



**SMOSH West Lakes
Junior Football Club**

Handbook

2024 Season



WELCOME TO SEASON 2024...

On behalf of the SMOSH West Lakes Junior Football Club (SMOSH), we would like to welcome you to the Lions for season 2024.

This year we anticipate approximately 400 children and adolescents to play for our club through the 22 junior teams we will field in the mixed U7-U11 competitions and boys U12-U17.5 competitions. The SANFL has realigned the girls competitions and SMOSH will enter U12, U14, U16 teams, as well as a new U8 team. The club will also conduct Auskick programs during Term 1 & again in Term 2 to introduce children 5-9 years of age into AFL.

Our aim at SMOSH is to provide a positive, enjoyable, and welcoming environment for young people and their families to develop their skills in football while also putting focus on important skills such as team spirit, leadership, friendship, resilience, self-discipline, and sportsmanship.

The coaches are all accredited and have the interests of ensuring all children and their families have enjoyable experiences at the club.

Through the Junior football programs, the Club delivers on the philosophy of ensuring SMOSH is welcoming to all with activities that are fun, engaging and strive for personal development. Matches are modified with unique rules and reduced squad numbers so that all participants enjoy their time playing football irrespective of their ability. The coaches will deliver on fun and engaging activities which promote team and individual development.

Our Youth football programs nurtures children as they develop into adolescence through the SANFL competitive footy pathways and competitions. All boys and girls are trained in accordance with modern and safe principles with a view to guide them towards being involved in senior footy and the club in a variety of roles.

At SMOSH, it is our expectation that families are actively involved. All coaches, team managers, and Committee members are parents who commit significant time to the Club. We ask family members who are not in these roles to assist occasionally, especially on match days, such as setting up and packing away equipment, helping to cook and serve at the BBQ, being a goal or boundary umpire or to a timekeeper and sound the siren. Everyone's assistance is needed and appreciated.

Throughout the season we often hold various social and fundraising events. In the past these have included Ladies Day, SMOSH Junior Ball, raffles, presentation days, and alike. We encourage you all to embrace these activities as they are vital to strengthening the connections within the club, they are fun, and they support the Club's ongoing success.

Please take the time to read through this handbook as it should answer many of the questions that you may have about SMOSH. We wish everyone all the very best for a great upcoming season and look forward to seeing you around the Club and at matches over the course of the season.

Go Lions 🦁

Shane Finney
President



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COMMITTEE MEMBERS

President	Shane Finney president@smoshljuniors.com.au
Vice President	Yvette Growden vicepresident@smoshljuniors.com.au
Secretary	Mel McEvoy secretary@smoshljuniors.com.au
Treasurer	Selena Brown treasurer@smoshljuniors.com.au
Girls Football Director (U8 – U16 Girls)	Darren Annear girlsdirector@smoshljuniors.com.au
Youth Football Director (U12 - U17.5 Boys)	Adam Ozols footballdirector@smoshljuniors.com.au
Junior Football Director (U7 - U11 Mixed)	Christian Leonardi smoshjfd@gmail.com
Auskick Coordinator	Dalton Tucker auskick@smoshljuniors.com.au
Coaching Coordinator	Mick Nelson junior.coaching@smoshlwfc.com.au
Child Safety	Rachael Webster childsafetyofficer@smoshljuniors.com.au
Registrar	Sheree Wilkey registrar@smoshljuniors.com.au
Sponsorship	Adam Radloff junior.sponsors@smoshlwfc.com.au
Merchandise	Jasmine Nicholas merchandise@smoshljuniors.com.au
Equipment	Paul Nicholas
Canteen	TBC
Communications	Nerissa Sands & Zac Cook
Chairperson	Brett Hidson
General Committee Members	Greta Robertson, Shannon Pearn, Kane Beeching

PRELIMINARY DIARY DATES

1 Nov	Registrations open online
1 Feb-30 June	SANFL Juniors transfer window open
22 March	First 'Official' Friday Training Day - details TBC (check with age group coaches for additional pre-season dates)
April	Trial Matches for U11-U17.5 (incl Girls Teams) - details TBC
April-Aug	SANFL Juniors Season
May	Team and Individual Photos
May	Past Players Day (Seniors)
June	Ladies' Day
Aug	SMOSH Junior Ball
Sept	Presentation Days

Dates are correct as at 22/11/2023 and are subject to change without notice.



