



THE 2023 SEASON YOUTH TDP PROGRAMME



A GUIDE TO THE 2023 SEASON FOR TDP GRADES: U13 / U15 / U17

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TERM 1: INTRODUCTION & TRIALS

REGISTERING FOR TERM 1 & TDP TRIALS

Trials form part of our Term 1 programme. To register for term 1 (and trials) you will need to go to the club website to register. Contact Ryan if you are unavailable term 1.

Click [here](#) to register.

Term 1 Cost: \$180*

*Cost is only charged if the player is selected for the TDP.

TERM 1 INFORMATION

Term 1 format: Term 1 is 10 weeks. The term runs as a 4 week trial period, a 1 week break, a further 4 week trial period, followed by 1 week of preparation for the first game of the season. Selections are announced after the second 4-week block.

Dates:

First training: Tuesday 31st January;

Last training: Thursday 6th April.

Session times & venue:

Venue: Petone Memorial Park

Tues: 5:00 - 6:30pm

Thurs: 5:00 - 6:30pm



INFORMATION EVENING

Our Director of Football (Ryan) will host an information evening at the clubrooms for all TDP players & parents. This year we will cover on the night: expectations, logistics, and our new “club-alignment” approach.

The information evening will be held on **Monday 13th February 5pm.**

CONTACT

Questions about the football programme please contact: ryan@petonefootball.org.nz

TERMS 2 & 3: WINTER SEASON

KEY WINTER SEASON DATES

Term 1 / Trial Period: 31st January - 6th April
Official training start date: 25th April
TDP pre-season games: February and March (dates/schedule TBC)
First game of the season: 23rd April
First player feedback session week: 24th - 30th April
Second player feedback session week: 17th - 23rd July
Last game of the season: 24th September

WINTER SEASON TRAINING SCHEDULE

Venue: Petone Memorial Park

Training Days:

u13s/u15s: Tuesday/Thursday/Friday
u17's - Tuesday (AM)/Wednesday/Friday

Times:

Players meet 30mins prior to start time.

Tues: 5:15 - 6:30pm (U17's 7:00am)

Thurs: 5:15 - 6:30pm

Fri: 5:15 - 6:15pm (*U17s 7:00pm)

School Holidays and Public Holidays:

Feedback sessions - No training. These are important opportunities for mental & physical recovery breaks for both players and coaches.



GAME-DAY INFORMATION

All winter season games will be played on Sundays. Home games will be at Petone Memorial; other games played at the oppositions home venue.

Arrival time on game-days:

U13s - 45mins prior to kick-off

U15s - 60mins prior to kick-off

U17s - 75mins prior to kick-off

TERM 4: SUMMER FOOTBALL

SUMMER FOOTBALL FORMAT

Building on the success of 2022's term 4 programme we will run a summer specific training format for term 4 with two contacts per week. This allows players to get a good level of sessions in over term 4, but also offers a reduced playing load. Players therefore have more scope to balance their time for exams, summer sports, post-season tournaments, and general rest and recovery.

To keep term 4 purposeful we will organise three competitive games for the final weeks of the programme. The purpose of term 4 will be for the playing group to set challenging 'goals' for their team to practice towards and then achieve during these games.

Term 4 is optional. Player's that play summer sports, or simply want a break can do so.

SUMMER TRAINING SCHEDULE



Trainings:

There are a total of 12 training sessions

Mondays and Wednesdays 6 - 7:30pm
Petone Memorial Park.

Games:

We will organise 3 fixtures for the summer period for each of our TDP teams. These games will be in addition to the training programme.

Cost: \$120

SUMMER EVENTS FOR YOUTH AGE PLAYERS

Post season games: Organised against selected opposition.

U17's National Age Group Tournament: Held in December if our teams qualify.

Ivan England Football: For U17/U19 age players.

U19's National Tournament: For U19 selected players.

INTERGRATED EXTRAS

A NEW APPROACH FOR 2022

We are building upon last year's approach of **integrating** holistic-learning into our 2022 programmes. Learning from last year we want to now achieve a standardised, habit building approach to S&C and performance psychology at the club. We want all grades to have an aligned approach so players can build sustainable habits over their time at the club. We want to be leaders in educating our players on S&C and performance psychology.

