

TEAM DETAILS

NAME	PHONE NO.
WET WEATHER LINE	0431 140 559
Clubhouse Phone	5522 8978
Clubhouse Fax	5522 8293
Matt Kenworthy (President)	0401 638 112
Trish Mahon (Secretary)	0433 500 790
Joseph Haddad (Vice President)	0412 641 101
Jeff Garrett (Coaching Director)	0419 304 174
Peiter Berkhout (Fund Raising Coordinator)	0422 368 700
Neil Williams (BBQ Coordinator)	0409 470 832
Gabrielle Weigel (Managers Coordinator)	0410413031
Team Coach	
Team Manager	

2011 INFORMATION BOOKLET



MUDGEERABA
REDBACKS
JRLC

**REDBACKS UNIFORMS &
SUPPORTERS' MERCHANDISE**
PRICE LIST

Effective 1st January 2011

Football Shorts	\$25.00
Football Socks	\$10.00
Polo Shirt	\$25.00
Hooded Jumper	\$60.00
Training Shirt	\$20.00
Cap	\$15.00
Bag	\$20.00
Supporter jersey	\$80.00

*(Prices are subject to change without notice
keeping in line with suppliers costs)*

Gear Bargains!

Please note we have a quantity of previous seasons gear which is great for training, and we are selling at below cost price.

Grab some bargains, **training shorts, socks, training shirts, Polos & jerseys** are all available.

REDBACKS CHANTS



We're the mighty Mudgee Redbacks,
The teams who know no fear.
We charge our way to victory,
We lift the crowd to cheer.
On the field no one can stop us,
We're all here to do our best,
We're the mighty Mudgee Redbacks
And we will beat the rest
REDBACKS!!!!!!!



MUDGEES! MUDGEES! MUDGEES! OY! OY! OY!
MUDGEES! MUDGEES! MUDGEES! OY! OY! OY!
MUDGEES! OY!
MUDGEES! OY!
MUDGEES! MUDGEES! MUDGEES! OY! OY! OY!



AROUND THE GROUNDS

A listing, with addresses, for all away grounds . . .

Beaudesert Kingfishers - Petersen St., Beaudesert
(North of town, go to town centre, turn right at lights & continue up alongside old railway line. Keep railway line on your left, entrance is a track across the line, cross the track, turn right then follow road down to oval)

Ph: 5541 2033 or 0404 852 841

Burleigh Bears - Pizzey Park Complex, Sunshine Parade, Miami
(Juniors Field, **NOT** Seniors Club Field) **Ph: 5572 2108**

Canungra Junior Loggers - Moriarty Park, Coburg Road, Canungra
Ph: 0400 375 224

Currumbin Eagles - Galleon Way, Currumbin Waters
(Go South, take 'Exit 93' off Pacific Hwy. Turn right onto Guineas Creek Rd., left at roundabout into Galleon Way) **Ph: 5593 9227**

Helensvale Hornets - Daley Park Circuit, Monterey Keys
(Follow Helensvale Road, down past Helensvale High to roundabout, go past Monterey Shops. Left at roundabout)

Ph: 5573 4885

Jimboomba - Tully Park, Beryl Parade, North Maclean **Ph: 0411 052 824**

Nerang Roosters - Glennon Park, Recreation Drive, Nerang
(Off Lawrence Drive) **Ph: 5578 1864**

Ormeau Shearers - Ormeau Oval, Peachey Road, Ormeau
(Go North, take 'Exit 45' off Pacific Highway. Next to Shearers Arms Tavern)

Ph: 0402 867 499

Parkwood Sharks - Musgrave Avenue, Parkwood
(Turn right from Olson Avenue into Musgrave Avenue, go past Southport Sharks

AFL Club, turn right into laneway, follow to end) **Ph: 5532 7612**

Robina Raptors - New Field Station Reserve Road Robina
(Turn left off Robina Drive before Hospital roundabout and follow to end)

Ph: 0403 304 226

Runaway Bay Seagulls - Bycroft Oval, Morala Ave, Runaway Bay
(Across the road from northern side of Runaway Bay Shopping Centre)

Ph: 5537 4844

Southport Tigers - Owen Park, Southport (Entrance off Queen Street)

Ph: 5532 9925

Tambourine Bushrats - Tambourine Showgrounds (Corner of Tambourine Mountain Road & Bartle Road) **Ph: 5545 0441**

Tugun Boyd Street - **Ph: 0416 019 777**

2011

President's Welcome

Welcome to the Redbacks for Twenty Eleven!

