

FHFC

JUNIOR FOOTBALL

HANDBOOK



SEASON 2025

Welcome to Season 2025

On behalf of the Coaches, Football Directors and committee, I welcome you all to the Flagstaff Hill Football Club for 2025.

Flagstaff Hill Football Club is affiliated with the Southern Football League. This year we hope to field over 20 junior teams from Auskick right up to our Under 17.5 boys and Under 17 girls.

Our aim is to provide competitive teams for all players to play in regardless of age, size or ability as well as provide a welcoming, inclusive and safe environment for players and parents to take part in whether that be playing, training, volunteering or socialising.

We have a group of dedicated and experienced coaches (all of whom are volunteers) who ensure that your children have the best possible training, development and playing experience. It is very important that our parents assist these coaches as much as they can by ensuring players get to training and games on time, notify coaches of any absences and by helping with tasks on game days as required.

Throughout the upcoming season there will be various social events and fundraising drives organised by our Social Committee. I encourage all of you to embrace these activities by attending, donating as you can afford, and volunteering as needed. It costs more than \$200,000 to run our club, and these types of activities are vital to the club's ongoing success.

Please take the time to read through this handbook. It includes vital information about many aspects of the season as well as giving you an insight into all that Flaggies has to offer.

I wish everyone the best of luck for Season 2025, I and look forward to seeing you all around the club at training, events and on game day.

Cheers

David Heard
President
Flagstaff Hill Football Club

*The Flagstaff Hill Football Club acknowledges the Australian Aboriginal and Torres Strait Islander Peoples as the first inhabitants of the nation and the traditional custodians of the lands where we live, learn, work and play football.
The Flagstaff Hill Football Club is committed to a positive future for the Aboriginal Community*

Flagstaff Hill Football Club Junior Contacts:

Executive Committee

President	David Heard	fhfcpres@gmail.com
Vice President	Bec Couldwell	fhfcvp@gmail.com
Secretary	Clare O'Neill	fhfcsecretary1@gmail.com
Treasurer	Grant McAvaney	willmaca@outlook.com

Football Directors

Junior Football Director	Darrell Graham	fhfcjuniors@gmail.com
Sub-Junior Football Director	Shannon O'Malley	falcon.subbies@gmail.com

Others

Head Trainer	Colin Russell	col474@bigpond.com
Child Protection Officer	Huw Channing	huwchanning@gmail.com
Merchandise Co-ordinator	Mel Brennan	melbrennan2004@gmail.com
Canteen Contact	Grant McAvaney	willmaca@outlook.com
Auskick Co-ordinator	Graham Tomkins and Peter Cavouras	fhfcauskick@gmail.com

Flagstaff Hill Football Club Junior Coaches

All Junior Coaches, Team Managers and Committee members are volunteers.

All Coaches have a minimum Level 1 AFL coaching accreditation. All coaches have a current Working with Children Clearance.

Please note Sub-Junior coaches have yet to be appointed.

Under 17.5 Coach	Jamie Dunnicliff
Under 17 Coach	Leigh Pedrick
Under 15 Coach (Saturday)	Jay Holland
Under 15 coach (Sunday)	Matt Hall
Under 14 Coach	Bella Nicholls-Newman
Under 13 Coach	Justin Mahomet

Registration Details

Age Groups for Season 2025

Sub-Junior Teams - Mixed

Under 7 = born in 2018

Under 9 = born in 2016 & 2017

Under 11 = born in 2014 & 2015

Boys Teams

Under 13 = born in 2013 & 2012

Under 15 = born in 2010 & 2011

Under 17.5 = born in 2009, 2008 & after 1 July 2007

Girls Teams

Under 11 = born in 2016, 2015 & 2014

Under 14 = born in 2013, 2012 & 2011

Under 17 = born in 2010, 2009 & 2008

Registration & Playing Fees

All registrations will now be completed and paid for using the Play HQ website: Click here:

<https://www.playhq.com/afl/register/3f6542>

During the process of registration two payments will be required.