STRENGTH & CONDITIONING



The club will be again utilising Kieran McMinn who has extensive skills and knowledge to create and deliver football specific conditioning programmes for our youth athletes.

Kieran has designed age-appropriate, weekly, football specific, conditioning sessions, warm ups & cool downs processes for the club. We will now be standardising this approach across all our TDP and senior teams.

Kieran, will again also provide additional user-pay sessions for individuals that will like extra support to develop the physical side of their game.

PERFORMANCE PSYCHOLOGY



The club are building on what we did last season in the performance psychology space. Lydia Edwards educated our staff on how to introduce concepts and practice for tactical breathing and visualisation. However we realised our approach lacked consistent use and habits around these concepts.

This season we will be focussing on implementing a performance psychology programme for our coaches and players to utilise over the course of the season. Our coaches will then work with players to establish habits in their weekly routine to build healthy mental skills into their training diet.

PROGRAMME COST BREAKDOWN

TRAINING FEES & CLUB SUBS

Cost breakdown for each term:

Term 1 training: \$180 (to be paid once selected)

Term 2 & 3 training: \$300 (x2)

Club subs: \$150

Total cost: \$930 (incl GST) + kit costs

Additional costs:

Kit cost - see Training kit page.

Term 4 (Optional extra): \$60 1 session p/w or \$120 2 sessions p/w

What your training fees pay for:

- Programme gear and equipment.
- Grounds bookings.
- Integrated extras
- Coach development & mentoring.
- Coach education courses & licensing.
- General coach & administration expenses.

What your subs pay for:

- Capital football affiliation and competition fees.

PROGRAMME AIMS & KEY COST CONSIDERATIONS

Petone F.C. are dedicated to achieving the following aims:

- a) building an excellent programme that is second to none in the region,
- b) retaining TDP status to ensure quality delivery, high-level competition, and NAGT selection opportunities for our players; while
- c) remaining the most affordable grassroots football club in the community.

Achieving all of the above aims come at a significant expense to the club. The club as a not-for-profit organisation does its best to seek community funding and sponsorship to lower the cost for our members. We are proud that the Petone F.C. cost model is considerably more affordable than most other clubs (who charge upwards of 1.5-4k for the year for their TDP programmes).

Nevertheless, keeping costs low while trying to bring in high quality staff is very challenging. To ensure we achieve all our aims we are working hard to advance our coach-development strategy. This approach keeps costs low for our members while achieving a significant increase in the quality of coaching and administration services we provide. It will take time to bring in people and develop their skillsets but we are committed and dedicated to this approach.

YEAR PLANNER

JAN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	
														INFO PACK																		
FEB	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				
	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T				
	TERM 1 - TRIAL PERIOD												INFO NIGHT		TERM 1 - TRIAL PERIOD																	
MAR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	
	REST WEEK					TERM 1 - TRIAL PERIOD																										
APR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su		
	TERM 1 - SEASON PREP					EASTER				SCHOOL HOLIDAYS						PLAYER FEEDBACK WEEK						TERM 2 - WINTER SEASON TRAININGS										
MAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	
	TERM 2 - WINTER SEASON TRAININGS																															
JUN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F		
	TERM 2 - WINTER SEASON TRAININGS																															
JUL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	
			SCHOOL HOLIDAYS								PLAYER FEEDBACK WEEK						TERM 3 - WINTER SEASON TRAININGS															
AUG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	
	TERM 3 - WINTER SEASON TRAININGS																															
SEP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S		
	TERM 3 - WINTER SEASON TRAININGS																								SCHOOL HOLIDAYS							
OCT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	
	SCHOOL HOLIDAYS							NYL U17's												NAPIER U19s												
NOV	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th		
						TERM 4 - SUMMER FOOTBALL																										
DEC	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	
	TERM 4 SUMMER FOOTBALL																															

SECTION 2

OUR COACHING APPROACH

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- 2) OUR PLAYING PHILOSOPHY
- 3) OUR COACHING METHODOLOGY
- 4) OUR PLAYER FEEDBACK PROCESS
- 5) OUR TECHNICAL DIRECTORS ROLE