CLUB, SANFL & AFL POLICIES

SMOSH has adopted the policies of the SANFL and AFL applicable to junior football. These policies are to be read in conjunction with the information within this Handbook and will take precedence in cases on conflict.

SANFL Policies - <https://sanfl.com.au/communityfootball/policies/>

AFL Policies - <https://www.afl.com.au/clubhelp>

REGISTRATION BENEFITS & FEES

INCLUSIONS

The fees paid will include the following benefits:

- Team Dinner
- Personal Football (applies to U7-U8 only)
- Team and Individual Photos
- Trophy, medal, Certificate and/or merchandise (as applicable to age group)
- SANFL registration fee
- SANFL player insurance
- Club expenses and running costs
- Field and facilities lease costs
- Contributions to the West Lakes Sports Club

FEES

All annual fees are to be paid at time of registration.

2024 Season	Club Fee	SANFL Fee	Total	Sports Voucher Claim	Net Total
Auskick (per Term)	0.00	\$100.00	\$100.00	\$100.00	\$0.00
SANFL Mini's (U7s)*					
& Girls U8 & U10	\$200.00	\$22.50	\$222.50	\$100.00	\$122.50
Mixed Junior Teams					
U8 – U11	\$260.00	\$22.50	\$282.50	\$100.00	\$182.50
Boys and Girls Youth Teams					
U12 – U15	\$280.00	\$22.50	\$302.50	\$100.00	\$202.50
U16 – U18	\$280.00	\$22.50	\$302.50	\$0.00	\$302.50

*Note * – All Mini's players must have completed at least 1 Auskick Program*

Note RED – Sports Vouchers are available to children aged 5 to 15 years old (inclusive) - i.e. children born from 2009 to 2019. Unfortunately U16, U17.5 and U18 age groups are ineligible.

If you have any enquiries about registration and fees, please contact the Registrar (registrar@smoshwljuniors.com.au) or the relevant Football Director.



SPORTS VOUCHERS

Children aged 15 and under are eligible for the government <https://www.sportsvouchers.sa.gov.au/> which can be claimed during the online registration process. When passing through to the second payment page, find and select the “I have a government voucher” link and follow the prompts by adding in your Medicare Number including the number against each child you are registering. Your total amount should then deduct the voucher amount.

APPLICATION FOR PAYMENT SCHEDULES AND DISCOUNTS

In special circumstances, the club will consider any application for payment schedules. In the first instance, please contact the Registrar (registrar@smoshwljuniors.com.au) or the relevant Football Director.

All approved payment schedules will require approval from the Committee. Advice to the family on the agreed schedule of payments will be confirmed in writing by the Treasurer.

REFUND GUIDELINES

Refunds may be available to players upon request. Such requests will be considered by the Committee and are always dependent on extenuating circumstances (e.g. long-term injury, team no longer available, etc.).

As a guide, the club will consider the following refunds for approved circumstances:

- A full refund is provided if the request is made before the season begins.
- 75% of fees refunded if the request is made after the season begins and prior to Round 4 commencing.
- 50% of the fees refunded if the request is made after Round 4 and prior to Round 8 commencing.
- After Round 8 no refund is provided.

Please note that all refund requests must be submitted in writing to the Treasurer (treasurer@smoshwljuniors.com.au) or the relevant Football Director for the Committee's review and approval. Players and families are encouraged to reach out to the respective Football Director promptly if they believe they are eligible for a refund.

LATE FEE PAYMENTS

Immediately following Round 5, the Football Directors will advise the families and Team Managers of registered players that have outstanding fee payments. From this time, the Team Managers will be instructed not to add the player to the team sheets.

The exception to this being if the family has an approved on-going payment schedule that allows for payment later than Round 5.

ONLINE REGISTRATION & FEE PAYMENT

The link for registration and fee payment is available via PlayHQ platform,

<https://www.playhq.com/afl/register/af5542>

CURRENT & NEW PLAYERS

Registrations will officially open on 1 November.