We commence the year with a new face on the executive and I welcome Raeleigh Olive (Treasurer) to her role. Thanks to Connie Mather and Sue Byrnes for their past efforts. I am sure you will both enjoy your spare time.

Congratulations also to Julian Haddad, our Club Captain for 2011.

We have a number of Corporate Partners who have come forward and assisted us with funds for 2011 and we thank all of you for your support as without it we would not be able to operate in the manner we do.

Our results both on and off the field in 2010 were terrific and we are looking forward to building on those efforts in 2011. We will continue our Coaching Development Plan and we are providing additional training aids for each age group.

2011 is to be a season full of fun and positive results both on and off the field. To achieve this we need your assistance as much as possible. We are a volunteer Club and many hands make light work. Don't be shy in coming forward to join in wherever you can.

We are a very social Club and certainly enjoy what we do. I am sure that once you get involved you will enjoy yourself as well and in the end everything we do is for the KIDS!

So again, welcome to the Redbacks for 2010.

MATT KENWORTHY

President Mudgeeraba Junior Rugby League Club

Who Makes Up Our Club?

VOLUNTEERS! Parents, giving up their own time to coach, manage and administer the Club so that our children can play rugby league in a friendly and safe environment.

Here are a few of the things that our volunteers do throughout the year:

Executive Members - President, Secretary, Treasurer & Vice President attend a variety of meetings set down by District at which they represent the interests of the club. They handle the day to day administration of the club.

Coaching Director & Coaching Panel - Oversees all coaching staff, including accreditation, attends District Coaching Directors meetings, organizes training schedules, Coaching & Player Development programmes etc.

Registrar - Responsible to ensure that each child is properly registered, insured and eligible to play. They are also responsible for ensuring all teams sign-on, on game days.

Coaches & Assistant Coaches - Must be accredited by GCDRL. Train, Develop and pass on skills to our players, attend Development meetings and Courses to upgrade their skills.

Team Managers, Water Runners - Responsible to assist the coaching staff to ensure the smooth running of the team, such as player sign-on for games, team uniforms, team fundraising and duty recruitment and general information to parents.

Sponsorship & Fundraising Coordinators - Responsible to source and obtain corporate sponsorship, plan and organise all other approved fundraising activities to ensure the financial success of the Club.

Grounds Manager, Equipment Stewards - Responsible for setup and pull down for both training and game days and all equipment required.

Uniform Coordinator - Responsible for all uniforms and merchandise.

Volunteers - Game Day Duty Officials, Raffle Sales, BBQ duty, Park And Ride, Game Day Set-up and Pull down.

**There are always plenty of opportunities for you to assist and become involved with the Club.
Don't be shy, just come along, offer your services and join in.**

National Code of Conduct: (Players, Coaches, Officials, Spectators & Parents)

We hope all players and parents enjoy the football during the current season & participate with fellow players, coaches and other parents in a family club environment. Please take time to read the Code of Behaviour.

It applies to all players, coaches, managers and parents. Please note that this Code relates to all aspects of the Club, and is not limited to home or away games, events, functions, fund raising activities or any other aspect involving the Club. The word MATCH is to cover all of these possible activities.

Note: If any of the codes below are broken and you are asked to appear before the Disciplinary Committee of the Gold Coast District Rugby League for a hearing, you will be liable for any fines or suspensions imposed on the Club for your misconduct.

Misconduct will not be tolerated within a Club or on Club fields.

