FOOTBALLISTIQ

WHEN TOO MUCH FOOTBALL IS BARELY ENOUGH

THE NEWSLETTER OF THE NEW LAMBTON FOOTBALL CLUB JUNIORS



JANUARY 2023

NEW LAMBTON FOOTBALL CLUB JUNIORS - OUR VALUES, VISION AND MISSION

New Lambton FC Juniors has adopted a set of values to guide Club behaviour:

1. **Wellbeing:** We develop and promote a safe and supportive environment
2. **Excellence:** We strive for quality and improvement in everything we do
3. **Integrity:** We know and do what is right
4. **Respect:** We respect diverse views and opinions and act with integrity, and treat others as we expect to be treated

Our WEIR values (Wellbeing, Excellence, Integrity and Respect) underpin everything we do as a Club, as well as how we expect all our players, volunteers and others to engage with one another and the community.

Our Values help set our Club's Vision and Mission Statement.

Vision

For New Lambton FC Juniors to be the leading and most respected local community football club and to support and promote football to ensure it is the largest and most popular sport for males and females.

Mission

1. To provide for all our members a Club run to the highest standard, without limitation as to age, race, religion or gender.
2. To improve the publicity of, and public perception of, amateur football at the Club level, so as to foster the continued prosperity of the sport.
3. To encourage and assist new and current players wishing to participate in organised amateur football.
4. To provide high-quality facilities for the benefit of all our members and the wider community.
5. To provide a progression pathway for all our members, from grass-roots through to the highest level of football available.
6. To do all these things whilst having regard for the amateur nature of our membership, and therefore keeping Club / Player costs at the lowest possible level.

New Lambton FC Juniors understands the value of diversity, equity and inclusion and expects its members to treat each other and members of the community with dignity and respect. We are committed to creating an inclusive Club culture where everyone feels respected, valued and safe to contribute their opinions and talents to the success of the organisation so that we can drive positive community outcomes.

We value diverse styles, experiences, and perspectives. People from diverse backgrounds (including but not limited to, Aboriginal and Torres Strait Islander Australians, people with diverse gender identities and sexualities, people from different cultural and linguistic backgrounds, people with disability, and veterans) are welcome!

NOTE FROM THE EDITOR

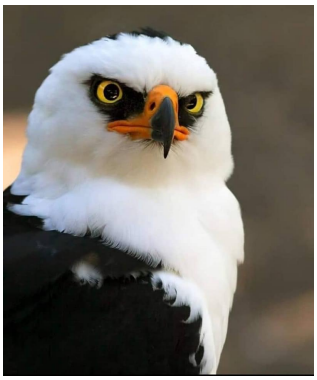
Welcome to the 2023 New Year's edition of the New Lambton FC Juniors Newsletter FOOTBALLISTIQ!

We've had an exciting off-season so far, and you know that the season isn't far off when Registrations have just opened.

The club has some exciting things to look forward to this season, and many of them are outlined below.

The committee all hope you all had a happy and safe Christmas and an enjoyable New Year.

Cheers and all the best.



UPDATE FROM THE JANUARY COMMITTEE MEETING

Despite many people being on holidays, the NLFCJ January committee meeting had good attendance and energy-levels are high.

1. Club Infrastructure Priorities: We continue to receive good support from Council regarding our priority projects, including the proposed renovation of the change room facilities and the upgrades to the storage areas at Novocastrian Park. It is hoped that we can commence some upgrade works in the near future, and our ideal timeline is to have the storage upgrade works completed by the start of the 2023 season.

2. Registrations: With the infrastructure improvement drive, a renewed focus on culture and a commitment to all-round improvement, the Executive anticipates a positive reaction to Registrations.

3. All recommendations that came out of the Summer Survey results were adopted.

SUMMER EDITION SURVEY RESULTS

Our Quarterly Club Survey provides a regular opportunity for us to gain feedback on New Lambton FC Juniors projects and initiatives. We want to gauge the pulse of the Club and gather views and feedback on key aspects of how we do things, our core values and what we can do better.

We are focussing on the 4 main groups in our club – players, parents / guardians, volunteers and "everyone else" (e.g. visitors, etc).

