



HOME OF THE BULLDOGS

2026 SEASON

Tatura Junior Football Club

PLAYER & FAMILY HANDBOOK 2026

Our Objectives

Tatura Junior Football Club exists to help young people learn, love and play Australian Rules Football in a respectful, inclusive and growth-focused environment. In 2026, our junior program will pursue the following objectives:

- Develop & improve fundamental skills (kicking, handballing, marking, tackling technique, decision making)
- Educate “game sense”: understand space, options, roles & rules
- Entrench team values: teamwork, respect & good sportsmanship
- Develop professional habits: timeliness, attentiveness, effort & resilience
- Ensure a fun & inclusive environment with a focus on maximising participation & ongoing player retention.

Scope

The junior football program covers from the Auskick program through to the Under 16's with a different focus at each level.

- Auskick is designed to introduce the game in a fun & engaging way while building initial skills & confidence with handling the ball.
- U9, U10 & U12 age groups emphasise development & participation to ensure everyone learns, plays & develops skills. Players will develop good training & playing habits which will enhance their chances of reaching their potential.
- U14 & U16 age groups continue with a focus on development but within a more competitive environment where player & position become normalised to enhance team success.

Practical Information

- Training Nights are as followed : U9, U10, U12 Wednesday Nights from 5pm (from March 18th) & U14 U16 Tuesday & Thursday Nights from 5pm. Expect 60-90mins depending on age group.
- Venues: Tatura Park - Oval allocation by team staff.
- Equipment: Mouthguard (compulsory), boots, water bottle, sunscreen, training top
- Communication: Team App/email for weekly schedules & updates.
- Injury & Illness: Notify team manager, follow return-to-play guidance
- Photography & Media: Seek permission before posting images of minors; follow club policy.
- Volunteering: Each family is asked to assist at least twice per season (canteen, BBQ, timekeeping, goal umpire etc)

Training Sessions

Preparation

- Arrive 5-10 mins early. Gear up, hydrate, stretch
- Bring labelled water bottle: avoid sugary drinks before/during session

Skill Blocks

- Short, focused blocks with clear learning goals.
- High ball touches: kicking to leading targets, handball to moving receivers, clean pickups
- Decision making games (small sided) to build game sense.

Warm-up & Activation

- Light jog, dynamic stretches & mobility
- Footy specific movement: change of direction, acceleration, deceleration

Conditioning & Games

- Age appropriate conditioning via game-based drills.
- Finish with competitive but controlled games that reinforce the skill focus.

Cool-down & Recovery

- Team stretch, light jog/walk

Expected Behaviours

Players

- Be on time, prepared & ready to learn. Bring water, mouthguard & appropriate gear.
- Listen, ask questions & be coachable. Try your best at every drill & contest.
- Play the ball, not the person. Respect all officials & opponents.
- Support teammates with positive talk & action. Celebrate effort & improvement.
- Look after your body: warm-up, cool-down, stretch & recover (sleep).
- Make good off-field choices: balance nutrition, hydration & screen time, especially before a game.
- Own your growth: set goals, reflect after sessions/games & track your progress.

Parents & Guardians (and all supporters)

- Model respect for coaches, volunteers, umpires & other families.
- Encourage effort over outcomes : ask “what did you learn?” before “did you win?”
- Avoid instructions from the sideline that conflicts with coaching.
- Put your hand up to help out: it is a community sport & your don't need to be “sporty” to help out.
- Ensure your child attends on time & communicates absences early.
- Support healthy routines: sleep, balanced meals, hydration, & post-game recovery.
- Help create a safe space: zero tolerance for bullying, abuse, harassment or discrimination.

Coaches & Team Staff

- Prioritise safety & inclusion in all activities.
- Plan purposeful sessions that match age & stage of development.
- Communicate clearly & positively: give every player meaningful feedback.
- Rotate positions & share opportunities: particularly Auskick-U12.
- Model composure on game day: focus on process over scoreboard.
- Celebrate club values publicly & address behaviors privately & constructively.

Minimum Standards (Non-Negotiables)

- When a coach is speaking, players are silent. This is implemented immediately.
- No backchat or smart remarks towards coaches, parents or volunteers. If it occurs, the player is removed from that drill.
- No disrespect towards teammates. If it occurs, the player is removed from the session & their parent/guardian/carer is notified.
- Players who continuously present issues at training may have their right to play revoked for a determined period.
- Any parental concerns go to the Junior Coordinator, not directly to the coach.
- If a player isn't interested in engaging within the session, they should be excused immediately.
- Character comes first.

Child Safeguarding Officer Katelyn McIntyre



Child safety and well-being is a key priority of the TFNC and we hereby declare our commitment to creating an environment that is safe and welcoming for all children and young people to participate in football and netball. Our club has a zero tolerance to any form of child abuse or harm and will act quickly in the best interest of the child or young person should an allegation of harm or abuse occur.

CHILD SAFEGUARDING OFFICER

- Acts as the first point of contact for all safeguarding matters
- Help adults at the club understand their obligations to protect children and young people and promote their rights.
- Help members report complaints, concerns and incidents to the club, Committee, or the AFL State Entity/AFL, Netball Victoria for appropriate action.

ABOUT KATELYN MCINTYRE

Katelyn grew up being apart of the TFNC. Both parents played football and netball for the club, and now her kids are starting in Junior Football. Katelyn is currently a school teacher and believes that all children and young people deserve to feel safe at their respective sporting clubs. You can see Katelyn around the club umpiring for our netball games, volunteering in various roles and helping out on the Junior Football Committee.

HOW TO RAISE A CONCERN

If you have a concern about the safety of a child or young person, or have seen or heard something that just doesn't feel right, it is important that you say something.

For any safeguarding queries
EMAIL: katelynmcintyre19@gmail.com
or text/call : 0439 658 690

Contact Kids Helpline on
1800 55 1800 (it's free)
or www.kidshelpline.com.au

Contact Information

Under 9, 10, 12 Junior Coordinators

Sarah de Leeuw - 0438 583 104

Damien McIntyre - 0438 341 793

Under 14 & 16 Junior Coordinator

Sally Beale - 0438 341 793



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Tatura Junior Football

www.taturabulldogs.com.au



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