



# *Player and Parent Handbook*

*Guidelines and Expectations of Junior Football Players  
and Parents of Ocean Grove Football Netball Club*

*Updated April 2026*

# Welcome

On behalf of the Ocean Grove Football Netball Club, we warmly welcome all players, members and their families to the upcoming season in the AFL Barwon League. We invite you to embrace the core values of our club - Respect, Inclusion, Pride, Professionalism and Fun - as we work together to build a strong and positive sporting culture. Our goal is to create an environment that is welcoming, inclusive and competitive, where everyone has the opportunity to belong and thrive.

We have proud Netball and Football history. Our club, in the heart of Wada Wurrung country, has long been at the heart of Ocean Grove, playing a vital role in bringing our community together. From our early years to the present day. The commitment, passion and resilience shown by our players, coaches and supporters have built a proud and lasting legacy.

There are many ways to get involved in our club, whether it be by pulling on the boots, supporting from the sidelines or contributing as a volunteer. Our club is run by dedicated volunteers and the saying "many hands make light work" truly reflects the spirit of our club. We encourage everyone connected to Ocean Grove to lend a hand wherever possible to help make this season a success.

This handbook has been designed to provide you with all the information you need for an enjoyable and successful season. As the biggest junior club in AFL Barwon, we look forward to a fantastic year ahead, both on and off the field.

## **Disclaimer:**

*Every effort has been made to ensure that the information in this handbook is correct and current, and it should be noted that details are correct at the time of printing/publishing (Errors and Omissions excepted).*

*Changes may be made throughout the season as a result of changes to:*

- *Rules of the Ocean Grove Sporting Club Inc*
- *Rules, regulations and policies of:*
  - *AFL Barwon*

*Furthermore, on occasion, the Netball subcommittee may amend rules and policies, where issues are raised and resolutions agreed upon throughout the season.*

## Mission Statement

The primary purpose of the Ocean Grove Sporting Club Incorporated also known as and commonly referred to as Ocean Grove Football & Netball Club is:

“The club seeks continual improvement- striving for best future facilities, closer links to community, great value for sponsor partnerships, and to provide a supportive, tolerant and inclusive environment for our participants, members, guests, administrators and volunteers to achieve their full potential, both in house and the local community.”

To meet this primary purpose as a community organisation, the Club is legally and morally bound to establish rules and guidelines for appropriate behaviour and provide a safe and respectful sporting environment for and from all its members. The Club is required to meet these obligations through the implementation of transparent and appropriate policies and procedures that are consistent and fair to all members and other stakeholders

Our Club expects high standards of behaviour from all people, and it is vital these expectations are met, and the integrity of sport and our club is maintained. In this way the Club asks that each player, umpire, coach, official, parent, spectator and administrator adhere to the Codes of Conduct as recommended by the Australian Sports Commission. The commitment to these Codes is undertaken at sign on by each player or parent/guardian. Full details of these codes are at Appendix 5 of this Handbook as well as the notice boards in the netball club rooms or from any member of the committee.

(Source: Australian Sports Commission – [www.ausport.gov.au](http://www.ausport.gov.au))

**OUR VISION:** A destination club in the area due to our unrivalled local reputation. This reputation is based on quality programs and development, efficient management, a strong family. based culture and our club's long-standing commitment and contribution to the local community.

At the OGFNC, our competitive junior vision endeavours to:

- Teach the principles of being a “good sport” and how to work together as a team member to achieve a common goal.
- Ensure every player feels that they belong, regardless of skill.
- Give every player the opportunity to play at the highest level possible and reach their full potential.
- Provide the experience of highs and lows of playing a team sport with respect, humility and dignity.
- Develop young players, both on and off the field, and retain a strong connection with our Club.
- Recognise character and values, respect and virtues, not just physical talent.
- Provide an inclusive, respectful, safe and enjoyable environment for all. We do this by committing to and always demonstrating our Club values.

## Club Values

**Respectful** - To respect every person and organisation that we interact with and in turn, earn the respect of others in all we do as individuals and as a club.