Amount 1 - In 2020, the SANFL introduced a Player Registration Fee for all registered Club Participants in Football in SA. The fee will be charged at the time of registration on the Play HQ Membership platform and will be compulsory for every player across SA to become registered for the upcoming season. When registering on the Play HQ Membership platform, you will be prompted for payment details of the \$22.50 Junior fee as part of the process. This fee is sent directly to the SANFL for the benefit of all community football.

Amount 2 – FHFC Fee

2025 FHFC fees are as follows:

Sub Junior Fees	(Under 7, 9 & 11)	\$200
Junior Fees	(Under 13, 14, 15, 17 & 17.5)	\$265

All players must be registered, and fees must be paid in full before the first game otherwise **NO pay = NO play**.

In accordance with the FHFC Membership Fees Review Policy, subscriptions will be reviewed at the start of each new year.

Sports Voucher

The Sports Voucher program provides a discount of up to \$200 on sport, dance, learn to swim or scouts/guides fees for children living in South Australia in Reception to Year 9, each calendar year. The aim is to increase the number of children participating in physical activity by helping to reduce cost as a barrier. You can only claim two \$100 voucher per child in a calendar year, regardless of the number of sports played. A link to the site can be found here:

[Home · Sports Vouchers](#)

This will be redeemed at the time you register your child. Play HQ will prompt you to enter your Medicare card details when you click on the Government vouchers tab.

If you are a new Player to football

New players are reminded that a birth certificate or passport must be sent to the relevant football director's email at the time of registration. This is a requirement of the SFL and your child's registration is not complete until this document is processed.

Clearances for Players Transferring from other clubs

Clearances are required for all players joining FHFC from other clubs and must be approved prior to play. This can be done through Play HQ. A paper form is also required to be completed for the player. Please speak with your Junior Football Director to obtain a copy.

Please note you must be financial at your previous club for clearances to be approved. For all junior players a proof of age must also accompany the transfer form to assist the Southern Football League with the clearance process.

Playing Fees

Playing Fees are charged for all players at FHFC. The cost of the playing fees is to cover some expenses including:

- A fee payable for each player to the Affiliated League
- A fee payable for each player to the Community Centre (to cover Oval expenses (lighting) and Club usage)
- Insurance for each Player
- End of Season Gift for the Coaches
- Equipment for training/game days
- Umpiring fees each week

Communication

To help easier communication between the parents to help manage any changes, team selection, rosters and other game day/training matters, we strongly recommend parents join our Closed Facebook pages – please see the links below and sign up to the newsletter.

Facebook Closed Groups: Search for the following:

- Sub-Juniors: 2025 FHFC Sub Juniors – U7s, U9s & U11s
- Junior Boys: 2023 FHFC Junior Boys (Under 13 to Under 17.5 and every team in between).
- Junior Girls: FHFC Womens Football

Club Newsletter: sign up at the bottom of the club website.

Website: www.fhfc.com.au

Facebook Page: FHFCFalcons

Instagram: @FHFCFalcons

Uniform

Flagstaff Hill Football Club's Colours are Navy Blue and Red. The following uniform applies to all sub-junior and junior players.

Minimum Must Haves for Games:

Sub-Junior Players

SFL Navy Blue shorts
SFL Red Socks (Long and short styles available)
Footy Boots
Mouthguard

Junior Players

SFL Navy Blue and White Shorts (Home and Away)
SFL Red Socks (Long and short styles available)
Red FHFC Polo (worn to games / presentations)
Warm up top (to be worn for warm up on game day)
Footy Boots
Mouthguard

FHFC Junior and Sub-Junior players will be provided with a guernsey to wear on game day. These are to be returned to your team manager at the end of each game. All guernseys remain the property of the FHFC and must be returned in good condition.

