

2022



CLUB HANDBOOK



OUR CLUB

A brief history

As you can see the home of the NBUFC is possibly the most picturesque ground in the Hills. In 1978 the Nairne Football Club and the Bremer Football Club amalgamated to become known as the Nairne Bremer United Football Club, the inaugural season was in 1979. The club has a rich history of producing quality footballers, many who have gone on to play SANFL and AFL football. During its relatively short existence the club has managed to secure an assortment of Premierships and Club achievements. The club places itself in a responsible position towards its community by being one of the first clubs to enrol in the Good Sports Campaign.

The future of our Club & community

The NBUFC is on the brink of some exciting changes. Due to the growth and expansion of our town great opportunity waits for a club such as ours. With the expected increase in population over the next ten to fifteen years we can expand and develop our club so that it is one of the leading and most sort after clubs in the league.

About the club

In 2019 NBUFC embarked on an exciting journey back into Division 1 of the Hills Football League. In the past three seasons we have seen ongoing improvement and growth at NBUFC. NBUFC have competed in final series in both Senior Women's and Junior grades. This demonstrates to our sponsors and supporters that our continuing success comes from a community effort.

Our senior coaching staff remain focused on developing local players as well as the introduction of new players who share our club philosophy. We strive to produce a club culture that is inclusive, family friendly and measures its success through the commitment to community values. Our dedication to our junior program creates pathways for the junior players to develop and play senior football at NBUFC. The junior coaching staff invests their time in developing young men who demonstrate respect on and off the field and value the philosophy of team participation. This dedication to the welfare of our players provides opportunities for personal growth, through the skills of Australian Rules football and the friendship team sport brings. Nairne Bremer United Football Club believes this is an ideal environment for youth to thrive and create lasting relationships with our community.

SENIOR PREMIERSHIPS: 1985, 1989, 2017



The Ram's way

What follows are a series of guidelines that will help you in how you represent our football club.

HONESTY

An honest assessment of who you are, not only as a footballer, but as a member of our club will help you realise your capacity as an effective contributor at NBUFC. Honesty plays a crucial part in your progress as a footballer. It allows coaches to offer constructive criticism about your progress, which in turn, presents you with the opportunity to make an honest effort to correct the aspects of your game that have been highlighted. Above all, always be honest to yourself.

RESPECT

Everybody needs it and deserves to be treated with respect, from the water boy to the president. Valuing the role each member plays is a vital part of being in a team environment. Every time you take to the field you should be aiming to earn respect by the way you play the game. Off the field the way you conduct yourself will also determine how you and your club is viewed. Respect for Umpires, opposition players, officials, and supporters all the time. Most importantly have respect for yourself and your coaches. Finally respect the jumper that represents your football club; always hand your jumper in NEVER THROW YOUR JUMPER ON THE GROUND.

OWNERSHIP

Everyone is responsible for their own performance. Don't blame others for poor performance, practice honest self-appraisal. You are responsible for your performance, as indeed you have a responsibility towards the club while you are representing it. Your performance determines our success as a football club.

COMPETE

The ability to compete is at the very heart of this game. Compete for every ball, every issue, never surrender. At the very least we are striving to be competitive in every grade in every game NBUFC are involved.

TEAMWORK

Building a sense of team is crucial if the group is to have any success. A sense of inclusion and belonging are the results of a well-formed team. The need to be mates on and off the field will ensure players do the "hard" things for each other. Look after your teammate whatever happens. It doesn't really matter who kicks the goals or is the best player, what matters is winning as a team.



DISCIPLINE

Successful football clubs are disciplined. It is the little things that count, like listening to the coaches' instructions and carrying them out, that will lead to team success. Always be correctly prepared for training and matches, "if you fail to prepare, you prepare to fail".

ATTITUDE

We get what we expect, and our attitude speaks louder than our words. Speaking well of teammates and leaders, seeing the learning in every crisis, focusing on solutions rather than problems, emphasising the positives rather than the negatives -these are all examples of attitude. Attitude is contagious. Attitude is a choice. Attitude is everything in football.