1. No person/s attending a match shall
 - a) Use offensive or obscene language to any player, coach, referee, touch judge, official or other spectator;
 - b) Enter the field of play during the course of a match without the prior approval of the ground manager appointed by the home club and/or league;
 - c) Dispute the decision of a referee or touch judge either during or after a match;
 - d) Assault or act with aggression to any person/s;
 - e) Behave in a way contrary to this code of conduct and/or the spirit of the game;
 - f) Behave in a way which disturbs the enjoyment of the match by any other person/s, or brings discredit to the home club and/or league;
 - g) Act in such a way as to exhibit racial intolerance, by language or other conduct, to other person/s;
 - h) Refuse to accept the responsible direction of the ground manager, official of the home club and/or league, or official of the home team/club which that person/s is supporting.
2. Any person/s contravening **RULE 1** may be reported by the ground manager to the team manager or other official of the team which that person/s is supporting. Where a team does not have a team manager present, a request or direction from the ground manager to any official of the team or team's club shall be regarded as a direction to the team manager for the purpose of this code.
3. The ground manager and/or team manager must advise the offending person/s of the relevant breach of the code. The ground manager must not the details of the report to the team manager on the reverse of the team sheet.
4. In the event that the inappropriate conduct continues, the ground manager and/or team manager may request the offender/s to immediately leave the ground. This should also be noted on the team sheet.
5. In the event the person/s refuses to obey the direction of the ground manager and/or team manager, the ground manager may direct the referee to terminate the match. In the event that the match is so terminated, the club's and/or league's committee may, at it's absolute discretion award the competition points to the non-offending team, or declare that neither side shall be awarded competition points for that match.
6. Clubs which do not exercise control over their players, parents, coaches, officials or spectators may be called upon by the league to accept responsibility for their actions and the following penalties may apply (in addition to penalties which may be imposed by the league's judiciary):

FIRST OFFENCE: a fine not exceeding \$500, and/or loss of competition points, and/or suspension of the player from playing, and/or suspension of the offenders from attending future matches.

SECOND OFFENCE: Suspension of the player, and/or team and/or club from the competition on a temporary basis.

THIRD OFFENCE: suspension of the player and/or team and/or club either for the remainder of the season, or permanently.

Junior Insurance

Each Junior League Club affiliated with the QRL and its divisions effect for each of its Registered Players, Coaches, Voluntary Referees, Officials, Administrators & Voluntary Workers, the minimum level of insurance cover shown briefly below:

Capital Benefits:

Death & Permanent Disability \$150,000
(Death Cover limited to \$10,000 for Under 18 yrs)

Loss of Income: up to \$250pw 14 day deferral period

Home Help Expenses: up to \$250pw 14 day deferral period

Full-Time Student Assistance Benefit:
up to \$250pw 14 day deferral period

Non-Medicare Medical Expenses:

Covers the reimbursement of 80% medical treatment up to maximum of \$2,000. Treatment must be certified by a registered medical practitioner and not subject to any Medicare rebate. All expenses must be incurred within a 12 month period of the insured person sustaining the injury.

Parents Inconvenience Allowance:

up to \$250pw 14 day deferral period

Funeral Benefits/Out of Pocket Expenses: Not Specified

Public & Products Liability: \$10,000,000 \$500 excess
(for property)

It is the responsibility of the individual to ensure that he/she has adequate insurance cover for his/her needs. The cover is underwritten by SLE Worldwide Australia Pty Ltd. The scheme will be managed by OAMPS Insurance Brokers.

The 2006 Insurance Handbook for Rugby League 'Junior' Clubs and Local Leagues is available for inspection by any member of the Club for more detailed information from the Secretary, Mudgeeraba Redbacks.

This insurance policy covers participants for injury whilst involved in the following QRL authorized activities or events:

- * Playing in official club & representative games
- * Participating in training or practice sessions or official functions
- * Travelling to/from club or representative games, training, meetings or official functions (limited to 20% Capital Benefits)
- * Engaged in activities connected with the sport whilst staying away from home during a tour for the purpose of participating
- * Engaged in authorized voluntary work/committee meetings.

End of season social trips are not covered under this policy.

In the event of a claim, you should contact the Secretary, Mudgeeraba Redbacks Junior Rugby League Club immediately and retain all original medical certificates, accounts, receipts & information to support the claim.

The Team for 2011

President	Matt Kenworthy
Vice President	Joseph Haddad
Secretary	Trish Mahon
Treasurer	Raeleigh Olive
Club Captain	Julian Haddad
Coaching Director	Jeff Garrett
Coaching Panel	Andrew Gosper
	Scott Mahon
	Brian Gabriel
	Mark Egan
Registrar	Janelle Kenworthy
Uniform Coordinator	Lisa Lynn
Fund-Raising Coordinator	Peiter Berkhout
BBQ Coordinator	Neil Williams
Managers' Coordinator	Gabrielle Weigel
Ground/Gear Coordinator	Andrew Carlstedt
Grounds Assistant	Guy Sisenko
Presentation Day Coordinator	Diane Sawyer