**It is compulsory that all players wear a mouthguard during games and competitive training drills.
All jewellery and piercings must be removed for training and games.**

Minimum must haves for training: (not necessary for sub-juniors):

Training Top
Football Shorts
Football Boots
Mouthguard

Merchandise

A wide range of FHFC apparel is available through our shop and campaigns that are run online during the season (these will be shared on our socials). Merchandise hours will be advertised weekly on the social media pages.

For any queries, please contact our Merchandise Co-Ordinator- Melissa Brennan via email for more information.

Season 2025

The SFL Saturday Season begins this year on Saturday 5th April

The Sunday Season begins this year on Sunday 13th April

Sub-junior Season begins this year on Sunday 27th April

FHFC Training Times

Sub- Junior (Friday nights – starting Friday 28th March 2025)

Under 7 – 5:00 pm – 6:00 pm

Under 9 – 5:45 pm – 7:00 pm

Under 11 Girls – 5:45 pm – 7:00pm

Under 11 mixed – 6:45 pm – 8:15 pm

Under 13 and 14's

Every Monday and Wednesday - 5:00 pm – 6:15 pm

Under 15's

Every Monday and Wednesday - 5:30 pm – 7:00 pm

Under 17's

Every Monday and Wednesday - 6:15 pm – 7:30 pm

Under 17.5's

Every Tuesday and Thursday - 5.30 pm – 7.00 pm

Game Times

The below times are offered as a guide only. Please ensure you check with your team manager or on Facebook posts for the Game time for your team each week.

Saturday:

Under 13's:	8:15 am
Under 15's:	9:35 am
Under 17.5's:	11:10 am
B-Grade:	12:50 pm
A-Grade:	2:30 pm

Players must arrive for games at least 45 mins prior to the scheduled start time. Check with your coach/team manager for more details. Saturday times are set times scheduled by the SFL and do not change.

Sunday Morning:

Under 7:	9:00 am
Under 9:	9:55 am
Under 11 Girls:	9:55 am
Under 11 mixed:	11:00 am

Depending on the number of teams and availability some Under 11 mixed games will be played at 12:15pm.

Players must arrive for games at least 30 mins prior to the scheduled start time. Check with your coach/team manager for more details. Sunday game times are times scheduled by the SFL and are subject to change. Occasionally a Sub-Junior Game may be played on a Friday night. The large number of teams that the SFL needs to schedule also may mean that you will not play an equal amount of games on our home ground but is instead dependent on ground and umpire availability.

Sunday Afternoon:

Under 13, 14, 15 and 17's: There are no set times.

Players must arrive for games at least 45 mins prior to the scheduled start time. Check with your coach/team manager for more details. Sunday game times are times scheduled by the SFL and are subject to change.

Policies

The club has many policies to keep all our Players, Coaches, Trainers, Support Staff and Spectators to enjoy a safe sporting environment, whilst keeping our club philosophies.

Please find the link below to where you can find our policies.

[Policies Page | Flagstaff Hill Football Club](#)

Game Day

The club recognise that many parents/carers are time poor and that we cannot all provide consistent help on game day and juggling the demands of family and other children can be a challenge. However, we are very reliant on the volunteer support and goodwill of all parents/carers to assist in the successful running of games days and we appreciate all help that is offered. We look to parents to assist with, goal umpiring, running water, scoring, time keeping, social activities, team meals, washing of guernseys.

Assistance of these tasks makes everyone's involvement just that little bit easier and responsibilities not falling to the same people every week, which is very unfair. We expect our players to play fairly and in a team spirit, this is a great opportunity for the parents to set the example.

Trainers

If your child requires any strapping for injuries or has a medical condition that may need support during a game, such as asthma, you will ensure that you have allowed time to see the trainer before the game, at least 30 minutes before game time.

Every player must have a current medical form before being able to play.

If your child gets injured at the game or at training they must speak with a trainer as soon as possible to ensure that care is provided as needed.

If your child suffers from concussion there is a protocol/policy that must be adhered to before your child is able to recommence training (please see policies section below).

