

UNIVERSITY HIGH SCHOOL - VICTORIA UNIVERSITY AFC



PLAYER HANDBOOK 2015

Established 1932

Senior 1960 B Section
Premiers 1970 C Section
2003 D4 Section
2007 D4 Section

Reserves 1963 C Section
Premiers 1984 E Section
1985 F Section
1990 F Section
1991 F Section
2010 D3 Section
2011 D3 Section

Under 18s 2010 Division 2
Premiers

CLUB CONTACT DETAILS

Postal Address 12 Stewart St
Home Ground Brens Oval
Website www.uhsobvu.com
Email uhsvuinbox@gmail.com

Brunswick VIC 3056
Macarthur Rd, Parkville



Uhs VU Afc



@UHSVU

INTRODUCTION FROM THE PRESIDENT

I would like to welcome, on behalf of the Committee, all our new and returning players for this upcoming season, it is great to see players continuing to join us from University High School, Flemington Juniors and Victoria University.

The committee & I would like to encourage you to read the Player Handbook as it contains some useful and important information. Hopefully there are some answers in the handbook to questions you may have about the running of the Club. As always though, if you have any queries or feedback please feel free to contact me or any of the other Committee members (our details are in the handbook), your coach or a member of the Player Leadership Group.

Your Committee has been very active since the AGM held last November. This is a brief summary of some of the initiatives we have been working on, exciting new sponsors for social events, new club apparel, transitioning to our new website, training at Whitten Oval and Arden St, liaising with University High School, Flemington Juniors and VU (including Orientation Day).

One of our goals, as the Committee, is to give back to our members and to make your time at our Club an enjoyable and rewarding experience, our club is in great shape heading into the 2015 season after a strong preseason.

We are in a great position to build for the future and hopefully achieve promotion to Division 2.

Together, let's make season 2015 a great one!

Best regards

Chris Marchio
Club President

MAJOR SOCIAL EVENTS

Please note some events are subject to confirmation and will be further promoted via Email, etc.

RD	Date	Event
1	Apr-11	Shooters Night Ladies free entry and 2 free drinks
3	Apr-25	Trivia Night
5	May-9	Ladies Day
7	May-23	Past Players Day
11	Jun-27	Ball
16	Aug-8	Reverse Raffle
18	Aug-22	End of Season Night

AFFILIATIONS & MAJOR SPONSORS



Victorian Amateur Football Association

Fixtures, results, league news.

www.vafa.com.au



Victoria University

UHSVU members are entitled to staff rates at VU Fitness and Aquatic Centre.

www.vu.edu.au



Flemington Junior Football Club

Junior teams to U16s (aff. WRFL)
Home ground: Holland Park, Kensington

<http://www.kfjsc.com.au/>

Partner – UHS-Flemington Colts (aff. VAFA)



Nikki Cuffe | Graphic Designer
www.spencerprint.com.au
p: 03 9329 7771 | f: 03 9329 7795 | 526 La Trobe Street | Melbourne | 3000



It is expected that members will support the sponsors that support the Club by using their services wherever possible

FIXTURES – SENIORS AND RESERVES



RD	Date	Opponent	Venue
1	Apr-11	Power House	Brens Oval
2	Apr-18	Emmaus St Leos	Bennettswood Reserve
3	Apr-25	Eley Park	Brens Oval
4	May-2	St Francis Xavier	St Franics Xavier College
5	May-9	West Brunswick	Brens Oval
6	May-16	Albert Park	Oval 20 Beaurepaire Pavilion
7	May-23	Swinburne	Brens Oval
8	May-30	Glen Eira	Packer Reserve
	June-6		
9	Jun-13	La Trobe University	La trobe University Oval
10	Jun-20	Emmaus St Leos	Brens Oval
11	Jun-27	Aquinas	Brens Oval
12	Jul-04	Eley Park	Whitehorse Reserve
	Jul-11		
13	Jul-18	Albert Park	Brens Oval
14	Jul-25	West Brunswick	Ransford Oval
15	Aug-1	Hawthorn	Rathmines Road Reserve
16	Aug-8	La Trobe University	Brens Oval
17	Aug-15	Swinburne	St James Park
18	Aug-22	Glen Eira	Brens Oval