KEY FACTS

1. 68% of respondents were either satisfied or very satisfied with the Club's standard of coaching, with slightly over 30% of respondents either neutral or dissatisfied

2. 62% of respondents were satisfied with the training venues and equipment, with the remaining 40% of respondents being either neutral or dissatisfied

3. 88% of respondents were either satisfied or very satisfied with the Club's standard of communication, with slightly over 10% of respondents either neutral or dissatisfied

4. 95% of respondents felt the Club treats people with Respect

5. 100% of respondents felt the Club is committed to Equality, Diversity and Inclusion

6. 100% of respondents felt the Club is committed to Safety

7. 100% of respondents felt the Club promotes Fair Play

SUMMARY FINDINGS

1. Resourcing for Club support personnel needs improvement, including focussed training for coaches, referees and general volunteers

2. The quality of training venues and equipment needs to improve, including general grounds improvements

3. Allocations for playing and training need revision, including wet weather contingency

4. Minimum / maximum player numbers (per team) need revision

5. Communication with the Club (intra-Club and inter-Club) needs some focussed attention

RECOMMENDATIONS

1. Review training needs and other options for coaches, referees and general volunteers

2. Implement minimum training standards for coaches and referees, including developing specific Development Action Plans

3. Review upgrades to playing and storage facilities, and incorporate into the current Facility Project Plan, Operational Plan and Strategic Plan

4. Review the team training gear allocation, and develop a Team Training Gear Guideline

5. Review wet weather options, including developing a Ground Closure Guideline

6. At least one representative from each team to attend the committee meetings, so there can be clear communication and collaboration between individual teams and the Club committee

REGISTRATION

What are the dates for registration?

Registration opens: Mon 9th Jan

Existing player deadline: Sun 5 Feb

New player positions open: Mon 6 Feb

Muster Day: Late February (Date TBC)

How do I register?

Registration is undertaken online at Play Football Full payment must be made at the time of registration.

Can I use the NSW Government Active Kids voucher?

For program details and voucher application please refer to the Active Kids website Active Kids | NSW Government

What is Muster Day?

Muster Day is held at a specified time so that team members may get together, hear important information from the club and make decisions on coaches, managers and training time / location.

This is an important date and players should plan to attend.

Dates will be advertised closer to season commencement.

How are teams assigned?

Returning players to our club will be accommodated in their previous team where possible.

If a previous team is not continuing we will endeavour to place players in another appropriate team.

Returning players must be registered by the 5th February 2023 to hold their position.

Following this date, any remaining positions will be offered to new players.

What teams do female players play in?

Female players are able to play in either mixed teams or girl only competitions.

New Lambton FC currently fields girls only teams in each available age group.

What age group will my child play in?

The age a child is turning in the calendar year determines their age grouping.

The minimum age for a player is turning 5 by 31st December 2023.

Players may play in an older age grouping, but they cannot play in a younger age grouping.

Who will coach my child?

Teams are coached by a volunteer community coach, which is generally a parent / guardian, older sibling or family member.

The coach for the season will be decided upon at Muster Day.

At times the club will organise and run programs involving coaches from senior teams or external professional coaches.

We encourage all parents / guardians to consider becoming a coach - it's fun and rewarding!

No previous experience is required. Assistance is provided with coaching courses and online resources.

What are the responsibilities and expectations of parents / guardians of players?

As a volunteer club we rely on all our player members and their parents / guardians to provide volunteer support to the running of the club.

In 2023, each team is asked to identify the following volunteers: 1 x Coach, 1 x Manager, 1x Game Day Helper and 1 x Committee Representative.

Each team will be rostered for periods of ground duty over the season which will involve duties such as field set up, canteen assistance, BBQ, field and field pack up.

The Game Day Helper will coordinate field set up / pack up and Duty Officers at home games.

We ask the team to have a committee representative to be available to attend our monthly committee meetings.

Parents / guardians must keep their team manager and coach informed of player absences.

It is an expectation that players attend training and matches on a regular basis.

All parents / guardians and players are expected to comply with our Code of Conduct.

When and where will teams train?

The day and time your team trains will be decided in consultation with your team coach within the club's age training guidelines.

This will be determined at Muster Day.

We have access to Novocastrian and Regent Parks for training.

