



PLAYERS PACK

GUIDE FOR PLAYERS AND PARENTS FOR THE 2019 NPL (VIC) SEASON

GOULBURN VALLEY SUNS FOOTBALL CLUB



THE REGION'S REPRESENTATIVE TEAM FOR
THE NATIONAL PREMIER LEAGUE VICTORIA



MORE THAN A CLUB



EFFORT
DEDICATION
GLORY

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WELCOME to the GV SUNS



Congratulations on being selected to represent the GV Suns for the 2019 National Premier Leagues (NPL) Season.

What is the NPL?

The National Premier Leagues consists of 8 state or region based semi--professional association football leagues from around Australia. As a subdivision of the NPL, the NPL (Vic) consists of city and regional based teams and sits at Level 1 on the Victorian System, and Level 2 of the overall Australian League System under the A-League.

The Competition is administered by Football Federation Victoria (FFV), the governing body of the sport in this State.

In 2014 the GV Suns was formed and entered into the NPL (Vic) Division, proudly filling squads in NPL2 Seniors and Under 20s, and NPL Junior Boys Under 12 through to Under 18, along with a Skills Acquisition Program that engages players from Under 8 to 11.

What it means to be a part of the GV Suns Community...

- You will be given the best possible experience for progressing your development and growth as a player. We offer a strong and structured training regime. The quality of the coaching and support staff is high and they are all enthusiastic, committed, encouraging, friendly and approachable.
- Along with physical, personal and team development, we will also promote a relationship between players/coaches/committee members/families/members that is focused on the enjoyment of the sport.
- The GV Suns is an all-inclusive Club, where all of the people involved are highly motivated, dedicated and committed to improvement and progress in all areas; from setting and achieving goals, to establishing relationships and adding value to the local community.
- You will meet and socialize with other members at trainings, match days and also outside of the game itself. The Club will host a number of functions throughout the year so that players and families may also enjoy the social aspect of the game.
- The GV Suns is committed to providing you with a professional, organised and positive experience.

The GV Suns is looking forward to a fantastic season ahead. Our new grounds and facilities are open and we take pride in the fact that this complex is one of the best in the State and are proud to call it our home. In 2019, our 27 match season will see us play 18 matches at home in this state-of-the-art facility.

I'd also like to take this opportunity to encourage all parents to volunteer their services in areas to assist the GV Suns club and its members and players. Assistance in such things as Team Manager, fundraising committee members, ground set up and canteen helpers are greatly appreciated. The Club recognizes that parents have many demands on their time so are happy to assign tasks that fit in with other commitments.

Finally, I'd like to thank you for your commitment to the GV Suns for the 2019 NPL (Vic) Season. I, along with the rest of the Board of Directors and the operational and coaching staff, look forward to working with you, your team mates and families to ensure a successful season both on and off the pitch.

Go Suns!

FROM OUR Technical Director



Dear Parents,

Why it's good for your kids to play football...

You may ask yourself why do you pay so much money for your child to play? But, you don't pay for your child just to play football...

- you pay for the moments when your child becomes so tired that they want to quit but don't.
- you pay for the days that your child comes home from school and is "too tired" to go to their training but they go anyway.
- you pay for your child to learn to be disciplined, focused and dedicated.
- you pay for your child to learn to take care of their body and equipment.
- you pay for your child to learn to work with others, to be good team mates, gracious in defeat and humble in success.
- you pay for your child to learn to deal with disappointment, when they don't get that placing or title they'd hoped for, but still they go back week after week giving it their best shot.
- you pay for your child to learn to set and accomplish goals.
- you pay for your child to respect - not only themselves, but other players, officials and coaches.
- you pay for your child to learn that it takes hours and hours, years and years of hard work and practice to create a champion, and that success does not happen overnight.
- you pay for your child to be proud of small achievements, and to work towards long term goals.
- you pay for the opportunity your child has and will have to make life-long friendships, create life-long memories, and to be as proud of their achievements as you are.
- you pay so that your child can be out on the track instead of in front of a screen...

... I could go on, but, in short, you don't pay for football; you pay for the opportunities that football provides your child with, to develop attributes that will serve them well throughout their lives and give them the opportunity to bless the lives of others. From what I have seen so far working with young players, I think it is a great investment!

Yours in Football!