**Inclusive** - To be welcoming and understanding to players, volunteers and stakeholders from diverse backgrounds. We collaborate through our club.

**Proud** - To recognise and celebrate our history and to behave in a manner that reflects pride in our club and ourselves.

**Professional** - To be a professional organisation adhering to high standards reflected by our appearance, actions and attitude. We constantly strive for improvement and aspire to be innovative and successful while always working within the rules.

**Enjoyment** - To enjoy our time together, be positive in what we do and provide a family-friendly environment in which we celebrate our success.

The OGFNC believes we have a responsibility that goes beyond what happens on the football field and netball court. The OGFNC is committed to;

- Ensuring it is a place where everyone feels valued, respected and included.
- Shaping a culture and an environment where the physical and mental health of everyone is prioritised.
- Protecting the safety and wellbeing of all children and young people.

## Respect Starts Here - Club Commitment Statement

Ocean Grove Football and Netball Club is committed to further developing a safe, inclusive and respectful sporting club that has zero tolerance for violence.

We recognise gender inequality and violence against women exists in our community. It creates barriers for women, girls and gender diverse people to thrive in our sporting community.

Our club is taking part in **Respect Starts Here: Leaders on and off the Field**. This project will help us to better understand the attitudes and behaviours that lead to inequality, disrespect and drive violence. We will commit to actions our club, members and spectators can undertake that are reflective of our core values:

## Child Safety

Children and young people's right to safety (both physical and emotional) is paramount in everything we do. The Club's Child Safe Policy confirms our commitment as a Club to child safety. The policy sets out clear expectations for anyone involved with the Club to protect the safety and wellbeing of children. The policy also aims to ensure compliance with Victoria's child safe standards which is a legislative obligation of all organisations who service and/or include children and young people.

All junior players, parents, carers, families and volunteers should feel safe – no exceptions. An important part of establishing a safe place is to inform yourself of the Club's Child Safe Policy which outlines the club's commitment, obligations and expectations.

To support our efforts in creating an environment that is safe for all children, we request all adults involved in our Club to read and understand our Child Safe Policy and obtain a Working with Children Check (WWCC).

*You can read the Policy here - [POLICIES | Ocean Grove Football and Netball Club | TidyHQ \(ogfnc.com.au\)](https://ogfnc.com.au/POLICIES)*

*You can contact our Child Safety Officers with questions or feedback at any time by contacting our relevant volunteers through our website - [Wellbeing & Culture | Ocean Grove Football and Netball Club | TidyHQ \(ogfnc.com.au\)](https://ogfnc.com.au/Wellbeing-Culture)*

## Wellbeing Officers

The Club has several Wellbeing Officers who are part of the Wellbeing Team. The purpose of this team is to support the club to develop a positive and inclusive club culture which offers support, information and referral to appropriate services as required for players, coaches and others within our club community. The Wellbeing Officers will also play a role in the promotion of wellbeing within the club.

***Wellbeing Officers are NOT counsellors, rather a person who can support and provide referrals.***

*You can contact Wellbeing Officers with questions or feedback at any time by finding their contact details on our website - [Wellbeing & Culture | Ocean Grove Football and Netball Club | TidyHQ \(ogfnc.com.au\)](https://ogfnc.com.au/Wellbeing-Culture)*

## Junior Committee Structure

The OGFNC Junior football is structured to support the facilitation of the junior football program. The program is lead by the Junior Football Coordinator who is also a member of the OGFNC committee to provide a voice and advocate for the junior program.

Each age group consist of the following structure:

- *Age Group Football Coordinator*
- *Head of Coaching (role may be blended depending on age group numbers)*
- *Team Coaches*
- *Team Managers*

The role of a Coach at the Grubbers is to provide effective leadership, guidance, and coaching expertise to players as they develop their skills and knowledge whilst maintaining and enhancing the passion for the sport. The Coach will play a pivotal role in fostering a positive and inclusive team environment while teaching fundamental football techniques, strategy and sportsmanship. By creating a supportive and educational atmosphere, the Coach aims to inspire players to grow as individuals, strengthen their teamwork and achieve their fullest potential. The Coach will align coaching strategies with the broader goals and values of the OGFNC.