SUCCESS

Is measured in many ways. An improvement in an individual, however small, is a success and should be celebrated. Maintaining a high standard of training and play over a prolonged period will lead to regular finals appearances which is the best chance to play in grand finals, which ultimately will be seen as success. Player's progressing to the senior level is a sign that the junior program at NBUFC is being successful. Just as importantly, it demonstrates that NBUFC remains committed to providing a career path for young footballers in its zone to play the game at its highest level. Welcome to the Nairne Bremer United Football Club and congratulations on earning this opportunity to play, support, contribute to our Football Club. Don't waste it, embrace it. Ultimately you determine how long and successful your stay is. Enjoy it and be the best you can be.

"BE STRONG WHEN YOU ARE WEAK
BRAVE WHEN YOU ARE SCARED AND
HUMBLE WHEN YOU ARE VICTORIOUS"





2022 SOCIAL CALENDAR

Past Players Day 9TH APRIL

YOUR LETTER IS 30TH APRIL

ROAST & RED ^{18+ event} 28TH MAY

FAMILY FUN DAY 18TH JUNE

iPod shuffle  23RD JULY

Sponsors day   23RD JULY



Training schedule

DAY/TIME	5pm - 6pm		6pm - 7pm		7 - 8pm	
MON			U17 GIRLS			
TUES	U14 / U16					
		U18s		SENIOR MENS		
WED	MODDIES		WOMEN'S			
			U12s			
			U14 GIRLS			
THURS	U14 / U16			SENIOR MENS		
		U18s				
			WOMENS			
				C GRADE		



MAIN OVAL



SMALL OVAL



Saturday Football Schedule

Round	Date	Home Team	Away Team	Venue
Round 1	2/04/2022	Onkas	NBUFC	Balhannah
Round 2	9/04/2022	NBUFC	Hahndorf	Nairne
Round 3	23/04/2022	Uraidla	NBUFC	Uraidla
Round 4	30/04/2022	NBUFC	Raiders	Nairne
Round 5	7/05/2022	Mt Lofty	NBUFC	Heathfield
Round 6	14/05/2022	NBUFC	Blackwood	Nairne
Round 7	21/05/2022	NBUFC	Mt Barker	Nairne
Round 8	28/05/2022	Lobethal	NBUFC	Lobethal
Round 9	4/06/2022	NBUFC	Echunga	Nairne
Round 10	18/06/2022	NBUFC	Onkas	Nairne
Round 11	25/06/2022	Hahndorf	NBUFC	Hahndorf
Round 12	2/07/2022	NBUFC	Uraidla	Nairne
Round 13	9/07/2022	Raiders	NBUFC	Callington
Round 14	23/07/2022	NBUFC	Mt Lofty	Nairne
Round 15	30/07/2022	Blackwood	NBUFC	Blackwood
Round 16	6/08/2022	Mt Barker	NBUFC	Mt Barker
Round 17	13/08/2022	NBUFC	Lobethal	Nairne
Round 18	20/08/2022	Echunga	NBUFC	Echunga

27/08/2022 Finals Round 1

28/08/2022 Finals Round 1

3/09/2022 Finals Round 2

4/09/2022 Finals Round 2

10/09/2022 Preliminary Final

17/09/2022 Grand Final

For all other schedules visit [PlayHQ.com](https://www.playhq.com) or visit the link directly below:

<https://www.playhq.com/afl/org/hills-football-league-sa/hills-football-league-sa-2022/0cf8223c>



Oval locations

Round	Date	Home Team
Balhannah Oval	109 Onkaparinga Valley Rd	Balhannah
Birdwood Oval	20 Adelaide Mannum Rd	Birdwood
Blackwood Oval	Corner of Trevor Terrace and Craighburn Rd	Blackwood
Bridgewater Oval	Corner Anzac Ridge Road & Mt Barker Rd	Bridgewater
Callington Oval	Callington Rd	Callington
Echunga Oval	100 Hahndorf Rd	Echunga
Gumeracha Oval	Mannum Rd	Gumeracha
Hahndorf Oval	Pine Avenue (Echunga Rd) & Von Doussa Rd	Hahndorf
Heathfield Oval	Cnr Longwood & Heathfield Rd	Stirling
Ironbank Oval	Cherry Gardens Rd & Vicks Rd	Cherry Gardens
Kangarilla Oval	South Terrace	Kangarilla
Kersbrook Oval	Glover Street	Kersbrook
Lobethal Oval	Jeffery Street	Lobethal
Macclesfield Oval	Venables Rd	Macclesfield
Meadows Oval	Mawson Rd	Meadows
Milang Oval	Main Rd	Milang
Summit Oval	Spring Rd, Mount Barker	Mount Barker
Mt Pleasant Oval	Adelaide Mannum Road	Mount Pleasant
Mt Torrens Oval	Oval Road	Mount Torrens
Nairne Oval	Sydney Road	Nairne
Uraidla Oval	87 Swamp Road	Uraidla



