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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 enroll 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. We want to wear our heart on our sleeves as a grassroots club who cares for the local Nairne community.

# About the club

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. In 2019 NBUFC embarked on an exciting journey back into Division 1 of the Hills Football League and in 2023, we won our first Division 1 Premiership.

We are now beginning to expect this level of success and we hope to demonstrate 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 and women 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.

# 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 and never throw it 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. Being 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**

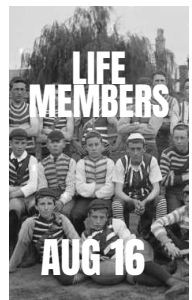
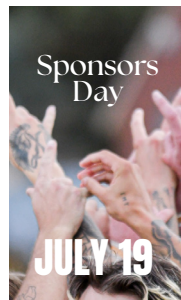
Is measured in many ways. An improvement in an individual, however small, is a success and should be celebrated. Maintaining a high standard of training and play over a prolonged period will lead to regular finals appearances which is the best chance to play in grand finals, which ultimately will be 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”

# 2025 Saturday Schedule

Round	Date	Home Team	Away Team	Venue	
Rnd 1	11/04/2025	Onkas	Nairne	Balhannah	
Rnd 2	26/04/2025	Nairne	Blackwood	Nairne - Qube	
Rnd 3	03/05/2025	Uraidla	Nairne	Uraidla	
Rnd 4	10/05/2025	Nairne	Hahndorf	Nairne - Qube	Ladies Day
Rnd 5	17/05/2025	Mt Barker	Nairne	Mt Barker	
Rnd 6	24/05/2025	Lobethal	Nairne	Lobethal	<i>Moddies Disco Night</i>
Rnd 7	31/05/2025	Nairne	Mt Lofty	Nairne - Qube	Player event
Rnd 8	14/06/2025	Nairne	Mt Barker	Nairne - Qube	Family Funday!
Rnd 9	21/06/2025	Hahndorf	Nairne	Hahndorf	
Rnd 10	28/06/2025	Nairne	Onkas	Nairne - Qube	
Rnd 11	05/07/2025	Blackwood	Nairne	Blackwood	
Rnd 12	19/07/2025	Nairne	Uraidla	Nairne - Qube	Sponsors Day / Ind
Rnd 13	26/07/2025	Hahndorf	Nairne	Hahndorf	
Rnd 14	02/08/2025	Nairne	Mt Barker	Nairne - Qube	Player event
Rnd 15	16/08/2025	Nairne	Lobethal	Nairne - Qube	Life Members
Rnd 16	23/08/2025	Mt Lofty	Nairne	Mt Lofty	