FIXTURES – COLTS & CLUB18's

COLTS & CLUB 18 FIXTURES YET TO BE RELEASED

COACHING STAFF

Name	Position	Mobile	Email
Cheyne Kelly	Senior Coach	0433 920 811	cheynesux@hotmail.com
John Clark	Senior Coach	0411 042 752	jcsportal@hotmail.com
tbd	Chairman of Selectors	tbd	tbd
Marcus Butera	Colts Coach	0439 404 683	butera.marcus.m@edumail.vic.gov.au
Tom Woodlock	Reserves Coach	0425 753 081	tom.woodlock@ironmtn.com.au
Will Cheesman	Clubies Coach	0430 813 010	wcheesman92@hotmail.com
Lachie StClair	Clubies Coach	0411 675 610	lachiestclair@live.com

PLAYER LEADERSHIP

Position	Name
Club Captain	Aaron Pincott
Vice Captains	Dean Benstead Nick Rowland Nick Devereux Luke Temming
Colts Captain	Ezza Ramsay
Colts Vice Captain	Fraser Allen

COMMITTEE MEMBERS

Name	Position	Mobile	Email
Chris Marchio	President	0478 485 530	cmarchio@visaglobal.com.au
Tony Boyce	Treasurer	0413 771 978	TONYBOYCE38@BIGPOND.COM
Tim Habel	Secretary	0413 450 123	uhsvuinbox@gmail.com timhabel7@gmail.com
Chris Little		0400 501 309	christopher.little1@live.vu.edu.au
Toby Kruisheer		0407 460 048	toby95kr@hotmail.com
Aaron Pincott		0407 323 680	aaron.pincott@hotmail.com
Doug Anderson		0438 753 813	dougando@gmail.com
Nick Devereux		0431 580 584	nick.devereux@hotmail.com
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Sam McSweeney		0411 315 998	sam.mcsweeney1@gmail.com
Luke Temming		0401 823 400	tezzmunga@hotmail.com
Josh Bourke		0409 408 795	joshuawbourke@gmail.com

CLUB MISSION STATEMENT

MISSION STATEMENT

Our mission is to be one of the most successful, cohesive, financially secure and socially inclusive clubs in the VAFA that is respected on and off the field by all other clubs, irrespective of section.

CLUB VALUES

Our reason for existence is to provide an organisation with which its members can participate in a competitive game of football, develop as footballers and enjoy themselves socially. In achieving this we uphold and confirm the following values:

- **Teamwork:** the Club is our Club. We co-operate and communicate openly with each other recognizing that we are all working to a common purpose and goal. We value and reward those players and members who support the Club and dedicate their time and resources to running it.
- **Concern for the Individual:** we are concerned for and respect each other as individuals and strive for mutual trust and respect and pride in our achievements as a Club. We shall not discriminate against others on the basis of race, color, descent, national or ethnic origin, sexual orientation, gender, religion, physical characteristics, or any other personal characteristics. Sexual harassment will not be tolerated.
- **Safety:** the health and safety of every player on the field and member of the Club is paramount. No game or activity is so important that the safety of any person is put at unnecessary risk.
- **Probity:** we care how the Club externally and internally achieves results not just that they are obtained. A well-founded reputation for scrupulous dealings with external parties and within the Club is itself a priceless asset.
- **Enjoyment:** above all, as an amateur club we are here to enjoy ourselves. Enjoyment of success on the field and the social environment off the field is how we gain.

GOALS/OBJECTIVES FOR 2015 & BEYOND

CLUB OBJECTIVES AND IMMEDIATE GOALS

Our Key Objectives for 2015 are to:

- **Develop and educate all players and ensure a high level of professionalism both on and off the field**
- **Increase the number of volunteers and their contribution to the Club**
- **Improve the social environment for players and supporters**
- **That our training which focuses on improving skills and fitness, complements our game objectives and will be enjoyable.**
- **Increase the priority of the importance of match day jobs, recognizing that sharing the load is an important part of our expected Club Behaviors**
- **Increase the interaction with u18/9 players and other teams from Flemington Juniors to provide a clear and positive pathway to senior football**
- **Increase the involvement of Past Players, Partners and Family in the life of the club (added)**

In addition, we will give focus to:

- Enhance team selection policy so that it is more transparent and gives increased weight to players who support the Club Values and Behaviors. We will ensure that this Policy is available and promoted including via this Handbook.
- Compete in the 2015 finals in all grades we field a team in.
- Make improvements to equipment and facilities to increase membership value to players and recognize the Club's history
- Form a stronger connection with VU to improve recruitment of players
- Engage more with our local community and neighboring suburbs to increase the Club's profile and recruit more players, supporters and volunteers
- Achieve a very positive result in the post season survey in relation to player satisfaction with training, preseason and during the season, and overall enjoyment playing at the Club
- Improve communication to players and members, including via this document and various forms of social media
- Improve communication opportunities for players and members, including via member surveys and feedback forums.