Management Committee

Along with the Executive, we have Peiter Berkhout, Michelle Carlstedt, Andrew Gosper, Diane Sawyer, Jeanette Schwass and Neil Williams

Our Coaching Staff

Coaching Director - Jeff Garrett

U17's Premier	Matt Hutton
U16's Premier	Scott Mahon (<i>Coaching Panel</i>)
DIV 1	Russell Olive
U15's Premier	Sean Stovin
U14's Premier	Mark Egan (<i>Coaching Panel</i>)
DIV 1	Mark McMahon
DIV 2	TBA
U13's Premier	Matt Kenworthy
DIV 1	Carey Nelson
U12's DIV 1	Jeff Garrett (<i>Coaching Director</i>)
DIV 2	Aaron Parker
DIV 3	Scott Fitzgerald
U11's	Steve Clark, TBA (1 Required)
U10's	Matt Kenworthy, Chris Orr
U9's	Troy Donaldson, Peter Crooks, Michael Jobling, Gavin Buxton, Matt Hyde
U8's	Marty Tones, Gary Sowery, TBA
U7's	Paul Binger, Troy Swain, TBA
U6's	We will Require 3-4 Coaches in this age group

As you can see we still have vacancies for Coaches in Under 6, 7, 8, 11, 14s.

If you're interested in Coaching, Assisting or even Water Running speak with Jeff Garrett or Matt Kenworthy.

COMPLAINTS PROCESS

Any parent or guardian who wishes to make a complaint, should adhere to the following procedures:

1. Approach the Team Manager (in private) to arrange a time to speak to the Coach about any concerns. If during training or a game, this action should be taken at the conclusion of the event.
2. The Team Manager will let you know an appropriate time, and all discussions should be held in private, out of earshot of players and other parents.
3. If you are not satisfied with the outcome of your discussions, please approach the Coaching Director, or a member of the Coaching Panel with your **written** complaint. The Coaching Panel will discuss complaints with all parties before taking any action deemed necessary and/or appropriate. Discipline will be at the discretion of the Coaching Panel.
4. Should you still not be satisfied, written complaints should then be forwarded to the Executive Committee, who will seek the advice of the Coaching Director/Panel before acting.

The above "**Complaints Process**" is enclosed in this handbook so that all will be aware of the process.

Please remember, we are all approachable so don't let things get under your skin, talk to your team Manager or Coach and try to get things sorted as quickly as possible.

Please be advised that any person attempting to circumvent the above process, by going directly to the District body, will be diverted back to their respective Club to follow the appropriate procedures.

Duty Officials Responsibilities

To assist with the task of being a duty Official below is a list of the responsibilities:

1. When performing duty, the Official must wear a vest/bib to clearly identify themselves
2. Ensure that the playing area is segregated or roped off and make yourself aware of areas set aside for consumption of alcohol and for any sin bin or send off
3. Be aware of the amenities of the complex so that you can give directions to players, supporters and referees. Referees should be given instruction in regards to the location of their dressing room and the sin bin/send off area
4. During games, actively engage in controlling the field and surrounds. No spectators or children are allowed inside the roped areas
5. One Official must be stationed between the 2 team benches and should control those on the bench. Only 5 coaching staff and players in full playing gear that are signed on are permitted on the bench
There are not to be any others on or near the benches.
6. If a player is sent to the sin bin, the Official shall escort the player and a team official, to time the player's temporary dismissal from the field of play to the designated sin bin area. This time does not include any time-outs or half-time breaks. At the completion of the time they are to advise the player to report to the touch judge/referee before entering the field of play
7. If a player is sent from the field of play, the Officer is to escort the player (accompanied by a team official) to the dressing room. The player is not to leave the dressing room whilst dressed in Club playing uniform
8. At half-time and full-time a Officer is to escort the referees to/from the dressing rooms if requested by the referee
9. Assist the referee in any way or manner he/she desires
10. Control & supervise all spectators & supporters
11. Supervise that all alcohol is consumed in the designated area only. Ensure that no alcohol is consumed from glass containers.
12. Report on any breach of the above matters to be entered into the appropriate section of the match report or back of the game sheet.

What's New and What's Happening In 2011?

