



High Performance Program

*National Premier League (NPL)
Women's Premier League (WPL)
Skill Acquisition Program (SAP)
Girls Academy Centres
Junior Academies*

2019

Player

Information

Hand Book

PREFACE

This information has been prepared for the use of all players and parents involved in the Football Mid North Coast (FMNC) High Performance Program. In the interest of clarity, FMNC should be regarded as an elite club when referring to National Premier League (NPL) and Women's Premier League (WPL) matters but should be considered as a member zone of Northern NSW Football (NNSWF) when referencing Skill Acquisition Program (SAP) information.

The information contained within this booklet is designed to provide an overview of the current and relevant practices undertaken by FMNC with regard to its High-Performance Program. It is a fluid document and may be updated from time to time to meet the needs of all concerned.

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1. Football Mid North Coast

1.1 History

Football Mid North Coast (FMNC) was formed in 2005 when the Oxley and Manning Soccer Associations were combined. It is 1 of 7-member zones that make up Northern NSW Football (NNSWF).

FMNC covers a geographic area which spans from Stuarts Point in the north to Bulahdelah in the south, and as far west as Gloucester. As the governing body, FMNC administers all local football competitions within this area as well as premier programs and competitions for teams of talented players to participate in NNSWF competitions.

Since its inception, FMNC has fielded teams in a variety of country, regional, and state youth league competitions. Each year it has also fielded competitive teams at both the boys and girls state championships. Many players from these teams have been identified and have gone on to represent NNSWF at the Football Federation Australia (FFA) National Youth Championships.

Initially starting its development programs at the U/11 age group, in 2014 FMNC expanded its programs to begin with U/9 academy squads. All age groups from U/9 to U/13 NPL are now run in accordance with the FFA skill acquisition philosophy.

In 2011 FMNC were admitted into the NNSWF WPL competition and have fielded competitive teams in both U/18 and first grade, playing against the strongest women’s club teams in Newcastle. In 2015 the WPL was expanded to include U/14 and U/16 age groups giving FMNC girls an opportunity to play in the stronger Newcastle weekly competition rather than the country development program. This has made a pathway for FMNC players Molly Arens, Hannah Jones & Olivia Price to become Junior Matilda’s & Claire Coelho & Sam Smitzer to become W-League players.

In 2014 NNSWF ran its inaugural NPL competition which FFA has mandated in each state to underpin the A League. FMNC was offered a unique opportunity by being granted a licence to compete in the youth competitions of the NPL. This has made a pathway for several FMNC male players to become Newcastle Jet academy players including Eathan Eames, Adam Sherrat, Joshua Gardner, Ethan Pollard Smith, Keegan Hughes, Sam Moddero & Angus Thurgate to be Newcastle Jets youth player of the year.

In 2018 former FMNC player Angus Thurgate became a professional player signing a senior contract with the Newcastle Jets and made selection into the Young Socceroos.

FMNC have recently signed a new three-year NNSWF NPL Youth agreement plus a three-year NNSWF SAP agreement.

In 2019 FMNC will have squads in all NNSWF NPL Youth competitions (U13, U14, U15, U16) and for the second year running, in the Senior NPL with an U18 squad.

1.2 Mission Statement

Our Mission:

'Develop the game, touch the community, build a better future'.

Played by millions around the world, football is the heart and soul of FMNC and as a local guardian of this most cherished game, we have a great responsibility. The responsibility does not end with organizing the local competitions and various other inter-zone and inter-state competitions; it extends to safeguarding the laws of the game and developing the game around the zone. This is what we believe is the very essence of fair play and solidarity.

We see it as our mission to contribute towards building a better future for the stakeholders, the players, volunteers, officials, spectators or any associated persons by using the power and popularity of football. This mission gives meaning and direction to each and every activity that FMNC is involved in – football being an integrated part of our society.

1.3 Program Commitment

All players selected in the FMNC High Performance squads accept that they will be required to commit to the program in the following ways:

- Training – Players selected in NPL and WPL commit to training one night per week at a venue in/around Taree and also one night per week at a venue in/around Port Macquarie.
- Match Day – Players selected in NPL and WPL commit to matches on a weekly basis with the understanding that travel will be required to venues in/around Newcastle, Northern Inland and North Coast.