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# 2025 Sunday Schedule

Round	Team	Date	Home	Away	Venue
Rnd 1	U14 girls	06/04/2025	Nairne	Hahndorf	Nairne - Qube
	Senior womens	06/04/2025	Nairne	Mt. Lofty	Nairne - Qube
Rnd 2	U14 girls	13/04/2025	Nairne	BCRFC	Nairne - Qube
	Senior womens	12/04/2025	Onkas	Nairne	Balhannah
Rnd 3	U14 girls	27/04/2025	Nairne	Blackwood	Nairne - Qube
	Senior womens	27/04/2025	Nairne	Blackwood	Nairne - Qube
Rnd 4	U14 girls	04/05/2025	Blackwood	Nairne	Blackwood
	Senior womens	04/05/2025	Uraidla	Nairne	Uraidla
Rnd 5	U14 girls	11/05/2025	Nairne	Hahndorf	Nairne - Qube
	Senior womens	11/05/2025	Nairne	Hahndorf	Nairne - Qube
Rnd 6	U14 girls	18/05/2025	BCRFC	Nairne	BCRFC
	Senior womens	18/05/2025	Macclesfield	Nairne	Macclesfield
Rnd 7	U14 girls	25/05/2025	Hahndorf	Nairne	Hahndorf
	Senior womens	25/05/2025	Birdwood	Nairne	Birdwood
Rnd 8	U14 girls	01/06/2025	Nairne	BCRFC	Nairne - Qube
	Senior womens	01/06/2025	Nairne	Mt. Lofty	Nairne - Qube
Rnd 9	U14 girls	15/06/2025	BCRFC	Nairne	BCRFC
	Senior womens	15/06/2025	Birdwood	Nairne	Birdwood
Rnd 10	U14 girls	22/06/2025	Hahndorf	Nairne	Hahndorf
	Senior womens	22/06/2025	Macclesfield	Nairne	Macclesfield
Rnd 11	U14 girls	29/06/2025	Nairne	BCRFC	Nairne - Qube
	Senior womens	29/06/2025	Nairne	Onkas	Nairne - Qube
Rnd 12	U14 girls	06/07/2025	Blackwood	Nairne	Blackwood
	Senior womens	06/07/2025	Blackwood	Nairne	Blackwood
Rnd 13	U14 girls	20/07/2025	Nairne	Blackwood	Nairne - Qube
	Senior womens	20/07/2025	Nairne	Uraidla	Nairne - Qube
Rnd 14	U14 girls	27/07/2025	Hahndorf	Nairne	Hahndorf
	Senior womens	27/07/2025	Hahndorf	Nairne	Hahndorf



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# 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 + bar & meal discounts

## **Life Members**

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

## **2025 Registration Fees:**

Senior Mens Registration Fee: \$310 + PlayHQ Fee (inc. free home game entry)

Senior Womens Registration Fee: \$260 + PlayHQ Fee (inc. free home game entry)

Juniors Registration Fee: \$220 + PlayHQ Fee

Modifieds Registration Fee: \$160 + PlayHQ Fee (inc. 2x \$5 kid's meal vouchers, 2 x free parent entry to home games)

All subs include \$10 towards Coaches/Team Manager presents.

Additional information:

Under 12s and Moddies (Under 8s to Under 11s) generally play Friday Nights.

Under 14s, 16s & 18s Boys play Saturday with B Grade & A Grade Men.

C Grade, Senior Women, Under 17s & 14s Girls play on Sunday

## **How the club uses your subs:**

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

# Complaints policy

## Coaching dispute resolution

In the event that there are concerns by parents/carers/guardians about the nature of coaching, adherence to policies, specific issues around the playing or development of players then those concerns should be first raised with the Coach or Assistant Coach. If the concern is not addressed in a reasonable time or considered to be rectified the parent/carer/guardian should direct their concern to the Club Coaching Coordinator. If the issue remains in dispute then contact should be made with the Junior Football Director who will assume responsibility for investigating and resolving the issue. It is suggested that when a concern relates to issues at a game that the parent gives consideration to waiting 24 hours to raise any issues as this often gives all parties time to reflect on any incidents. Please take into account the fact that our coaches are also learning, are volunteers and have many players to manage within their group.

If the issue is not related to Football coaching, we ask that contact is first made with the relevant football director.

## Complaints process

NBUFC aims to provide a simple, confidential and trustworthy procedure for resolving complaints based on the principles of procedural fairness.

Any person (a complainant) may report a complaint about a person, people or organisation bound by this policy (respondent) if they feel they have been discriminated against, harassed, bullied. It may be about an act, behaviour, omission, situation or decision that someone thinks is unfair, unjustified, unlawful and/or a breach of the Code of Behaviour.

If a complainant feels comfortable doing so, they may wish to raise the issue with the person concerned and request that he or she stops engaging in the behaviour. If the complainant does not feel comfortable confronting the person directly, or they have tried this and the behaviour continues, they may wish to make a complaint to the Football Director.

The law may require that the complaint/allegation be reported to an appropriate authority. All complaints will be dealt with promptly, seriously, sensitively and confidentially. Individuals and organisations may also seek to have their complaint handled by an external agency under anti-discrimination, child protection, criminal or other relevant legislation.

