



**2025**  
**MEMBERS**  
**HANDBOOK**



## **Important Information:**

All members of the AFNC are bound to the Club's Constitution and to the codes of conduct from Netball Victoria and/or AFL Victoria.

This Handbook provides further information about being a member of our club. It is not a complete or comprehensive list of requirements, but it provides guidelines and expectations for members.

## **Welcome to the Avoca Football Netball Club.**

As a member of our club we are pleased to provide you with a safe and supportive environment to play football or netball and we look forward to the season ahead.

Our club has a proud and successful history and also a bright future. We are a family friendly club, accommodating all playing levels from junior through to senior grades in both football and netball.

We encourage you to involve yourself completely in the club and all that it has to offer by supporting our events and activities designed to help strengthen the club. There are also many other activities you can assist us with that not only helps the club to run more efficiently, but also gives you a chance to learn new skills.

The Executive and Committee welcomes and encourages feedback from members, sponsors, players and the community on any issue relating to club activities. Input is possible by contacting any Committee member.

This booklet contains all the information you need to know about playing football or netball with the AFNC. Please read through this valuable document and make sure that you are familiar with the important information to make your playing time with our club the best it can be.

Go Doggies!

Sandie Ward  
President

## **About Us**

The Avoca Football Netball Club is a football and netball club that provides junior and senior teams with the opportunity to compete in the Maryborough Castlemaine District Football & Netball League. It is the Club's mission to build a successful club that is a positive, healthy, well managed meeting place for the Avoca community.

The club operates from the Avoca Public Park and actively participates and contributes to the Committee of Management of the Park that oversees all improvements and management functions. The facilities at the Park are available for members and players use which include the football oval, four tennis courts, netball court and social rooms.

The club fields the following competition teams:

Football – Seniors, Reserves, Under 17.5's , Under 14.5's and U11.5's

Netball – A, B & C Grade, 17 & Under, 15 & Under, 13 & Under and 11 & Under.

The clubs junior development philosophy and policy is to ensure coaches at junior level are appropriately skilled and accredited so that junior players both enjoy playing football and netball and are given every opportunity to reach their potential. Senior teams are selected on merit so if junior players are capable of playing at a higher level, they will be given the opportunity to do so. As part of its junior development program, the Club conducts very successful Auskick & Net-Set-Go programs. Club facilities are always available to our local schools and other community organisations that may wish to use them.

## **Walking the Talk**

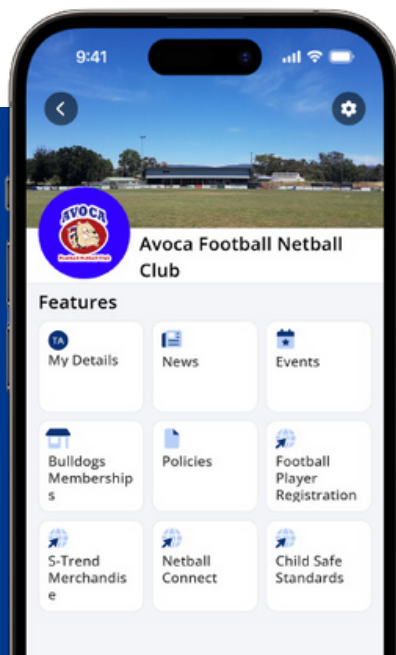
We are proud participants in a number of accredited programs including the Good Sports Program, VicHealth Healthy Sporting Environments Program and we are a Bronze Level AFL Quality Club. Through participating in these programs we are committed to looking after the health and wellbeing of our members and to managing our volunteers in the best possible way.

# Communication is the key!

The AFNC has its own Smartphone App – Stack TeamApp. This is a one-stop-shop communication tool and we encourage all our members to download the free App to their phones. You will receive all the latest club information to your phone including news, events and even live scores through the app. Head to your app store to download it today.

[TeamApp Avoca FNC](#)

stack team app



## Social Media

The AFNC has two social media accounts plus a [YouTube Channel](#).

You can connect with us on [Facebook](#) or [Instagram](#) and stay up-to-date with all our activities. All members are reminded to act in accordance with our policies.

The Club also permits the use of Messenger Groups but only for the purposes of team communication, and they are to be used in strict accordance with our Social Media and Communications Policy.

# Who's who around the club?

Avoca Football Netball Club

Address: 55 Faraday Street, Avoca VIC 3467

Postal Address: PO Box 50, Avoca Vic 3467

There's a great team of people working together to make the Avoca FNC run as smoothly as possible throughout the season. Contact any of these people if you have any questions or would like to assist the club in any way.