1.4 FMNC Committee of Management

The primary role of the FMNC Committee of Management is to oversee the implementation of initiatives which uphold the ideals of the FMNC charter (<http://footballmidnorthcoast.com/about-fmnc/#13>).

The FMNC Committee of Management are responsible for the development of our game and its participants within our zone.

The FMNC Committee of Management are committed to developing and improving the High-Performance Program which provides the zones most gifted youth the opportunity to train and compete at the highest possible level through involvement in SAP, NPL and WPL.

Football Mid North Coast Committee of Management

President	Michael Parsons
Vice President	Mark Woodward
Treasurer	Paul Sandilands
Director	Tony Hill
Director	David Lee
Director	Dan Lynch
Director	Jonathon Newman
Director	Jason Ryan
Director	Michael Wallace

1.5 FMNC Football Operations Staff

FMNC Football Operations Staff is comprised of a number of dedicated coaches who form a group which is one of the most qualified within Northern NSW. More of our coaches hold an advanced coaching license than any other zone. This, along with their diverse playing experience, provides a wealth of knowledge to pass on to junior players.

The Football Operations Staff are responsible for:

- Implementing and refining SAP programs provided by NNSWF in accordance with the FFA National Curriculum.
- Developing, implementing, and refining game training programs based on the 4:3:3 playing system in accordance with the FFA National Curriculum.
- Providing relevant feedback with player development as a priority.
- Providing an enjoyable and positive learning environment.

Football Operations Staff (2019)

Technical Director	Larry Budgen	C-Licence (Youth & Senior) B-Licence FFA Presenter NNSWF High Performance Coach
NPL Staff		Accreditation
U18 Coach	Troy Modderno	Game Training License
U16 Coach	Evan Murtagh	Senior License
U15 Coach	David Lee	Advanced C License
U14 Coach	Kevin Randle	Advanced C License
U13 Coach	Josh Cross	Advanced C License
Goalkeeper Coach	Michael Mikolajczyk	Goalkeeper Cert & Licence
WPL Staff		Accreditation
Head Coach/First Grade	Mick Grass	Advanced C-Licence
U20 Coach	Jonathon Newman	Advanced C-Licence
U17 Coach	Jane Lynch	Advanced C-Licence
U14 Coach	Brenton Doyle	Junior Licence
Goalkeeper Coach	Michael Mikolajczyk	Goalkeeper Cert & Licence
FG/U20 Assistant	Ben White	Advanced C - Licence

'DEVELOP THE GAME, TOUCH THE COMMUNITY, BUILD A BETTER FUTURE'

SAP Staff		Accreditation
Head Coach (North)	Laurence Barlow(TBC)	Advanced C - Licence
Head Coach (South)	Peter Masterantonio	Advanced C-Licence
U9 Hastings	Troy Pemberton	Advanced C-Licence
U9 Macleay	?	?
U9 Manning	?	?
U9 Forster/Tuncurry	?	?
U10 Hastings	?	?
U10 Macleay	Craig Monk	?
U10 Manning	?	?
U10 Forster/Tuncurry	Justin Van Haren	Skill Training Certificate
U11 Hastings	Laurence Barlow	C-Licence (Youth)
U11 Macleay	Sean Bolton	Junior Certificate
U11 Manning	?	?
U11 Forster/Tuncurry	Peter Masterantonio	Advanced C-Licence
U12 SAP Metro (North)	Paul Eames	C-Licence (Youth)
U12 SAP Metro (South)	?	?
Girls Academy Co-ordinator	Dean Pepper	Advanced C-Licence
U10/11 Girls Hastings	?	?
U10/11 Girls Macleay	Georgia Creswick	Skill Training Certificate
U10/11 Girls Manning	Brendan Ward	Skill Training Certificate
U10/11 Girls Tun/For	?	?
U12 Girls Hastings	Dean Pepper	Advanced C-Licence
U12 Girls Macleay	?	?
U12 Girls Manning	David Geraghty	Youth License (Community)
U12 Girls Tun/For	?	?

2. High Performance Program

2.1 Overview

The FMNC High Performance Program curriculum is based on the FFA National Curriculum and is linked closely to the SAP program provided by NNSWF. It is developed and implemented by FFA qualified coaches.

