell	0417 223 449
U9A	Trent Duvall	0414 817 495	Glen Attard	0438 777 737
U9B	Steve Day	0413 111 118	Susan Agostino	0404 893 907
U9C	Steven Day	0413 111 118	Susan Agostino	0404 893 907
U9D	Mat Jessop	0409 766 155	Scott Rivett	0410 461 542
U9F/1	John Cuciti	0438 129 999	Trisha Cashmere	0412 510 288
U9F/2			Sabrina Peralta de Herbert	0411 727 606
U9G	Sam Tarabori	0410 411 998	Bo Tang	0412 338 739
U10A	Karel Jenicek	0447 056 707	Leisa Manning	0416 188 040
U10B	Graham Braiden/Brendan Cantlon	0410 685 550	Kimberley Gair	0437 737 685
U10C	Daren Draganic	0413 027 027	Stephan Parker	0403 838 924
U10D/1			Lisa Cameron	0415 384 625
U10E	Shane Hardcastle	0419 625 792	Raelene Stone	0434 886 937
U11A	Ryan Kendrigan	0419 226 422	Susan Agostino	0404 893 907
U11B	Stuart clark	0416 061 449	Michele Bray	0410 422 499
U11C	Simon Johnson	0412 137 145	Rachelle Harrington	0423 231 839
U11D	Michael Wiggins	0414 526 184	Craig Jennings	0418 680 530
U11F	Vivian Ohis	0413 288 757	Catherine Ohis	0413 288 756
U12A	Malcolm Smith	0499 301 131	Ian Bridges	0439 632 607
U12B/1				
U12B/2	Alan Stonestreet	0439 902 770	Donna Docking	0409 206 396
U12D	Matt Brennan	0414 317 905	Matt Crowe	0404 070 494
U12E/1	Robert Saba	0419 016 019	Simone Rodriguez	0417 292 206
U12E/2	Andrew Barley	0412 521 031	Tanya Carlson	0412 194 488
U13A	Scott Maddern/Nicholas Palmer	0407 499 653	Robin Moore	0434 180 553
U13C	Carlos Aguilar	0413 212 955	Dean Crowe	0407 072 144
U13D/1	Simon Grant	0448 410 800		
U13D/2	Isaac Molina	0487 941 012	Amanda Budden	0434 245 259
U14B/1				
U14C	James Turnbull	0411 075 075	Senad Kacanik	0403 327 474
U15B/1	Jeff Galea	0418 978 670	Philip Savides	0410 496 613
U15B/2	Ruben Lewis	0410 665 081	Peter Wyer	0417 408 202
U16B	Andrew Barley/Scott Bultitude	0412 521 031	Virginnia Park	0414 560 726
U16C	Elizabeth Hatfeild	0402 122 009	KylaJane Neely	0431 835 272
U18A/1	Eddie Mostaghimi	0400 449 659		
U18A/2	George Koulouris/Mark Wedesweiler	0418 235 700	Rob Brown	0419 275 972
U18C	Wayne Druery	0412 424 711	Rod Enright	0411 517 266
U18D	Phil Woods	0400 314 371	TBA	0
U18E				
U21C/2	Cameron Mitchell	0404 408 494	Joshua Hackfath	0415 148 198
U21D	Robert Sellar	0415 857 240	Nathan Sellar	0415 857 240
U21F/1	Steve Waters	0418 952 377	Steve Waters	0418 952 377



U21F/2				
W6A/1	Justian Goode	0405 145 545	Lisa Dawson	0409 207 674
W6A/2	Alex/Steve Small	0408 805 095	Rhiannon Coombs	0422 380 200
W6A/3	Niki McDonagh	0439 469 758	Raegan Grimley	0425 870 986
W7A			Krista Harrington	0414 720 420
W7B	Paul Tyler	0419 697 869	Kate Wood	0435 492 592
W7B	Paul Tyler	0419 697 869	Kate Wood	0435 492 592
W7C/1	Luke Kearney	0424 755 253	Kate Wood	0435 492 592
W7C/2	Christopher Libro	0423 096 346	Shelby Timmins	0400 045 583
W8B/1	James Macartney/Danielle Farrugia	0431 997 672	Michelle Stewart	0416 955 572
W8B/2	Myra Stark	0415 501 026	Lee Tasker	0414 697 064
W8C/1	Kane Bourke	0452 546 001	Penny Nelson	0419 634 048
W8C/2	Graham Smith	0416 087 335	Jodie CutbushSmith	0419 979 558
W8D	Charles Johnston	0412 809 303	Kelly Boland/Linda Buhagiar	0414 555 213
W9A	Jonathan O'Hara	0414 435 805	Carly Gersling	0434 359 218
W9B	Gavin Mead	0400 803 371	Michelle Clark	0414 272 718
W9C	Chris Slack Smith	0419 934 812	Natasha Tynan	0418 866 770
W9D/1	Greg Murrell	0406 698 541	Niki McDonagh	0439 469 758
W9D/2	Matt Dawson/Leisa Manning	0405 221 568	Charlotte Achieng	0450 700 850
W10B	Malcolm Smith	0499 301 131		
W10D/1	Graham Carter	0407 949 193	Graham Carter	0407 949 193
W10D/2	Kassandra Bertram	0419 723 991	Yvette Larkin	0434 105 389
W11A	Craig Field	0429 302 882	Sarah Hill	0405 534 330
W11B	Mick Julian	0458 260 536	Samantha Turner	0439 477 837
W12A/1	Geoff Head	0400 639 252	James Woodin	0402 897 410
W12A/2	Brett Brown	0404 181 028	Wesley Jones	0411 343 377
W12C/1	Wayne Schofield	0422 582 424	Renee Blanch	0403 136 444
W12C/2	Vilay Boualibane	0488 562 291	Leisa Johnson	0466 265 815
W14A	Mark Christopher	0415 880 595	Darren Stark	0411 012 765
W14B/1	Jamie-Lee O'Connor/Danielle Walker	0431 846 793	Donna Lewis	0431 870 772
W14B/2	David Shade	0432 369 433	Regina Donaghy/Andrea Fuller	0414 842 308
W14D	Stuart Compton	0413 259 878	Adam Stroud	0414 658 815
W16A	Johnathan O'Hara	0414 435 805	Sarah Thornely	0412 288 527
W16B	Angela Frain	0408 970 391	Angela Frain	0408 970 391
W16C	Cameron Barnes	0413 886 599		
W16D/1	Anthony Parkes	0418 287 682	Cathy parkes	0418 647 840
W16D/2	Tony Parkes	0418 287 682	Cathy Parkes	0418 647 840
W18B	Micah Manion	0422 942 702	Micah Manion	0422 942 702
W18C/1			Jenny Dunn	0418 952 326
W21A/1	Nathan Pinkus	0410 466 669	Helen Palmer	0408 973 120
W21A/2	Steve Carrero	0488 681 606	Barry Ffrench	0430 432 770
W21B	Charles Warden	0424 729 993	Damian Hurst	0421 633 700
WSG	Jimmy Anthopoulos	0432 940 202	Rhys Cheetham-Smith	0416 858 598
WSH	Brittany Dutton	0432 144 894	Brittany Dutton	0432 144 894