## Executive Committee

President	Sandie Ward
Vice President	Alana Burge
Secretary	Julie Driscoll
Treasurer	Kylie Coghlan & Lauren Field
Football Manager	Ben Coghlan
Netball Manager	Lucy Howell
Junior Football Manager	Luke Davis

## Coaches

Senior Football	Matthew Newton
Reserve Football	Gavin Bayne
U 17.5 Football	Byron Wynd
U 14.5 Football	
11.5 Football	Justin Tapner
A Grade Netball	Maddy Egan / Kerry Egan
B Grade Netball	Maddy Egan
C Grade Netball	Kodie Smith
U17 Netball	Tahlia Arrowsmith
U 15 Netball	Tahlia Arrowsmith
U 13 Netball	Emily Beavis
U 11 Netball	Bryley Salmon

## Other Key Club Contacts

Canteen	Simone Beavis
Club Insurance	Robert Rayner
Bar Manager	Mitch Holland & Joe Rayner
Compliance Manager	Donna Wardlaw

# This job is for you...

There are many jobs that need to be filled on match-days, and we require as many volunteers as possible to help the day run smoothly.

We require volunteers to help with:

## Football & Netball:

- Team Managers
- Runners
- Umpires
- Scorers & Timekeepers
- Auskick
- Net-Set-Go

## Canteen

- Shifts include early morning, lunch and afternoon

## Bar

- Shifts start from midday on Saturday
- Thursday nights

## Gate

- Entry Fees
- Raffle



You can learn what's involved in volunteer jobs at the Club by heading to our YouTube Channel.

You'll find training videos that we give you information and an explanation on how to perform tasks and jobs.



## Avoca Football Netball Club - Official

@avocafotballnetballclub7745 · 1 video

More about this channel ...more

Subscribe

SUBSCRIBE



# Player Requirements

As a player at the Avoca FNC you are expected to participate in training activities, adhere to our uniform policy and ensure that you are on time on match days. Our club colours are royal blue, red and white.

## **Club Uniform**

The football club uniform consists of royal blue shorts and a royal blue, red and white striped football jumper with royal blue, red and white striped socks. All football players are provided with a jumper, however they need to purchase their own shorts & socks.

The netball club uniform is a blue shift dress with blue shorts, or shorts, skirt, tee-shirt or singlet. A dress is provided to players who join the club. If a player wishes to wear shorts or a skirt, they are able to purchase these themselves via our online store. Returning players are able to keep their uniform. Players leaving the club must return their uniform at the end of the season. Sunglasses are permitted but must be wrap-around style. Gloves are only permitted with a medical certificate. They must be cotton.

## **Training times - Netball**

Training for Senior Netball is conducted on Thursday nights commencing at 6.30pm. Junior netball is conducted on Thursday night from 4.10pm (starting with Under 11 & Under 13).

## **Training times - Football**

Training is held at the Avoca Public Park on nights specified by coaching staff for pre-season.

Training commences at 6.00pm on Tuesday and Thursday nights for Senior & Reserve teams.

Junior training commences at 4.00pm on Thursdays.



# Player Requirements

## Player Registration

Before a player takes to the ground or court, they must complete player registrations online through PlayHQ or Netball Connect. All players who complete their online membership registration agree to the Club's terms and conditions (viewable online in PlayHQ and Netball Connect).

Players not registered with the MCDFNL are not eligible to commence playing for the AFNC. All players at the AFNC are also required to pay a club membership. By Club policy, clearances will be denied to players who have NOT PAID membership in full and/or returned club uniform.

## Digital Membership Cards

The AFNC provides all registered members with a digital membership card. You must have a digital membership card to gain entry into home games. Volunteers will scan the QR code on your membership card at the gate. If you cannot present your digital membership card, you must pay the gate entry fee of \$10.

## Votes & Player Selection

The AFNC allows the Football & Netball Managers, in conjunction with coaches, to select, at their discretion, people present on the day to award votes.

These people may be from our Club or the opposition and have been chosen to undertake this role with no bias. The Club also has an independent person tally votes throughout the season. The AFNC fully endorses the coaches' philosophy of player selection. Players or parents with concerns regarding these processes are encouraged to speak to the football or netball managers.

# Player Requirements

## Registration Fee (includes AFL/VNA Membership)

Senior Football & Netball	\$240
Senior Football & Netball Life Members	\$160
All junior grades	\$100

## Match starting times

All players are expected to be prepared for match days by ensuring they have appropriate footwear (including laces), uniform and injury equipment (if required).

Players are expected to be present on match days at least 30 minutes before a game is due to start.