NEW FOR 2011

- Additional training resource items handed out to every Coach to continue our programme of providing our players with the best possible training aids
- Exciting new Sponsorship deals with our major Club Sponsors, Attwood Marshall, Glenzeil and Cavalier Landscaping
- Improved Field Lighting

WHAT'S HAPPENING IN 2011

- Mudgee Redbacks Day - our main fund raising opportunity for the season - stay tuned for more exciting details
- The Fastest Redback race will be on again
- Our Masters team will be back on the paddock for more laughs
- Redbacks are hosting the Under 9 Carnival

NRL Tickets for Skilled Park!!!

We anticipate that the Titans will as in previous years provide a quantity of junior and adult passes for home games at Skilled Park. The passes are available to all players and members and can be used at non sell out home games.

Passes can be booked in advance and are to be collected from the Office the week before each game. They need to be signed for and must be returned after each use.

(Conditions do apply)

Redbacks Newsletter

The Club Newsletter will be issued each Thursday through our website.

Please make sure that you nominate an email address so that you can access the Newsletter as it has information regarding upcoming events, weekend draws, game reports etc.

If you don't have an email address, then attend the office during training hours on Thursdays and pick up a copy of the newsletter.

Coaches are reminded that weekly match reports must be received at the Clubhouse by no later than 6.30pm each Monday either by:

Email: mudgeeraba.jrl@bigpond.com
Or

Fax: 5522 8293

Check out www.redbacksjrl.com.au

You will find Sponsor Information, important links, newsletter, game results, weekend draws, what's on etc.

2011 at a glance

Training Starts:	U13 - U17 Tuesday 8th January U6 - U12 Tuesday 15th January
Trial Games:	TBA (we are looking to organise up to 3 trials prior to the 1st competition round)
Round 1:	U6 - U17: 19th & 20th March
President's Cup:	U12 - U17: Date TBA Southport
Final Round:	6th & 7th August
Minor Semi 3 v 4:	12th, 13th & 14th August Runaway Bay
Major Semi 1 v 2:	19th, 20th & 21st August Burleigh
Preliminary Final:	26th, 27th & 28th August Beaudesert
Grand Final:	3rd, 4th & 5th September Nerang

For other info on dates have a look at the 2011 Redbacks Events Calendar which you will find on our website

Selection Process and Development

Grand Finals will be played in all age groups from Under 11 through to Under 17.

With this in mind, in all instances our highest graded sides will contest the highest level in each age group. All players should strive to achieve to be a part of the highest graded side and, if selected to be a part in such a side, should be proud to do so and try their best to perform at their highest ability at all times. Also maximum squad numbers may be imposed in any age group.

Please Note:

- Under 11 TBA. May continue to consist of Conference 1 and then a 2nd tier 2 Conference competition. Conf 1 will be a 4 team Champion Team semi series whilst the 2nd tier conferences will play teams 1 and 2 from each conference playing a plate finals series
- Under 12 will consist of Div 1, Div 2 and Div 3, dependant upon the number of registered sides
- Under 15, 16 & 17 will consist of Premier and Div 1
- Selection of teams for Under 11-17 is to take place until grading is finalized to the satisfaction of the Coaching Panel. Selection will be carried out by the age group Coaches plus Independent Selectors under the co-ordination of the Coaching Director/Panel
- All U6-12 are, where possible, to train together in their relevant age groups each Tuesday throughout the duration of the season. Individual team training will be on Thursdays
- All Under 13-17 are to train as age groups on both Tuesday and Thursday evenings until 1 week prior to the first trial game. Following that, where possible, all individual age group squads are to perform their warm up drills on both Tuesday and Thursday together as an age group
- Any parent may apply to be a selector but not for the team that their child is participating
- Any comments or complaints regarding selection to be handled as per the "Complaints Procedure" as described in this handbook

Development & Risk Management Plan

We have in place our Mudgeeraba Redbacks JRLC Development and Risk Management Plan which was completed towards the end of 2009.

The aim of the project was to provide direction to the Club in the effective management of risks and to improve the understanding of risk management among the Club's volunteers, officials, players, administrators, spectators and visitors.

There were five main objectives:

- Identify and evaluate the risks associated with Mudgeeraba JRLC's operation
- Identify and adopt strategies and actions to reduce risks within the Club
- Reduce or eliminate the incidence of injury
- Provide a fun, healthy and safe environment for individuals to participate in and enjoy rugby league
- Minimise potential liability

Included within the Development Plan are

- Child Protection Risk Management Strategy
- Policies Manual
- Volunteer Management Plan

These 3 documents can be viewed on our website at www.redbacksjrl.com.au

We all have a responsibility to ensure that all people involved with the operation of the Club, including parents are aware of their responsibilities in relation to the Plan.