7. RULE BOOKS

Rulebooks are available online on the Cronulla Seagulls Website under the Information tab. There are 2 Rule Books:

- 1) U6-U11 – Mini-roo Rule Book
- 2) U12-Seniors - Competition Rule Book

One Rule Book (Yellow cover) should have been included in your Kit Bag. If you require more, it is suggested to download your own copy and get it printed. The Clubhouse might contain some spare copies, but we only receive limited copies from the Association.

8. COACHES AND MANAGERS DUTIES LIST

A: COACH to ensure that:

- 1) Coaching and training is carried out where possible to meet the team's requirements.
- 2) The team is under control during these training sessions, and that no training is carried out on any area allocated to another sport. In addition, the Coach must ensure that NO training is carried out on any Council Ground while that ground is CLOSED.
- 3) The responsibility for the positioning of players in a team rests solely with the Coach. This Rule is subject to Club Policy from time to time as advised.
- 4) The association Match Sheets at the playing field are to be filled out correctly.
- 5) Up to and including U16 teams, that every player in the team plays an equal number of games. In Semi-finals, Finals and grand Finals the Coach may field the strongest available.

B: MANAGER to ensure that:

Players are advised of the time and place of the game and the pick-up point (if required).

- 1) The team is safely conveyed to and from the game.
- 2) Players equipment, particularly boot studs, shirts and match ball are in good order.
- 3) The Association Match Sheets at the playing fields are to be filled out correctly.
- 4) All monies due to the Club are collected.
- 5) All injuries are reported.
- 6) No player uses Club Equipment other than during a game or at training or as directed.
- 7) At the end of the season all balls and training equipment is to be collected and returned to the Club.

9. HOW DO I

A: How do I Coach a Team for Cronulla Seagulls

Before the Season

- Have all players' names and contact information (address, phone, email)
- Have contact names for the Club Committee.
- Know your team's Manager and have his/her contact info.
- Have the team's training Equipment.

It is recommended that you ...

- Set a time for training that suits as many of your players as possible.
- Inform the Club Committee if you have any requests for Coaching Aids.

Mid-Week

- Hold well-planned training Sessions to educate players so they improve their skills as well as enjoy their soccer experience.
- If you need assistance with this please contact a member of the Coaching and grading Committee
- Ensure the Ovals are open before training.

It is recommended that you ...

- Keep training in goal mouths and along sidelines to a minimum.

Match Day before the Game

- Check that the game has not been "Washed Out".
- Make sure all players have the appropriate Uniform and shin pads.

It is recommended that you ...

- Plan your team's formation letting each player know your expectations.

During the Game

- Make sure your supporters are well behaved and under control.
- Give every Player Equal Playing time throughout the season.

It is recommended that you ...

- Keep records where players are rested for long periods for given reasons.

After the Game

- Ensure No Players are left behind at the field before you leave.
- Ensure you have the Match ball.



B: How do I Manage a Team for Cronulla Seagulls

Before the Season

- Have all players' names and contact information (address, phone, email)
- Have contact names for the Club Committee.
- Know your team's Coach and have his/her contact info.
- Sign for and receive all the team's training and playing Equipment.

It is recommended that you ...

- Provide a team contact list to the Coach and each of your players.

Mid-Week

- Inform every player in the team where and when your team is playing.
- Inform every player and / or parent IF you have Ground Control and advise the players/parents what is required of them.

It is recommended that you ...

- Find out if any players are going to be absent and inform the coach.
- Find out if any players require assistance with transport to the game.

Match Day before the Game

- Fill in the Association Match Sheet at the Ground you are playing at. Ensure Match ball is pumped up.
- Hand out the player's ID cards if required – check the opposition player's ID cards.

It is recommended that you ...

- Collect oranges from the Canteen at Woollooware Oval.
- Ensure each player has their own full water bottle.

During the Game

- Make sure your supporters are well behaved and under control.

After the Game

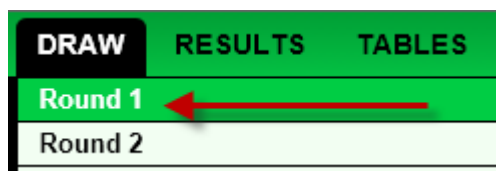
- Ensure you have the Match Ball and all the Players ID cards back.
- Confirm the next Match and any other important events.
- Check the score and Sign the Association Match Sheet.
- Fill in an Injury Form if required and leave form at Ground control.
- Write a Match report and email it.
- Ensure No Players are left behind at the field before you leave.

C: How do I Read the Draw Correctly

Reading the Draw is very easy, yet some people still have trouble with it.

Firstly, look the draw up. You can do this via the Seagulls Website under the DRAW tab or you can go to the SSFA website. Honestly, the Cronulla Seagulls website is far easier.

- 1) Click on the DRAW tab on the Seagulls website and select the Round you want to view.



- 2) The draw will be shown for All teams for the Round. Please note that the Women teams are listed at the bottom of the list. Womens teams have a W in front of them, male and mixed teams don't have any letter in front. Senior teams: AL teams have an AL in front of the grade, all other senior teams don't.

The 1st column is the Date the game is scheduled, the 2nd column is the Grade, the 3rd column is the Round, the 4th column is the HOME team, the 5th column is the AWAY team, the 6th column is where the game will be played (corresponds to the Grounds List provided above) and the last column is the scheduled time of the game.