TRANSFERRING PLAYERS

If you are looking at transferring from another Club to SMOSH, applications can be processed between 1



February-30 June, in line with SANFL/AFL transfer regulations.

Please email an Expression of Interest to the relevant Football Director. Please include the player/s name, gender, date of birth, school, and any previous football clubs where applicant has been a member.

PROOF OF AGE DOCUMENTS

All New and Transferring Players will be required to provide at least one of the following Proof of Age documents to confirm the player's name and date of birth:

- Birth Certificate / Baptism Certificate.
- Passport / Student Photo ID.
- Legal Document certifying Proof of Age of applicant.
- Letter confirming age from School must be signed by Principal.



ELIGIBLE U7 MINIS PLAYERS MUST PLAY AUSKICK

All players are required to have participated in at least a Term of Auskick to be eligible for the U7 Minis teams. For the 2024 season, children born in 2017 will be able to play in the U7 Minis competition. Children born in 2018 will be required to wait until the 2024 season before being eligible for U7 Minis.

INCLUSIVE PRACTICES

Our club is welcoming, and we will seek to include members from all areas of our community.

PEOPLE WITH A DISABILITY

Where possible we will include people with a disability in our teams. We will make reasonable adaptations (e.g. modifications to equipment and rules) to enable participation when permitted by SANFL.

PEOPLE FROM DIVERSE CULTURES

We will support and respect people from diverse cultures and religions to participate in our club and where possible will accommodate requests for flexibility (e.g. modifications to uniforms, training schedules).

SEXUAL & GENDER IDENTITY

All people, regardless of their sexuality, are welcome at our club. We strive to provide a safe environment for participation and club involvement and will act over any anti-social or discriminatory behaviour.

GIRLS PLAYING IN MIXED-GENDER TEAMS

SMOSH will take nominations from girls wanting to play in mixed-gender teams, as per the SANFL competition rules and conditions, and, with due consideration of everyone's confidence, physical and skill capabilities. Parental consent is required.

SMOSH enters teams in both junior and youth Girls' competitions. The club encourages all girls to also play in these teams, however girls cannot play in teams with boys beyond the U14 age group competitions.



AGE GROUP ELIGIBILITY (2024 SEASON)

BOYS & MIXED COMPETITIONS

		Year of Birth
Born January 1, 2017 to December 31, 2017	*U7 Minis	2017
Born January 1, 2016 to December 31, 2016	U8	2016
Born January 1, 2015 to December 31, 2015	U9	2015
Born January 1, 2014 to December 31, 2014	U10	2014
Born January 1, 2013 to December 31, 2013	U11	2013
Born January 1, 2012 to December 31, 2012	U12	2012
Born January 1, 2011 to December 31, 2011	U13	2011
Born January 1, 2010 to December 31, 2010	U14	2010
Born January 1, 2009 to December 31, 2009	U15	2009
Born January 1, 2008 to December 31, 2008	U16	2008
Born July 1, 2006 to December 31, 2007	U17.5	2006^ & 2007

Note – All Mini's players must have completed at least 1 Auskick Program*

Note^ – Birth in second half of 2006

GIRLS COMPETITIONS

		Year of Birth
Born January 1, 2016 to December 31, 2017	U8 Girls	2016 & 2017
Born January 1, 2014 to December 31, 2015	U10 Girls	2014 & 2015
Born January 1, 2012 to December 31, 2013	U12 Girls	2012 & 2013
Born January 1, 2010 to December 31, 2011	U14 Girls	2010 & 2011
Born January 1, 2008 to December 31, 2009	U16 Girls	2008 & 2009
Born January 1, 2006 to December 31, 2007	U18 Girls	2006 & 2007

PLAYERS PLAYING IN DIFFERENT AGE GROUPS

SMOSH provides opportunities for girls and boys to play football. In the first instance, children will be allocated to a team to which they are eligible.

Parents may make a submission in writing to the relevant Football Director using the SANFL Playing Down Application Form. The application is to be accompanied by a written authority from a Medical Practitioner.

The Club recognise that there may be exceptional circumstances where it is necessary for a player to play in a different age group for a limited period. In such circumstances, players will return to their true age group in subsequent years.