Match starting times may vary for junior grades depending on who we are playing. It is important for all players and parents to have TeamApp or join the relevant messenger group to stay up-to-date with changes.

### Football

Under 11.5	9.00 am
Under 14.5	10.10am
Under 17.5	11.30 am
Reserves	12.45 pm
Seniors	2.15 pm

### Netball

11 & Under	9.00 am
13 & Under	9.55 am
15 & Under	10.45 am
17 & Under	11.40 am
C Grade	12.35 pm
B Grade	1.40 pm
A Grade	2.35 pm



# What makes up my playing membership?

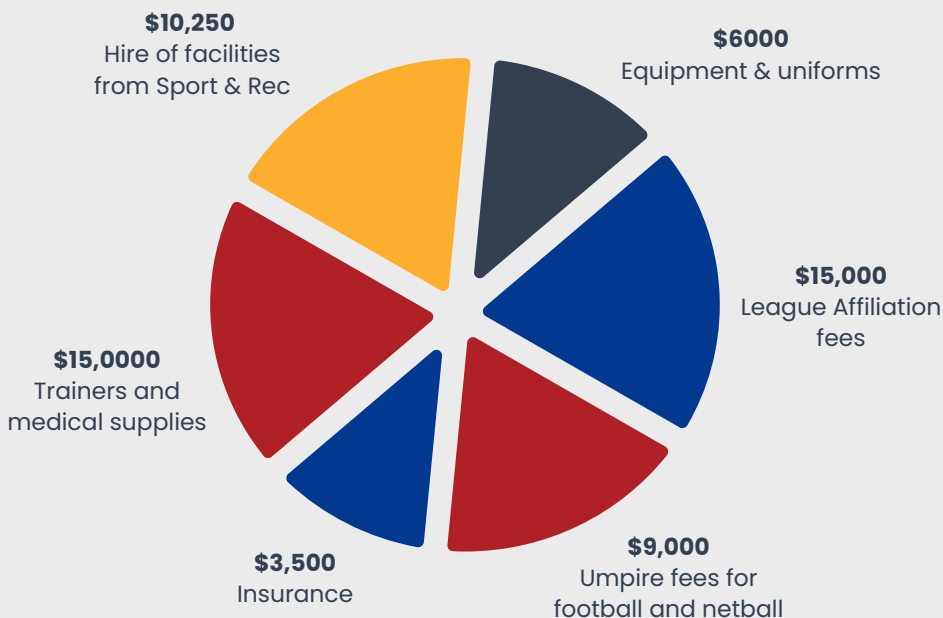
All player memberships are made up of the following:

- AFNC Club Membership \$80 (seniors only)
- MCDFNL Registration \$20 seniors / \$10 juniors (all players)
- AFL Victoria Registration (footballers) \$70 seniors / \$45 juniors
- Netball Victoria Registration (netballers) \$80.00 seniors / \$60.00 juniors (not collected by AFNC)
- Uniform allowance \$20 per person (all players)
- Umpires \$50 per player (seniors)
- GST

The Club covers the cost of trainers and medical supplies for all players and does not pass this cost on.

- Trainers \$ 50 per player
- Medical Tape/supplies \$25 per player

The costs to run our club are significant each year. Your membership fees are a critical income source to ensure we manage the clubs operational expenses.



# Player Requirements

## **Medical Indemnity / Player Insurance**

The Avoca FNC takes occupational health and safety seriously and aims to provide all players with a safe environment for participation. All players must complete a medical indemnity form that includes emergency contact details, Ambulance Victoria membership and health insurance (if applicable) information. This information is kept confidential and stored safely for emergencies only.

The AFNC takes out the recommended AFL Victoria, National Insurance Program standard player insurance through JLT Sport for all footballers. Netballers are covered through Netball Victoria's insurance program. The insurance provides a percentage of reimbursement for items that are not claimable in any way through Medicare or a Private Health Fund for injuries that occur as a direct result of playing sports with the AFNC.

The AFNC does not pay any out-of-pocket expenses not covered by Medicare or JLT Sport Insurance. All injuries must be reported immediately to the Club Insurance Officer, Team Medical Officer or Football / Netball Manager. If applicable, request a claim form for completion. The Avoca FNC requires all players to have current Ambulance Victoria membership. In an emergency and an ambulance is called, the Club WILL NOT be responsible for any out-of-pocket costs incurred if that player does not have the required Ambulance cover. The AFNC does not have income protection for loss of income and will not be liable.