2-Apr-2016	08J	1	Marton	Cronulla Seagulls 2	Kingswood Road 1	8:00 AM
2-Apr-2016	09A	1	Gymea United	Cronulla Seagulls	Gymea Bay 2	8:50 AM
2-Apr-2016	09B	1	Cronulla Seagulls	Kirrawee	Woolooware 2	9:40 AM
2-Apr-2016	09C	1	Cronulla Seagulls 1	Cronulla Seagulls 2	Woolooware 2	9:40 AM

- 3) Sometimes, we have multiple teams in the one Grade (see image below). The trouble occurs when reading the draw, people look up only the GRADE column and not the HOME and AWAY team columns. In the example below, we have two teams in the 6F GRADE. 6F1 and 6F2.

To read the draw properly, you need to look at the HOME and AWAY teams to determine which 6F team is yours. In the image, there are two teams highlighted in green. Cronulla Seagulls 1 refers to 6F1 and Cronulla Seagulls 2 refers to 6F2.

Sometimes, Cronulla Seagulls 1 and Cronulla Seagulls 2 will be on the same line. This means that the two Cronulla Seagulls 6F teams will be playing each other (you will need to get playing bibs from the clubhouse in this case).

Please note that the 1 team (Cronulla Seagulls 1) will NOT always be the first team in the draw. This is determined by whether you are a Home or Away team, what time you are playing and at what ground the game is at.

2-Apr-2016	06F	1	Caringbah Redbacks	Cronulla Seagulls 1	Nth Caringbah 1	8:00 AM
2-Apr-2016	06F	1	Cronulla Seagulls 2	Heathcote Waratah	Woolooware 1	8:00 AM

This is the same no matter what team you are from U6 to Seniors.

10. MATCH DAY PAPERWORK

a. Association Match Sheet

How do I get the Match Sheet

- The sheet will be located at Ground Control at the relevant ground you are playing at.
- The sheet must NOT be taken from Ground Control by anyone but the Referee.

Home Game

- Ensure you use the LEFT hand side of the sheet.
- Your player names and ID numbers should be filled out for you. (Shirt numbers will need to be added for U12 – U21, O35/45, WS and All Age teams).
- You need to fill in (print) Coach and Managers Names before the game

Away Game

- Ensure you use the RIGHT hand side of the sheet.
- Your player names and ID numbers should be filled out for you, if not you will need to fill in all player details Players Name, ID Numbers (Shirt numbers will need to be added for U13 – U21, O35/45, WS and All Age teams)
- You need to fill in (print) Coach and Managers Names before the game.

After the Game

- The Referee will have written the goals that each team scored on the sheet.
- Verify the score by signing the bottom of the sheet. If you do not agree with the score, make a notation on the back of the sheet, then contact the Club Secretary who can contact the Association to check the result.



Association Match Sheet – Home

HOME GAMES SUTHERLAND SHIRE FOOTBALL ASSOCIATION INC.

Date	16/07/11	Round	14	Referee -	No.		
Age & Grade	08 C	Time	8:00 AM	Assist R -	No.		
Ground	72 Woolooware 2			Assist R -	No.		
Club No.	7			Ground Appointed Referee - print name	Adam La Fan		
HOME TEAM		GOALS		AWAY TEAM		GOALS	
CRONULLA SEAGULLS		1		LILLI PILLI FC 2		2	
SHIRT No.	INITIAL & SURNAME Must be Printed	I.D. NUMBER	SHIRT No.	INITIAL & SURNAME Must be Printed	I.D. NUMBER		
XXX	J. Beer	2000945	XXX	D. Bourke	1601211		
XXX	L. Boualibane	700529	XXX	E. Dimitroulas	1601247		
XXX	M. Candiago	600509	XXX	J. Fisher	1601521		
XXX	S. Hardcastle	600498	XXX	C. James	1601157		
XXX	T. Nicholas	700644	XXX	K. Meldrum	1601182		
XXX	M. Pitt	700654	XXX	L. O'Connor	1601535		
XXX	T. Whitehill	700650	XXX	B. O'Halloran	700645		
XXX	M. Zovic	2000786	XXX	P. Roser	1601240		
				E. Williams	1601566		
BORROWED PLAYERS - The Registered Team of Borrowed Players MUST be shown							
Coach & Managers Names here							
COACH - Print Name				COACH - Print Name			
Shane Hardcastle				Vaughn Meldrum			
MANAGER - Print Name				MANAGER - Print Name			
Mimi Laskani				John Dimitroulas			

Signature of Coach:
or Manager:

Shane Hardcastle

Signature of Coach:
or Manager:

Vaughn Meldrum

Sign here at end of game

Association Match Sheet – Away



AWAY GAMES SUTHERLAND SHIRE FOOTBALL ASSOCIATION INC.

Date **16/07/11** Round **14**
Age & Grade **W13 A** Time **12:20 PM**
Ground **11 Billa Road 1**
Club No. **1**

Referee - **Jonica Dobrowski** No. **1718**
Assist R - No.
Assist R - No.
Ground Appointed Referee - print name

HOME TEAM
BANGOR
GOALS **(1)**
Check Score **1-0**

AWAY TEAM
CRONULLA SEAGULLS
GOALS **(0)**
Check Score **0-1**

SHIRT No.	INITIAL & SURNAME Must be Printed	I.D. NUMBER	SHIRT No.	INITIAL & SURNAME Must be Printed	I.D. NUMBER
MANAGERS - CROSS OUT NAMES OF SUSPENDED PLAYER/S - See Rule 12.1					
2	G. Bell	100005	1	I. Aneman	701013
18	J. Bigeni	2100899	3	M. Campbell	701273
6	A. Cannon	100578	A. Carrero	700933	
4	S. Griffiths	100337	14	A. Chadwick	27182
23	J. Hennessy	100164	A. Coleman	700886	
14	J. New	100595	P. Coslo	700937	
10	R. Page	100566	29	N. Dufour	700875
5	A. Prodromou	26630	85	M. Ffrench	700931
3	G. Selmon	100747	46	J. Fletcher	701278
9	M. Shipp	100227	7	E. Foley	701363
7	G. Skinner	27014	E. Geraghty	701072	
12	J. Tibblitts	27289	38	P. Hinton	701326
8	M. Vandenberg	100186	30	A. Hurst	700890
11	R. Weisz	100442	28	S. Kentwell	700559
13	A. Wheeldon	100443	42	L. Orrell	701249
				T. Potae	700871

Shirt Numbers MUST be added to the sheet for ALL teams U12 and over

BORROWED PLAYERS - The Registered Team of Borrowed Players MUST be shown

COACH - **Russell Newton**
MANAGER - **Raye Bigeni**
COACH - **Damien Hurst**
MANAGER - **Barry Friend**

Requests for investigation of claims re incorrect scores or breaches of Rules and Identification checks must be recorded and signed on the back of the Match Sheet and confirmed in writing by the Club within 2 days of the match. For player identification checks under Rules 14G and H the players name (printed) and signature must be shown on the back of the Match Sheet with an appropriate notation.

