



Season 2014

“You have to sit by the river for a long time before a roast duck flies into your mouth.”

COACHING STAFF

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Reserves Coach		
Assistant Coaches	Justin Rapanaro	0417 174 203
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Senior Manager	Jack Testa	0400 700 852
Football Manager	Danny Smith	0414 089 979

PRESEASON INFORMATION

- ✚ Tuesday and Thursday nights will be the formal sessions for the week.
- ✚ Training commences at 6pm sharp. Arrive early for treatment, strapping and own warm ups.
- ✚ Most sessions will finish by 730pm.
- ✚ The first two sessions will be at Morris Buzacott Reserve. After week 1, we are hoping to acquire the use of Bill Ellson Reserve, Bateman. I will confirm this once the council has given us the green light.
- ✚ Friday nights will be Players' Choice. Players are invited to organise their own training sessions on these nights, either as one main group, or as part of your individual Preseason Teams. The team leaders nominated by each team will be given the run down on this arrangement at the end of week 1, but all players are invited to forward their suggestions to the main group.

Preseason Teams

Each player will be allocated to one of six teams which they will be a part of for the duration of the preseason program. Each team will work together during part of training on most nights, and will often combine with one or two other teams for larger drills, and match simulation.

This concept basically ensures that you will be training alongside the same ten players for a couple of months, and as such, give you the opportunity to get to know them both on and off the field.

Whilst direct competition between the teams will be rare, there is a competition based upon team attendance and performance at training, as well as the odd competition wherein bonus points will be available.

The competition will reach its climax on the day camp (to be held at the beginning of March). Further details will be released closer to the date.

Each team is asked to nominate two or three leaders who will be required to attend a meeting in the clubrooms after the first Thursday night training. These team leaders will assume responsibility for their group's attendance, performance and commitment to training. They will also be responsible for facilitating some of training, particularly when we break away to complete circuit training or running drills.

The initial meeting will more clearly explain the Preseason Teams competition, and each individual's role within it. This meeting will

be followed up by another two or three meetings throughout the preseason which will continue to build on the concept of leadership, and how we can all be leaders in our own right, regardless of whether we have a little © next to our name in the Footy Record.

Team leaders do not have to be walk-up league players, but should merely be those members of the group who wish to develop their leadership skills, and assume a greater role within the squad over the course of the preseason.

Those players who wish to hold a leadership position within the club in 2014 should be a part of this group. Players who are absent in the first week of preseason but who are still interested in being a part of the leadership group will be given the opportunity to join this group at a later date.

Team Leader nominations need to be discussed within each team. Should any team have more than three players who wish to lead the team, they are encouraged to talk to the coaching staff to see what can be arranged.

Player Guidelines and Expectations

- ✚ Training attire is to be football or running shorts, training singlet or jumper, football boots and joggers. Singlets will be available for purchase. NO BOARD SHORTS. NO T-SHIRTS.
- ✚ *We start at 6pm sharp.* Get there early to prepare for the session ahead, and be ready on time. We should be done by 730pm on most nights, although some sessions will stretch out a little later.
- ✚ If you are going to be late or are unable to attend training at all, you are expected to contact the coaching staff, and one of your team leaders.
- ✚ Coming to training for half an hour is better than not coming at all.
- ✚ During the regular season, if you miss training without contacting the coaching staff, you will be unavailable for selection on the upcoming weekend. Going out for dinner, illness, finishing work late, or being injured are *generally* poor excuses for not showing up at all.
- ✚ If you need to leave the training track for *any reason*, you must notify the coaching staff. Don't just walk off without letting us know what's going on.
- ✚ **Injuries:** If you are injured, you still need to come to training ***with all of your gear***, get treatment from our physios, and then see the coaching staff for rehab. Those in rehab are expected to work harder than those on the track in a bid to maintain fitness and touch. During the regular season, injured players will be expected to run water and assist in other ways on game day – you are still

part of the team! It is expected that you do not consume any alcohol until after the completion of the game.

✚ **Selection for preseason games will be based on preseason attendance and performance.** Those who attend most frequently and train to the highest level will be given preference when it comes to selection for League and Reserves scratch matches.

✚ Selection for Round 1 of the home and away season will be based on performance during the preseason games.

✚ Attendance by all players at **Thursday night Team Selections** is expected. During the regular season, selections will take place at approximately 815-830pm. Dinner and drinks will be available for purchase. If you leave before the teams are announced without notifying the coaching staff, it will be assumed that you are unavailable for selection that weekend.

✚ Dress code *to and from* games are as follows: club shirt, club jacket/jumper, club trackpants/shorts, and joggers. Avoid wearing thongs, skate shoes or work clobber. **It is your responsibility to purchase the required attire.**

✚ After each game – whether it be at home or away – we tidy up the change rooms as a unit. This action shows our respect for our club and those which we visit.

✚ Also after each home and away game, we meet as a unit in the clubrooms for a drink, regardless of the result.

✚ Attendance by all players at Saturday night presentations is expected, unless you've seen your respective game day coach

beforehand. Presentations will usually take place at 6pm in our clubrooms.

✚ When you pay your fees, you will be asked to sign a **Player's Code of Conduct**. Players who regularly fail to adhere to this Code of Conduct will be subject to appropriate sanction by either the Team Leadership Group, or the Football Operations Department.

Important Dates

The following dates are tentative only, but should give you a reasonable guide to our main activities throughout the preseason.

Thursday, 14th March Player Registration Night

Saturday, 8th or 15th March Day camp (all day and night)

Saturday, 22nd March Scratchie #1 (TBC)

Saturday, 29th March Scratchie #2 (TBC)

Saturday, 5th April Scratchie #3 (TBC)

Saturday, 12th April A Grade Round 1

Saturday, 19th April Easter weekend bye