The High-Performance Program consists of two phases of 4 years each. The first is the Skill Acquisition Phase for players aged 9 to 13, followed by the Game Training Phase for players aged 13 to 17. Players will gain the most benefit from the program by entering at U/9 and remaining within it for its duration. However, the program can still provide great benefit for players entering at any age.

Phase 1- Skill Acquisition Phase (9-13)

These are the ‘golden years’ of motor learning and so are the perfect age groups to learn the four functional game skills of football, First Touch, Striking the Ball, Running with the Ball, and 1 v 1 (attacking & defending).

Our SAP program will focus on giving players the technical ability to adequately undertake the game-based training in future years.

Phase 2 – Game Training Phase (13-17)

In these age groups training will gradually move away from skill acquisition training to game-based training where players will begin to understand how to use their developed skills in real game situations.

The opportunity for players to compete at the highest possible level on a weekly basis (NPL, WPL) will provide challenging situations for them to develop their skills even further. While we will always strive for success in these competitions we must not compromise player development in these years. With this in mind FMNC teams will learn and play according to a possession-based philosophy.

Training practices associated with a possession-based philosophy will aim to develop:

- Playing out from the back
- Building up, Midfield combination
- Combination play to create goal scoring opportunities (in central and wide areas)
- Co-ordinated defensive pressure
- Quick transition between the 2 states of possession

2.2 Goalkeeper Program Overview

The FMNC goalkeeper program has been developed in accordance with the FFA National Curriculum by FFA accredited goalkeeper coaches.

Our goalkeeper curriculum is a 4-year program which involves the 2 key phases of:

1. Goalkeeper Skill Acquisition
2. Goalkeeper Game Training

These 2 phases of learning will be taught concurrently with goalkeepers training once per week with a qualified Goalkeeper Coach. All other sessions will be conducted in their team environment where they can apply their learnt skills and knowledge.

Goalkeeper training will only be mandatory at NPL and WPL age groups but can be accessed by younger players upon request. It is important that goalkeepers in the 9 to 12 age groups do the SAP sessions with the field players as the requirements of a possession-based playing style demand that goalkeepers act as an 11th field player.

The Goalkeeper Program will not only focus on the technical aspects of the game such as:

- Shot Stopping
- Handling
- Punching
- Agility
- Strength

It will also enhance the tactical understanding of the player in all of the main moments in a game which will improve their positioning, decision making, and organisation.

3. Player Information

3.1 Player Selection Trials

Selection trials for the youth teams of the FMNC High Performance Program for 2019 will be held throughout October/November 2018. The trial process will be conducted over a minimum of 2 dates and it is in each player’s best interests to attend both trial dates. Each trial will be conducted over at least 90 minutes. The content for each trial date will be planned by the FMNC Technical Director in conjunction with the Head Coach of each age group.

Goalkeepers will be assessed on the same dates as outfield players with specific trial content being organised by the FMNC Goalkeeper Coach.

3.2 Player Selections

Player selections for each squad in the FMNC High Performance Program will be made with regard to the technical direction of FMNC and in accordance with the following criteria. The criteria are only intended to be a foundation from which selection decisions can be made and specific weighting has not been prescribed for individual criterion.

The selection process for the FMNC squads will be conducted by a panel, which includes but is not limited to, the FMNC Technical Director and Head Coach for each age group. Final selections will be made through a voting process with equal weight being given to each panel member’s selections.

Any player who is eligible for and who wishes to apply for Relative Age Effect dispensation must trial for both their own age group and for the lower age group. A written application must be submitted to and approved by NNSWF before dispensation can be granted. A maximum of 2 overage players can be included in each team. Even with NNSWF approval, the final decision on team selections will be made by FMNC.

When selecting players, appropriate consideration will be given to the following key criteria:

- Current technical ability with regard to the 4 functional game skills
- Current physical ability
- Potential future technical development
- Game sense
- Suitability to specific positions within a squad (NPL & WPL only)

Squad sizes for each FMNC team are as follows:

Skill Acquisition Program (SAP)

4 Hubs where possible – Hastings, Macleay, Manning, Forster/Tuncurry

U/9: A maximum squad of 12 players (Not limited to one squad in each hub) will be selected. There will be no designated goalkeeper for this age group. A player may request to be identified as a goalkeeper.

U/10: A maximum squad of 12 players (Not limited to one squad in each hub) will be selected.

U/11: A maximum squad of 13 players (Not limited to one squad in each hub) will be selected.