COMMUNICATION

The club operates a variety of communication options to keep everyone informed and up-to-date. There are several levels in which communications are sent, including club news and information, team specific details and individual correspondence.

Our platforms include:

CLUB WEBSITE - <https://www.smoshwljuniors.com.au/>

All club details and central point of all news and information about the club.

CLUB SOCIAL MEDIA

- Facebook - [@SMOSHJFC](#)
- Instagram - [@smosh_the_lions_den](#)

Events and Social Media – share *your* stories and pics too.

NEWSLETTERS via EMAIL

weekly during the season keeping you up to date with what's happening at your club.

TEAM GROUPS CHATS

Interactive communications with coaches and team manager on team specific details such as training times and locations, reminders for matches and availability advise. Platforms being used currently are What's App, Facebook, and Messenger.

PlayHQ

SANFL and AFL prescribed online system for the promotion of all competition fixtures, results, ladders, and statistics. Also its our online platform for registrations and payment of fees.

<https://www.playhq.com/afl/org/smosh-west-lakes-juniors/53332530>

CHANGING/UPDATING PERSONAL INFORMATION

You can update your personal information, including changing email address/adding additional email address, by logging into your PlayHQ account and making the necessary changes. Also provide new details to your respective coach and team manager.

COACHES & TEAM MANAGERS

All Coaches, Team Managers and Committee members are volunteers and parents or family members of junior players. Before undertaking any role within the club:

- All Coaches must have completed the CoachAFL Foundation Coaching Accreditation.
- Coaches, Team Managers, and other support staff must hold a current Working With Children Check (WWCC) and have undertaken a Child Safety induction.

Interested parents that wish to be a Coach or Team Manager are to contact the relevant Football Director.



CLUB COACHING PHILOSOPHY

At SMOSH, we strive to provide a standard of coaching focused on maximising enjoyment and development. The biggest focus for our coaches is on ensuring all players have an enjoyable experience with the game and come back the following season. Our club's coaching philosophy for each age group can best be defined using the below breakdowns.

AUSKICK

- Development 5%
 - The Auskick Activity Guide session plans are used for best engaging and learning activities.
- Fun 95%
 - Give all kids a fun first experience with the game so they want to come back next year!
 - Players are highly involved in activities, not waiting for turns.
- Winning 0%
 - All matches should be focused on having a great time while learning the game

U7 - U11 Teams

- Development 30%
 - The Junior Coaching Curriculum session plans are used for best training methods
- Fun 70%
 - All coaches use a positive, supportive, and enjoyable coaching approach - football should be fun!
 - Players are highly involved in activities, not waiting for turns
 - Equal game time is provided game day
- Winning 0%
 - There are no scores kept and results are not reflective of success in these age groups

U12 + Teams

- Development 45%
 - Activities are a mix of fundamental skills activities and small numbers, game-based activities
 - Max learning by asking questions, rather than telling answers and making decisions for the players
 - As children grow into adults, body and mind capabilities develop at different rates therefore encouraging confidence of players to remain a valued member of the team
- Fun 45%
 - All coaches use a positive, supportive, and enjoyable coaching approach – football should be fun!
 - Players are highly involved in activities, not waiting for turns
- Winning 10%
 - Players begin to learn basic game plans, tactics, and specifics of different positions

Player retention through safe, enjoyable learning environments is extremely important as we take great pride in developing and retaining young players to progress into our senior program. We understand the significant positive impact we can make on game day environments and club culture. All coaches lead by example and act respectfully to all people both within and outside of our club. All coaching decisions and actions at our football club should always reflect the above philosophy.



