



Welcome to the Lalor Park Junior Rugby League Football Club (Kookas)

Message from the President

Welcome to the new season with the Lalor Park Kookas. Thank you for either renewing, or taking up for the first time, membership of your local community based Club.

I sincerely hope that you will enjoy the experience.

All of the Lalor Park Kooka's teams aim to play open, fast and entertaining Rugby League. We also hope to instil the rugby league ethics of team spirit, good sporting behaviour and respect for others. This applies, of course, both on and off the field of play. I hope that we can, as a Club, maintain the respect and admiration of our peers and the general public.

We would like all parents/players to consider volunteering for some of the many roles which make the Club such a wonderful place to be. If you do then please contact any one of the committee members either in person or by email/phone - we are all listed on the Club website.

Once again thank you for being a member of this great Club and enjoy the 2017 Rugby League Season.

With all best wishes

Club President



The Lalor Park Kookas (Club) was established in 1959.

We are proud of our players and supporters last year with no Code of Conduct for either, or send off of any of our players.

This is an exciting and challenging time for our Rugby League Club and it is a great time to become involved. We are looking forward to getting some new volunteers this year across the whole Club for various roles, so if you are able to assist please let us know. We offer great facilities and opportunities in the area and with more support we will be able to achieve much more for the coming season.

The Club is looking for sponsorship for the whole Club and individual teams. Sponsoring your favourite team will give you valuable advertising space on the match day jersey/shorts (depending on sponsorship package) social media pages and on the website. Sponsorship is a great way to show your support for and be part of the Club.

2017 Player Registrations

2017 FEES are segregated as follows:

- Under 6
- U7 to U10
- U11 to U17
- C-Grade to A-Grade

Please contact the club registrar for more details.

WHAT YOUR REGISTRATION FEES PROVIDES YOU:

- Training Shirt
- Club Shirt
- Shorts
- Socks

All players at the Club will need their parent/guardian to complete a registration form.



The Lalor Park Kookas is run with help from volunteers. You don't have to be a Coach or Manager to help out. If you have any skills that you think you would like to offer please speak to one of the Board Members. It doesn't need to be every week or even many hours, sometimes the small things are just as important as the things that take lots of time. We have a task force for all of the little jobs that need doing and will be happy to hear from anyone with skills to offer.

Our Club will be holding fundraisers throughout the season, and we will need a lot of help behind the scenes to be successful. In particular we are looking for someone to be responsible for our Fundraising Committee. If you are interested in this role, please make yourself known to one of the Committee Members.

There are several ways in which we would like to keep in touch with you.



EMAIL - Match day information, social events and other items that you may find useful.



TEXT - A text message from your age group manager for match day changes due to bad weather



FACEBOOK - <https://www.facebook.com/lalorparkkookas>



WEBSITE - www.lalorparkfootball.com.au

Each age group may also have their own Facebook group or page so ask your age group manager for details.

Our aim is to provide an environment where children can safely learn the game of Rugby League and all that involves:

- Laws, techniques and skills
- Fair play and sportsmanship
- Social life and friendship
- **ENJOYMENT**



Teamwork

Teamwork is essential to our sport. We welcome all new team members and include all because working as a team enriches our lives. We play selflessly, working for the team, not for ourselves alone, both on and off the field. We take pride in our team, rely on one another and understand that each player has a part to play. We speak out if our team or sport is threatened by inappropriate words or actions.

Respect

Mutual respect forms the basis of our sport. We hold in high esteem our sport, its values and traditions and earn the respect of others in the way we behave. We respect our match officials and accept our decisions. We respect opposition players and supporters. We value our coaches and those who run our Clubs and treat Clubhouses with consideration.

Enjoyment

Enjoyment is the reason we play and support rugby league. We encourage players to enjoy training and playing. We use our sport to adopt a healthy lifestyle and build life skills. We safeguard our young players and help them have fun. We enjoy being part of a team and part of the rugby league family.

Discipline

Strong discipline underpins our sport. We ensure that our sport is one of controlled physical endeavour and that we are honest and fair. We obey the laws of the game which ensure an inclusive and exciting global sport. We support our disciplinary system, which protects our sport and upholds its values. We observe the sport's laws and regulations and report serious breaches.