Srecko Baresic-Nikic
GV SUNS TECHNICAL DIRECTOR





CLUB CONTACTS



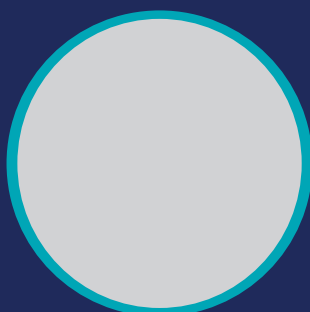
TECHNICAL DIRECTOR

SRECKO BAREŠIĆ-NIKIĆ

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KEY CONTACTS



CLUB PRESIDENT MICHAEL CRISERA

Ph: 0427 239 871

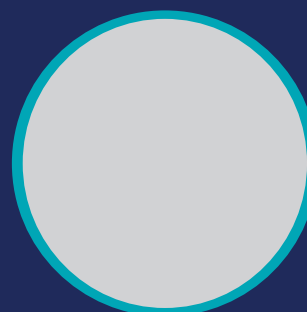
Email: president@gvsuns.com.au



CLUB VICE PRESIDENT PAUL UNIACKE

Ph: 0418 575 185

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CLUB SECRETARY MARIA SEPE

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Stay Connected...



www.gvsuns.com.au



[@gvsunsf.c](https://www.instagram.com/gvsunsf.c)



facebook.com/gvsuns



[@gvsuns](https://twitter.com/gvsuns)

REGISTRATION FEES



Under 12
\$1450
 inc GST

Under 13-18
\$1650
 inc GST

THE ABOVE FEES INCLUDE, BUT ARE NOT LIMITED TO:

- NPLV Competition fees, including referees for the Competition
- Player Registration and insurance with FFV and FFA
- 1 x GV Suns Player Voting Right at the AGM
- 1 x GV Suns Family Membership (2 Adults and 2 Children)
- One complete Team Kit. Inclusive of: Sweatpants, Polo Shirt, Half Zip Jumper, Training Top, Training Shorts, Socks and Player Bag
- Facility Hire, ground maintenance and lighting
- Training equipment
- Technical Director, Coaching and Coach Development
- Club Administration, FFV Auditing and Operational Expenses
- Training Night BBQ's
- Medallions and awards for end of year Presentation

PAYMENT Options

1

PAYMENT IN FULL

- **\$500** - Upon acceptance of position (remitted by 15th November 2018 at Registration Evening)
- **\$1,150** - Payment of Balance (remitted by 9th January 2019)

2

INSTALLMENTS

- **\$500** - Upon acceptance of position (remitted by 16th November 2018 at Registration Evening)
- **\$230** x 5 Monthly payments in December, January, February, March and April (remitted by the 15th of each month)

Accepted forms of Payment are Cash, EFTPOS, EFT and Cheque only, and must be made by the due dates. Please note that failure to comply with your selected Payment Plan may result in the forfeiture of registration. Businesses may choose to sponsor players using either option. A full Tax Invoice for Sponsorship can be issued. Please email accounts@gvsuns.com.au with this request.

Account Details

National Australia Bank
 BSB: 083 894 Account Number: 846 987 515

Please use the player Surname and First Initial as your reference. (Example- John Smith, would be SMITH J) Where possible, please email a copy of your remittance to accounts@gvsuns.com.au.

All fee enquiries should also be directed to this email

Included in this pack is a FEE PAYMENT ARRANGEMENT form which must be completed and returned with your registration.

GV SUNS & FFA NATIONAL

Along with the FFA, the GV Suns is committed to developing players with better coaching. We are fully committed to creating a sustainable club and creating pathways for our youth. We strongly recommend the parents of the players read the FFA National Curriculum to better understand the direction the Technical Directors and Board Members are taking to ensure its success.

It's a proactive brand of football, based on effective possession with the cutting edge provided by creative individuals. Defensively the key components are quick transition and intelligent collective pressing. The playing style is underpinned by a strong 'team mentality', capitalising on Australia's traditional strengths.

UNDER 12

SKILLS ACQUISITION PHASE

In the Skill Acquisition Phase the coach must focus exclusively on providing a solid foundation of technical skill.

If the player does not gain this skill foundation at this phase it will be very difficult to make it up later.