ANNUAL PROGRAM

Age	Transition phase (September - January)	Preparation phase (February - March)	Competition phase (April - August)
U7-U11 Girls and Boys	<ul style="list-style-type: none"> Enjoy time away from football to refresh Allow children to play other sports 	<ul style="list-style-type: none"> Allow children to play other sports Optional/non-compulsory trainings that are matches based with focus on skills development (no focus on fitness) 	<ul style="list-style-type: none"> Training should be appropriate to age group Activities should be selected to develop individual and team skills Enjoyment should be a focus throughout the season to ensure all players return the following season
U12 + Girls and Boys	<ul style="list-style-type: none"> Allow children to play other sports Maintain level of fitness 	<ul style="list-style-type: none"> Allow children to play other sports Trainings commence; <ul style="list-style-type: none"> Build Endurance Build Strength/Speed Develop & Learn Game Plan Focus on skills training 	

TRAINING DAYS/TIMES

Training commencement dates are at the discretion of the relevant Football Director and communicated via the team Coach. You will be contacted with specific details, generally in February but possibly earlier depending on the team level.

We will endeavour to have training days/times locked down by December. With limited access to West Lakes Shore Oval and with many teams needing to gain access, this roster can be a challenge!

Generally, our arrangements for training are:

PRE-SEASON (TERM 1)

- Auskick and Juniors (U7 - U11) - Wednesday afternoons
- Girls (U8 - U18) - Monday and Wednesday nights
- Youth (U12 - U17.5) - Tuesday and Friday nights

DURING SEASON (TERMS 2 AND 3)

- Auskick - Sunday mornings
- Juniors (U7 - U11) - Friday afternoons
- Girls (U8 - U18) - Monday and Wednesday nights
- Youth (U12 - U17.5) - Tuesday and Friday nights

VENUES & FACILITIES

Primary home:

- West Lakes Shore Oval, Bartley Terrace, West Lakes Shore

Secondary and overflow locations:

- West Lakes Shore School Oval, Edwina Street, West Lakes Shore
- Jubilee Reserve, Edwina Street, West Lakes Shore



Please adhere to any signage in and around all the venues where we play. It is important that residents are not inconvenienced, including always having access to their properties and not being subject to excessive noise. Also consider the school zones, as advertised.

For the safety of all our players and to comply with council and management requirements, we have a **No Dog Policy** and **No Smoking Policy** at all of our home grounds. This is the case for most of the grounds that we play at during the season. We ask that you please adhere to these requirements when attending our venues.



TRIAL MATCHES

Trial matches provide a good opportunity to finalise player selections, test player positions and see how a new group performs together.

The club will generally schedule trial matches against other local clubs in March/April for the Youth and older Girls teams. The Junior teams will generally decide to play internal matches or modified matches to meet these objectives.

MATCH DAY ROTATION POLICY

The on-field rotation of players is a policy developed to enhance the participation and skill development of all players.

This Policy is to ensure all players feel an essential part of the team, regardless of their age, size, sex, ability, or the competition they are playing in, it is critical they have a balanced amount of time on the field during the season. At SMOSH, all players are important and would like all players and their families to feel involved and connected to the club. SMOSH will give each player a fair-go in many positions.

PLAYER INSURANCE

The SANFL registration fee provides cover under its compulsory National Insurance Plan. The Club recommends that everyone considers individual coverage for their own circumstances and ensure that they have comprehensive ambulance cover.

Note: Currently, the non-Medicare medical claims require a \$100 excess payment and then will provide a rebate of 50% of out-of-pocket costs (max \$2000 per claim).

<https://au.marsh.com/sport/afl.html>

CANCELLATION OF MATCHES

The Club may cancel any home matches or training sessions due to inclement weather or any other unforeseen circumstances. Whilst every effort is made to avoid this outcome, it may be deemed necessary to prevent damage to playing surfaces as well as being in the interests of participant safety. If cancellations occur, affected Team Managers will be notified at the earliest opportunity. Matches/trainings will go ahead unless cancellation messages are promoted.

UNIFORMS

GUERNSEYS

All players will be provided a SMOSH sleeve-less guernsey before the start of the season. These are to be worn for matches only. **All guernseys remain the property of SMOSH and must be returned at the end of each season.** Families are responsible for the reimbursement cost of lost or damaged guernseys. Please do not make any alterations to the guernseys.

For matches played in extreme cold weather, children in U7 - U11 teams may wish to wear a jumper with black long sleeves under their playing guernsey for matches.