Sportsmanship

Sportsmanship is the foundation upon which rugby league is built. We uphold the rugby tradition of camaraderie with teammates and opposition. We observe fair play both on and off the pitch and are generous in victory and dignified in defeat. We play to win but not at all costs and recognise both endeavour and achievement. We ensure that the wellbeing and development of individual players is central to all rugby league activity.



CHILD PROTECTION POLICY

Registrations and Child Welfare Officer: Tanya Aldenhoven

At the Lalor Park Kookas we believe that taking part in our sport should be a positive and enjoyable part of children's lives.

We want to make sure that children are protected and kept safe from physical, sexual and emotional harm while they are with the Club's coaches, helpers and other volunteers.

To do this we have these aims:

- As a Club, we will promote 'fair play' and always play within the spirit of the laws and, for all age groups.
- All coaches will go on a Rugby League Coaches course as soon as possible.
- All coaches and other volunteers will have a job description.
- All coaches and volunteers will complete the [Working With Children Check](#).
- All coaches will obtain a license to coach from the NRL and are expected to attend courses as needed to coach effectively.
- The Club will encourage and help coaches to stay up-to-date with rugby, coaching and child protection issues.
- All coaches, administrators, parents and other volunteers involved with the Club will be given a copy of the Club's Code of Conduct and will be expected to keep to it at all times.
- We will keep written records of attendance, parental consent and accidents.

IF YOU HAVE ANY CONCERNS REGARDING THE SAFETY OF YOUR CHILD(REN), CONTACT THE CLUB'S "CHILD WELFARE OFFICER".



COMPLAINTS AND DISCIPLINARY PROCEDURES

On the field of play, the referee has sole jurisdiction.

At other times/places or subsequent to certain playing incidents, the Disciplinary Committee will undertake any disciplinary investigation/action in conjunction with the appointed coach of the age group concerned (or the team manager, as appropriate). The disciplinary committee comprises the President, Senior Vice President, and Junior Vice President, and a general committee member along with the Child Protection Officer if necessary.

If a formal hearing is deemed necessary, the Disciplinary Committee plus the public officer and one other committee member will undertake investigation/action. The player, his/her parent(s)/guardian(s) and the age group coach will also be invited to attend.

Anybody with a complaint within the Club should, in the first instance, raise it with any of the Club officials. If this does not result in a satisfactory solution, then they should submit the complaint in writing to the Club President where it will be dealt with at the next committee meeting.

Below is the basic Code of Conduct that we expect all players to adhere to. We also have a specific Parramatta District JRLC Code of Conduct that Players and Officials must adhere to.

COACHES CODE OF GOOD CONDUCT

This Code of Conduct is as set out by the Board of Lalor Park Kookas.

- Young people come into Rugby League for a variety of reasons. It is the duty of the coach to recognise this and stimulate continued participation.
- You can rest assured, however, that one of those reasons will NOT be to bolster the coaches ego, or to win silverware for his/her trophy cabinet.
- Coaches have a responsibility to ensure that all youngsters are given the opportunity to fulfil their aspirations in a caring environment where the emphasis is on:

• **FUN**

• **ENJOYMENT**

• **SKILL DEVELOPMENT**



In rugby League, coaches and young players should:

- Recognise the importance of fun and enjoyment when coaching young players.
- Understand that most learning is achieved through doing.
- Appreciate the needs of the player before the needs of the sport.
- Be a positive role model - think what that implies.
- Keep winning and losing in perspective, encourage young players to behave with dignity in all circumstances.
- Respect all referees and the decision they make and ensure that the players recognise that they must do the same. Provide positive verbal feedback in a constructive and encouraging manner, to all young players, both during coaching sessions and games.