Please ensure that your child has a named water bottle for training and game days as well as being hydrated the days before.

If you are unsure please speak to the trainer for your team or Head Trainer.

Gate Fee:

On Saturdays all clubs charge a Gate Fee for Entry to assist with the costs of running the game. This enables Clubs to keep the cost of Subscriptions as low as possible.

In Season 2025 the SFL has set the charges for every club to be:

In before 11am - \$3 per person

In after 11am - \$6 per person / \$3 Concession / Children under 16 are free

Financial Flagstaff Hill players are not required to pay at home games but are required to pay the admission fee at all Away games.

There is no charge during the normal season on a Sunday at any ground.

During Finals the SFL set the Gate Fees and these are payable on both Saturdays and Sundays. Further information will be distributed to all players at this time. The SFL retains all Gate Fees for Finals matches which enables the SFL to keep the cost of Affiliation Fees for all Clubs as low as possible.

BBQ & Canteen:

The FHFC BBQ/Canteen is open on game days for hot food, snacks, hot and cold drinks. The BBQ is also operational on game days for hot foods such as sausages, burgers, bacon and egg sandwiches. Barista coffee is also served on game days.

The Club BBQ and Canteen are significant fundraisers for the Football Club each year. Parents are rostered on to work behind the BBQ and canteen for 1-2-hour shifts throughout the season. Duties include cooking, serving customers, using the till, and cleaning the BBQ area at the end of the day. Any adults can assist during these shifts and your assistance is appreciated. Children are discouraged from being in the BBQ area. See your Team Manager/ Facebook for details and times once the game schedule is finalised.

Community Centre Facilities:

Toilets are located to the right of the Community Centre and have internal access. Please note these are public toilets managed by the Onkaparinga Council so can be used by the general public at any time.

The Community Centre features a licensed bar serving bottled beer, soft drinks, wines and spirits. The bar is open from 1 pm on Game Days and on Wednesday, Thursday and Friday nights. Alcohol must be consumed within the licensed area which is in the clubrooms and under the main veranda and the concreted area in front of the centre. As such alcohol MUST NOT be taken to parked vehicles or to areas surrounding the oval (except in front of the centre) Alcohol cannot be brought into the Oval at any time on Game Day. Failure to

adhere to these rules puts the Community Centre licence in jeopardy and could result in offenders being suspended from the football and/or club facilities.

Ground Etiquette:

During play, only club officials and players are permitted access to the ground. Spectator Access to the ground during the breaks will depend on the Southern Football League.

Any communication with the players, including sideline coaching, from parents must not occur; the coaches do the coaching and communicate all the players need to know – club officials will assist in this process if needed.

Maintain a positive environment in which all players and spectators can enjoy the game. Parents/carers are not to assume a coaching/assistant role unless invited to do so by the coach. Assisting with players warmups must be cleared with the coach first.

Please note: Please refer to the attached Spectator Code of Conduct for more details.

Under 13 Player – A-Grade Mascot

For many years now we have invited an Under 13 player to be the A-Grade Mascot during the FHFC Home Games. This is an incredible honour, and the player is invited to warm up with the players, be present in the rooms for the pregame speech, run out onto the oval with the players, sit on the bench during the game and enjoy the post-game in the rooms.

They are then interviewed by the Players about their experience that night during Presentations. It is a great experience and one that they will cherish. Selection for this role is random and depends on player availability on that day.

End of Game Presentations

These are held at the Clubrooms on Saturday night's after each game from 6pm. Game reports/results, outstanding contributions are announced, and best player awards are presented. Excellent value for money meals are also available and drinks can be purchased over the bar.

It is a fantastic opportunity for the Club to come together to celebrate in a family friendly environment. While player attendance is not mandatory, we do expect as many juniors as possible to attend.

Presentations for our Sunday teams will be held on Sunday nights in the clubrooms from 5pm (time is dependent on the time of the games and where teams are playing). This will be communicated to families each week in our newsletter.