The Club can however arrange cover for loss of income cover through their insurers for individuals who may require this type of cover at their own expense. Should you have any queries in relation to all insurance matters please contact Robert Rayner, our insurance officer on 5465 3085 or 0421 161 030 (or visit [www.jltsport.com.au](http://www.jltsport.com.au) or <http://vic.netball.com.au>).

# Creating a safe environment

All members of the Avoca Football Netball Club are expected to act in accordance with the Club's Constitution and to adhere to our Policies and Code of Positive Behaviour. All members that complete a membership form have agreed in writing to adhere to this Code. Any members that breach the Code may come before the Disciplinary Committee.

1. Members and players will at all times when representing the club in any capacity, whether that be playing or attending club functions are expected to do so in a manner which will not bring the image of the Avoca Football & Netball Club into disrepute.
2. We will support opportunities for participation in all aspects of football & netball.
3. We will respect the rights and worth of every person regardless of their age, race, gender, ability, cultural background, sexual or religious preference.
4. We will show respect and courtesy to all persons involved with our Club and our League including officials, coaches and administrators.
5. We will display appropriate and responsible behaviour in all our interactions and act with integrity and objectivity when representing our club and always in accordance with Club policies.
6. We will ensure our decisions and actions contribute to a safe and harassment free environment. We will not tolerate abusive, bullying or threatening behavior.

## **PLAYERS**

1. We will give our best at all times.
2. We will participate for our own enjoyment and benefit.
3. We will play by the rules and show respect for other players, coaches and officials.

# Creating a safe environment

## COACHES

1. We will place the safety and welfare of the players above all else.
2. We will help each person (player, official, etc.) to reach their potential. Respect the talent, developmental stage and goals of each person and encourage them with positive and constructive feedback.
3. We will obtain appropriate qualifications and keep up-to-date with the latest coaching practices and principles of growth and development of young players.

## OFFICIALS

1. We will place the safety and welfare of the players above all else.
2. We will ensure all players are included and can participate, regardless of their race, gender, ability, cultural background, sexual or religious preference.
3. We will be consistent, impartial and objective when making decisions.
4. We will address unsporting behaviour and promote respect for all players and officials.

## ADMINISTRATORS

1. We will ensure quality supervision and instruction for players.
2. We will support coaches and officials to improve their skills and competencies.
3. We will act honestly, in good faith and in the best interests of our Club as a whole.
4. We will ensure that any information acquired or advantage gained from the position is not used improperly.
5. We will conduct club responsibilities with due care, competence and diligence.

# Creating a safe environment

## PARENTS, MEMBERS & SUPPORTERS

1. We will encourage children to participate, do their best and have fun.
2. We will focus on a child's effort and performance, rather than winning or losing.
3. We will speak with other parents, coaches, or committee members about any concerns we have about the behaviour or actions of children. We will not approach a child on their own.
4. We will not ridicule or yell at a child for making a mistake or losing in competition.
5. Where possible, we will help out the coach or officials at training and games.
6. We will model appropriate behaviour, including respect for other players and officials.
7. We will respect the effort and performances of players and officials.
8. We will reject the use of harassment, bullying or violence in any form, whether by other spectators, coaches, officials or athletes





# AVOCA FOOTBALL NETBALL CLUB COMMITMENT TO CHILD SAFETY

## What can you expect from our Club?

Football and Netball should be fun, safe and enjoyable.

You should never feel uncomfortable around others, particularly adults.

If you don't feel safe or comfortable, it's OK to speak up and tell someone you trust.



### Positive Guidance

You should expect to be treated fairly and respectfully. It's not ok to be treated in a way that's cruel, frightening or humiliating.



### Supervision

You should never be unsupervised, and adults will always ensure you are in a safe environment and protected from external dangers.



### Physical Contact

Any physical contact must be appropriate to the activity you're involved in. No contact should be initiated if it is against your wishes.



### Communication

Any communication with you should be about football or netball activities only and preferably verbal or through TeamApp.



### Gift Giving

You should not be receiving gifts from anyone in a position of responsibility unless parents or guardians have been made aware.



### Change Rooms

People in positions of responsibility are required to supervise children and young people in change rooms, but you do have a right to privacy.



### Language and Tone of Voice

Adults should boost your confidence and encourage you. It's never ok for them to be discriminatory, racist, sexist, negative, threatening or frightening.



### Photography

You have the right not be photographed and it should only be done with yours and your parents or carers permission. It should also be done in the presence of other adults.



### Alcohol or drugs

The supply of alcohol or drugs (including tobacco) is strictly prohibited. You can expect no person carrying out a role will use or be in possession of an illegal drug or alcohol.





