

FRANKSTON DOLPHINS FOOTBALL NETBALL CLUB



PLAYER TRANSITION

YOUTH FOOTBALL TO SENIOR FOOTBALL

About the Club

The Frankston Dolphins Football Netball Club (senior club) was established in 2017 as a means of providing a pathway for junior players to progress through to senior football at their local club.

Fielding teams in the Southern Football Netball League, the club has achieved incredible success in our first four years of competition, having played finals regularly, with our Reserves winning the Premiership in 2019 and both our Seniors & Reserves through to the Grand Final in 2022.

The Frankston Dolphins Football Netball Club prides itself on being a family-oriented club. Many of our players and supporters have young families, and it is our goal to ensure everyone enjoys being at, and interacting with, their local football club. Pleasingly, we have already seen a high number of former junior players return to play senior football at the Dolphins (including our current Senior coach and captain).

With arguably the best facilities in local football at our disposal, our core strategy is to grow from within, enabling players to continue their football within an established club culture they are familiar and comfortable with, whilst allowing the Frankston Dolphins Football Netball Club to grow, prosper and become a substantial entity in the local community.

Player Development

Player development at the Dolphins is more than just football – it covers both life skills and sporting development to ensure players get the most out of their time at the club and have the opportunity to grow as individuals.

Off the field, the club will provide access to programs to provide education through accredited organisations in issues such as drugs, bullying, alcohol and mental health.

On the field, our coaching panel understands the importance of player development and enjoyment at this level and will provide sporting development opportunities which will focus on allowing all players to maximise their potential for whatever level of football they are striving to achieve, whilst ensuring they are engaged and prepared for the transition to senior football.

Each player is encouraged to be themselves and let their unique game and social skill set play a part in the overall success of the team.

The under 19's team trains with the senior squad and is supported by a strong coaching structure, all of whom are AFL accredited and committed to player development.

SFNL Under 19 Competition

The Frankston Dolphins Football Netball Club is very proud that week in and week out we get the opportunity to mix it with some of the best Under 19 teams going around, with the majority of Under 19 teams fielded by Division 1 clubs.

Football Department & Support Staff

The club employs a professional Head Trainer who is a qualified Physiotherapist, to ensure our players get the best out of themselves and injuries are responded to and managed with best practice.

Pre-season Training

The transition to senior football is a big step up from junior football and players striving to keep up can easily become injured, miss vital training sessions, lose confidence and interest, so it is important to have a good base level of fitness leading into pre-season.

Pre-season training commences in November each year. All players interested in playing Under 19 football at the club are strongly encouraged to attend these pre-season training sessions, where prior to Christmas the training is more to keep fit and become familiar with senior players and coaching staff.

The serious pre-season training starts after the Christmas and New Year break, where we focus on developing the fitness of players, fine tune football skills and practice game plans which form the basis for the season ahead.

For those wanting to undertake additional fitness work outside of normal training, an optional summer training program tailored to this age group can be provided by the club.

Training for senior football is not optional and we expect players to attend all sessions - if you are going to be late, or are unable to attend, make sure that you contact one of the coaching staff.

Parents & Supporters

The Dolphins welcomes, and actively encourages parents and supporters to join in with club activities which assists in running the club.

As we gain new players each year, we also need to gain volunteers that can help out both behind the scenes, and at training and most importantly on Match day.

If you can assist, or you know someone that can assist in any capacity (big or small) please let us know by sending us your details and how you can help.

Playing Uniform

Frankston Dolphins Football Netball Club will provide a jumper to each player (which remains the property of the club and must be returned to the club).

Players are required to provide their own footwear and all other items. Approved shorts and socks are available for purchase via club. Black shorts are required for home games and white shorts for away games unless otherwise advised.

Club Uniform

All players are required to wear club uniform (FDFNC shirt or jacket) on arrival at all games and immediately after the game. Uniform items are available for purchase via the club.

Code of Conduct & Club Policies

Frankston Dolphins Football Netball Club has developed a Code of Conduct governing the behaviour of players and members along with a range of policies which we encourage all players, parents, and members to familiarise themselves with.

These are available via our website www.fdfnc.com.au/policies-procedures

Insurance

All players and officials are covered by insurance via the club's affiliation with the Football Victoria.

The cost of this is incorporated in the membership fees of all players.

In basic terms players are covered for costs due to personal injury for non-Medicare items. (Limits apply)

Full details of this insurance can be found at www.sport.marshadvantage.com.au/afl/

Registration

We encourage you to register your interest in joining us for next season now, to allow us to plan for the season ahead. Expressions of Interest can be made via our website: www.fdfnc.com.au/under-19-football.

Fees

Annual registration fees are based on league costs for team affiliation, insurance, umpires, etc and we are generally advised of this early in the year. As a guide, registration fees are around \$250 - \$300 with discounts available for players who secure a player/club sponsor.

Further Information

Should you require further information or wish to discuss any aspect of the transition to senior football at the Dolphins, please feel free to contact our Transition Coordinator Gavin Chave, or reach out to one of our committee members listed below.

Club Contacts:

Under 19 Coaches: Andy Mathers 0412 688 153 Jack Birthisel 0479 045 887

President: Mal Lewis 0417 755 800 **Vice President:** Gavin Chave 0400 071 327

Secretary: Paul Wright 0421 813 866 **Treasurer:** Sean Limpens 0418 770 511

We are a Good Sports club



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