<b>Role</b>	<b>Name</b>	<b>Mobile</b>
Junior Boys Football Director	Heath Levis	0412 102 083
Female Football Director	Bianca Quinn	0410 409 434
<b>U17 Girls</b>		
Age Group Footy Coordinator	Kathleen Brilliant	0411 098 817
Head of Coaching	Chris Dooling	0458 007 776
<b>U16 Boys</b>		
Age Group Footy Coordinator	Shannon LeBel	0438 582 132
Head of Coaching	Matt Robbins	0415 737 507
<b>U14 Girls</b>		
Age Group Footy Coordinator	Stacey O’Keefe	0407 622 304
Head of Coaching	Glenn Smith	0429 198 202
<b>U14 Boys</b>		
Age Group Footy Coordinator	Justin Lindsay	0413 951 005
Head of Coaching	Jason Bonacci	0409 476 787

## Team Selection

Pre-season (which may include intra-club or practice games against other clubs) assists the Club in developing an understanding of appropriate team selection. Prior to the season commencement there will be decisions made to initially place players into likely teams for the lead-up to the first game.

The grading of players is based on, but not limited to, the following criteria:

- Ability
- Training attendance
- Team Balance
- Sportsmanship
- Team-first attitude

Our top team in each age group will apply (without exception) for grading in Division 1. In the event where we have more than one team in each age division, our 2nds, 3rds etc. will be graded based on previous seasons results, pre-season observations, squad coaches, head of Coaching and Age Coordinator and performance during AFL Barwon Grading games.

Team selection will be based on;

- Selection will commence with the highest division in each age group selected first and so on.
- Will be selected each week, in some instances with players rotating up or down a division.
- Performance, ability, attitude, and training attendance (notwithstanding extenuating circumstance) on a weekly basis.
- Selection responsibility lies with Head of Coaching, Age Group Coordinator and Team Coaches.
- Communication on team selection outcomes will be managed by Coaches and supported by Team Managers and Age Coordinator's.
- No player will drop further than the next team below (excluding exceptional circumstances).
- Rotation of players for development purposes may also be a consideration as part of team selection, under these circumstances a commitment of two games in a row will be in place.
- In the event our numbers require players from a lower age group, we must fill from the bottom division up. Therefore, an U12 Girl can't play in the U14 1s if we have a 2nds team, or an U14 boy can't fill in the U16s 2s if we have a 3s team.
- Any junior player selected to play Senior football, Head Coach of Seniors must liaise and seek approval from players parents (registered details in system), player and in show of respect, players coach.

*For further information, please refer to the Junior Team Selection Policy which you can find here - [POLICIES | Ocean Grove Football and Netball Club | TidyHQ \(ogfnc.com.au\)](#)*

## Training

Pre-season training typically commences late November / early December for Girls and Boys U16 to U19s age groups. U14 Girls and Boys will generally commence pre-season towards the end of January but may have informal sessions prior to the Christmas break.

Pre-season training nights and locations can vary somewhat given ground availability.

In-season training schedule is typically as per the below, with specific times and arrangements to be confirmed based on ground allocations.

	Monday	Tuesday	Wednesday	Thursday	Friday
U17 Girls		Memorial		Memorial	
U16 Boys	Shell Road		Shell Road		
U14 Girls		Memorial		Memorial	
U14 Boys			Memorial		Memorial

Pre-season training concentrates on a combination of fitness and skills development that is suitable for individual age groups. It is generally conducted on a full age-group squad approach.

## Communication Platforms

You can find information about the Club via the following platforms;

- Club Facebook Page (primary source of Club information)
- OGFNC Website - [Ocean Grove Football and Netball Club | TidyHQ \(ogfnc.com.au\)](https://www.ogfnc.com.au)
- Emails from Coordinators and Team Managers
- Team Organisation app Heja

Please note that no adult representing the Club may communicate directly (i.e. one on one) with an individual child or young person via any online platforms or social media, e.g. Messenger, Snapchat, etc. The Club can advise which communication methods are appropriate.