# AVOCA FOOTBALL NETBALL CLUB COMMITMENT TO CHILD SAFETY

The AFNC is committed to promoting and protecting the rights of children and preventing abuse from occurring by fostering a culture where children feel safe and empowered.

We also seek to ensure the cultural safety of First Nations children, children from culturally and linguistically diverse backgrounds and children with a disability.



## What to do if you feel unsafe?

This is Donna  
She is our Child Safety Officer.  
It's her job to help you if you feel worried,  
unsafe or uncomfortable at our Club.

You can approach her at any time if you see her at training or on game day, or you can call her on her mobile phone anytime.

**Her number is 0408569056**

We encourage you to talk to a parent or carer, coach or another adult you trust if you aren't able to talk to Donna.

## Our Club is committed to child safety and we...

- Have zero tolerance for child abuse
- Have systems in place to protect children
- Support and respect children with a disability, First Nations children and children from diverse cultures.



# Policies

The AFNC has several policies that support the Club's Constitution. You can view our policies at any time on our website, or by asking a member of the Executive Committee. A summary of our policies include:

**Alcohol Management** - The AFNC encourages the responsible serving and consumption of alcohol.

**Illegal Drugs** - The AFNC has an illicit drug policy that will be actively enforced.

**Smoke & Vape Free** - The Avoca Public Park (by the Tobacco Reforms Act) has a 10m smoke-free exclusion zone around all playing and spectator areas and the main Complex building during all junior matches.

**Vilification** - The AFNC does not tolerate any form of vilification. Members or patrons will act on our policy at all times.

**Memberships Policy** - All members are required to adhere to our membership policy.

**Social Media** - The AFNC encourages the safe and responsible use of social media sites such as Facebook and Twitter. The Club will protect all members from bullying or inappropriate behaviour on social media.

**Child Safe Standards** - The AFNC has adopted the recommended standards for child protection.

**Life Members** - The AFNC has a life membership policy to manage the induction of any life members to the organisation.

**Football & Netball Trips Policy** - This policy applies to senior netball and football trips.

[View all our policies here.](#)

# Being a member of our Club

## Rosters

The age-old saying “Many hands make light work” truly exists within our Club. There are so many roles and tasks that must be undertaken every week to ensure the Club runs efficiently and effectively.

There are many rosters that are put together each year to ensure the weekly jobs are undertaken at the Club. These rosters include the gate, canteen, bar, scoring, timekeeping, umpiring, and selling raffle tickets, to name a few.

If you have been rostered to complete a job, please make every effort to complete your rostered time slot. If you are unavailable, you must arrange a swap or contact the roster manager for the area immediately. **PLEASE DO NOT JUST NOT SHOW UP** and hope that someone else will fill your role. It puts a large strain on our existing volunteers if they always have to fill positions with people who just didn't bother to help.

Players may also miss playing time if they or their parents do not complete their roster duty.

## Formal Complaints and Grievances Policy

The AFNC Committee welcomes and encourages feedback from its general members and supporters. All committee members, coaches, players, and members are reminded that they are bound by our code of conduct and supporting policies. If they breach the code, they may find themselves facing disciplinary action in accordance with the Complaints & Grievances Policy.

Players and parents are entitled to speak directly with their coach regarding any issues or concerns they may have, but it is advised that no discussions should be held on game day, especially if the coach happens to be a player. If they are unsatisfied with the outcome, they are encouraged to speak to the Football Manager, Netball Manager, Junior Football Development Manager, or the Club President.

## Being a member of our Club

There is a process to go through for formal incident reporting or complaints, so please contact a member of the Club Executive if you wish to provide the Club with this type of feedback. You can also review the Policy on our website.

### Photo Indemnity

The AFNC requires all players to complete online photography indemnity approval that states whether they agree or not to have their photograph taken/video filmed during the H&A season along with the finals series. Every player must check this box on the online registration form.

### Club Merchandise

The Club has an online store where you can purchase supporter wear. It opens 3 times per year, so you need to order in the monthly window when the shop is open; otherwise, you will miss out.

Click here to [Visit the Shop](#). The dates the store is open:

- December 10th 2025 to January 20th 2025
- February 10th to March 10th 2025
- April 10th 2025 to May 10th 2025.

Deliveries take up to 5 weeks to arrive AFTER the closure date.



Beanies and caps are available from the bar anytime during the season.

**The Avoca Football Netball  
Club is proudly supported by  
Major Sponsor**



PJA Accountants will handle all your personal and business accounting needs.

From preparing yearly financial statements or assisting in day-to-day book keeping requirements, our service offering is extensive.