OUR TDP COACHING TEAMS & STAFF

LICENSED COACHING TEAMS

U13	U15	U17
HEAD COACH: RYAN EDWARDS / DEI GATKEK	HEAD COACH: RYAN MCGLINCHEY	HEAD COACH: SAM PICKERING
SUPPORT COACH: WILL GRANTHAM	SUPPORT COACH: ALISTAIR MORRIS	SUPPORT COACH: RICHARD ARKINSTALL
TEAM MANAGER: TBC	TEAM MANAGER: TBC	TEAM MANAGER: TBC
COACH MENTOR: JAMIE FORSYTH	COACH MENTOR: RICHARD KERR-BELL	COACH MENTOR: STU PYNE

RYAN EDWARDS WILL BE WORKING ACROSS THE GRADES THIS SEASON

PROGRAMME SUPPORT STAFF

STRENGTH & CONDITIONING	KIERAN MCMINN
PERFORMANCE PYSCHOLOGY	GARY HEWSON/PAUL IFILL
GOAL-KEEPER COACHING	SHEA STAPLETON
CLUB TDP REFEREE	JON NASH
PHYSIO SUPPORT	TBI HEALTH

OUR CLUB PLAYING PHILOSOPHY



THE BALL

LOVE HAVING IT HATE NOT HAVING IT

Football’s focus is the ball. We therefore believe our #1 focus should be the ball too. We want our players to learn to love having the ball and do everything they can to maximise their time with the ball, as a team, and as individuals. We want our teams to hate not having the ball and do everything they can to get back it quickly if they lose it.



ENTERTAINING
TO WATCH

RAZZLE-DAZZLE

We want our spectators to be entertained when they watch our teams play. We believe X-Factor (creativity & skill) is what makes football entertaining. We want our individuals to show their X-factor through technical ability. We want our teams to show their X-factor through telepathic-like combinations. Therefore to entertain we must have the ball or otherwise our spectators are simply watching us run.



ENJOYABLE
TO PLAY

X-SPAM

We want our players to enjoy every football experience they have. We believe this is achievable, win or lose, but only once the team learns to work together by passing the ball, quickly and accurately, with a team-first ethos. A player that has time on the ball, creates with the ball, and contributes to scoring goals will always have fun.



ENERGISING
TO COACH

TEMPO

We want our coaches to be energised whenever they see their team play. We believe this is created by seeing the team collectively work hard & play with intensity but also from the excitement that comes from intelligent, well coached, who bring changes in speed to the game. The team that best controls the tempo of the game, controls the energy.

OUR COACHING METHODOLOGY

FUN-FIRST COACHING

- Coaches design sessions with fun as the first priority
- Exercises involve the ball as much as possible
- Small-sided games are preferred to larger games
- Skill acquisition exercises involve fun competition
- Blocks are broken up with fun-focussed sessions

TRANSFORMATIONAL COACHING

- Coaches focus on the human first - player second
- Life-skills are coached as part of the programme
- Positive training behaviours are set & maintained from the start of the season

WHOLISTIC COACHING

- General movement (body-movement) with and without the ball is integrated into the programme.
- Multi-sport involvement is encouraged and part of the coaching programme.
- Individual skill-acquisition is taught as well as gameplay

BLOCKED-PROGRESS LEARNING

- Training is setup into blocks of learning each with a specific topic.
- Each block is broken down into weekly themes.
- The learning focusses carry from trainings to games.

NEEDS-BASED LEARNING

- Coaches provide opportunities for players to offer their thoughts, ideas, & feedback on the football.
- Coaches encourage players to self-regulate their behaviour before the coach needs to intervene.
- Coaches promote player leadership to support personal and teammate focus and learning.