*Please refer to the Child Safe Policy for further information, which you can find here - [POLICIES | Ocean Grove Football and Netball Club | TidyHQ \(ogfnc.com.au\)](https://www.ogfnc.com.au)*

# Merchandise

Club apparel orders can be made via the OGFNC online store and is the parents / players responsibility to order merchandise in a timely manner as the supplier generally has set periods for dispatch timing.

### Pre-Order Window

Orders placed between:	Dispatched between:
1st - 7th of May	1st - 5th of June
1st - 7th of June	6th - 10th of July

[OGFNC Online Store Link.](#)

The apparel shop at the Club will be open on Thursday nights from 5.30pm and Saturday game days. However, there is limited stock held by the club.

OGFNC appreciates that the cost for club merchandise can be substantive and respects the decisions which families make in regards to club merchandise purchases. There is no obligation to purchase apparel (except having gear for game day i.e. shorts and socks)

Should the player require game day shorts, please note the following guidance on purchases.

<p><b>All Girls Age Groups</b></p>  <p><b>Ocean Grove FNC Womens Football Shorts</b> \$35.00</p>	<p><b>U16 and U14 Boys</b></p>  <p><b>Ocean Grove FNC Senior Playing Shorts Home</b> \$35.00</p> <p style="text-align: center;"><b>OR</b></p> <p><b>Ocean Grove FNC Junior Playing Shorts</b> <i>(same as Cobras shorts)</i> \$30.00</p>					
<p>Socks and some other popular apparel options: <a href="#">more items on website</a></p> <table border="0" style="width: 100%; text-align: center;"> <tr> <td style="border: 1px solid #ccc; padding: 5px;">  <p>\$15.00 Ocean Grove FNC Football Socks - Long</p> </td> <td style="border: 1px solid #ccc; padding: 5px;">  <p>\$15.00 Ocean Grove FNC Football Socks - Short</p> </td> <td style="border: 1px solid #ccc; padding: 5px;">  <p>\$70.00 Ocean Grove FNC 1/4 Zip Polar Fleece</p> </td> <td style="border: 1px solid #ccc; padding: 5px;">  <p>\$65.00 Ocean Grove FNC Fleece Applique Hoodie</p> </td> <td style="border: 1px solid #ccc; padding: 5px;">  <p>\$55.00 Ocean Grove FNC Sportsbag</p> </td> </tr> </table>		 <p>\$15.00 Ocean Grove FNC Football Socks - Long</p>	 <p>\$15.00 Ocean Grove FNC Football Socks - Short</p>	 <p>\$70.00 Ocean Grove FNC 1/4 Zip Polar Fleece</p>	 <p>\$65.00 Ocean Grove FNC Fleece Applique Hoodie</p>	 <p>\$55.00 Ocean Grove FNC Sportsbag</p>
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Please note new OGFNC juniors in their first year at OGFNC receive a complimentary Custom Training Tee which will be provided during pre-season training.

# Volunteering

Beyond the coaches and team managers, significant volunteering effort is needed to run game day. Typical roles on game day are:

- First Aider
- Runner
- Central Umpire (should AFL Barwon umpire not be assigned)
- Goal Umpire
- Umpire Escort
- Interchange Steward
- Timekeeper
- Game Day Club Votes (x 2)

It is expected parents / guardians support the Club and the players experience by being involved when requested. This is why we require Working with Children Check details from all parents / guardians.

The club will have access to the Social Rooms at Memorial Oval this season, and as such the canteen will be operating. Volunteers will be required to assist with the running of the Canteen during the season on both Saturday and Sunday mornings. Funds from the canteen go back into the club, so we want this be as successful as possible and your assistance will be key to making this happen.