SHORTS AND SOCKS

All players will be required to purchase shorts and socks from the club as follows:

	Maroon Shorts	White Shorts	Maroon Socks
U7 - U11 Mixed All Girls Teams	Required for all games	-	Required for all games
U12 - U17.5 Boys	Required for home games	Required for away games	Required for all games

MOUTHGUARDS

All children are required to wear a mouthguard at training and during matches. It is strongly recommended that children playing in U9 and older wear a personalised mouthguard sourced from a dentist. Please check with your local or family dentist and your private health fund for details.

FOOTWEAR

Players are allowed to play with runners or football boots with moulded studs. No screw in or metal studs are allowed.

COMPRESSION CLOTHING

Should a player wish to wear compression clothing under their playing guernsey or shorts for matches, SMOSH requires only black compression shorts to be worn.

JEWELLERY

The SANFL required that no jewellery is to be worn during training and matches. Players are to remove all items including watches, piercings, and jewellery. If the jewellery cannot be removed, please ensure you bring some tape to cover it and ensure it remains covered for the entire match.

MERCHANDISE

A wide range of SMOSH apparel and accessories is available, including hoodies, beanies, and training tops. Merchandise is available from the club both through an online ordering system for collection as well as select Friday evenings and special events in March and April.

Exact details will be shared via the club's communications.

LOST PROPERTY

Any items that remain unclaimed can be placed in the marked box next to the bar in the clubhouse. Please make sure you clearly label your child's uniform and property.

FUNDRAISING & EVENTS

Information on upcoming events and fundraising activities will be posted on the club Facebook page, communicated via the Club & Juniors email updates, Club Website, and team group chats (e.g. What's App, Messenger, Facebook private groups, etc.).

The club undertakes a variety of fundraising activities, including raffles, running a match day BBQ, and merchandise sales.



In addition to this, the club stages a variety of events to encourage social participation in the club. Some of these events include a Ladies' Day, Past Players' and Social Club events, Annual Ball, Junior Disco, and Season Induction and Presentation days.

BAR, KITCHEN, CANTEEN & BBQ

The Club has the benefit of opening bar, kitchen, canteen, and BBQ services for the operation most days throughout the season.

- The Bar offers alcoholic and soft drinks, during all junior trainings and home matches.
- The Kitchen offers full plated meals, including children's meals, on Friday nights.
- The Canteen offers a selection of hot food, snacks, hot and cold drinks, during all home matches.
- The BBQ is also operational on match days for sausages and bacon and egg sandwiches.

The Canteen and BBQ are significant fundraisers for the club, resulting in a relied source of revenue to support the club offering wonderful benefits and maintaining the registration fees at an affordable level. To assist in this, the club requires each age group to participate in operating the BBQ. Details of rosters will be promoted by Team Managers.

SPONSORSHIP

Sponsorship with SMOSH offers a range of opportunities to build your trusted brand. By supporting the club you get access to many avenues of market reach and community engagement. SMOSH 'prides' itself on our community spirit which builds a collaborative and infectious atmosphere. This culture can assist your business to not only survive but thrive.

Should you or your business have questions or interest in becoming a member, please contact our Sponsorship Coordinator junior.sponsors@smoshwlf.com.au.

PHOTOGRAPHY

IMAGES OF CHILDREN

With all images that the club makes public, every effort is made to use only children with relevant consents, to present children in a positive light and to maintain the safety of our members.

As part of player registrations, image consent is sought and as such, we endeavour to use only images featuring children with those relevant consents for promotional purposes. We will avoid naming or identifying the child entirely or use just the first name and surname initial.

You can alter your level of consent at any time during the season by emailing a request to our Communicators Officer communications@smoshwljuniors.com.au.

SMOSH requires that members, wherever possible, obtain permission from a child's parent/guardian before taking an image of a child that is not their own and ensure that the parent knows the way the image will be used.

Our club also requires the privacy of others to be respected. In line with SANFL policies, the Club disallows the use of camera phones, videos and cameras inside changing areas, showers, and toilets.



TEAM PHOTOS

A professional photo shoot will be arranged for teams and individual players during May each year. Players must wear their full playing uniform, and Coaches and Team Managers must wear the approved club merchandise. Information will be distributed to all players prior to the photo shoot. The cost for these photos is included in your player registration fees.