Subs & Membership

Membership is a great way for you and your family to be involved and meet other families in your community. The football club has a friendly relaxed atmosphere. Meals are served Thursday and Saturday nights at the clubrooms.

General member (non-playing)

\$80 includes free entry to all home games

Life Members

Life members receive free playing membership if required, plus a free home game pass.

Fees

Senior Mens: \$260

Senior Womens: \$210

Under 18s: \$180

All Juniors (U12, U14, U16, U18, U17G, U14G): \$180

Modified Juniors (U8 - U11): \$140

How the club uses your subs:

- Insurances
- Guernsey for the year
- Rent of facilities for the year
- Electricity
- Balls and equipment
- Umpires and game day costs
- Entry to the ground for seniors

Bank Details:

Acc name: Nairne Bremer United Football Club

BSB: 085-745

Acc number: 154213156



AROUND THE CLUB

Moddies

The NBUFC Moddies program is open to 6–12-year-old Boys & Girls and is based on the year born.

For 2022 the following applies

Under 11s - Born 2011

Under 10s - Born 2012

Under 9s - Born 2013

Under 8s - Born 2014 & 2015.

- It is a great transition from our Auskick program through to premiership football in Under 12s
- Training is on Wednesday nights at 5:00
- Games are normally Friday night or Saturday morning. For home games they will be played on both the main oval & small oval.
- Schedules will be sent out at the start of the year but may change throughout the year. Refer to <https://www.nbufc.com.au/moddies>
- Rules are highly modified at under 8s and transition to more traditional rules throughout the years (refer table)
- Remember – Everyone is a volunteer, it's about the kids having fun, only positive encouragement.
- Please also join the parents facebook page - <https://www.facebook.com/groups/nbufcmoddies>



Juniors

Thanks for being involved in Season 2022. It is great to have you and your family as part of our club! We have 3 teams that make up our Junior Program. U12s, U14s and U16s. This part of the club is where football transitions into a more competitive zone, as we move towards our senior program. We play for points, have finals and are aiming for success. All of that said, our one priority is still to teach kids new football skills and provide a fun and positive environment for our kids.

In short, this is what we stand for:

- We want to make sure kids have fun!
- We want to create a positive environment that everyone loves to visit
- We want to challenge our players and play competitive football
- We want to be a great community organisation that is made up of enthusiastic volunteers

To see our full junior policy, please visit <https://nbuafc.com.au/junior-football>.
In the meantime, below are the highlights.

Mouthguards:

Wearing a mouth guard during training and games helps to absorb and spread the impact of a blow to the face, which may otherwise result in an injury to the mouth or jaw. Mouth guards are mandatory and are required to be worn by all players during training and games. The Club operates a strict 'No Mouthguard, No Play' policy without exception.

Selection & rotation policy:

There will be times like finals, where the team will need to be rotated or there will be difficult selection decisions. Coaches will make selection decisions based on the following. We appreciate your understanding and acceptance of key coaching decisions.

- Skill Level – Kicking, marking, handball / vision / awareness and clean hands
- Attendance and training
- Competitiveness
- Footy Smarts
- Fitness levels

Position, rotation & gametime:

At this level, positions are set to match the player's fitness, skill set, suitability, and physicality. NBUFC expects, within the limits of duty of care, comfort, ability, and confidence, that the team Coaches will determine player position rotation, in the best interests of their football development. Where practical NBUFC expects players to play a minimum of 2 quarters per match. The NBUFC intends to select all players for a similar number of games during the minor round where possible, this may vary due to individual player availabilities /absences e.g., holidays, camps, injuries, and sickness etc.