Teams will commence training prior to season commencement and the start date will be confirmed with your team coach.

Where and when are matches played?

Teams participate in competitions involving other clubs in the Newcastle, Lake Macquarie and the Hunter Valley region.

This draw will be organised by Newcastle Football.

Away games will occur at the other club's home ground.

Our home games generally occur at Novocastrian and Regent Parks.

U6 - U11 games are held on Saturday mornings.

U12 - U18 mixed competitions matches are held on Saturdays.

U12 - U18 Girls competition matches are conducted on Sunday mornings.

When does the season commence and finish?

The 2023 season commences on the weekend of the 21st / 22nd / 23rd April 2023 and runs to early August.

U12+ competition teams may be involved in the final series which will run until early September.

What gear and equipment do I need to purchase?

As part of the registration fee each player will receive socks, shorts and playing shirt prior to season commencement.

Each player will need to provide their own shin pads and football boots.

Where can I find more information?

NLFCJ Website: New Lambton Football Club Juniors

Coaching Resources: https://newlambtonfcjuniors.org.au/coach-resources/

Manager Resources: https://newlambtonfcjuniors.org.au/manager-resources/

Referee Resources: https://newlambtonfcjuniors.org.au/referee-resources/

Play for Us: https://newlambtonfcjuniors.org.au/wp-content/uploads/2023/01/NLFCJ-Player-Registrations-2023.pdf

OUR SOCIAL MEDIA CHANNELS

TeamApp shall continue to be the Club's main point of contact with all our members and volunteers - but check these out!

TeamApp: https://newlambtonfcjuniors.teamapp.com/dashboard?_detail=v1

Facebook: https://www.facebook.com/profile.php?id=100087312821848

Website: New Lambton Football Club Juniors

Instagram: https://www.instagram.com/newlambtonfcjuniors/

Twitter: https://twitter.com/nlfcjuniors

WOMEN IN FOOTBALL SCHOLARSHIP PROGRAM

We believe diversity and inclusion are our biggest strengths – that's why we want more women in non-playing roles.

The Women in Football Scholarship Program has been launched to help break down barriers to female participation and increase representation of women and girls in football.

The scholarship program upskills women in non-playing roles and enhances female voices within the football community.

The program includes referee, coach and volunteer education and development.

The referee education and development includes all-female level three and four referee courses, all-female level three assessor courses, a regional match official development program and match official camp scholarships.

Link: Women in Football Scholarship Program

TRAINING PROTOCOLS

To ensure that all our players are able to enjoy their training and game-day experiences, we endeavour to place similarly-skilled players together, have adequate player numbers in each team and supply sufficient training and playing equipment.

Each of our teams shall be allocated one training session per week, and wherever possible requests for specific days and time shall be accommodated. To avoid confusion, teams should ensure to strictly adhere to their allocated time and allocated training field / area.

Additional training sessions can be requested by a team's coach or manager, and shall be reviewed by the Club committee in line with such things as ground availability and ground condition. Requests shall be reviewed on a first come, first served basis.

All training sessions must be completed, fields vacated and field lights turned off by no later than 9:30pm. If you are the last team to finish of an evening, please ensure to turn all field lights off and make sure the light boxes are locked.

It is important to remain mindful that all teams training in an official capacity represent the Club, and as such we expect all members of the Club to behave in a manner consistent with our Code of Conduct and our Values.

It is important for all players, coaches and team managers to be aware that there is **NO TRAINING PERMITTED** between the 6 yard and goal lines of Fields 1 and 2 of Novocastrian Park for the purpose of maintaining the condition of the goal mouth area.

This applies to all teams at all times during both scheduled and non-scheduled training sessions and will run for **ALL** hire periods.

It is the decision of the NLFCJ Committee to impose the following penalties on teams seen to be training in the goal mouth:

1. 1st Offence – Written Warning.

2. 2nd Offence – 2 week training ban.

3. 3rd Offence – 4 week training ban.

Failure to comply with any ban will result in a further Offence of 4 weeks being recorded. This policy also covers player warm ups prior to the commencement of training.

MANAGER RESOURCES

Team managers play an important part in the team's success, and a team cannot be at its best without a dedicated team manager.