U/12 Boys SAP Metro: A maximum squad of 14 players will be selected. In circumstances where an injury occurs to a goalkeeper an outfield player will be selected to fill the position.

Girls Academy Centres

U10/11 Girls: Four hubs where possible – Hastings, Macleay, Manning, Forster/Tuncurry with a maximum of 14 players per hub to be selected.

U/12 Girls: Four hubs where possible – Hastings, Macleay, Manning, Forster/Tuncurry with a maximum of 14 players per hub to be selected including a minimum of 1 goalkeeper.

National Premier League (NPL)

U/13: A maximum squad of 16 players (One squad per Zone) will be selected. 2 goalkeepers may be selected.

U/14: A maximum squad of 15 players (One squad per Zone) will be selected. 1 goalkeeper will be selected. In circumstances where an injury occurs to a goalkeeper, the U/13 goalkeeper may play in his position.

U/15: A maximum squad of 14 players (One squad per Zone) will be selected. 1 goalkeeper will be selected. In circumstances where an injury occurs to a goalkeeper, the U/14 goalkeeper may play in his position.

U/16: A maximum squad of 14 players (One squad per Zone) will be selected. 1 goalkeeper will be selected. In circumstances where an injury occurs to a goalkeeper, the U/15 goalkeeper may play in his position.

U/18: A maximum squad of 14 players (One squad per Zone) will be selected. 1 goalkeeper will be selected.

Women’s Premier League (WPL)

U/14: A maximum squad of 16 players (One Squad per Zone) will be selected. 2 goalkeepers may be selected.

U/17: A maximum squad of 15 players (One Squad per Zone) will be selected. 1 goalkeeper will be selected. In circumstances where an injury occurs to a goalkeeper, the U/14 goalkeeper may play in her position. In circumstances where an injury occurs to the U/20 goalkeeper, the U/17 goalkeeper may play in her position.

U/20 and First Grade: A squad of up to a maximum of 32 players may be selected for the U20 and First Grade squads.

NNSWF has agreed that FMNC’s WPL registered players are eligible to also register and play in community football. However, NNSWF has confirmed that NPL registered players are NOT eligible to play in community football.

3.3 Training

FMNC SAP, WPL and NPL squads will train a minimum of two (2) times per week but can have three (3) sessions per week. There may also be trial games and/or possible training sessions on weekends during the pre-season. Once the competition begins, training will be a minimum of two (2) sessions each week with a match on each weekend.

Each coach will inform successful players of their individual team schedule and will advise as soon as possible of any variations to training days, times or venues.

Full training commences late January with limited training after squads are announced before Christmas each year.

- **Training is considered compulsory for all sessions unless sickness or a school commitment. Injured players are still required to attend training to listen to the coach.**
- **Families need to inform the coach if a player is to miss any training sessions via phone or text. Email only when 72 hours’ notice is given.**
- **Failure to reach 85% commitment to training will result in a meeting with the FMNC Technical Director to discuss the issue. Players match time is not guaranteed if under 85%.**
- **All players should be at the training venue 15 minutes prior to all session start times and be prepared for training with kit on, boots on, water bottle full and been to toilet etc.**
- **Players will be given homework. This can be both practical and theory and may include completing a workbook.**

3.4 Training Venues

All SAP teams train in their hub area only.

NPL and WPL teams are zone-wide teams and will be required to train at venues across the zone.

While training venues will be set in each team’s training schedule it may be necessary to move to a different venue in the event of wet weather.

FMNC use a number of different training venues regularly, each of which is listed below:

- **Wayne Richards Park**, Koala St, Port Macquarie
- **Taree Zone Field**, Keith Coleman Drive, Taree
- **Charlie Watt Sports Field**, Pembroke Rd, Telegraph Point
- **Manning River Ratz Rugby Field**, Urara Lane, Taree
- **Omaru Park**, Muldoon St, Taree
- **Wrigley Park**, Commerce St, Taree
- **Moorland**, Hannamvale Rd, Moorland

Circumstances may dictate that training will be conducted at other grounds if required.

3.5 Match Day Team Selection

SAP

Every attempt will be made to ensure that all players in the U/9 to U/12 age groups receive approximately equal playing time over the course of the season. Final match day selections are at the discretion of the Head Coach for each age group. All players, subject to fitness, should have the opportunity to participate in each game of every match day. During the course of the season each player should have the opportunity to play in at least 2 different positions to enhance their development and should be rotated in a number of positions.