Womens

At NBUFC, Our women's senior and junior football focuses on the following...

- Focusing on player development.
- Increasing player enjoyment at trainings.
- Learning the fundamentals of the game.
- Developing an environment and culture where all players feel connected to the Women's senior and junior girls football teams and enjoy playing football. it's not the will to win that matters, it's the will to prepare to win that matters.

Seniors

At NBUFC, Our senior program focuses on the following...

- Connecting with players, coaches, officials, and members is vital
- Creating a safe environment and culture for players to engage in better learning experiences, that promote analysis and reflection on their playing practices
- Build an environment where every player has a vested interest in development of themselves and importantly their teammates
- Building self-confidence and internal belief through empowerment and positive motivation
- Teamwork is the essence of life; teamwork is the success of the team and not individuals. Creating a "we" over "me" attitude
- Individual's habits will determine their future successes. You earn what you put in and you reap what you sow
- A collective approach working together to achieve the best results understanding what each individual needs to improve and how to get 100% out of them every time
- Skills for life mindset; life, mental, physical, emotional, and spiritual skills
- Dream big, have a vision, and set expectations. Vision is what separates the successful from the unsuccessful.



CLUB **CONTACTS**

Senior Coaches

ROLE	NAME	PH
Senior Coach	Morgan Young	0414 979 491
Reserves Coach	Scott Willis	0430 710 201
Senior Women's Coach	Greg Cross	0422 316 129
U18 Coach	Jack Revington	0427 989 817

Junior Coaches

ROLE	NAME	PH
U17 Girls Coach	Kent Llewellyn	0417 821 179
U16 Coach	David Peel	0417 877 109
U14 Girls Coach	Josh Rosser	0435 007 112
U14 Coach	Tim White	0411 840 191
U12 Coach	Luke Thompson	0455 286 499
U11 Coach	Josh Rosser	0435 007 112
U10 Coach	Dion Newell	0417 809 155
U9 Coach	Kym Bloffwitch	0421 086 048
U8 Coach	Simon Work	0488 580 635

Head Trainer

ROLE	NAME	PH
Head Trainer	David Peel	0417 877 109

Football Department

ROLE	NAME	PH
President	Bronte Hough	0404 025 761
Senior Football Director	Dale Eichner	0413 158 588
Junior Football Director	Gareth Diprose	0439 821 340
Modified Football Director	Daniel Robinson	0438 609 457
Women's Director	Kate Schutlze	0437 928 812



Committee

ROLE	NAME	PH
President	Bronte Hough	0404 025 761
Vice President	Daniel Robinson	0438 609 457
Secretary	Jami Carman	0434 487 978
Treasurer	Helga Baxter	0413 364 987
Women's Director	Kate Schutlze	0437 928 812
Football Director	Dale Eichner	0413 158 588
Junior Director	Gareth Diprose	0439 821 340
Players Representative	Jack Revington	0427 989 817
Member	Alice Perkins	0416 653 178
Member	Megan Peel	0407 172 635

Other important contacts

ROLE	NAME	PH
Subs/Membership Co-ordinator	Gareth Diprose	0439 821 340
Auskick Coordinator	Shannon Gibbons	0413 698 241
Volunteer Coordinator	Julie Carman	0402 314 727
Child Safety Officer	Ben Donohough	0421 656 039
Sponsorship	Todd Heyer	0411 591 125



MATCH
DAY

Match day procedure

Game Times

DAY	TEAM	TEAM	TIME
FRI	Modifieds		Check program
FRI	Under 12		Check program
SAT	Under 14		8.45 am
SAT	Under 16		9.55 am
SAT	Under 18		11.10 am
SAT	Reserves	Report 11:30am	12.50 pm
SAT	Seniors	Report 1pm Team meeting 1/2 Time Reserves	2.30 pm
SUN	Auskick		10:00am
SUN	Under 14 Girls		10:30am
SUN	Under 17 Girls		12:00pm
SUN	Senior Women		1:30pm
SUN	C Grade		Check program