AWARDS, TROPHIES AND PRESENTATION DAY

For grades U7 to U11, players will receive a participation medal at the end of the season. No best and fairest votes are collected for these grades.

For grades U12 and older, a Best and Fairest and Runner-up Best and Fairest trophy will be awarded as well as a Coach's Award. An item of merchandise may also be provided for participating.

Presentation Day is held after the season has finished in late September and all players and families are encouraged to attend and celebrate the end of the season.

CLUB SONG

Please take the time to learn the SMOSH Song and sing it whenever possible. U7 to U11 teams are encouraged to sing after all matches (sung to the tune of 'Up There Cazaly' by The Two Man Band).

We wear the colours - maroon, gold and blue,
When we apply the pressure, the other team fold.
We win in the backlines, we win in attack,
Lions will be premiers and never look back.

Up there you Lions, in there and fight.
Fly like an eagle, show 'em your might.
Up there you Lions, show 'em who's boss.
Make them remember that they've played the Lions,
That they played the Liiiiiiiiiiii ions!

CLUB HISTORY

The SMOSH West Lakes Football Club was formed in 1996 following the merger of the St. Michael's Old Scholars and Hindmarsh (SMOSH) and West Lakes Football Clubs.

The scoreboard is named after Rodney 'John Boy' Moody, who passed away on 9th April 2015. 'John Boy' was Selfless and Humble through his years of contribution which he made to the Semaphore Park Football Club, then its transformation to become the West Lakes Football Club, and then the eventual merge with SMOSH.

Likewise, Peter Curran remains an inspirational leader for SMOSH having been a critical figure in the formation of the SMOSH club following the Hindmarsh CYMS Football Club deciding to partner with St Michael's College in 1975, and then the eventual move from Royal Park to merge with West Lakes Football



Club.

LIONS AND CUBS PROGRAM

Our aim at SMOSH is to provide a positive, enjoyable, and welcoming environment for young people and their families to develop their skills in football while also putting focus on important skills such as team spirit, leadership, friendship, resilience, self-discipline, and sportsmanship.

As part of our efforts to cultivate our culture, the club has established our **Lions and Cubs Program for U7s and U10s families**.

The Lions and Cubs Program is our club's initiative to have established families and players (i.e. U10s) welcome new families and younger players (i.e. U7s) to the club. It is encouraged that the U10s families and players get to know some of the U7 families and players to establish some connections and potentially relationships. It also encourages the U10s to install the club culture and support the operations of the club to the U7 families and players.

The program includes a joint training session and attending a match for the alternate age group, with the U10 families hosting the U7 families for a morning tea.

If you have any questions or require further information, please contact the Junior (U7-U11) Football Director smoshjfd@gmail.com.

CLUB PARTICIPATION

SMOSH is a family club! Our aim is to provide a safe and welcoming environment for all families, members and visitors and the local community.

To achieve this, the club requires the assistance of many of its members to be actively involved by making themselves available to assist in running a team or undertaking tasks to support the club's operation. Having people help adds to our aim of being inclusive as many tasks provide an opportunity to further engage and converse with others.

Throughout the season, family members that are not assigned to an official role will be asked to assist. Some the ways may include:

- Set up ovals for trainings and matches
- Assist at training with drills and player management
- Help with the running of the canteen and BBQ on home match days
- Provide support/assistance with general club jobs
- Assist with match day duties, including:
 - Goal Umpiring
 - Boundary Umpiring
 - Match Day Official
 - Team Managing
 - Time keeping

Our junior club is supported by many individuals who volunteer their time to support our kids. A small



contribution from everyone reduces the load and results in a more sustainable club structure. All efforts in these ways encouraged and appreciated.

BEHAVIOUR EXPECTATIONS

To ensure that everyone can get the most out of our club and matches, we expect the following of all members and visitors:

- Always play with integrity and according to the rules of the game.
- Show respect to our club (our equipment, our facilities, our values), to our community (our coaches, teammates, and members) and to yourself (know that you are welcome and valued).
- Respect the umpire's decision. Never question calls or argue with an official.
- Demonstrate good sportsmanship - respect the opposition, control your temper, shake hands at the end of the game, applaud good play on both sides and be a positive influence.
- Be a good team player - co-operate with directions, arrive on time, attend all trainings, participate fully, always bring your A-game and have a good attitude.
- Show appreciation towards all others, especially volunteer coaches, managers, and administrators.
- Do not get drawn in to negative play, stay focussed on your influence on the game and let your actions speak for themselves.
- Respect your teammates – no single player makes a team.
- Attempts to bully, harass, cause physical harm, verbally abuse, degrade, exclude, or belittle have no place in our club, our community or our game and will not be tolerated.