In rugby league, coaches and young players must:

- Provide experiences, which are matched to the young player's ages and abilities, as well as their physical and mental development.
- Ensure all youngsters are coached in a safe environment with adequate 1st aid readily to hand.
- Avoid the overplaying of the best players, by using a squad system, which gives everybody a satisfactory amount of playing time.
- Never allow a player to train or play when injured.
- Ensure good supervision of young players, both on and off the field.
- Recognise that young players should never be exposed to extremes of heat, cold, or unacceptable risk of injury.
- Develop an awareness of nutrition as part of an overall education in lifestyle management.
- Recognise that it is illegal for young players under 18 to drink alcohol.
- Ensure that their knowledge and coaching strategies are up to date and in line with NRL philosophy.
- Be aware of, and abide by the policies and procedures outlined in the NRL policies and procedures for the welfare of young people in rugby league.
- Never condemn; don't shout at a player for dropping a pass. Never use scorn or sarcasm. Winning may be everything to you, but (believe it or not) losing is not a disaster for them - provided they enjoyed playing.
- Being coached should be fun too. In practice sessions, don't overwork your players. Don't coach them longer or harder than they can take.
- Be alert to sudden changes in behaviour and possible reasons why. Alert the safeguarding officer to any issues that you become aware of that may affect a player. You may be the piece in the jigsaw puzzle that finishes the bigger picture. Don't keep quiet.



- Be aware of any medical condition and/or medication that may affect a young player.
- Find out the facts about child development and the physical, intellectual and emotional capabilities of the age group you work with.
- Be generous with praise - when it's deserved. If you must criticise, be positive. (Telling a player he's terrible is no way to help him improve). Smile! Enjoy yourself! That's what rugby league is about ... **FUN**.
- Good coaching means they run with the ball. Don't make them stand and listen to you. You'll bore them! Minimise your chat and maximize their activity.
- Rugby league is a potentially dangerous game, which relies on every participant playing it in the spirit of mutual respect. Teach the players you work with the meaning of 'fair play' and set them a good example.
- Avoid mismatches. Even in the same age group, one player may be twice as big or strong as another. Use common sense - don't expose players to risk when they haven't been adequately trained or coached. **INSIST** on mixing and matching mismatched teams.
- Learn the Laws of the game and learn to Referee. Teach players, by your example, to respect the referee. Always!

Plan your sessions

- Do not drink alcohol before you work, or while you are working. And remember that it is illegal for persons under the age of 18 to drink alcohol.
- Do not smoke when you are working. And remember that it is illegal for persons under the age of 18 to smoke.
- To be a good coach you need up to date information on coaching issues and rugby issues. Stay in touch.
- You are responsible for the safety and well-being of the young players you work with.
- Get the right equipment and facilities; be sure they are suitable for your player's age and ability.
- Never 'join in' with contact drills and games. You are too big and too hard and you will break them.
- Doctor knows best. When a player's been injured, follow medical advice about when he/she's ready to play again this is especially important for head injuries. Do not put yourself in a position where you could be suspected of or accused of, physical or sexual abuse of any child associated with the Club. Use a separate changing room from players, never be alone with individuals behind closed doors and never 'go into the showers with the players'.
- Tell the players and keep telling yourself that winning and losing are only by-products of performance. We are there to play and to enjoy playing, nothing more.

THANK YOU to all coaches for giving up your time to support the players of Lalor Park JRLFC.



THE MANAGERS CODE OF GOOD CONDUCT

Match officials are an integral part of the development of young players. They have a responsibility to ensure that games are managed in such a way as to ensure both the safety and enjoyment of all players. Equally, match officials should gain respect from players, coaches and spectators, through the quality of their officiating.

- Recognise that the safety of young players is paramount and remember the importance of fun and enjoyment.
- Emphasise the spirit of the game.
- Explain decisions - all young players are still learning.
- Show empathy for the age and ability of young players.
- Be consistent and objective.
- Be a positive role model. You set an example and, as such, comments you make should be positive and supportive.
- Ensure that verbal abuse from players, coaches or spectators is not tolerated and is dealt with by Club Officials immediately.
- Be aware of, and abide by, the Child Protection Guidance policies and procedure.

PARENTS CODE OF GOOD CONDUCT

This Code of Conduct is as set out by the Lalor Park Kookas

Parents are encouraged to:

- Be familiar with the coaching and training programme in order that you can ensure that your child is fully involved and the coaches are aware of their availability.
- Be familiar with the teaching and coaching methods used by observing the sessions which your child participates.
- Be aware that the Club has a duty to care and therefore, where appropriate, assist coaches with the supervision of the young players, particularly where numbers are large and there is a need to transport youngsters to away games.
- Be involved with Club activities and share expertise.
- Share concerns, if you have them, with Club Officials.
- Be familiar with the good coaches code, in particular,
- It is important that parents support coaches in instilling these virtues.