Please take the opportunity to read the documents at your convenience.

The Club's Financial Obligations

- * Wondering where your fees go?
- * Why are fees more than last year?
- * Why do you have to assist with fund raising?

Here's why!

Administration Fees	\$ 5,169.00
Advertising & Promotions	\$ 527.00
District Registration & Player Fees	\$ 8,946.00
Bank Charges	\$ 904.00
Clubhouse Supplies & Training Gear	\$ 12,909.00
Electricity	\$ 4,103.00
Game Day Expenses (<i>Referees & Sports Med. etc.</i>)	\$ 21,922.00
Insurance	\$ 10,518.00
Uniforms, Team Clothing, etc.	\$ 34,006.00
New Plant & Equipment	\$ 2,767.00
Repairs & Maintenance	\$ 4,938.00
Presentation Day Costs and Team Photos	\$ 11,218.00
Printing & Stationery	\$ 4,414.00
Sundry Expenses (<i>Postage, Phones, etc.</i>)	\$ 11,327.00

TOTAL EXPENSES \$ 133,668.00

Approx Cost per registered player \$ 305.18

2011 Registration Fees are \$210.00 per player & Includes:

- * District Registration & Associated Fees
- * Compulsory Insurance * Playing Shorts * Playing Socks
- * Training Shirt * Skill Development * Game Day Expenses
- * Individual & Team Photos * End of Year Gift
- * Trophies & Presentation Day

A \$50.00 Discount applies to the 3rd child in a family and the 4th child registered in a family is free.

As you can see we still need to supplement Club Income with further fundraising efforts throughout the year.

Volunteers

The Managers Coordinator, MSDA Delegates, Uniform Coordinator, Team Managers and others give their time to ensure the club runs successfully. Please remember that when you are asked to be a duty official, sell some raffle tickets, wash some jerseys or run the water, you are being asked by people, who happily give up their time to help your child as well as their own. So please help out, do it with a smile or, better still, don't wait to be asked.

Every team is required to provide Volunteers for both home and away games.

Without Volunteers, our season would not have been as successful as it was in 2010. We are hoping for a bigger and better year in 2011 so please see your Team Manager to let them know how you can assist.

All volunteers must be over 18 years of age.

Duty Officials - Home games cannot start without 3 duty Officials. **Away games** cannot start without us supplying 1 duty Official. Go to the Game day Registration Office to collect your vest and watch the game from the best spot at the ground

Field Set up and Pull Down - Andrew Carlstedt is our Grounds Officer for set up and pull down and he needs people to assist on Game day mornings, afternoons and nights to set the fields up

BBQ Tent - Neil Williams is our BBQ Coordinator and we run a BBQ Tent at every Home Game and Park N Ride so Neil would love to have you lend a hand to assist on any of these occasions

Fund Raising Activities such as Sponsorship, Game day Raffles, Park N Ride etc - Peiter Berkhout is our Fund Raising Officer and he organises game day raffles so he needs volunteers to assist selling tickets as much as often as possible. An important fund-raising endeavour during the season is Park N Ride. We need up to 12 or so volunteers for each event. Teams will be required to supply volunteers on a rotating basis and, if we all do our bit, each person should only be needed to help out once or twice during the year. **Peiter** will be contacting the manager of your child's team, so if you have any questions don't hesitate to approach Peiter and have a chat.

League Courses for 2011

Listed below are the Australian Rugby League National Coaching Accreditation Scheme Education Courses for 2011

<u>2 Referee Courses</u>	<u>Venue</u>	Nerang JRL, Glennon Park
• 13 February		<i>Participants must be 14 years old to referee</i>
• 13 March		<i>Give your details to the office ASAP</i>

<u>Mod Games Coach</u>	<u>Venue</u>	<u>Closes</u>
• 5 March	Ipswich	TBA
• 13 March	Gold Coast	TBA
• 10 April	Gold Coast	TBA
• 11 April	Ipswich	TBA
• 14 April	Ipswich	TBA

<u>International Games Coach</u>	<u>Venue</u>	<u>Closes</u>
• 6 March	Ipswich	TBA
• 12 March	Gold Coast	TBA
• 9 April	Gold Coast	TBA
• 28 April	Ipswich	TBA

NOTE: All Coaches and nominated Assistant Coaches must satisfactorily complete the coaching course relevant to their position subsequently and obtain the accreditation certificate.