Meals

This year the Football Club has sourced a caterer to help out on Friday and Saturday nights. Communications will go out every week using our facebook pages with options and prices each week.

Volunteers

Clubs like ours are successful thanks to the hard work of volunteers. We will request help from everyone at some time during the season, but we are always seeking assistance from parents of our Junior Players to help with such things as: Coffee Barista, Timekeepers, Social Committee & Fundraising, Sponsorship Committee, Grants Committee etc.

Sponsorship / Fundraising and Events

The FHFC is solely responsible for all financial liabilities and revenue sources. While the club is in a sound financial position, we continue to have an increased reliance on sponsorship, donations, fundraising and social events to help support the supply of many items to the teams. The club view the value for money playing fees as fair and have no wish to increase these if avoidable. These fees often only cover such expenses as the Community Centre Member Fee, SFL or SANFL Playing Fees, Insurance, Sports Trainer expenses costs etc.

If any of our parents/players/carers have access to friends or family business that maybe in a position to help the Club, we ask that you get in touch with our Sponsorship Coordinator Kellie Heyward-Ferrers to discuss how that help might be best put to use.

We also ask the parents and families to support fundraising and social activities to the best of their ability. It will help greatly in increasing our revenue and fostering the great Club environment that already exists.

The calendar of FHFC official events is on our website. Social media will also have information of upcoming events along with how to purchase tickets for those events that need as well as the FHFC Newsletter, and will be promoted through Team Managers. Also, members will be notified through their team apps any regular correspondence directly focusing on news and upcoming events.

Social Membership

Falconians and Falconette membership is available from the club. Forms are available on our website and can be returned to fhfcpartnerships@gmail.com.

[Social Memberships | Flagstaff Hill Football Club](#)

Player Sponsorship

We encourage all players to get out and get a sponsor each year. The cost of sponsorship is:

Senior Player: \$165

Junior Player: \$110

Sub-Junior Player: \$55

Here is the link to our sponsorship page, complete the attached form and send this to fhfcpartnerships@gmail.com.

[Flagstaff Sponsors | Flagstaff Hill Football Club](#)

Team Photos

A professional team photo will be arranged for teams and individual players each year. Players must wear full FHFC Uniform and Coaches and Team Managers must wear FHFC Red Polo Shirt. Information will be distributed to all players prior to the photo shoot, including costs for the photo.

Home Ground Details

FHFC Oval – Coromandel Street, Flagstaff Hill

Car parking is available around the oval, as well as street parking surrounding the ground. Speed limits are enforced within the grounds at all time. The club's oval is used heavily during the season both for games and training for senior and junior grades and there are often children present. Care must be taken when driving around the oval. The oval is also used heavily by the other user groups of the Community Centre and respect must always be shown.

Alcohol cannot be brought into the Oval at any time on Game Day. Failure to adhere to these rules puts the community centre licence in jeopardy and could result in offenders being suspended from the football and/or club facilities. These licence rules apply to all of the Grounds in the Southern Football League.

SFL Ground Details

Aldinga	Port Road, Aldinga Beach 5173
Christies Beach	Christie Avenue, Christies Beach 5165
Cove	Oval Road, Hallett Cove 5158
Flinders University Stadium	1 Lovelock Drive, Noarlunga Downs 5168
Hackham	Doctors Road, Hackham 5163
Happy Valley	Taylors Road, Happy Valley 5159
Ironbank / Cherry Gardens	658 Acklands Hill Road, Cherry Gardens 5157
Morphett Vale	4 Wheatsheaf Road, Morphett Vale 5162
Noarlunga	Patapinda Road, Old Noarlunga 5168
OSB/Lonsdale	Sherrifs Road, Morphett Vale 5162
Port Noarlunga	Brittain Avenue, Port Noarlunga 5167
Reynella	Oval Road, Reynella 5161