



THE 2023 SEASON
GIRLS FOOTBALL



PETONE F.C

A GUIDE TO THE 2023 SEASON FOR GIRLS
JUNIOR AND YOUTH FOOTBALL

CONTENTS

SECTION 1+2

SKILL BUILDERS

- 1) SKILL BUILDER INFO

HOLIDAY PROGRAMMES

- 2) HOLIDAY PROGRAMMES INFO

SECTION 3

ADDITIONAL INFORMATION

- 1) TRAINING & PLAYING KIT
- 2) PARENT CHARTER
- 3) HOW TO BECOME A VOLUNTEER
- 4) HOW TO BECOME A SPONSOR





SKILL BUILDERS



SKILL BUILDERS SESSION EXPLAINED

Skill builders are sessions focused specifically on developing technical football skills for our young players. The greater the technical competency of our junior players the more likely they are to enjoy the game, stay in the game, and excel in the game. General movement, team skills and football knowledge are not part of our Skill builder sessions instead that is left for our team coaches to focus on during their practices and games.

Skill builder sessions include the following:

- ball mastery (ball manipulation, dribbling, ground ball control, and aerial ball control).
- finishing (precise shooting on goal)
- outplaying (1v1 dribbling and evading)

SKILL BUILDER PROGRAMME INFORMATION

Session times: (All three age groups train same time but separately)

- **Term 1:** Thursdays 4-5pm
- **Terms 2-4:** Mondays 5:15 - 6:15pm

Session venue: Petone Memorial Turf

Age bracket splits: U8s, U10s, U12s, U14s

Register here: <https://www.sporty.co.nz/viewform/229817>

SKILL BUILDER DATES

Term 1: February 23rd - April 6th

Term 2: May 1st - June 26th

Term 3: July 17th - September 4th

Term 4: October 16th - November 27th

SKILL BUILDER COST

Skill builders are set at the NZF recommend price point of \$10 per player per session. The club, when needed, subsidise these programmes to ensure that price point is kept.

Cost by term:

Term 1: 7 weeks = \$70

Term 2+3: 8 weeks = \$80

Term 4: 6 weeks = \$60



HOLIDAY PROGRAMMES



GIRLS HOLIDAY PROGRAMMES EXPLAINED

Our girls holiday programmes are run as a fun football event each holiday. They are open to all girls from the region, whether they play for the club or not. We encourage girls to invite their friends who might want to get involved in football. The girls holiday programme runs over two days, one day of fun skill building exercises, the other a fun football tournament event (e.g. a mini world cup).

They are a great way to get the kids out of the house and active during the school holidays and our way of supporting parents who need enjoyable options for their kids when they are at work during the holiday periods.

HOLIDAY PROGRAMME INFORMATION

Run times: 9am - 3pm (early drop offs and later-pickup times can be arranged)

Venue: Petone Memorial Turf

Age: 8 - 14 years old

HOLIDAY PROGRAMME DATES

April: Wednesday 19th and Thursday 20th

July: Wednesday 12th and Thursday 13th

October: Wednesday 4th and Thursday 5th

Teacher only days: (TBC)

HOLIDAY PROGRAMME COST

Holiday programmes are designed to be a fun football event. We want kids to always want to comeback. We want parents to have a cheap option for their kids to be looked after during the holiday period and one that they know kids enjoy.

Cost: \$55 per day or \$90 for both days
15% discount for 2 or more children.



ADDITIONAL INFORMATION



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 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!