Parents should:

- Remember that young people play rugby league for their enjoyment not that of the parents.
- Remember that coaching staff are Volunteers!!!
- Encourage young people to play - do not force them.
- Focus on the young player's efforts rather than winning or losing.
- Be realistic about the young players abilities do not push them towards a level that they are not capable of achieving.
- Provide positive verbal feedback both in training and during the game.
- Remember that persistent negative messages will adversely affect the players and referees performance and attitude.
- Always support the rugby league Club in their efforts to eradicate loud coarse and abusive behaviour from the game.
- Remember young people learn much by example.
- Always show appreciation of good play by all young players both from your own Club and the opposition.
- Respect decisions made by the match officials and encourage the young players to do likewise.
- Never yell at a player for making a mistake. Never sneer or use sarcasm - you'll make the player feel like a total failure. Remember, they are not playing for your benefit.
- Applaud good play - by either team.
- Back up the referee. Don't publicly question his fairness or ability. Children learn best by example. Set a good example.
- Encourage your child to improve his skills through coaching.
- Stay off the pitch. Coaches and referees are qualified to be there, you are not. They have worked hard to earn their qualifications. If you want to get involved in coaching, join them and learn how.
- Never abuse anyone - especially the referee. He has given up his spare time to give your child the opportunity to play a fair safe game. If you abuse him, he might not return - how can your child play Rugby league without a referee.



PLAYERS GOOD CODE OF CONDUCT

Players are encouraged to:

- Recognise and appreciate the efforts made by coaches, parents, match officials and administrators in providing the opportunity for you to play the game and enjoy the rugby league environment.
- Understand the values of loyalty and commitment to adults and team mates.
- Recognise that every young player has a right to expect their involvement in rugby to be safe and free from all types of abuse.
- Understand that if an individual or group of young players feel they are not being treated in a manner that is acceptable, then they have the right to tell an adult either at the Club or outside of the game.

Players should:

- Play because they want to and not to please coaches or parents.
- Remember that skill development, fun and enjoyment are the most important part of the game.
- Be attentive at all training and coaching sessions.
- Work equally hard for yourself and your team both will benefit.
- Recognise good play by all players on your team and by your opponents.
- Be a sportsman, win or lose.
- Play to the laws of the game and accept, without question, all referees decisions.
- Control your emotions - verbal or physical abuse of team mates, opponents or match officials is not acceptable.
- Treat all players as you would like to be treated. Do not interfere with, bully or take advantage of any player.
- Be a good sport. Recognize good rugby - even when it comes from the other team.
- Be fair. Don't chuck your weight about.
- Be attentive at coaching sessions improve your skills. You'll play better and feel better.
- Respect your Club, its facilities and its people.
- Respect your opponents' Club, their facilities and their people.



MATCH DAY CODE OF CONDUCT

- Whenever you are representing Lalor Park Kookas Junior Rugby League Football Club you are expected to conduct yourself in an appropriate manner.
- Whenever you are travelling to and from matches you are expected to wear the Club clothing designated to you.
- When representing Club in a match you are expected to wear the correct Club jersey, shorts and socks. At matches please arrive on time with all of your kit in a clean condition. On the field of play never question the referee's decisions, no matter how much your patience may be strained. Also remember; never question the decisions of referees in public.
- After a match, whatever the result, you are expected to shake hands with the opposition and match officials.
- Your conduct when representing the Club reflects on the Club. You are reminded that the Disciplinary Committee has the power to suspend any member from the Club whose conduct they deem contrary to the welfare or well-being of the Club or other members.

SOCIAL MEDIA

Individuals need to be aware that they are personally responsible and liable for any comments made by themselves on social media. You should exercise discretion and remember that what you see as banter may be taken by an individual as embarrassing or hurtful and may bring the game into disrepute. This can lead to it becoming a disciplinary matter.