Some of the things we rely on our Team Managers to arrange is:

1. Keeping the players and coach informed

2. Liaising in a timely manner between the team and the committee if there are issues (e.g. having to forfeit games, game day injury, etc)

3. Ensuring that game day helpers are organised and turn up for duties (e.g. field set up, field pack down, BBQ duty, Canteen duty, etc)

LInk to important Manager information: https://newlambtonfcjuniors.org.au/manager-resources/

It will be great to meet all our new (and returning) Team Managers in season 2023.

COACHING RESOURCES

It's easy to continue or start your coaching journey in 2023 with enhanced resources and training opportunities – our coach resources page has everything you need to take your skills to the next level with FAQs, upcoming course dates and tips.

Link to important Coaching information: https://newlambtonfcjuniors.org.au/coach-resources/

We can't wait for you to join our coaching team in season 2023.

REFEREES RESOURCES

There are so many different reasons to become a referee. It's a great way to:

1. earn some extra money

2. give back to the game you love

3. stay fit and active

4. build leadership skills like effective communication, working as a team and decision-making.

Whether you're a player, past player, parent, club volunteer or new to our game, we'll equip you with all of the knowledge and support you need to enter the rewarding world of refereeing.

Who knows, you might even officiate in the A-League or internationally with FIFA!

LInk to important Referees information: https://newlambtonfcjuniors.org.au/referee-resources/

We look forward to you joining us in season 2023!

FOOTBALL FOCUS

This month, our focus will be on Dave THOMAS, our Club's Vice President.

Dave has a passion for youth community football and is a strong supporter of gender equity and flies the flag for women in sport.

1. How long have you been involved in the Club?

I played for the Club back when it was the Lambton / New Lambton Soccer Club, which was probably 35-odd years ago. Both my daughters have played for the Club, my youngest for 12 years, and over that time I've coached the girls teams and assisted with the committee.

2. Who is your favourite Australian football team?

I support the Jets Women, as well as the Matildas - any of the women's teams.

At a local level I obviously love the Juniors, and enjoy watching the Eagles WPL squads - they've got some good talent. One of my favourite WPL players was Georgia Amess when she was playing for us, and I couldn't talk about women's football in New Lambton without mentioning Mackenzie Davis.

It's important to support the women's teams.

3. If you could change one thing in the world, what would it be?

I wouldn't just stop at one - here's a list:

1. You should be able to press and depress buttons in an elevator so you can undo it if you press the wrong one.

2. If you don't return your shopping trolley, you never get to use one again.

3. A universal power charger. No matter the type of device, one charger. Mobile phone dead - use the charger. Cordless drill out of juice - use the charger. You get the idea.

4. One universal toilet paper. We all do the same thing/s with it. We don't need to spend any time examining the different choices between toilet papers. Just give us decent and affordable toilet paper and let us move on with our lives.

4. Do you have any words of wisdom for us?

Here's 5 - I'll leave them up to you to ponder:

1. We must all either wear out or rust out, every one of us.

2. It's not what happens to you, but how you react to it that matters.

3. The best revenge is not to be like that.

4. There is good in everything, if only we look for it.

5. You never know who's swimming naked until the tide goes out.

5. A source tells us that you've likened training teenage girls to herding cats. Is that true?

Without a doubt one of the most challenging things I have ever undertaken is coaching a teenage girls' football team on a FRIDAY AFTERNOON (with the possible exception of coaching a girl's netball team, but that's a whole other story).



Dave THOMAS - Vice President of the New Lambton FC Juniors

JOKE OF THE MONTH

Two campers are walking through the bush when a huge brown bear suddenly appears in the clearing about 50 metres in front of them.

The bear sees the campers and begins to head toward them.

The first guy drops his backpack, digs out a pair of sneakers, and frantically begins to put them on.

The second guy says, 'What are you doing? Sneakers won't help you outrun that bear.'

'I don't need to outrun the bear,' the first guy says. 'I just need to outrun you.'

OUR VALUED SPONSORS AND PARTNERS

McGrath

Adam's FAMILY MEATS

SPORTS CLIQUE AUSTRALASIA

MACQUARIE PHYSIOTHERAPY

Laser Plumbing & Electrical

BG&E RESOURCES