No level of fitness or competitive spirit will ever compensate for deficiencies in functional game skills

THE CHARACTERISTICS OF CHILDREN THIS AGE ARE:

- They are highly motivated and enthusiastic
- They are competitive, like challenges and want to show they're the best
- They are well balanced and coordinated
- They are very adaptive to learning motor skills
- Although still self-centered, they start to learn how to work together
- They are sensitive to criticism and failure (praise is important)
- They are physically and mentally ready for a more structured approach to training

UNDER 13

SKILLS ACQUISITION AND GAME TRAINING PHASE

In the Skill Acquisition Phase the coach must focus exclusively on providing a solid foundation of technical skill

No level of fitness or competitive spirit will ever compensate for deficiencies in functional game skills

Preparing players for senior football by teaching them to apply the functional game skills in a team setting using a 1-4-3-3 formation

Developing tactical awareness, perception & decision making through a game related approach to training

THE CHARACTERISTICS OF CHILDREN THIS AGE ARE:

- They are highly motivated and enthusiastic
- They are competitive, like challenges and want to show they're the best
- They are well balanced and coordinated
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- They are sensitive to criticism and failure (praise is important)
- They are physically and mentally ready for a more structured approach to training



CURRICULUM



UNDER 14-16

GAME TRAINING PHASE

Preparing players for senior football by teaching them to apply the functional game skills in a team setting using 1-4-3-3 as the preferred formation

Developing tactical awareness, perception and decision-making through a game-related approach to training

The most important aspect of this age bracket is the fact that these players are in (or entering into) the puberty phase which is a phase of radical mental and physical changes.

Huge changes in the hormonal system cause confusion while the physical changes can also unsettle the youngsters.

Physically they may sometimes suddenly look like adults but mentally they often are still children, something that may also confuse coaches.

THE CHARACTERISTICS OF CHILDREN THIS AGE ARE:

- Sudden mood changes
- Resistance against authority
- Impulsiveness (first acting then thinking)
- Accelerated intellectual development
- Identity search which leads to a desire to be part of a group

UNDER 18

PERFORMANCE PHASE

Preparing teams for a competition environment where winning becomes the main aim

Training to focus on solving football problems, based on match analysis

FOOTBALL CONDITIONING becomes a key part of the program.

The Performance Phase starts when the puberty phase has ended and the growth spurt has come to a standstill. Generally, this happens around the age of 16, but differs from individual to individual.

The coach is very much focused on getting results. Training, therefore is centered on fixing specific problems with the team's tactical performance.

CODES OF CONDUCT



COACHES

- Place the safety and welfare of the athletes above all else
- Help each person (athlete, official etc.) reach their potential – respect the talent, developmental stage and goals of each person and compliment and encourage with positive and supportive feedback
- Any physical contact with a person should be appropriate to the situation and necessary for the person's skill development
- Be honest and do not allow your qualifications to be misrepresented
- Be reasonable in your demands on younger player's time, energy and enthusiasm
- Teach your players to abide by the rules and Laws of the Game
- Ensure that equipment and facilities meet a reasonable safety standard and is appropriate to the age and ability of the players
- Modify your approach to suit the skill levels and needs of the players
- Develop and enhance respect between players, opposition coaches and the decisions of the Match Official
- Follow the advice of a physician when determining the extent of a player's injury and beyond that, when players are returning from injury to training and Match Play
- Keep up to date with the latest coaching practices (refer to Coach Accreditation Criteria)
- Take time out to teach players and others the Laws of the Game, hence raising awareness
- Remind all players to play within the spirit of the game at all times
- Ensure that players are good sports and ensure each team member shakes the hand of their opponents at the conclusion of every Match
- Do not smoke or consume alcohol from the bench, technical area or sideline
- Remember the actions of yourself and your team is reflective of the perception that others take away with them



PARENTS & SPECTATORS

- Encourage children to participate and have fun
- Focus on the child's effort and performance rather than winning or losing
- Never ridicule or yell at a child for making a mistake or losing a competition

Please remember:

- Children learn by example
- Fair play is in the game's best interest. Applaud and encourage all game play
- Encourage children to always participate according to the rules
- Respect and support the decisions made by the match officials, coaches, club officials and administrators and instruct your children to do likewise
- Support all efforts to remove racial vilification and any other behaviour that will degrade the game
- Raise any issues through the correct channels: Club, FFV, Tribunal and Discipline Department or Victorian Equal Opportunity and Human Rights Commission
- Limit alcohol consumption near the technical area or sideline (Alcohol is not permitted at any junior games)
- Smoking is banned outdoors within ten metres of sporting venues during junior events. Smoking is completely banned at the Shepparton Sports Complex Facility