Lalor Park Kooka's 2017 Registration Form

| | | | | | |
|--|---------------|-------------------|--------------------------------------|---------------------------------------|--|
| Player's Name | First: | | Surname | | |
| Birth Date | | Age Group: | | Played in 2016 Season age/Club | |
| Phone Number | | | | | |
| Address | | | | | |
| | | | | | |
| Parents Name(s) | | | | | |
| 1st parent Tel No: | | | 2nd parent Tel no: | | |
| Email address for each parent as needed | | | | | |
| I am not unfinancial with another Club (sign) | | | | | |
| I am not a suspended player (sign) | | | | | |
| Signed parent or guardian if under 18 | | | | | |
| Shirt Size: | | | | | |
| Short Size: | | | | | |

I, the undersigned have read and agree to adhere to the aforementioned Lalor Park Kooka's Code of Good Conduct(s).

(All) Player signature

Parent signature

Office use only

Previous Club..... Age Group.....

Rego Paid YES / NO Amount PaidPayment Plan.....

Club official to sign.....



Lalor Park Kooka's Medical Form

MEDICAL INFORMATION & AUTHORISATION FOR EMERGENCY TREATMENT AND CONDITIONS OF UNDERTAKING ACTIVITY.

Participant's Medical Information

(Information provided by participating Club member - all information is held in confidence)

| | |
|-------------------------------------|----------------------|
| First Name: | Surname: |
| Address: | |
| Town/City: | Post Code: |
| Home Phone: | Work Phone: |
| Mobile Phone: | Date of Birth: |
| Email: | |
| Medicare Number: | |
| Name of Emergency Contact: | Relationship to You: |
| Home Phone: | Work / Mobile Phone: |
| Name Family Doctor: | Phone: |
| Private Number: | |
| Other Health Care (Please specify): | |
| Blood Group (if known): | |



Please Circle if you have suffered or suffer from any of the following conditions and list medication/action plan:

- High Blood Pressure
- Low Blood Pressure.....
- Fits of any type.....
- Heart Conditions.....
- Dizzy Spells or Blackouts.....
- Asthma.....
- Diabetes.....
- Migraines.....
- Haemophilia.....
- Other (Please State):.....

| PREVIOUS INJURIES | WHEN | TREATMENT |
|---------------------------|------|-----------|
| Fracture - state where | | |
| Dislocation - state where | | |
| Neck injury | | |
| Back injury | | |
| Knee strain | | |
| Ankle injury | | |
| Other | | |

Do you require taping every game? YES/NO Where?

Have you suffered concussion in the last 3 years? YES/NO

How many times? Treatment

When did you have your last full medical check-up.....

How long have you been playing Rugby League?

What position do you usually play?

Other information relevant to managing an injury you may sustain

.....

Are you aware of the inherent risks of participating in physical activity such as Rugby League? YES/NO



I declare this to be a true statement of my health status as at the date below. I will notify the Club First Aid Officer of any problem that may occur during the season that is relevant to my health status and playing Rugby League. (Please initial)

| |
|--|
| Please specify any Other Disabilities or Conditions requiring special care during the activity (eg. impaired hearing or vision, back problems): |
| |
| Please specify any Known Allergies (eg. penicillin, other drugs, foods, plants, animals). Also give details describing seriousness, nature of reaction and necessary treatment: |
| |
| Which year did you have your last Tetanus Immunisation or booster: |
| |
| Please specify Medication that you may be taking during the activity (Indicate name and dose of medication): |
| |
| Have you suffered any recent Illness or Injuries ? (If Yes, please provide details): |
| |

Indemnity The undersigned hereby agrees to indemnify and keep indemnified the Lalor Park Junior Rugby League Football Club, its members, representatives, officers, agents, and each of them against any claim, suit, action or demand brought against them or each of them by any person for loss of or damage to property or bodily injury or death caused by any act or omission of the undersigned (including criminal, reckless or negligent acts or omissions) whilst participating in rugby league.

PARTICIPANT AUTHORISATION FOR EMERGENCY TREATMENT

In the event of myself requiring medical attention (or my son or daughter if they are under 18 years of age), I understand that the person in charge (sports trainer) will endeavour to communicate with me concerning the required action. If this is not possible, the person in charge will administer or seek whatever treatment he/she judges to be reasonably necessary. I agree to an ambulance being called should it be required.

| | |
|--------------------------|-------|
| Participant's Signature: | Date: |
|--------------------------|-------|

* Where the Participant is under 18 years of age, his/her Parent or Guardian must complete the following acknowledgement:

| | |
|------------------------------|-------|
| Parent/Guardian's Name: | |
| Parent/Guardian's Signature: | Date: |