Signature of Coach:
or Manager:

Signature of Coach:
or Manager:

Sign here at end of game

GROUND CONTROL PERSON'S NAME MUST BE LIST ON THE SHEET. IF THERE ARE NO SPACES PROVIDED, WRITE THE NAME HERE, SUCH AS SEAGULLS: JOHN SMITH

11. CODE OF BEHAVIOUR

Cronulla Seagulls Football Club Inc. fully supports the SSFA Member Protection Programme and Codes of Behaviour.

FOR SSFA MEMBER PROTECTION POLICY REFER TO SSFA WEBSITE

www.shirefootball.com

A: General Code of Behaviour

A member of Sutherland Shire Football Association (SSFA), an affiliated club or a person required to comply with the Association's member protection policy must meet the following requirements in regard to conduct during any activity held or sanctioned by SSFA

1. Respect the rights, dignity and worth of others.
2. Be fair, considerate and honest in all dealings with others.
3. Be professional in, and accept responsibility for, your actions.
4. Make a commitment to providing quality service.
5. Be aware of, and maintain an uncompromising adherence to high standards, rules, regulations and policies.
6. Operate within the rules of the sport including national and international guidelines.
7. Do not use your involvement with SSFA or an affiliated club to promote your own beliefs, behaviours or practices where these are inconsistent with those of SSFA or an affiliated Club.
8. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age.
9. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
10. Be aware of responsibilities under the Child Protection Act and report any matters as required under the mandatory reporting requirements of the Child Protection Act.
11. Refrain from any form of harassment, discrimination or racial vilification of others.
12. Refrain from any behaviour that may bring SSFA and affiliated Club of football into disrepute.
13. Provide a safe environment for the conduct of the activity.
14. Show concern and caution towards others who may be sick or injured.
15. Be a positive role model.

B: Coach Code of Behaviour

General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by SSFA, a member association or an affiliated club in your role as a Coach.

1. Do not tolerate acts of aggression.
2. Provide feedback to players and other participants in a manner sensitive to their needs. Avoid overly negative feedback.
3. Recognise players' rights to consult with other coaches and advisors. Cooperate fully with other specialists (for example, sports scientists, doctors and physiotherapists).
4. Treat all players fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.

5. Encourage and facilitate players' independence and responsibility for their own behaviour, performance, decisions and actions.
6. Involve the players in decisions that affect them.
7. Encourage players to respect one another and to expect respect for their worth as individuals regardless of their level of play.
8. Ensure that the tasks and/or training set are suitable for age, experience, ability, and physical and psychological conditions of the players.
9. Ensure any physical contact with players is appropriate to the situation and necessary for the player's skill development.
10. Be acutely aware of the power that you as a coach develop with your players in the coaching relationship and avoid any sexual intimacy with players that could develop as a result.
11. Avoid situations with your players that could be construed as compromising.
12. Actively discourage the use of performance enhancing drugs, and the use of alcohol, tobacco and illegal substances.
13. Do not exploit any coaching relationship to further personal, political or business interests at the expense of the best interests of your players.
14. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
15. Know and abide by rules, regulations and standards, and encourage players to do likewise. Accept both the letter and the spirit of the rules.
16. Be honest and ensure that qualifications are not misrepresented.

C: Player Code of Behaviour

Players must meet the following requirements in regard to their conduct during any activity held or sanctioned by SSFA or an affiliated club.

1. Respect the rights, dignity and worth of fellow players, coaches and officials and spectators.
2. Do not tolerate acts of aggression.
3. Respect the talent, potential and development of fellow players and competitors.
4. Care for and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
6. At all times avoid intimate relationships with your coach.
7. Conduct yourself in a professional manner relating to language, temper and punctuality.
8. Maintain high personal behaviour standards at all times.
9. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
10. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
11. Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

D: Parent/Guardian Code of Behaviour

Parents/Guardians of a player in any activity held by or under the auspices of SSFA or an affiliated club, must meet the following requirements in regard to their conduct during any activity or event:

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 your child and other children for making a mistake or losing a competition.

5. Show appreciation for good performance and skilful plays by all players (including opposing players).
6. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age.
7. Respect officials' decisions and teach children to do likewise.
8. Do not physically or verbally abuse or harass anyone associated with the sport (player, coach, referee and so on).
9. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
10. Be a positive role model.

E: Spectator Code of Behaviour

As a spectator in any activity held by or under the auspices of SSFA a member association or an affiliated club, you must meet the following requirements in regard to your conduct during any such activity or event

1. Respect the decisions of officials and teach young people to do the same.
2. Never ridicule or scold a young player for mistake. Positive comments are motivational.
3. Condemn the use of violence in any form, whether it is by other spectators, coaches, officials or players.
4. Show respect for your team's opponents. Without them there would be no game.
5. Do not use violence, harassment or abuse in any form (that is, do not use foul language, sledge or harass players, coaches, officials or other spectators).
6. Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

12. GROUND CONTROL

GROUND CONTROL

There are several types of Ground Control that Teams are required:

- 1) Woollooware Oval Ground Setup and Control: Teams will be rostered on both Saturday and Sunday. Please see below for Responsibilities and Duties
- 2) 5Sport Ground Control: All home teams playing at 5Sport must provide 2 parents for Ground Control Duties whilst the game is in play. One (1) Ground Control person MUST be situated inside the fence, in the technical area. One (1) Ground Control person MUST be situated with the parents sitting outside the fence. Coaches, Managers and Players CANNOT be Ground Control people. Both Ground control people's names must be written on the Match Sheet. Failure to comply with this requirement will mean the Seagulls team will forfeit the game plus a possible 1 match suspension can be incurred.
- 3) Every Game, Home and Away games: Every competition team MUST provide ONE (1) Ground Control person. This person's name MUST be written on the Match Sheet. Failure to do so will result in Association Fines which the team will have to pay.
 - a. **As per Association Rule 30.A.** *All teams participating in a competition match shall nominate one (1) person (who is a responsible adult) for additional Ground Control. This person is responsible for the behaviour of their own spectators and must cooperate with the Club Ground Controllers at all times and must wear an orange Ground Control jacket. The name of each competing team Ground Controller must be printed on the bottom of the match sheet in the space provided as per Rule 12. J.*

ORANGE JACKETS MUST BE WORN AT ALL TIMES WHEN ON GROUND CONTROL.