NPL/WPL

Final match day team selections are at the discretion of the Head Coach for each age group. All players, subject to fitness, should have the opportunity to participate in each match. Each team's Head Coach will ensure that each player participates in at least half of the game time over the course of the season. This time should not be back ended but spread evenly throughout the season. Players will be selected in the position which, in the opinion of the Head Coach, best suits the needs of their team for each game. Minimum time is promised at 50%, not equal time.

NB: Non-payment of registration fees and suspensions will affect a player's availability for selection.

NB: NPL U18s are a senior competition. Regulations state substitutes not interchange. As such, players may fall below 50% match time. Coaches should try to avoid this if possible.

3.6 Match Day Team Selection Criteria

The following guidelines will be used by team coaches to determine team selection and playing time:

- Commitment to the team and to individual improvement
- Attitude, attendance at training, and discipline
- Football knowledge: Knowing the role and responsibility of your position
- Match performance standards

If you are dissatisfied with your position or playing time, don't complain! Work harder and embrace the role that you have been given!

3.7 Match Day Preparation

Players will be expected at least 1 hour before kick-off (if playing a number of matches, 1 hour before first match).

Players should bring match day kit including shirt, shorts, socks, boots, shin pads, water bottles and should pack rain jacket, sunscreen, hat and any medical items needed.

Players should always bring alternate strip in case of strip clash or wet weather.

4. Registration Fees

Registration costs for the 2019 season will be as follows:

SAP U9 - \$500

Fees include: Nike training kit (shirt, shorts, socks), Nike playing kit (shirt, shorts, socks) light fees, ground maintenance, referees, presentation, all coaching, registration fee etc.

SAP U10 and U11 - \$740

Fees include: Nike training kit (shirt, shorts, socks), Nike playing kit (shirt, shorts, socks), Nike ball, water bottle, light fees, ground maintenance, referees, presentation, all coaching, registration fee etc.

U10/11 Girls Academy Centres - \$300

Fees include: Training kit (shirt, socks), playing kit (shirt, shorts, socks) light fees, ground maintenance, referees, presentation, all coaching, registration fee etc.

U12 Girls Academy Centres - \$435

Fees include: Training kit (shirt, socks), playing kit (shirt, shorts, socks) light fees, ground maintenance, referees, presentation, all coaching, registration fee etc.

U12 SAP Metro - \$880

Fees include: Nike training kit (shirt, shorts, socks), Nike playing kit (shirt, shorts, socks), Nike ball, water bottle, light fees, ground maintenance, referees, presentation, all coaching, administration, registration fee etc.

NPL U13, U14, U15, U16 and U18 - \$880

Fees include: Training kit (shirt, shorts, socks), playing kit (shirt, shorts, socks), light fees, ground maintenance, referees, presentation, all coaching, administration, equipment, photos, registration fee etc.

WPL U14, U17, U20 - \$890 (Over 18) / \$820 (U18)

Fees include: Training kit (shirt, shorts, socks), playing kit (shirt, shorts, socks), light fees, ground maintenance, referees, presentation, all coaching, administration, equipment, photos, registration fee etc.

Note - All selected NPL and WPL players MUST purchase a Joma FMNC Polo shirt and Joma FMNC Tracksuit Jacket if they don't have one from the Joma online store.

5. Contact Details

For general enquiries regarding FMNC contact us on:

Phone: 6585 0351
Email: admin@footballmidnorthcoast.com

For enquiries regarding fee payments contact Amanda Short at:

Email: admin@footballmidnorthcoast.com

For all FMNC football enquiries contact Technical Director Larry Budgen at:

Email: larry@footballmidnorthcoast.com

6. Additional Clothing

Additional clothing may be ordered at any time for an additional cost at the online shop
– <https://joma.com.au>

- Register an account (top right of screen)
- Select club as Football Mid North Coast
- After registration it will show a dashboard
- Add your shipping and billing address
- Then go to the TEAM J near the top of screen
- Scroll down to the bottom and select the FMNC logo
- Items should then appear that can be purchased
- Shipping is a \$9.90 flat fee

The online shop also has back packs, boot bags plus other items.