Game day procedure

- Warm up on ground at $\frac{3}{4}$ time of the game before
- On the ground when final siren sounds for game before
- Dress in club uniform
- Hydrate 24 Hours before game and after game.
- When coach is addressing players during breaks all players to be in a tight and attention on coaches (no wandering or talking to people outside the playing group and support staff.)
- When on interchange bench sit in coaches' box within ear shot of coach
- Injured Players to stand as a group in range of huddle to support the group and hear match day instructions.
- Pride ourselves on being disciplined and well drilled in every aspect of match day.
- Win Lose or Draw we leave the ground as a TEAM.
- Warm down, stretch and Ice Bath after game.
- Ice any injuries after game.
- Compulsory attendance of all Senior players at award presentations at all matches unless prior arrangement with coaching staff.
- KEEP CHANGE ROOMS TIDY. Don't leave everything to your support staff, work with them they are volunteers.



PLAYER STANDARDS

Player standards

“Hold yourself responsible for a higher standard than anybody else expects of you”

Attendance

- If you are going to be late or you can't make training, contact your Leader, Coach, Assistant Coach or Team Manager by phone and this must be done, at the latest, ½ an hour before training. If you can't get hold of them ring the club.
- Make sure you're on the track before training for the warmup.
- If you're ready early, get out and do extra skills or weights. **DON'T JUST SIT AROUND AND WAIT FOR THE WARMUP!**
- If you require strapping or massage prior to training, **GET THERE EARLY!**
- No player is to leave the track without notifying one of the coaches
- Be respectful to your club. Kicking footballs in the direction of trainers and throwing drink bottles on the ground instead of placing them back in the holders is disrespectful.

Change Room Rules

- Players are responsible for keeping the change rooms tidy
- Put all rubbish in a bin that includes strapping, fruit scraps, cans etc
- Do not spit anywhere in our change rooms
- Don't leave drink cups and water bottles lying around when not in use.
- Please make sure your gear is appropriately placed to make best use of the facilities.
- Boots must be cleaned outside, before entering the change rooms
- If using a piece of training equipment/machine, please put it away after your session.
- Check the showers and turn off lights and fans if last user.
- If you are last to leave, switch off lights, exhaust fans and lock all doors.

Professionalism

How we present ourselves, training, match day and away from the club.

- Training attire (pre-season): Designated training gear track shoes for running and football boots for skills.
- Training attire (in-season): Training jumper & football socks
- Game Day: Current Club player polo shirt. Neat black chinos (no shorts) and black shoes (no thongs).



OUR GAME

Our Game

Be self-starting, relentless to action it.

What will it take to play for the Nairne Bremer Football Club?

We will put the processes in place to play the style that we will call “Our Game”

Our preparation has been based on getting these processes right.

Our Success will come from an uncompromising approach to instil “Our Game” with everybody associated at the club

There is no magic with any of this, but we must work and believe that we get all of this 100% right. We expect that we have a total commitment from those chosen to represent the Nairne Bremer Football Club and we will choose players to give 100% all the time not just some of the time. We will persist with all of this to make “Our Game” and our Club the best it can be. This in turn will lead to us performing “Our Game”

Yearly

- Goal setting to finish in top 3

Monthly

- Be first to the ball at least 65% of the time
- Create at least 50 inside 50s & to score at least 50%
- Entries to be at least 2/3 through the corridor
- Score on a 2:1 ratio of goals to behinds
- Deliver at a 2:1 ratio of kicks to handballs
- Look to score about 95 to 100 points per game
- Restrict the opposition to no more than 80 points per game.

Disciplines & predictabilities

When Getting the Ball

- Always demand front spot: See the ball first and attempt to contest from front spot, if we cannot mark or control the ground ball keep it in front
- Work “front and square” to the contest
- We will work to get “front and square” to the contest. We will not get forward of the contest until we have won the ball.
- Keep our body in line: When we attack the ball or the opposition body we will do this with our bodies in line with the ball and we stay in line and take any hit coming at us.
- We must be hungry for the contest
- We must look forward to the contest all the time and stay in the contest all the time.
- Being strong & stay over the ball
- Being Strong over the ball & do not come off the ball until we have it. We want it more.