- Increase the capabilities of the website to make it a valuable resource for members and assist marketing the Club to potential players and sponsors

LONG TERM GOALS (3-5 yrs.)

- To progressively move up Divisions by winning promotion across all our teams
- Strengthen our affiliations with University High School, Victoria University and Flemington Juniors
- Increase the number of sponsors, supporters and match day functions
- Develop the skills and knowledge of committee members and other Club personnel to ensure proficient overseeing of the Club's affairs

PERSONAL NOTES:

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OFF-FIELD EXPECTATIONS OF PLAYERS

SELECTION

Selection shall be made in accordance with the Club Selection Policy set out in Schedule 1. Please make yourself familiar with this policy and its requirements. ***If you have any comments about team selection, talk to one of the members of the selection committee.***

CODE OF CONDUCT

The Club has a **Code of Conduct** as set out in Schedule 2. Please make yourself familiar with this policy and its requirements as it is an expectation that you will be subject to and comply with the elements contained in that policy. Breaches of the requirements set out in Code of Conduct will be dealt with by the Club's **Conduct Committee**.

PUNCTUALITY

It is **vital** that all players make every effort to be punctual to both training and games. Training attendance will go a long way to ensuring you are chosen on a Saturday. Unless advised otherwise, during the season we train twice per week at Brens Oval, Tuesdays and Thursdays at **5:45pm** for a **6:00pm** start.

COMMUNICATION

If you are unable to attend a scheduled training or match, it is expected that you communicate with your Coach as early as possible. If you are going to miss a match, it is expected that you notify your Coach several weeks in advance and also that you will put the same on the availability whiteboard in the Club change rooms.

Please check the website www.uhsobvu.com, your email account and Facebook/Twitter regularly to remain up to date with happenings around the Club. If you change your contact or email details, please notify the Secretary ASAP. We encourage you to talk to a member of the Committee or Leadership Group about any issues you may have concerning the Club.

PLAYER ROSTER / DUTIES

"Many hands make light work". All players are expected to help out around the Club as rostered. (e.g. Game Day jobs)

See also Code of Conduct in Schedule 2.

TEAM SELECTION / THURSDAY NIGHT MEALS

Meals will be available after Thursday training for low prices as supplied by our sponsors **DiMattina's Restaurant**.

SOCIAL FUNCTIONS & POST- MATCH

During the season the Club organizes a number of social events. These are both socially and financially important for the Club. Attendance is strongly encouraged.

The committee will welcome anyone interested in suggesting ideas or assisting in the organization and running of these functions.

After home games **ALL PLAYERS** are expected to stay at the Clubrooms for a drink or two. Best player awards are presented as well as a raffle. After away games we expect players to stay at the host Club for at least a drink. If we don't support the host they will not support us when they play at Brens Oval.

We hope to build on the already strong social aspect of the Club and therefore encourage you to bring your partners and friends along to the match and Club functions.

AWARDS

The Club arranges a number of best player awards for both seniors and reserves each week. If your business or a business you know of is interested in giving out an award each week, please contact a member of the Committee.

INSURANCE/MEDICAL SUPPORT POLICY

Whilst the Club does not make it compulsory for players to have private health insurance, we believe it is something you should at the least consider. Every player is expected to consider their own personal cover needs and make arrangements in that regard. Details of the Club's insurance cover are set out in the policy document that is in Schedule 3.

We require all players to be members of **Ambulance Victoria** and encourage all players to wear a properly fitted mouthguard. In the event that an Ambulance is called by any party for a player or other person the Club will not pay for any costs in relation to such.

The Club does not provide insurance cover for loss of wages. However, if a member is significantly disadvantaged we will endeavor to assist them where possible.

