



PLC
PRESBYTERIAN
LADIES' COLLEGE
SYDNEY
1888

2019 IPSHA AFL



Coach & Parent Handbook

Young women
of integrity
and purpose

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CRICOS Provider Code: 02280D



Playing Saturdays

Week	Date/Saturday
1	27/07/2019
2	03/08/2019
3	10/08/2019
4	17/08/2019
5	24/08/2019
6	31/08/2019
7	07/09/2019
8	14/09/2019

Playing Uniform

Girls are required to play in their Red PLC Sports Singlet, Black PE shorts, red/black PLC Sydney High Sports Socks, Boots & Mouth Guard.

Hair must be tied back off the face and no jewellery is to be worn.

Information

All information regarding Junior AFL can be found on the PLC sports website www.plc.nsw.edu.au (click on the sport link)

For any further information please contact Miss Verlinden in the PE staffroom on 9704 5645, email lverlinden@plc.nsw.edu.au.

Absence from Training or Saturday matches

Please email Miss Laura Verlinden if your daughter can not attend a training and/or Saturday game.



The Wet Weather procedure for 2019

Search the **App Store for 'ipsha'** and follow the download instructions

Once downloaded and opened you will receive the following popup messages:

1. Allow IPSHA to access your location – select whichever is appropriate for you – if this is turned on it may help with directions to sports fields with google locations linked.
2. Enable Push notifications – if you would like to receive push notifications, which is a feature that will be used on the app and can be turned on and off at any time, then allow push notifications. If you do not allow push notifications, it can be turned on via the settings on your phone at any time.
3. If you allow push notifications, all notification subscriptions will be turned on as the default set up.
4. To turn the push notifications such as Girls Saturday Sport Wet Weather Messages, Swimming / Cross Country and/or Athletics marshalling calls or IPSHA Trials messages on and off at any time follow the instructions below.

Game Structures

Year 3 & 4

- Rules in line with AFL Sydney Juniors (appropriate for School girls)
- No Tackling
- Ball Size 2 Synthetic
- 2 timeslots – 8 am & 9am
- Field Dimensions: 50-70m length x 30-40m Width
- Game Time: 3 x 10 minute thirds (5 minute intervals)
- 6 versus 6 (up to 9 versus 9)

Year 5 & 6

- Rules in line with AFL Sydney Juniors (appropriate for School girls)
- Modified Tackling
- Ball Size 3 Synthetic
- 2 timeslots – 10am & 11 am
- Field Dimensions: 60-80m Length x 50-60m Width
- Game Time: 4 x 10minute quarters (5 min intervals)
- 9 versus 9 (up to 12 versus 12)

JUNIOR GIANTS

Team 1 – Year 3 & Year 4

Coach: Tait Mackrill
(Current Forward for GWS Giants)

Training: Friday afternoons 3:15 pm – 4:45 pm
PLC Drummond Field

Team:

Name	Surname	Year
Maddison	Cole	Year 4
Miki	Cooper	Year 4
Reeva	Dotel	Year 3
Alyssa	Gaitanis	Year 3
Tiffany	Ladkins	Year 3
Lucy	Mallia	Year 4
Madeline	Papadopoulos	Year 3
Lilian	Preston	Year 4
Chloe	Ryan	Year 4



Draw: TBC

Venue Links: TBC

SENIOR GIANTS

Team 2- Year 5 & Year 6

Coach: Nicola Barr
(Current midfielder GWS Giants)

Training: Thursday afternoon 3:15pm – 4:45pm
PLC Drummond Field

Team:

Name	Surname	Year
Kate	Barry	Year 6
Emma	Burgess	Year 6
Molly	Campbell	Year 5
Ava	Chua	Year 6
Kate	Doan	Year 6
Zara	Feltaous	Year 6
Amelie	Haigh	Year 6
Rosie	Harris	Year 5
Grace	Kaleel	Year 6
Ellie	Kwan	Year 6
Tallulah	Prentice	Year 6
Amelia	Strudwick	Year 5
Crystal	Toumasatos	Year 5
Naomi	Webb	Year 6
Amber	Pavendranthan	Year 6
Veronica	Fox	Year 5
Willa	Bouman	Year 6



Draw: TBC

Venue Links: TBC



SCHOOL SPORT

COACHES' CODE OF BEHAVIOUR

Basic skills should be taught to all team members. Children should be encouraged to play hard and win fairly.

Teach your players that rules of the sport are mutual agreements, which no one should evade or break.

Children should participate for fun and enjoyment and winning is only part of their motivation. Never ridicule or yell at the children for making mistakes or losing a competition.

Coaching during games should not interfere with the control by the referee or umpire, nor should it be offensive to opponents

Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.

Develop team respect for the ability of the opponents as well as for the judgment of officials and opposing coaches.

Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.

Make it positive experience for the children.

PLAYERS' CODE OF BEHAVIOUR

Play by the rules.

Never argue with an official.

Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not permitted in any sport.

Work equally hard for yourself and/or for your team. Your team will benefit, so will you.

Be a good sport. Applaud all good plays, whether they are by your team, opponent or the other team.

Display modesty in victory and graciousness in defeat.

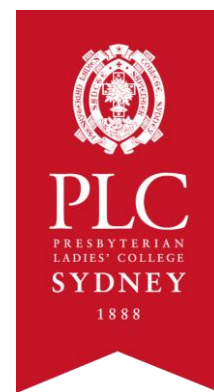
Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.

Co-operate with your coach, teammates and opponents. Without them there would be no competition.

Place in proper perspective the isolated incidents of unsporting behaviour rather than make such incidents the 'highlight' of the event.

If a player is sent off during the game, a one-week suspension is recommended.

Thank the opposition and officials at the end of a game.



SPECTATORS' CODE OF BEHAVIOUR

Children play organised sports for fun. They are not playing for the entertainment of spectators only, nor are they miniature professionals.

Applaud good performances and efforts from each team. Congratulate all participants upon their performance regardless of the game's outcome.

Respect the officials' decision.

Never ridicule or scold a child for making a mistake during a competition.

Positive comments are motivational and encourage continued effort.

Condemn the use of violence in any form, be it by spectators, coaches, officials or players.

Show respect for your team's opponents. Without them there would be no game.

Encourage players to follow the rules and the officials' decisions.

Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches or officials.

Comments should not interfere with the running of the game.

Focus on the efforts and performance of the children rather than the result.

Praise: Praise is encouraged at all levels.

Complaints: Complaints concerning the conduct of games;

Should not be made during or after the game.

Should be referred to one's Head of Junior School and any action should be left to his/her discretion.

UNDER NO CIRCUMSTANCES should parents contact schools directly.

All grounds must be kept clean - litter must be placed in the bins provided.

HEAD INJURY POLICY

As per the PLC Sydney Concussion and Injury Policy, a student will not be allowed to return to play following any head injury.

Please contact Miss Laura Verlinden on lverlinden@plc.nsw.edu.au if you have any questions in regards to AFL.