- Keep your Feet in Every Contest: Don't go to ground as we want to stay in the contest & we can't compete on the ground
- Be a One Take Player: Be clean with your Take so we have more time to dispose it properly.
- Look to work inside to receive
- We would like to be looking inside the corridor to receive by hand or a short kick. The exception to that is defending in our back 50
- Always look to assist: We need to outwork & outnumber the opposition at the contest to support our Teammate.
- When your man goes you must go: In defence when your opponent goes you must go also whether it is an air ball or ground ball you must contest hard & strong
- Tackle pressure must be hard & strong: We must have a fierce determination to tackle strongly at the hips by wrapping and dropping.

When we have the ball

- Speed of Ball: We want speed of ball getting to our forwards so kicking the ball quickly to our forwards one on one is the best way to achieve this.
- Kick Long to contests, No Short Kicks to a 50-50 Contest. We will not kick short to a 50-50 contest. We can kick short to play on or to set up a shot on goal. We can kick short also to keep control however if you feel it could turnover go long down the line.
- High & Long under Pressure: When you are in doubt kick the ball long & high toward our goal to enable us to give at least a strong contest
- No Overuse of the Ball: When we are clear and running toward goal, we want you to kick the ball with your preferred leg, we don't want to handball for the sake of it. Predictability is the key for our forwards.
- Inside the Corridor: When we bring the ball back into the corridor, we need that kick to be flat and to a stationary target forward of the centre square. We don't want to kick the ball long back into the corridor except to the top of the square.
- Top of the Square: We will want the ball kicked to the top of the square if a good percentage shot on Goal is not an option
- Handball Square or Behind: Unless a teammate is running into space and a forward handball can get him freed up. We do not handball forward. We handball to a teammate so he is facing goals and he can kick it
- Protect the ball carrier: When our teammate has the ball and is running toward goal, we need to clear the path and protect him so he can run and kick. We prefer not to overuse the ball and we want to free a teammate up to be clear to kick
- Efficiency with our goal scoring: We must work to maintain possession or score goals with our efficiency of disposal. When shooting for goal we aim at the right post and vice versa for a left footer.
- Share and Care: Deliver the ball by hand or foot the same way you would like to receive it.



CLUB **POLICIES**

Club policies

Racial or Religious Vilification

No player or member while carrying out his/her duties within the club shall act towards or speak to any other person in a manner, or engage in any other conduct which threatens, disparages, vilifies, or insults another person based on that person's race, religion, colour, descent or national or ethnic origin.

Player Subs

Pay your subs early, non-payment may lead to non-selection. Player Subs include a gate pass to home games and full membership benefits. The payment of Subs contributes to your club but in no way fully covers the real cost of things like strapping, footballs, umpires, and admission.

Drug Policy

The Nairne Bremer United Football Club strictly endorses the S.A.N.F.L policies and procedures relating to drugs and drug testing. ASDA (Australian Sports Drug Agency) conducts random drug testing on behalf of the SANFL. The consumption of performance enhancing, and recreational drugs is strictly prohibited, and testing may be carried out on any listed player following training or games. Please do not hesitate to consult your general practitioner if you are unsure about the legality of any medication.

Security

It is important that everyone takes responsibility for security. All Valuables should be given to the Team Manager at games. The last person to leave the change rooms must be responsible for:

- Turning showers, all lights, and fans off
- Locking up

Volunteers

Volunteers are critical to the success of the Nairne Bremer Football Club. It is important that we all give them the respect they deserve and make their job as easy as possible. Volunteers are not cleaners therefore players must clean up their own mess.



Toilets

Players are not permitted to urinate on the oval during a game or at training. This includes all training venues. Toilets must be always used.

Cleanliness

Boots should be cleaned before entering the change rooms.

Strapping must be put in the bin after training or games.

Entry into away grounds

All visitors are expected to pay an entry fee, so please do so. Not doing so is a disrespect to the club you are visiting. We expect all visitors and players to pay when they come to our ground and so it should be when we visit.