SUBS / MEMBERSHIP FEES

As you can appreciate, it costs a significant amount of money to run a football Club. The Club provides footballs, training equipment, medical supplies and pays affiliation fees.

Consequently, all players are expected to contribute by purchasing a Club membership.

Please refer to the Selection Policy (Schedule 1) which stipulates when membership payments must be made to ensure selection. Should you wish to arrange a payment plan please contact Club Treasurer, Tony Boyce.

2015 Memberships (no weekly match payments)

Workers	\$425
All other categories	\$325
Social	\$50

Membership will include a club Polo and Beanie.

It has been decided by the Committee that if payment is made by **March 15th** members will receive an "Early Bird" 10 free pot tickets (excluding Supporter package).

Fee's need to be paid (or a significant contribution towards) by **Tuesday 7th April** for players to be available for selection for Round 1

New Players to receive 20% discount if purchase package of home and away shorts, socks and jumper.

Please pay directly [EFT or Cash] into the Club's bank account:

Bank:	Bendigo Bank
BSB:	633 000
Account No.:	147503460
A/c name:	University High Football Club

Please include your name in the transfer and email Tony Boyce at tonyboyce38@bigpond.com to advise payment has been made.

If you wish to pay by instalments please speak directly to Tony Boyce at training or tonyboyce38@bigpond.com

MATCH FEES

Match fees will no longer be collected by the Club, but are offset in part by the registration fee.

UNIFORMS

Players are encouraged to wear their Club polo shirts or other Club-themed apparel to games. Off-field apparel is available for purchase, including training jerseys, singlet's and beanies.

Schedule 1

UHSVU SELECTION POLICY

THE SELECTION COMMITTEE

The Selection Committee is made up of the Coach, Senior Team Captains and the Chairman of Selectors. Whilst other players may be called in to give a view during the selection process they are expected to leave the selection meeting after giving that view.

The Selection committee is responsible for the administration of the selection process and in particular the clarification of player availability and the communication of teams selected. In this it is critically supported by the coaches & captains or their delegates.

The Selection committee is to make decisions giving consideration to all of ability, form, behavior, player preference, player opportunity, regular availability, arrival on time to games, player development, service to Club, team balance, allocated job completion and training attendance. The balance between these considerations is sometimes difficult to achieve and to be seen to be achieved, especially when some of these aspects are confidential.

As per above Fee's need to be paid (or a significant contribution towards) by **Tuesday 7th April** for players to be available for selection for Round 1

Note also that players who are eligible to play for the "Unders" team are expected to be selected and play in that team unless they are selected in the Firsts team.

The communication to individual players regarding selection is the responsibility of the Coach, however players should feel free to initiate a discussion with their Coach, Captain, the Chairman of Selectors or a Leadership Group member. The above includes situations when players are close to being promoted or demoted.

All players are expected to be available to play in whatever grade they are selected in.

Other than when the Chairman of Selectors is required to give a casting vote, the voting on decisions is to be by the Coaches of the effected teams. (ie the team the player last played in as well as the team being proposed for the player to move to)

CHAIRMAN OF SELECTORS

The Chairman of Selectors facilitates and oversees that the Selection Policy of the Club is given due consideration in the Selection process.

SPECIFIC ITEMS THAT MAY IMPACT SELECTION

1. MEMBERSHIP

As per above Fee's need to be paid (or a significant contribution towards) by **Tuesday 7th April** for players to be available for selection for Round 1.. After **Round 4** any player that has not paid 100% of their membership may not be selected. The exception will be made where the player has come to a mutual agreement with the Treasurer Tony Boyce.

2. TRAINING

If you cannot attend a training session, you must notify your coach prior to the scheduled commencement of that training session.

3. INJURIES

All injured players are expected to attend all training sessions and matches, and regularly inform the medical and coaching staff about any injuries.

Players are responsible for seeking external medical attention prior to Tuesday night training for injury diagnosis, unless arrangements have been made by the Club for attendance of a practitioner at training.

Injured players will be required to complete rehabilitation at the Club on training nights while injured, as well as complete duties such as timekeeping and running water to players training.

4. AVAILABILITY

If you are unavailable to play, you must advise the senior coach no later than the Tuesday before the game you are unavailable.

All players must make themselves available to play in any grade.