<u>Leaguesafe (Water Runner)</u>	<u>Venue</u>	<u>Closes</u>
• 23 February	Gold Coast	Burleigh JRL
• 23 February	Ipswich	Briggs Road
• 9 March	Gold Coast	Parkwood JRL
• 10 March	Ipswich	Briggs Road
• 6 April	Ipswich	Briggs Road
• 11 April	Gold Coast	Nerang JRL

<u>QRL FAO (First Aid Level 1)</u>	<u>Venue</u>	<u>Closes</u>
• 28 February	Ipswich	TBA
• 2/7/9 March	Ipswich	TBA
• 5 & 6 March	Gold Coast	TBA
• 5/7/11/13 April	Gold Coast	TBA

Please attend the Football Office or download the relevant application forms from our Website to obtain, complete and submit your application & contact our Coaching Director for TBA venues.

Guide to Dehydration & Other Heat Illness in Children

Children who play sports or perform physical activity in hot weather can be at risk for heat illness. They sweat less than adults and this makes it harder for them to cool off. As parents and coaches we need to be mindful of the damage that can be caused by heat illness.

Cramps, Exhaustion and even Heat Stroke are examples of Heat Illnesses that can affect children.

Keep an eye out for children showing signs of intense pain (not associated with straining a Muscle), muscle contractions or spasms, dizziness, loss of coordination, headache, nausea, vomiting, stomach cramps, pale, hot or dry skin and increased heart rate, rapid breathing or a decrease in blood pressure.

Obviously treatment will be dependant upon the symptoms and the severity of the situation. Moving the child to a shaded or air conditioned area, removing extra clothing or training equipment, cooling the child with cold water, fans or cold sheets, having the child lie down with legs raised above heart level, and if there is no nausea or vomiting then having them drink chilled water or diluted sports drinks will assist.

Of course if the child's condition is severe or the recovery is not rapid then emergency medical treatment should be sought.

Always make sure that your child is properly hydrated before they head out doors to practice or play a game. Make sure they have their own water bottles.

Coaches are to be aware of humidity and temperature levels and amend training length, intensity accordingly. Always make sure that players are permitted time for drink breaks, with these breaks being more frequent as the heat and humidity levels rise.

For more details on Dehydration and Heat related illnesses have a look at the article entitled "Parents and Coaches Guide to Dehydration and Other heat Illnesses in Children" on our website at www.redbacksjr.com.au

2011 Training Schedule 5.30pm - 6.30pm

Warm-ups and skills to be done off the main fields until 5.45pm to allow earlier age groups to finish their training session	U13 Div 1	U14 Div 1
	FIELD 2	
	U13 Premier	U14 Premier
FIELD 1		

Under 13 - Under 17 Training Starts Tuesday 8th January

2011 Training Schedule 6.15pm - 7.15pm

Warm-ups and skills to be done off the main fields until 6.30pm to allow earlier age groups to finish their training session	U15 Div 1	U16 Div 1
	FIELD 2	
	U16 Premier	U17 Div 1
FIELD 1		

NOTE:

Coaches and Players are asked to show respect for other teams training requirements.
The time available for field usage is minimal so please do not disrupt other groups training by kicking balls, walking through or accessing the field areas when you are not scheduled.
Please walk around and do not interfere.

2011 Training Schedule 4.00PM - 5.00PM

Under 7

Under 6 - Under 12
Training Starts
Tuesday 15th February

Under 9
FIELD 2

Under 10
FIELD 1

CLUB
HOUSE

NETBALL
COURTS

Under 9

Under 10

Under 6

Warm-ups & Skills
to be done
off the main fields
wherever possible

CAR
PARK



Under 8

10

2011 Training Schedule 4.45PM - 5.45PM

Under 11
Warm Up Area

Under 6 - Under 12
Training Starts
Tuesday 15th February

Under 11
FIELD 2

Under 12
FIELD 1

CLUB
HOUSE

NETBALL
COURTS

Under 12

Under 12

Under 12
Warm Up Area

Warm-ups & Skills
to be done
off the main fields
wherever possible

CAR
PARK



MOD FIELD

11