The club has adopted several Junior Policies from the SANFL, AFL and City of Charles Sturt. We ask that all members and visitors to familiarise themselves with the policies.

From time to time, the SANFL will issue fines to the Club for breaches in the rules or codes of conducts. Such fines will be forwarded directly to the person/s responsible for immediate action.

ETIQUETTE

While some of the following items are not noted in the rules, regulations, or policies of the AFL, SANFL or SMOSH, the Club requests that additional behaviour expectations, or etiquette, is applied to enhance our ability to develop the children and allow those performing roles to do so without undue pressure or interference.

- Only people performing a game day duty (i.e. wearing a vest) and players are to be on the field or bench during matches. All other people are to remain away from this area and watch, as per the behaviour expectations noted above.
- Team Managers are to ensure all drinks are in the water bottle carrier at the start of each game. Team personnel can bring the carrier onto the field during the between quarter breaks.
- During the between quarter breaks, only people performing a game day duty (i.e. wearing a vest) and players are to be part of the huddle or in the change rooms during the matches.

MATCH DAY SET-UP

UMPIRES

Where possible, the SANFL will appoint field umpires for junior matches. The club is usually notified of occasions where this is not possible. The Club will undertake all endeavors to find an umpire however on



occasions, volunteers may be asked to perform this role.

Ground Marshals (i.e. red vest) are to remind umpires of rules, in particular tackling, kicking off the ground, stripping the ball, smothers, paying marks and number of bounces. Ground Marshals will also report any incidents to the Club Committee and possibly to SANFL Juniors.

GROUND SET UP

In some cases, U7-U10 matches may be played on an unmarked oval. As such, the following is to apply for ground set-up:

- Goal posts - 7 steps/strides.
- Boundaries – Steps/strides from the middle, as per the table

	Goals	Wing boundary	Zone Line
U7/U8	50	30	20
U9/U10	70	40	25

TIMEKEEPERS

A fixed siren is to be operated when playing at SMOSH. When playing at alternative locations, a portable siren will be made available. The first named team will be required to appoint a volunteer to act as Timekeeper. The second named team may also appoint a person to assist in this role.

The times for each age group

	Quarter Length	¼ and ¾ Breaks	½ Break	Time On
Mixed U7 & U8, Girls U8	10 mins	3 mins	5 mins	No
Mixed U9 & U10, Girls U10	12 mins			
Mixed U11	15 mins	5 mins	5 mins	
Mixed U12				
Girls U12	17 mins	5 mins	8 mins	
Girls U14 & U16				
Boys U13				
Boys U14 - U17.5	20 mins			

GRIEVANCES & DISPUTE RESOLUTIONS

If family members, supporters or players have any issues or concerns (such as match day incidents, team selection, personnel conflicts, club concerns etc.) they are asked to direct any initial communication to the Team Manager or the relevant Football Director in the first instance.

If the issue cannot be resolved at this level, the matter will be escalated through to the Club Committee.

Please be aware that when managing grievances between parties, there may be occasions where we are not able to provide you with details of specific outcomes for privacy reasons. On the few occasions where SMOSH provide minimal details relating to a grievance, it should not be assumed as indicating a lack of action on the Club's part, to mean that an individual/party has not been disciplined or to indicate that no outcome has been reached, it simply indicates that we are unable to share specific details with you for legal reasons.



PLEASE NOTE: Parents, supporters and players are respectfully asked not to approach the SANFL directly without first approaching the Club to have any matters or issues settled at a local level.



SMOSH WEST LAKES JUNIOR FOOTBALL CLUB INCORPORATED
(REG No. A24233, ABN 14 232 404 288)

<https://www.smoshwljuniors.com.au/>

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