5. MATCH DAY – TIME TO ARRIVE

Members of the reserve grade side must be at the ground by 10:15 am. Reserves are expected to stay and support the senior side and attend the post-match function.

Members of the senior side are expected to attend the ground by 11:30 am in order to support the Reserves.

In the event of an emergency which means you can't arrive by the above times you are expected to contact your Coach as soon as possible.

All players are expected to attend the post-match presentations. If a player is rostered to perform a job, they must arrive before the match commences or make arrangements prior.

Late arrival may result in a consequence for the player that will be decided by the Selection Committee and/or the Player Leadership Group.

6. ANNOUNCEMENT OF TEAMS

Teams will be announced after training on Thursday night by 8:30pm. All players are expected to attend. All players are responsible to find out what grade they have been selected and the venue of the game.

Any player who is unable to meet these criteria must notify the relevant Coach. Non-compliance will be taken into account during selection. Cases will be dealt with on an individual basis.

Schedule 2

UHSVU CODE OF CONDUCT

Conduct Committee

A Conduct Committee has been created to oversee all on and off field behavior, sportsmanship and attitudes of players, officials and supporters.

The Conduct Committee comprises the President, Secretary, Club Coaches, Captains and a Leadership Group Representative. A quorum (the minimum required attendees needed to make a decision) requires a minimum of one committee person, one Coach and one Captain to be present. The President will 'chair' the committee. The Secretary or proxy will record minutes. Decisions will be by majority.

The Conduct Committee will deal with instances of poor behavior and sportsmanship, which undermine the standing of the Club, as they see fit.

Members are bound by this Code whenever they represent UHS-VU. This includes social gatherings, football trips and match day.

Any member in breach of this Code of Conduct must attend a meeting of the Conduct Committee before representing UHS-VU on further occasion. Witnesses may contribute oral or written evidence concerning the alleged incident and/or the character of the player alleged to have breached the Code. Findings will be recorded and presented to the General Committee and if necessary, to the Selection Committee.

1. CONDUCT

UHSVU is a proud and respected Club in the VAFA and the wider community. Persons representing the Club as a player, official or supporter should conduct themselves in a manner committed to the reputation and ongoing success of the Club. Any behavior deemed to be offensive, unsportsmanlike or inconsistent with the values of the Club, will not be accepted.

This behavior may include but is not limited to illegal activity, assault, intoxication, use or distribution of illegal drugs, racial vilification or other forms of discrimination, abusive language and swearing, sexual misconduct, and malicious or negligent damage caused to facilities and equipment.

Players and all Club members and supporters are expected to show respect to all volunteers, trainers, Club umpires and other Club members.

2. ON FIELD CONDUCT

The VAFA discourages anti-social behavior and prides itself as being a well-run competition which provides a safe environment for players, spectators and officials. A copy of the VAFA Player Code of Conduct is shown at the bottom of this section.

A field umpire must automatically order from the field any player reported for a minimum of 12 minutes playing time. Players can be ordered from the field for the remainder of the match if it is considered that a serious offence. Players can be also be sent from the field for 12 minutes for uttering an audible obscenity.

Club umpires are volunteers but should be given the same level of respect which you would give to a VAFA umpire.

Melees

Players should look after the safety of their teammates during a game. However we do not support players entering into packs or melees.

Umpires are required to report any melees. A melee is where an incident takes place, involving players pushing, scragging, jumping into packs, throwing each other to the ground, or similar conduct. In addition to players involved being reported the penalties for clubs found guilty are severe.

We expect you to play fair and within the spirit of the game.

3. WORK AROUND THE CLUB

Players are expected to assist the Club by helping with setup, cleaning and organization of events, fundraising, selling goods and on match day. A roster of match day jobs will be prepared prior to each

round. Players are responsible for swapping with another person if they are unable to fulfill their obligations on any given day. Players must notify a committeeman of their swap.

4. SOCIAL FUNCTIONS

Players when attending social functions and the “after game” are expected to conduct themselves in a reasonable and respectful manner.

5. SMOKEFREE POLICY

In accordance with government legislation, clubrooms and change rooms are **SMOKEFREE** areas. Smoking is allowed outside the rooms.

6. RESPONSIBLE ALCOHOL MANAGEMENT POLICY

The Club will comply with Liquor Licensing Victoria regulations. A copy of the Club’s liquor license will be displayed prominently in the bar.