REFEREES WONT START GAMES UNLESS THEY SEE THE REQUIRED ORANGE JACKETS.

GROUND CONTROL RESPONSIBILITIES AND DUTIES (Woollooware Oval Home Games)

To avoid any confusion, lack of communications or crossed wires regarding Ground Control requirements, we have outlined below the duties entailed, as explicitly as possible.

Junior teams where possible will be rostered on no more than 2 times in the season. If your Manager prepares a roster, no one should be committed for more than an hour or so.

SATURDAY DUTY

Saturday will see two (2) or three (3) teams rostered on for AM duty. This requires AT LEAST four (4) people from EACH team to assist with the following duties below: (bearing in mind that "in the old days" teams had to mark out all the fields as well! – requiring a 6AM start!)

SUNDAY DUTY

On Sunday the same basic duties are required, except of course for the Small Sided Games.

GOALPOSTS

NO ONE is to attempt to move posts. Provision is made for Duty Teams/Committee to move posts if and when required.

CANTEEN

The Club pays for a Canteen Controller each week. Therefore there are no team duties for the Canteen.

BBQ DUTIES

1. Teams on Saturday Morning Duty will also be on BBQ Duty.
2. This will require 1 extra parent from each team on duty at certain times to assist in the BBQ (cooking is not required)
3. We will try and schedule teams so you don't miss all of your child's game, but sometimes it is near impossible to do so.

AM DUTY

1. Arrive 6:45am (that 8:00am kick off time will soon be upon you!). ALL teams rostered on for AM Duty need to turn up for 6.45am setup.
2. EACH team is rostered on for two (2) hours to cover the AM time slots – one (1) or two (2) teams as "Early" (8am-10am) and one team as "Late" (10am-12noon). Please ensure that enough helpers are there for the entire session!
3. Position the eight (8) SSF Goals on Field 1, position four (4) SSF goals on Field 2 and secure with pegs.
4. Position "witches hats" between the SSF fields.
5. Run the barrier ropes around the fields.
6. Place the corner flags and halfway flags into position on fields 1 and 2.
7. Insert large goalposts into sleeves and attach nets. Attach "crash pads" to both sets of goals.
8. Position garbage bins around the grounds.

PLEASE NOTE: There will be 2 or more Committee members on duty to provide you with duties and directions from setup and throughout the day. You MUST follow their directions at all times.

CONTINUOUS DUTIES

1. At least two (2) Duty Persons (one per field) plus the Duty Officer (Committee Person) of the day are required to wear orange ground control jackets AT ALL TIMES. This is to be seen by the Referees, and spectators should assistance be required. These Duty persons are to ensure the games are started on time, as well as making sure Match Sheets are filled in correctly.
2. Duty teams must be prepared to referee in the event of an Official Referee not being allocated.
3. Alter field sizes as older age groups require them (IE: Move goals, cones, ropes as directed).
4. Remove SSF goals and lock away (in cricket nets) when older teams take over.
5. Change field setups.

PM DUTY – SATURDAY

1. The PM team takes over from 1 pm and goes through to 5pm (or when the last game finishes).
2. Orange Ground Control Jackets are still to be worn AT ALL TIMES – one per field, plus the Duty Officer of the day.
3. After the last game, take down flags, ropes, nets.
4. Move garbage bins back to bin area.

PM DUTY – SUNDAY

1. The PM team takes over from 12 noon and goes through to 5pm.
2. Orange Ground Control Jackets are still to be worn AT ALL TIMES – one per field, plus the Duty Officer of the day.
3. After the last game, take down flags, ropes, nets, remove goalposts and secure to fence.
4. Make sure all bins are emptied into council bins and the council bins are put out ready for collection.

13. INJURIES – WHAT TO DO

A Player has been injured – What do I do?

- 1) If the injury is serious enough, Ground Control will organise an Ambulance. The game will not proceed whilst a player is seriously injured.
- 2) For All Injuries, however minor, fill in an Injury Report form these can be found at ALL Ground Control Locations. Leave this form with ground Control.
- 3) If the player is going to get Medical attention, have them contact the Club Secretary via contact secretary on Seagulls website (www.cronullaseagulls.com) to organise an Insurance Claim Form or go to www.footballnsw.com.au/resources/insurance to download a copy.

Football NSW Player Insurance

Player insurance is provided through JLT Insurance.

To view all information regarding JLT and Player insurance, please see their website:
<https://www.jltsport.com.au/fnsw>



14. MATCH REPORTS

All teams from U6 to Seniors are required to complete a match report after every game.

How do I write a Match Report

- 1) Match reports must be submitted through the club's website at www.cronullaseagulls.com (under Contact Us->Submit Match Report) where it will be automatically forwarded on to the publicity officer, match reports should be submitted before Wednesday to ensure they are on the website before the next round.
- 2) Include praise or constructive criticism in your reports, do not include derogatory views of the opposing team, spectators or coaches, managers or referees. Any of these types of comments will be edited from your report. Be positive!!

The screenshot shows the Cronulla Seagulls FC website. At the top left is the club's logo. To its right is the text 'Welcome to Cronulla Seagulls FC'. Further right is the 'Our Major Sponsor' logo for 'highland property agents'. Below these is a weather widget showing '23.4° Scattered Clouds' and a 'CONNECT WITH US' button with a Facebook icon. A green navigation bar contains links: HOME, CALENDAR, DRAW, RESULTS, TABLES, INFORMATION, NEWS, MEMBERS, and CONTACT US. The 'Submit Match Report' form is displayed below the navigation bar. It includes fields for Team (a dropdown menu with 'MAL2' selected), Round (a text input), Opposition (a text input), Goals Scored (two checkboxes for 'Seagulls' and 'Opposition'), and a large text area for the Match Report. To the right of the Match Report field is a note: 'Let's make all Reports positive. Remember, it's all for fun!'. Below the Match Report field is a verification code 'PPFRWCC' and a text input for the user to enter the numbers and letters shown. At the bottom of the form is a 'Submit Match Report' button.