OUR PLAYER FEEDBACK PROCESS

PETONE F.C PLAYER FEEDBACK

CRISTIANO	
ITEM	DISCUSSION
SUCCESSFUL MEETING	I would at least one specific thing I can work on. And maybe something you think I am doing well.
MY AMBITIONS	
FOOTBALL AMBITION	I want to play in National League
FOOTBALL GOAL FOR THIS YEAR	Play a game for the senior team.
NON-FOOTBALL AMBITIONS / GOALS FOR THIS YEAR	To get Merit endorsed for NCEA Level 2
MY EVOLUTION	
MY STRENGTH	My First touch and shooting.
MY WORK-ON	My Close control
COACH FEEDBACK	<ul style="list-style-type: none">- STRENGTH: close ball control that allows you to take on opponents with confidence.- WORK-ON: using scanning and snapshotting techniques to improve awareness of available passes.
HOW I WILL EVOLVE	
I WILL SUPPORT MYSELF BY:	I will watch a video each week pre-game on the topic we are working on.
MY PARENT WILL SUPPORT ME BY:	Some feedback on my games would be cool?
MY COACH WILL SUPPORT ME BY:	Hold me to the standard of a senior level player.



HOW PLAYER FEEDBACK WORKS

Players will have two opportunities for **formal** feedback with their coaches. These will be provided during the school holiday periods.

Registering for a feedback meeting

Players will be required to register for the feedback meeting with their coach in a time slot provided.

Feedback meetings

- (1) The first feedback window players will be required to fill out the feedback template (example shown to the left) prior to the meeting. They will then work through their template with their coach who will also provide two focusses for the player to choose from as their feedback focus. The player then creates an action plan to work on their feedback.
- (2) The second feedback window gives players a chance to review how they have progressed with their feedback.

Our basic philosophy to feedback:

- Players need feedback to build confidence and understand what that they can do to take control of their development.
- Players should be encouraged as a life-skill to seek feedback themselves instead of waiting to be given it. They should also be encouraged to self-review
- Coaches will provide constant **informal** feedback to players at training and games to work-on live in the moment, however this is different to their main feedback focus which players should work-on in their own time.
- Feedback is most effective when integrated into the players weekly training. This requires the player to create a plan for how they will work on their main feedback focus and then stick to it.
- Players should not seek a new feedback focus until they have spent considerable time working on their original feedback and clearly improved at it.

OUR TECHNICAL DIRECTORS ROLE

Technical director role overview in the youth space

- TDP COMPLIANCE
- PROGRAMME DEVELOPMENT & DELIVERY
- COACH APPOINTMENTS
- COACH EDUCATION, DEVELOPMENT, & MENTORING
- CLUB PLAYING & DEVELOPMENT PHILOSOPHY



Who is our Technical Director: Ryan Edwards.

Who is Ryan: Ryan is an experienced football coach with over 15 years involvement in junior and youth football development. Ryan has worked in many different football environments within NZ; including work for New Zealand Football, Capital Football, the Wellington Phoenix, and for various grassroots clubs such as Waterside Karori, Kapiti Coast United, Wellington Olympic and Tauranga City. Alongside his coaching expertise, Ryan specialises in assisting clubs with their strategic planning and governance. Ryan is dedicated to helping clubs build high-quality, and sustainable, development pathways for both their coaches and players.

What is Ryan's role: Ryan's role as technical director 'off-the-grass' is to help the club develop systems, processes, and documentation to improve club programmes. Ryan's 'on-the-grass' impact is through providing coach workshops, individual coach mentoring, curriculum and other general support for all our coaches. He also works with the club committee to ensure we build the right resources and team of people to improve our delivery.

What Ryan's role is not: Ryan's role is not a coaching role in the youth space at Petone F.C. Instead he works regularly with the coaches off-the field in both group and individual contexts to provide more targeted support. Ryan's role is to set the direction, and help coaches develop their delivery of it, not deliver the sessions himself. That is not to say Ryan won't spend time with the coaches on the grass reviewing their delivery. This will be done either at selected sessions and games (the majority of which will be during term 1 and term 4), behind the scenes sessions, or through video review sessions.

SECTION 2

ADDITIONAL INFORMATION

- 1) TRAINING KIT
- 2) PARENT CHARTER
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- 4) BECOME A CLUB SPONSOR

TRAINING KIT

Purpose of the training kit

The training kit has 3 main purposes:

- 1) Helps the coaches to split teams up i.e “bibs vs white shirts”
- 2) Provides the players and teams with an alternative playing kit for games and tournaments to avoid colour clashes etc.
- 3) Builds a sense of belonging and shared identity across the club.