If the matter is sensitive or relates to a junior player, our Child Safety Officers will be engaged as part of the process.

Formal procedures may be appropriate where informal procedures have been ineffective, the complaint involves serious and/or criminal allegations or the complainant wishes to make a formal complaint from the outset. Formal complaints can be lodged with the delegated NBUFC Football Director or the NBUFC President. Both parties involved in a formal complaint have a number of rights and responsibilities which are detailed below:

Complainant's rights	Respondent's rights
Have the complaint investigated and if necessary conciliated	Have natural justice
Have support/representation if requested	Not be discriminated against
Have support/representation if requested	Not be dismissed unfairly, harshly or unreasonably
Discontinue a complaint	Privacy
Have the situations remedied	Have support/representation if requested
Privacy	Not be defamed
	Not be the subject of unfounded or malicious complaints

**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 2025 the following applies**

Under 11s - Born 2014

Under 10s - Born 2015

Under 9s – Born 2016

Under 8s - Born 2017 & 2018

- 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 2025. 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 mixed, U14s boys, U16s boys, U14 girls and U17 girls teams. 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 coaching policy, please visit <https://nbuafc.com.au>

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 3 quarters per match in the regular season and 2 quarters per match in Finals. 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.

# Senior Program

At NBUFC, our Senior Football program is built on values that drive performance, culture, and growth. We believe in:

- **Strong Connections** – Building genuine relationships between players, coaches, and club leaders is essential to our success on and off the field.
- **A Safe and Positive Environment** – Creating a culture where players feel supported, challenged, and encouraged to reflect and learn from their experiences.
- **Shared Accountability** – Every player plays a role in their own development—and that of their teammates. We grow together.
- **Confidence Through Empowerment** – Backing players with belief and positive motivation to build resilience and self-assurance.
- **Team Over Self** – Success comes from unity. We promote a “we before me” mentality where teamwork is at the heart of everything we do.
- **Work Ethic and Habits** – Champions are built on consistent effort. You get out what you put in—every session, every game.
- **Individualised Development** – Understanding what each player needs and how to bring out their best, every time they take the field.
- **Skills for Life** – Football teaches more than just the game—our program helps develop mental strength, emotional awareness, and leadership.
- **Vision and Ambition** – Encouraging players to dream big, stay focused, and prepare with purpose. Vision drives success.
- **Enjoyment and Fundamentals** – Ensuring sessions are rewarding, challenging, and enjoyable while constantly refining the core skills of the game.
- **Junior Involvement** – We ask that our senior players are committed to supporting the junior program wherever possible, leading by example and helping to inspire the next generation of Nairne Bremer footballers.

Because in senior football, it's not just about the will to win—it's about the will to prepare to win.

# **CLUB** **CONTACTS**



## Senior Coaches

ROLE	NAME	PH
Senior Coach	Clint Foster	0406 524 260
Reserves Coach	Adam Penny	0428 326 648
Senior Women's Coach	Dani Barolo / Tayler Horsnell	0431 655 302
U18 Coach	Jono Foster	0497 707 458

## Junior Coaches

ROLE	NAME	PH
U16 Coach	Graeme Drew	0417 044 274
U14 Girls Coach	James Byrne	0431 290 486
U14 Coach	Daniel Maher	0407 071 933
U12 Coach	Mark Mills	0437 147 233
U11 Coach	Mick Sparrow	0457 980 953
U10 Coach	Simon Work	0488 580 635
U9 Coach	Adam Eckermann	0439 818 151
U8 Coach - Maroon	Dion Newell	0488 580 635
U8 Coach - White	Brad Strout	0421 964 880
U8 Coach - Gold	Shannon Gibbons	0456 580 040