PLAYERS

- Give your best at all times
- Participate for your own enjoyment and benefit
- Play by the Rules
- Do not argue with the Match Official. If you disagree, have your captain or coach approach the Match Official during a break in play or after the Match is concluded
- Control your temper. Verbal abuse of officials, or other players, deliberately distracting or provoking another person is not acceptable or permitted in any sport
- Be a good sport and be prepared to acknowledge good play whether it is for your team or the opposition
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player
- Co-operate with your coach, teammates and opponents. Without them, there would be no competition
- Remove all jewellery prior to training and Match play, as it is a hazard to you and those around you
- Do not accept or use any banned or unauthorised drugs including the consumption of alcohol at any time



MATCH DAY PROCEDURE

A healthy & well balanced breakfast

Players must present with their **boots and shin pads** at every home and away Match

There will be **ZERO tolerance** for inappropriate language at any time
The GV Suns has a strict
No Swearing Policy

Be well hydrated
(400-600mls water 1-3hrs prior to the game)

No energy drinks, Red Bull, caffeine, soft drinks or alcohol are to be consumed

Players must arrive *one hour* before their match time

Only players are permitted on to the playing areas

Running late?
please let your team manager know

Players must arrive on *game day* dressed in GV Suns Official Match Day polo and track pants

➔ Players must respect the property of GV Suns, and the property of any opposing team

Only players and club officials are permitted in the changing rooms

Players must **respect** all parents/coaches/staff/volunteers at all times

MAKING A GREAT TEAM

WHAT IS A TEAM?

A team is comprised of individual players to create a group which competes against an opposition team to win.

Although there may be a variation of ability within the group, they find a way to get together to become an effective team.

RESPECT

A successful team can include players that don't necessarily get along, but they have the ability to put that aside and find a common respect for one and other. There are many examples of great teams that include players that don't see eye to eye but they are professional and work together for the good of the team.

“*Talent wins games, but teamwork and intelligence win championships*”

– Michael Jordan





Key Factors to a **GREAT** TEAM

LEADERSHIP

A team will include a core group of leaders who have the respect of their fellow players and coaches.

COMMUNICATION

All players have the ability of communicating to each other. Basic instructions 'MAN ON, YOU'VE GOT TIME, SHUFFLE' will help the team function more effectively. It also assists your teammate with their decision making.

COMMITMENT

Each player should show the same commitment as their teammates which in turn can inspire each other to achieve at the maximum of their ability

DISCIPLINE

Possibly the most important component of an effective team. Discipline is the key to winning and losing. The ability to maintain calm will boost your team's chances of being successful.

ATTITUDE

Ensuring each player has a positive attitude 100% will lead to better performances on and off the pitch.



2019 UNIFORM

THE CLUB IS PLEASED TO PRESENT
UMBRO AS THEIR NEW PARTNER FOR ALL
MATCH DAY AND TRAINING APPAREL



MATCH DAY KIT



MATCH DAY APPAREL



TRAINING KIT



All players will receive the following as a part of their registration

MATCH DAY UNIFORM

- 1 x Umbro GV Suns branded Navy Half Zip Jumper
- 1 x Umbro GV Suns branded Navy Tracksuit Pants
- 1 x Umbro GV Suns branded White Polo Top
- 1 x Umbro Navy Socks
- 1 x Umbro Navy Playing Shorts

TRAINING UNIFORM

- 1 x Umbro GV Suns branded Orange Training Top
- 1 x Umbro Navy Training Shorts
- 1 x Umbro Navy Socks

- 1 x Umbro GV Suns branded Player Bag



2019 KEY DATES

**REGISTRATION EVENING
15TH NOVEMBER 2018**

**PRESEASON TRAINING BEGINS
20TH NOVEMBER 2018**

**CHRISTMAS BREAK BBQ
20TH DECEMBER 2018**

**NPL JUNIORS COMMENCE
FEBRUARY 2019**

**NPL2 SENIORS COMMENCE
FEBRUARY 2019**

**CLUB TRIVIA NIGHT
MAY 2019**

**NPL SENIORS LAST ROUND
SEPTEMBER 2019**

**NPL JUNIORS LAST ROUND
SEPTEMBER 2019**

**CLUB PRESENTATION BALL
5TH OCTOBER 2019**

**2020 JUNIOR CLUB TRIALS
OCTOBER 2019**



MORE THAN A CLUB



EFFORT
DEDICATION
GLORY



GV SUNS FOOTBALL CLUB

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