Uniform

All Players selected in the League, Reserves, Senior and Junior Colts Teams for Premiership point games are expected to attend games and after match presentations suitably attired. The club uniform to be worn is as follows:

A Grade/Reserves – Senior Player polo shirt and or Club Jacket or Club jumper, black chinos, and neat tidy shoes (not thongs)

Colts - polo shirt, Club hoody or jumper.

There will be an automatic fine for any Senior Player who is not in correct uniform as per the player's code of conduct.

Sponsorship

All players and officials should be encouraged to support our sponsors wherever possible. Some sponsorship agreements specify only particular products may be used by the Club.

Smoking

All players and officials are not permitted to smoke in the change rooms. Players should not be smoking at all and officials who do smoke must do so away from players and the general public, particularly when in Club uniform.



After Match Presentations

These are COMPULSORY for home games for all grades including our Senior colts. Awards will be presented to each team at after-match presentations. Each player, at all levels, who receives the best on ground award after the game must respond in the appropriate manner. It is important to acknowledge the sponsor but also provide the supporters with an interesting short speech.

- summary of the game
- promote any up-and-coming events
- congratulate players on 1st game or milestone game
- congratulate other teams on performance
- any 'entertaining' news the supporters may like to hear

Change Rooms

Players are responsible for keeping the change rooms tidy. There are usually two sets of players gear in the change rooms so please make sure yours is appropriately placed to make best use of the facilities.

Bags in Clubrooms

Bags are not to be placed in the Club Rooms. Please put them in your car after matches.

Alcohol Consumption

All players should be aware of the negative affect that alcohol has on performance and in particular recovery from injury. Players under the age of 18 shall not consume alcohol under any circumstance while they are representing the NBUFC or on the premises of the NBUFC. All players should be aware of the negative affect alcohol has on the body and should not consume alcohol throughout the week.

Players of the Nairne Bremer United Football Club must not be seen to consume alcoholic beverages in an undisciplined manner in public.

It is illegal for any person under the age of 18 years to consume alcohol on Club premises. Any person under the age of 18 years consuming alcohol on Club premises will be requested to leave the premises immediately and if a player, disciplinary action may also be taken by the Club.

It is against the law to take alcohol into any football ground on game days make sure you adhere to this.

It is illegal to bring alcohol into the clubrooms and the clubs licenced area and you put your



clubs liquor licence, and a major source of the club's income, at risk by doing so.

The leadership group or coaches may wish to enforce stricter guidelines from time to time.

Medical Expenses

The Club is NOT responsible for any medical expenses UNLESS prior approval has been granted in writing by the Executive Committee.

It is recommended that all Players to be in the TOP COVER of private medical benefits, including dental, ambulance, hospital, and physiotherapy, at the very least you should have Ambulance Cover.

AFL personal Injury cover is designed to offer some peace of mind to players, officials, and volunteers of a club by having protection for certain costs related to an injury sustained whilst involved in a club activity. Clubs have the option of selecting a higher level of cover as well as the flexibility to include Loss of Income coverage.

Members of the JLT (AFL), Discretionary Trust including players, coaches, trainers, umpires, officials, and volunteers. In addition to the Personal Injury cover, players are also encouraged to investigate the benefits of private health insurance.

See the AFL Insurance Overview section for more detail – page 20.

Wakefield Sports Clinic is the Hills Football League preferred provider of sports medicine. You will need full private cover, however, to receive priority treatment.

Acute Injury Management.

The way a player manages their injuries in the first 36-48 hours is crucial to the recovery time of that injury. A poorly managed injury will take much longer to fully repair than a properly managed one. The following acronyms will give you a guide to the procedures to follow - R.I.C.E.R

Rest - Do not put any weight on the injury. Immobilize the area where possible. Put an injured arm in a sling or use crutches for a leg injury. Sit down and rest.

Ice – Place a crushed ice pack on the injury site to reduce bleeding and swelling in that area. Do not place ice directly on the skin. Always use a cloth or plastic bag. Ice for 20 minutes every 3 hours. Continue this procedure for 36 – 48 hours depending on the severity of the injury.

Compression – Wrap the injured area with a firm bandage or Tubi-Grip between icing sessions. This will also reduce swelling allowing for faster recovery. Bandages can be provided by the Training staff. Do not leave tight bandages on overnight.