A: Instructions

- 1) Select your team from the dropdown lists of teams. Remember, Womens teams from 6-seniors start with a 'W'. Mixed and male teams start with a 'U'
- 2) Enter the Round
- 3) Enter The Opposition Name
- 4) Enter The Goals Scored - Seagulls and Opposition
- 5) Enter Your Match Report Text
- 6) Enter the Verification Code
- 7) Click On the Submit Button

Let's Keep All Of The Reports Positive, Remember It's All For Fun!

B: Match Report Example 1 – U06/G:

Well the weather held this week so we got to make up our game that was washed out in Round 1 with Bundeena. Bundeena may of had the home ground advantage but U6G were off to a great start scoring the first goal within minutes, thanks to Charlie. The boys have been trying hard at training with their kick ins from the side line to their team mates & today their hard work paid off. They turned some of their kick ins into goals!! They all displayed great team work and managed to dribble the ball between each other much better this week. Jack not only scored his first goal for the season but he scored three!! Excellent effort today Jack. Oliver must of dribbled the ball the length of the field quite a few times & the ball just wouldn't go in that goal unfortunately, but his effort & persistence earn't him Man of the Match today. Ethan & Oscar had a great morning defending & getting that ball back in play. Bundeena put up a great fight though & we were all on the edge of our seats quite a few times. Great Game Boys & Girls!!

C: Match Report Example 2 – U11/A:

“Alexei, Connor, Marley... it sounds like an 11A All-Star squad announcement but unfortunately that was our list of absentees. We were very grateful to Jack and Bryn from the 11Cs who backed up and played a second game straight after their own. The footballing gods were not smiling down upon us. EJ was still recovering from a heavy cold – good grief, he actually ASKED to be substituted off – and was well off his best. Matty went in for a tackle and got a bump on the head and ten minutes on the sidelines with an ice pack for his pains. Ultimately we were left with just too many mountains to climb. Despite all this the Seagulls probably edged a scoreless first half. Baxter has a preternatural ability to hit the frame of the goal and added two more exhibits to his burgeoning collection. Matty forced a good double save from a corner. Tyler looked largely in control in the centre of the park and Stevan was making his usual contributions. But the ball didn't find its way over the goal line.

The second half was a story of growing Gymea pressure. Renzo had perhaps his busiest game of the season between the sticks and made a number of good stops – and none of the goals conceded were his fault. Luke was in the thick of the action at left back, Matty shrugged off his injury to scrap away in central defence and Peter was relentless at Right Back. Gymea snapped up a couple of chances, however, and we were up against it. Then a spell of pressure paid off when Baxter fired in a low finish to give us a glimmer of hope. EJ then produced the moment of the match, picking up the ball halfway in his own half then slapping on the afterburners and sprinting through the whole Gymea defence before forcing an excellent save from the Gymea 'keeper. The longed-for equaliser did not come, though, and Gymea scored a fortuitous third with the last kick of the match (adding fuel to my growing campaign to shorten U11 matches by precisely 60 seconds...).

It was a tough day and a tough game but no heads had gone down and the boys had kept trying right to the very end. Luke excelled in trying circumstances and won Player of the Match, while Peter's great game was recognised with the Encouragement Award. Brave Matty was given Tackle of the Day while EJ won Run of the Day for his classic counter-attack. Thanks once gain to Bryn and Jack.”

15. CHILD PROTECTION

The commission for Children and Young People Act 1998 makes it an offence for a prohibited person (a person convicted of a serious sex offence, the murder of a child or a child-related personal violence offence, as well as a Registrable person under the Child Protection (Offenders Registration Act 2000) to apply for or otherwise attempt to obtain, undertake or remain in, child related employment. It does not apply if an order from the Industrial Relations Commission, Administrative Decisions Tribunal or Commission for Children and Young People, declares that the Act does not apply to a person in respect of a specific offence.

For further information on what is child-related employment, seeing the Working with Children Employers Guidelines on www.kids.nsw.gov.au

ALL COACHES AND MANAGERS WILL BE REQUIRED TO COMPLETE A WWC CHECK

The application for WWC must be completed online at "[Application for a NSW Working With Children Check](#)" website. This check only needs to be completed once every 5 years and it covers you across all other sport/club volunteer work. No need to fill out a form per club. Once you have your WWC number or if you already have one, please email [the Secretary](#).

Please Note:

An APP number is NOT the WWC number we need so please dont email that. An APP number you receive is just a transaction number. The WWC number will be received after you have gone to the RTA with ID Proof.

16. COACH EDUCATION, RESOURCES & INFORMATION

The Sutherland Shire Football Association Coaches Committee has several levels of FFA approved coaching courses. Dates for these are advertised on the association website www.shirefootball.com

The Courses are:

Grassroots Football Certificate

- Weeknights – 3 hour course
- Aimed at Coaches of 6 – 7 yr olds

Junior Licence

- Saturday & Sunday Course over 1 weekend – 14 hours
- Aimed at Coaches of 8 – 11 yr olds

Youth Licence

- Saturday & Sunday Course over 2 weekends – 21 hours
- Aimed at Coaches of 12 – 15 yr olds

Senior Licence

- Saturday & Sunday Course over 2 weekends – 21 hours
- Aimed at Coaches of 16+ yr olds

Keep an eye on the SSFA Association website www.shirefootball.com for upcoming courses or go to www.footballnsw/coaching/coacheducation for other courses that maybe held outside the Shire.



17. CRONULLA SEAGULLS WEBSITE

The website is where you should be going for all information. We receive countless enquiries during the year when all information is contained on the website. This section will explain the website and where to find information.

A: MAIN PAGE – This page contains the current News, Ground Control, Weather, Ground opened or closed, Mini-roo Ref Schedule and Home Ground Locations. Sometimes, we have multiple news items, so make sure you scroll through all of them. Within the heading “Latest News from Seagulls” there is an orange icon. This is our RSS Feed for the news. You can use a phone app to connect to the news (best rated one is called feedly) or use Outlook or an RSS feed program on your PC/MAC.