# Commitments

## Commitment as a Volunteer and/or Parent/Guardian;

- Read and understand the Club's Child Safe Policy.
- Obtain and provide details of your Working with Children Check.
- Read and understand the Club's Code of Conduct.
- Understand and display the Club's values at all times and role model these for our players.
- Remember that children participate in sport for their enjoyment, not yours.
- Football is a team sport, encourage your child to contribute to their team in any way they can, whether on court, off field or at training.
- Volunteer your time in whatever capacity you can. There are so many ways to get involved in our Club, look out for them! Being involved in any way, however small, is beneficial for your child, their team and our Club.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or aggression.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performance and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- Parents and family are welcome and are encouraged to support their child by attending games. However, we ask that you do not coach from the sidelines.
- It is acceptable to be encouraging; however, it is not appropriate to instruct your child on what or how they should be playing. Players are required to focus on the instructions of their coaches and should not be distracted by parents on the sidelines.
- As a parent if you wish to receive or give feedback in relation to your child please follow the concerns/Issues communication process which will be shared and posted on our club website.

## **Players Commitment;**

- Play by the rules.
- Never argue with an umpire or official.
- Never verbally abuse or swear at officials, team mates or other players.
- Be a team player and positively support your team mates no matter what.
- Treat all players as you would like to be treated - fairly and with respect.
- Ensure you make everyone feel included, instilling a sense of belonging for all.
- Cooperate with your coach, the umpires and team-mates.
- Play for your own enjoyment and improve your skills.
- Talk to someone if you experience or see something that is not OK or doesn't feel right.
- Control your temper. Verbal abuse of officials, sledging other players, and deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
- Be a good sport. Applaud all good players whether they are made by your team or the opposition.
- Co-operate with your coach, teammates and opponents. Without them, there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Players are encouraged to discuss any issues they may have with their coaches/ Team managers.
- Adhere to the Club's Social Media policy.

## **Taking Images of Children**

The OGFNC requires every parent to obtain permission from another child's parent/guardian before taking an image of a child that is not their own. They should make sure the parent/guardian understands how the image will be used. The child's parent/guardian will be asked, as children cannot legally give consent to share their image.

The OGFNC also require the privacy of others to be respected and prohibits the use of camera phones, videos and cameras inside changing areas, showers and toilets.

## Concussion Protocols

All Australian rules football competitions at all ages have adopted a mandatory minimum 21-day return to play protocol, which has been adopted by the OGFNC.

Under the new community guidelines, the **earliest that a player can return to play after a concussion is on the 21st day after the day on which the concussion was sustained** and provided that the player has safely progressed through each phase of the return-to-play program.

Practically, the guidance on how this will be managed by OGFNC will be as follows:

- Any player who has received (or suspected to have received) a head knock during game day or training will be assessed by a first aider.
- The first aider will make a conservative assessment as to that players ability to safely return to the game / training.
- Whilst first aiders are typically not qualified to diagnose concussion, there are obvious signs which may require immediate medical assessment this will be managed accordingly in consultation with parents/guardians.
- Should the player not be considered requiring immediate medical assessment but not considered suitable to return to the game or training parents/guardians will be advised.
- In all situations where a player is unable to complete the game or training given a potential head knock, a medical clearance certificate will be required for the player to return to training or game play in accordance with return to play protocols.
- Return to play protocols also applies for concussion diagnose which may have occurred separately to (or post) football and it is the obligation of parents/guardians to inform OGFNC.

OGFNC acknowledge that this approach may receive some resistance from the player and/or parents/guardians (especially given the potential requirement for medical assessment for uncertainties) however our approach to player safety from a potential head injury is – if in doubt / stand them out.

## Milestone Acknowledgement

Recognition of game's-played milestones in footy is something that the players, their families, friends, and their teammates see as an important part of their football experience. In Junior footy, a banner is often made to run through before the game when a player reaches 50 and 100 games. It is not compulsory. Co-ordinators will track player milestones throughout the season, and a medal will be presented to that player from the club.

## **Our Team Song**

**“Ohhhhh we do like to be beside the seaside  
Oh we do like to be beside the sea  
Down at the Grove there is a football team  
All the girls/boys are on their game  
For the red and the white we are terrific  
For the red and the white we are supreme  
We’ll fight and never fall  
We’ll beat them one and all  
Beside the seaside cos we’re a team!”**