Training kit is to be worn at Skill centre training sessions. Playing kit is provided at the clubs expense.

Buying a training kit

New players to the Skill Centre can purchase the full kit for the reduced price of \$160

Returning players needing new kit items are as priced below.

To order kit please go to the club websites gear page.



PARENT CHARTER

OUR JUNIOR PARENT POLICY

10 guidelines to follow to create a positive environment for your child to love the game and maximise their potential.

The purpose of the below rules is to support your child to:

- a) Learn strong values to be a good team member;
- b) Get the positive support they need from you to enjoy the sport; and
- c) Have the development environment they need to patiently and purposefully improve.

OUR 10 GUIDELINES FOR BEING A GOOD SPORTS PARENT

Teach your child to be a team player:

- 1) **Teach your child to be a committed team member** - support your child to attend trainings and game days as much as possible.



- 2) **Teach your child the value of good communication** - keep your coach in the loop.

- 3) **Teach your child to embrace new learnings** - promote learning from mistakes, trying new positions, & asking for feedback.

- 4) **Teach your child to support all teammates** - encourage your child to be a team-player.

Support your child to enjoy their sport:

- 5) **Be positive towards your child from the sideline** - provide support only - no instructions/coaching/aggression or anger.
- 6) **Be positive towards the opposition & officials** - Show emotional control - move past bad decisions and thank volunteers for their time.



- 7) **Be a supportive parent on the car trip home**. Avoid giving feedback directly after the game. Find positives, let them talk first or change subjects.

- 8) **Be patient and empathetic to your child's needs**. Promote balance, breaks, and rest - prevent burnout!

Trust the development process:

- 9) **Trust the coaching, training, and development process**. Provide feedback to the programme and coaches in the windows provided - avoid being a source of constant negativity, complaints, and critiques.
- 10) **Winning is for the players, not the parents or the coaches** - resist emotional reactions to short term results, instead teach your child how to win and lose with a humble development focussed mindset.



I sign on to this charter, agreeing to follow all of the above policies

Signature

BECOME A CLUB VOLUNTEER

Why become a club volunteer

Benefits to the club

- 1) Helps the club keep prices low for our programmes improving accessibility for more members.
- 2) Builds positive connections amongst our members.
- 3) Shares the load allowing each volunteer to enjoy their role
- 4) Brings new knowledge and important skillsets to the club that we might otherwise not be able to access.

Benefits to you as a person:

- 1) Allows you to be meet new people and create lasting friendships .
- 2) Provides balance and a sense of purpose outside to your work-life;
- 3) Enables you to try out, practice, and develop skillsets that can compliment your professional life such as team management, organisational skills, and planning skills that can go on your C.V. along with a reference.
- 4) Research has shown community volunteerism can improve mental health and a general your general well-being.

BECOME A CLUB COACH

The club are always looking for people enthusiastic about coaching and football to join the club coaching team. We are on the lookout for people of all ages that want to develop their coaching knowledge.

Contact our Director of Football: ryan@petonefootball.org.nz

BE A CLUB FACILITATOR

The club are looking for people with management, leadership, and/or administrative skills who can help us deliver high quality programmes or join a committee to ensure the club is managed effectively.

Contact our Junior Chairman: juniorchariman@petonefootball.org.nz

BRING A SKILLSET

The club would love for our members to bring their knowledge and skills from their professional life into the club. If you want to contribute to making Petone a leading NZ club we would love to hear how you can support us!

Contact Life member: Barry@petonefootball.org.nz

BECOME A CLUB SPONSOR

We need your support so that we can continue to deliver top quality programmes, at an affordable price, to as many Petonian's as possible.

We have a range of sponsorship packages available that range from \$1,000 - \$20,000. Alternatively, if you have a business resource that you think we benefit the club, please let us know. Support doesn't need to come in \$\$.

Please contact ryan@petonefootball.org.nz if you are interested in becoming a valued club sponsor.

The Petone F.C. 2023 season is going to be

EPIC!