The screenshot shows the Cronulla Seagulls FC website homepage. At the top left is the club's logo. To its right is the text "Welcome to Cronulla Seagulls FC". Further right, it says "Our Major Sponsor" followed by the "highland property agents" logo. Below these elements is a weather bar showing "GROUND STATUS: OPEN", a temperature of "17.9°" with "Scattered Clouds", and a weekly forecast for Thursday (17-25) and Friday (16-28). A "CONNECT WITH US" button with a Facebook icon is also present. A green navigation bar contains links: HOME, CALENDAR, DRAW, RESULTS, TABLES, INFORMATION, NEWS, MEMBERS, and CONTACT US. The main content area features a "Latest News from Seagulls" section with a sub-header "COACHES/MANAGERS HANDBOOK - PUBLISHED" dated 27 Mar 2016. The text states the handbook has been published and is available under the INFORMATION->COACHES/MANAGERS tab. It also mentions a "SEAGULLS JUNIORS MEET THE SOCCEROOS" event dated 29 Mar 2016. To the right of the news is a "SEASON KICKOFF" countdown timer showing 2 days, 23 hours, 38 minutes, and 4 seconds. Below the news is a "Our Sponsors" section featuring the "highland property agents" logo and contact information. At the bottom right, there is a "Ground Duty" section with a "No Duty Roster for Saturday or Sunday" notice and a "TEAMS" link. Two small photos of players are visible at the bottom left of the main content area.

Clicking on the Current Temperature will give you a full weeks worth of weather.



The screenshot displays the 'Full Weather Information' section of the Cronulla Seagulls FC website. At the top, a navigation bar includes links for HOME, CALENDAR, DRAW, RESULTS, TABLES, INFORMATION, NEWS, MEMBERS, and CONTACT US. The main content area features a large weather widget with a sun and cloud icon, a thermometer showing 17.9°C, and a compass. Below this, it lists sunrise (7:06 AM), sunset (6:54 PM), moonrise (11:19 PM), and moonset (12:40 PM). A map of the Cronulla area is shown on the right. At the bottom, a 10-day forecast table is provided.

Wed 30/3	Thu 31/3	Fri 1/4	Sat 2/4	Sun 3/4	Mon 4/4	Tue 5/4	Wed 6/4	Thu 7/4	Fri 8/4
28° 16°	25° 17°	28° 16°	31° 18°	24° 17°	26° 17°	29° 18°	29° 19°	27° 17°	26° 17°
7:06 AM 6:54 PM	7:07 AM 6:52 PM	7:08 AM 6:51 PM	7:09 AM 6:49 PM	7:09 AM 6:48 PM	7:10 AM 6:47 PM	7:11 AM 6:45 PM	7:12 AM 6:44 PM	7:12 AM 6:43 PM	7:13 AM 6:42 PM

B: CALENDAR – This page contains all the items of events that are happening through the year. It regularly gets updated and you can click on each item and have it recorded into your calendars (phone or PC/Mac).

The screenshot displays the 'Calendar of Events' section of the Cronulla Seagulls FC website. At the top, a navigation bar includes links for HOME, CALENDAR, DRAW, RESULTS, TABLES, INFORMATION, NEWS, MEMBERS, and CONTACT US. The main content area features a large calendar widget with a sun and cloud icon, a thermometer showing 24.9°C, and a compass. Below this, it lists sunrise (7:06 AM), sunset (6:54 PM), moonrise (11:19 PM), and moonset (12:40 PM). A map of the Cronulla area is shown on the right. At the bottom, a 10-day forecast table is provided.

Wed 30/3	Thu 31/3	Fri 1/4	Sat 2/4	Sun 3/4	Mon 4/4	Tue 5/4	Wed 6/4	Thu 7/4	Fri 8/4
28° 16°	25° 17°	28° 16°	31° 18°	24° 17°	26° 17°	29° 18°	29° 19°	27° 17°	26° 17°
7:06 AM 6:54 PM	7:07 AM 6:52 PM	7:08 AM 6:51 PM	7:09 AM 6:49 PM	7:09 AM 6:48 PM	7:10 AM 6:47 PM	7:11 AM 6:45 PM	7:12 AM 6:44 PM	7:12 AM 6:43 PM	7:13 AM 6:42 PM

C: DRAW, RESULTS, TABLES – These tabs contain all the information required to find out where you are playing, times, etc. The Results and Tables are for the competition teams to view the results and placings of any Seagulls team.



PLEASE NOTE: These are directly connected to the Association website. The data in these screens will be exactly what is shown and recorded at the Association. They cannot be different as we don't store that information.

D: INFORMATION – This is the main section that contains every bit of information you will ever need. It contains all Cronulla Seagulls information such as Duties, Team lists, weblinks, Training, etc

INFORMATION	NEWS	MEMB
Grading Policies		
Ground Duties		
Ground Locations		
Links		
Match Reports		
Photo Gallery		
Policies		
Rule Books		
Seagulls History		
Sponsors		
Teams		
Training Slots		
Uniforms and Merchandise		
Year Books		
Year Videos		
Wet Weather		

E: NEWS – This section contains all the news, not just current news. You can search for news with keywords.

F: MEMBERS – This section contains the members of the club, coaches and managers, honour boards and life time members.

G-CONTACT US – This section provides all the information on how to contact the club.

CONTACT US
Contact Information
Request Training Time Slot
Send us a Coach/Manager Enquiry
Send us a General Enquiry
Submit Match Report



18. TEAMAPP – The recommended tool for Coaches and Managers

TEAMAPP is a smartphone APP that not only allows the Coach and Manager to efficiently communicate with its team, but communicate with other teams and also allows all people that have subscribed to the team (Coach, Managers, Players and supporters) the ability to get news directly from the Club.

Cronulla Seagulls will be using TEAMAPP extensively to contact Coaches and Managers when games are called off, change of venue, Saturdays/Sundays washed out, etc.

Coaches and Managers can instantly know who is available for the game. The Coach/Manager can create events for where each game is being played and include a map. The Coach/Manager can share their own information through their own News feed.

TEAMAPP is recommended to use by Kids Guardian and is it is safe and secured and follows child protection laws of the game. FACEBOOK provides NO child protection and is not safe to use.

TEAMAPP is compatible with Android and IOS phones and can be used on Windows Phones, PCs and Mac's by a simple Web Browser interface.

TEAMAPP is FREE for all to use.