## Head Trainer

ROLE	NAME	PH
Head Trainer	David Peel	0417 877 109

## Football Department

ROLE	NAME	PH
Senior Mens Football Director	Todd Heyer	0411 591 125
Women's Director	Kate Schultze	0437 928 812
Junior Football Director	Shaun McInnes	0418 850 480
Modified Football Director	Naomi Woitd	0408 836 639
Coaching Coordinator	Dion Newell	0417 809 155

## Committee

<b>ROLE</b>	<b>NAME</b>	<b>PH</b>
President	Gareth Diprose	0404 025 761
Vice President	Kate Schultze	0437 928 812
Secretary	Megan Peel	0407 172 635
Treasurer	Emma Niven-Aitken	0457 143 840
Women's Director	Kate Schultze	0437 928 812
Football Director	Todd Heyer	0411 591 125
Junior Director	Shaun McInnes	0418 850 480
Players Representative	Brock Knott	0481 522 002
Member	Daniel Robinson	0438 609 457

## Other important contacts

<b>ROLE</b>	<b>NAME</b>	<b>PH</b>
Auskick Coordinator	Shannon Gibbons	0456 580 040
Child Safety Officer	Brock Knott	0481 522 002
	Alice Perkins	0416 653 178

**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
MON	Auskick		5:30pm
SUN	Under 14 Girls		Check program
SUN	Under 17 Girls		12:00pm
SUN	Senior Women		1:30pm
SUN	C Grade		Check program

## Game day procedure

- Warm up on ground at ¾ 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 or other club apparel, black shorts or pants, sneakers or dress shoes

# **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 United 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 games

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 jean or chinos, and neat tidy shoes (not thongs)  
Colts - Polo shirt, Club hoody or jumper.

## 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 or vape in the change rooms. Further to that all patrons are not allowed to vape or smoke within 10mt of any organised sport. 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.

## Post 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 always 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.

## **Insurances and medical expenses**

The Club is NOT responsible for any medical expenses UNLESS prior approval has been granted in writing by the Executive Committee. We will however do our best to support our players to ensure they are directed towards the best treatment and medical support.

It is recommended that all Players to be in the TOP COVER of private medical benefits, including dental, ambulance, hospital, physiotherapy and 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.

## **Hot weather**

Nairne Bremer adheres to the SANFL Hot Weather Policy. Full details can be found at: <https://sanfl-content.imgix.net/content/uploads/2019/02/26084712/SANFL-Heat-Policy.pdf>

## Age groups - play ups/play downs

Within our junior and moddies program, kids are to play in their age group. In circumstances where kids are in the same age level at school and within 6 months of the cut off age for moddies and 12 months for juniors, a play up can be approved by the committee. The committee will judge based on players ability, current age group numbers and include the moddies director in the decision making process where appropriate. Bottom age kids should not play up in juniors and this will need approval by the junior director. All playups/playdowns will require a signed form that is submitted to the HFL. Junior players playing up into the senior program will require consultation between the football department, trainers team, coaches, directors and parents. Only once approved by these stakeholders, will the form be submitted to the HFL for approval.

## Concussion protocol

At Nairne Bremer United Football Club, we are committed to player safety and strictly adhere to the SANFL Concussion Management Protocol. This ensures that any player suspected of sustaining a concussion is immediately removed from play and does not return on the same day. We follow a structured and medically supervised return-to-play process, which includes a minimum 12-day recovery period and a graduated progression through rest, light exercise, and non-contact training before full contact resumes. Clearance from a qualified medical practitioner is mandatory before any player returns to match play. This protocol prioritises player health, reduces long-term risk, and promotes a safe sporting environment for everyone involved. For more information please refer to

- <https://sanfl.com.au/communityfootball/policies/>
- <https://play.afl/sites/default/files/2024-03/Four-Stages-of-Graded-Return-To-Play.pdf>
- <https://play.afl/sites/default/files/2024-03/The-Management-of-Sport-Related-Concussion-in-Australian-Football-Mar-24.pdf>

# **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!