The Club will provide a range of low and non-alcoholic drinks at the bar and at functions. Light beer will be priced cheaper than heavy strength alcohol. Water will be readily available. Alcohol will NOT be sold, served or consumed by minors. The responsible serving of alcohol must be adhered to. Responsible drinking is encouraged.

VAFAs has a strict policy of prohibiting the consumption of alcohol during matches, except at approved functions.

VAFAs CODE OF CONDUCT

The VAFAs aims to provide young males with the opportunity to play an enjoyable and competitive game Australian Rules football in a safe environment. This code of conduct has been developed to give participants an understanding of their responsibilities to ensure these objectives are met.

VAFAs expectations of Players:

- Understand and play by the rules. The rules exist for the safety, proper order and enjoyment of all people involved in VAFAs football. It is the players’ responsibility to understand and play by them. Do not ignore or deliberately break any rules.
- Respect umpires and officials. Umpires and officials have a difficult task to perform and you could not play the game without them. They are there to enforce the rules of play but they cannot always be right. Accept bad calls graciously. Abuse of umpires is unacceptable behavior and if the umpire takes offence he will report you immediately.
- Control your temper. Verbally abusing other players or deliberately distracting or provoking an opponent not acceptable or permitted in the VAFAs. Loss of temper is not only unpleasant for other participants in the game; it can also distract you and have an adverse effect on your concentration and effectiveness.
- Be a team player. You owe it to yourself and others involved in your team to train and play to the best of your abilities. Your team’s performance will benefit - so will you. Always consider others when making decisions.
- Do not interfere with, bully or take unfair advantage of another player. Do not abuse or ridicule another player when a mistake is made. Constructive guidance and encouragement when a player does well will assist a player to improve their game.
- Respect the rights, dignity and worth of every person. Regardless of their gender, ability, cultural background, religion or other factor irrelevant to the game, all persons connected with the VAFAs are entitled to equal treatment and respect. Avoid any remarks that could be construed as offensive or discriminatory. Using discretion is imperative and it is better to err on the side of caution.
- Listen to the advice of your coach. Your coach has been appointed to coach your team because they have certain abilities and experience. They have also undergone training to ensure that you get the best coach that you can commensurate with your skill levels.
- Respect the use of facilities and the equipment provided. These cost money and will only function properly if kept in good order. Ensure that you do not abuse anything provided for use.

Schedule 3

UHSVU Medical Support Policy

Previously the Club held insurance cover as is mandatorily required by the VAFA for:

- Public Liability
- Professional Indemnity
- Directors and Officers
- Paraplegia / Quadriplegia
- Death & Lump Sum Benefits

It had however self-insured in relation to a proportion of:

- Medical costs eg Medical, Hospital, Ambulance, Dental, etc

The Club provides no cover for Loss of earnings.

VAFA INSURANCE COVER

Public Liability	\$10,000,000 – (additional \$300 per club to increase to \$20,000,000) please email me if you require this increased.
Professional Indemnity	\$2,000,000
Directors and Officers	\$1,000,000
Paraplegia/Quadriplegia	\$1,000,000
Death & Lump Sum Benefits	\$50,000
Medical Expenses	See below
Loss of Income	NO COVER

This cover applies to all registered players at the Club.

The Mandatory insurance required by the VAFA is taken out via “Sportscover”, and is renewed annually each 1st March.

Clubs and individuals can also choose if they wish to take out further cover via Sportscover for Medical costs and/or Loss of earnings.

As part of the 2014 renewal process the Committee decided to extend our cover with Sportscover to include a level of Medical cover (Level 1 as per below) , and to communicate the specifics of the included cover to members.

Non-Medicare Medical Benefits

LEVEL	Non-Medicare Medical Cover	Premium Per Team Inclusive of charges	
Current Cover	No Cover included in VAFA programme	SENIOR	JUNIOR
Level 1 (optional Upgrade)	50% reimbursement, \$1,000 max. per claim. \$50 excess per claim	<input type="checkbox"/> \$345.00	<input type="checkbox"/> \$175.00

The Club will continue to provide no cover for Loss of earnings.

It is the responsibility of all individual players to consider their own personal situation and insurance needs, and the extent that they are not covered under the Club’s arrangements.

Players are required to have as a minimum ambulance cover and to have at least considered private insurance.