A: Installing TEAMAPP – Coaches/Managers/Players/Parents

- 1) Download and install TEAMAPP. You can get the app from Google Play (<http://play.google.com/store/apps/details?id=com.teamapp.teamapp>) or App Store (<https://itunes.apple.com/us/app/team-app-your-team-your-app/id625607532>). For those without an iOS or ANDROID Phone, tablet, device, you can still connect via a browser by going to www.teamapp.com.
- 2) If you have never used TEAMAPP, you will need to create a Login.
- 3) Login to TeamAPP.
- 4) Once the App logs in, search for CRONULLA SEAGULLS FC (when using a browser, click the FIND A TEAM APP)
- 5) Click on CRONULLA SEAGULLS FC. A welcome screen will be shown.
- 6) Select the option to JOIN THIS TEAM.
- 7) You will need to fill in some details. One detail will ask what Age Group are you in. Select the age group of your team. Also, if you are a Coach or Manager, select the appropriate Coach or Manager Group..
- 8) There will also be an option to pick your team. Select your actual team from the dropdown. If your Team is not there, please email Rob the secretary at secretary@cronullseagulls.com.
- 9) When asked for a reason to join, make sure you follow this:
 - 1) COACHES/MANAGERS type "Coach (or Manager) of <team> where <team> is your team. EG U9C
 - 2) PLAYERS and SUPPORTERS type Player/Supporter associated with <team>. Team is like the example above.
- 10) Once you have finished, you will then be connected. The Club will get the Access Request and will enable access.

B: USING TEAMAPP – Coaches and Managers

There are several areas of TeamAPP that Coaches and Managers can use to only talk to their team. Those options are NEWS, EVENTS, CHAT, TEAM SELECTION, GALLERY



To use these options for your team, Coaches and Managers will have limited admin access to create items in each option.

News – Create News items for your team.

Events – If you create an Event for your team (such as Each game), you can turn on the option ATTENDANCE and RSVP. This will allow your players to click on an option of YES, NO or MAYBE. This is how you can track who will be at the game (or you can set up one for each training). You can also enter an address/location of the game and you will get a map of the location.

Chat – Setup chat rooms for your players, parents, or both.

Gallery – Setup areas to put your photos and share throughout your team (or the Club).

NOTE: Creating each item about is pretty self-explanatory, but when you create an item, you MUST remember to select the ACCESS GROUP. In this selection, you must select your TEAM otherwise everyone attached to Cronulla Seagulls will get notified of the item.

Apart from the above listed, you will receive all Club News, connections to Coaches/Managers Documents, Seagulls Social Media, Sponsors and links to the Seagulls Website and Seagulls Online Store (new in 2017).

You MUST only use TEAMAPP in FULL TEAM MODE. Full Team Mode is when you connect to Cronulla Seagulls FC (as above) only. If you create your own TeamAPP for your team, that is called stand-a-lone mode and violates Member Protection Policies.

You must email the secretary (secretary@cronullaseagulls.com) if you want to use TeamAPP in “Full Team Mode” and request your Team to be activated.

You can also email the secretary if you need help with installation, configuration and usage.

19. STRETCHES

Calves – these are the muscles located at the back of our lower legs. It is important to stretch these muscles regularly. These are used every time we stand, walk, jump, cycle or jog. Stretch a leg for 15 seconds by placing the heel of the foot as close as possible to a wall and pull your bottom forward keeping your pelvis parallel to the wall. Then relax and after a little ankle rotation stretch the same leg again for 15 seconds. Now do the other leg. Then do the other stretch with bent leg for the Achilles tendon.

Quads – these are located at the front of the thigh muscle. The quadriceps are very powerful muscles and have a lot to do with the stability of the knee. Stretch the front of the thigh by pulling your heel up and close to your bottom. Hold this position for 15 seconds squeezing your bottom forward.

Hamstrings – these are located at the back of the thigh. These muscles are very relevant to the comfort and flexibility of the lower back. Sitting on the floor and placing one leg over the other, take a nice deep breath and lift your upper body up and forward. By pulling on the bent leg and bringing your chest forward you should feel the leg underneath stretching from the bottom to the knee. Hold for 15 seconds, have a slight pause then do again for another 15 seconds. Then do the other leg.

Hip Cross Over – this is great stretch for the outside of the hip and bottom region. Laying flat on your back and holding down the knee with the opposite hand whilst trying to keep your shoulders on the floor, move slowly and hold for 15 seconds, swap legs and go back and do again for another 15 seconds.

Hip Flexors – located deep and high in the hip region above the quads, these muscles are sometimes hard to stretch. Place your hand on your bottom and tilt your pelvis forward, placing one foot forward and the other knee slowly to the ground. Do for 15 seconds, pause then again do the same leg, before moving onto the other leg.

Ilio Tibial Band – this is the muscle running down the outside of the thigh. Stand upright and lean against the wall, pushing your hip away from the wall with your inside leg, crossed in front of the other leg. The ankle/foot of your outside leg should be rolled over whilst keeping your body in a straight alignment.

Gluteals – commonly call the bum muscles these are responsible for many lower back aches and need to be stretched regularly. Lying on your back, cross one leg over the other and place your arms through and around the leg (with the heel on the ground) and pull the leg towards the chest SLOWLY. Do each leg for 15 seconds and repeat.

Gluteals #2 – another great stretch for the glutes. Starting with a position from being on all fours, slide back onto your elbows and cross one leg behind and across your body as wide as you can go. Do both sides for 15 seconds and then repeat.

Lower Back – McKenzie Pushup – this is a great exercise to reverse the pressure that one gets from sitting and leaning forward constantly. Great to do after an extended time driving or sitting at a desk doing computer or paperwork. Lay on your stomach and lean on your elbows for a few minutes. Each week increase by 30 seconds.

Groin – essential stretch for any sport or activity that requires the groin or abductor muscles to be used. Squat down, using the arms as a balance, with one leg straight out and the other bent. Hold for 15 seconds and then do the other leg, then repeat both legs again for 15 seconds.

20. COACHING TEMPLATES

A: TRAINING SESSION PLAN

Session No. _____

Date: _____

Venue: _____

Team: _____

Session Aim	
•	•
•	•
•	•
Weekly Outcomes	
•	•
•	•
•	•

Training Outline

Time	Warm up, skills, games, drills, conditioning, recovery

Don't Forget	Session Review
Injuries	Changes for next Session



B: COACHING EFFECTIVENESS – SELF REFLECTION DIARY

Date: _____ Venue: _____ Team: _____

Session descriptions (including aims)

Things to Improve:
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Things to Implement next Session:
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Follow up Evaluation after next Session:
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