Elevation – Elevate the injured area when possible. Sitting with your leg up or lying down with leg on pillows is ideal.



Referral – Seek professional assessment of your injury from a doctor or sports injury clinic.

NO HARM - Certain things to avoid in the acute stage of an injury to improve recovery time are:

Heat – hot baths or heat rubs will increase bleeding and swelling at the injury site

Alcohol - thins the blood and will also increase bleeding and swelling of the injury.

Running – Increasing the heart rate will have a similar effect. Rest as much as possible.

Massage – Avoid massaging the injury as this will increase bleeding and swelling extending recovery time.

Injury Reporting

All injuries are to be reported to junior or senior trainers for referral to head trainer and doctor if necessary. This should be done immediately post-match. There is no excuse for injuries to be seen for the first time at Tuesday night training. By then, the player should have had their injury assessed by a health professional and a rehabilitation program put in place. It is expected that all players be proactive in their recovery and seek help from health professionals when necessary. This may include physiotherapy, chiropractic visits or remedial massage.

Please keep NBUFC training staff informed of treatments received and your injury progress so that this can be recorded in our injury logbook.



CODES OF BEHAVIOUR

Codes of behaviour

The following codes are extracted from The Australian Sports Commission 'Codes of Behaviour' and are to be promoted and upheld wherever possible by the committee.

These are to be distributed to all Coaches, Officials, Players and Parents prior to the commencement of the season and promoted to all Club members and supporters.

Players:

- Play by the rules
- Attend training sessions on a regular basis
- Never argue with an official. If you disagree, inform your Captain, Coach or Team Manager of the problem
- Be a good sport. Acknowledge all good play whether it is by your team or your opponent
- Treat all players as you would like to be treated
- Co-operate with your coach, officials, and your team-mates
- Always control your temper

Coaches:

- Be reasonable in your demands on players' time, energy, and enthusiasm
- Teach players that rules are mutual agreements which no-one should evade or break
- Avoid over-playing the talented junior players. The 'just-average' players need and deserve equal time
- Remember that young players participate for fun and enjoyment and that winning is only part of their motivation. Never ridicule or yell at children for making mistakes or losing a competition
- Consider the maturity level of players when scheduling and determining the length of practice times and competition
- Develop team respect for the ability of opponents as well as for the judgement of officials and opposing coaches
- Follow the advice of a physician when determining when an injured player is ready to recommence training or competition
- Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of players

Officials:

- Compliment all participants on their effort
- Be consistent, objective, and courteous
- Condemn unsporting behaviour and respect all opponents
- Ensure that the 'spirit of the game' for participants is not lost by always applying common sense
- Publicly encourage rule changes which will reinforce the principles of participation



- Ensure that your behaviour is consistent with the principles of good sporting behaviour
- Make a personal commitment to keep yourself informed of sound officiating principles of growth and development of players

Spectators/Parents:

- Remember that children play organised sport for fun. They are not playing for the entertainment of spectators only
- Applaud good performances and efforts from each team
- Respect the official's decision. If there is a disagreement, follow the appropriate procedure to question the decision and teach the children to do likewise
- Never ridicule a player for making a mistake during competition. Positive comments are motivational

Codes of Behaviour

- Condemn the use of violence in any form be it by spectator, coach, official or player
- Show respect for your team's opponents
- Encourage players to follow the rules and official's decisions
- Demonstrate appropriate behaviour by not using foul language, harassing players, coaches, officials, or spectators



CLUB **SONG**

THEME SONG:

Hearts to hearts and hands to hands
Beneath the maroon and white we stand
We shout God bless our native land
Nairne-Bremer, Nairne-Bremer!

Out they come, out they come, out they come to play
Just for recreations sake to pass the time away
Lots of fun, heaps of fun, enjoy yourselves today
Nairne-Bremer boys are hard to beat when they come out to play!

So, join in the chorus, and sing it one and all
Join in the chorus, Nairne-Bremer's on the ball
Good old Nairne-Bremer, they're champions you'll agree
Nairne-Bremer will be premiers, just you wait and see!



