

2023

Handbook



wealth
accounting
lending



CONTENTS

Introduction	3
Lakers AFL Players	4
Lakers AFLW Players	5
CLUB MISSION	6
Social	6
Club canteen	6
Dress code	6
Illegal drugs	6
Respect of club & facilities	7
Smoking	7
Player registration	7
Senior and Junior player Membership Fees	8
Player MATCH payments (seniors)	8
SENIOR player sponsorship	9
2023 SENIOR/JUNIOR CONTACTS	10
SEASON FIXTURE	11
Personal property	13
Lost property	13
VOLUNTEERS	14
Match & Team Officials	14
Medical conditions	14
Trainers, medical & insurance	15
Equipment, playing apparel	15
MERCHANDISE	16
Football/netball training times & venues	17
Match starting times	17
Match day requirements	18
Match day venues	19
SENIOR SOCIAL CALENDAR – Juniors parents/Players welcome	19
Codes of conduct	21
ANTI DISCRIMINATION AND VILIFICATION POLICY	24
SOCIAL MEDIA POLICY	25
GRIEVANCE/COMPLAINTS PROCEDURE	26
JUNIOR PARENTS KEY INFORMATION	27
MAJOR CLUB SPONSORS	28
CLUB SONG	29

INTRODUCTION

Welcome to the Lakers 2023 handbook. This will provide both seniors and juniors with our policies, codes of conduct and key information for season 2023.

As the new President our aims for 2023 are simple and summed up in 3 clear statements-

- **ONE CLUB**
- **ONE GOAL**
- **BE BETTER**

You will see much stronger ties between senior and junior clubs because we want our players to be a “**Laker for Life.**”

After what was a challenging year last year, we also want to **BE BETTER.**

In 2023 we will be commencing our climb back up the ladder in both football and netball. The hard work over the preseason has been done, now our players and coaches are ready to perform.

We also say big thanks to our major sponsors PPT Financial and Accounting and The Red Lion Bar and Café for their continued loyal support as well as Ballarat Isuzu who are once again our ground sponsor. To all our other sponsors, we say a huge thank you for sticking with us.

For those new to the club our history is building, and we aim to be around for a long time.

Here are some key facts -

We formed in 1995 because as a merge between the former Wendouree Football Club and YCW Football Club at the end of 1994 Season.

Peter O’Connell and Terry Simpson had the unenviable task of forming a competitive senior side when the Lakers were formed in 1995. Peter and Terry led the club to a final series in our first year and two grand finals in 1996 and 1997. The Senior Football Club best and fairest is named in Peter “Joffa” O’Connell’s honour.

After the success of the early years, it wasn’t until 2009 that we again started showing our presence in the league. In 2009 and 2010 all senior football and netball teams gained a berth in the finals, and in 2011 our two senior football teams and all netball teams were again finalists.

To date 2010 will go down as the most successful year with the club bringing home 5 Premiership flags for the day, our first BFL Senior Football Premiership and 4 netball flags, led by legendary Netball Coach Sally McLean. Also, in 2010 premiership player Paul McMahon won the Henderson medal (league best and fairest).

Our success as a club is proven by winning the Merv and Mary Howard Award for best club in the Ballarat Football League in seasons: 1997, 1998, 1999, 2000, 2001, 2008, 2010 & 2011.

In our short history we have also produced 7 AFL players.

We are now a significant community sports club comprising 30 teams and up to 500 players representing our club using the best facilities in the league.

Here’s to a successful 2023.

Michael Taylor

President

LAKERS AFL PLAYERS

The Lake Wendouree Football Netball Club has been a very successful club over a short time frame with the following players drafted to AFL clubs:



Steve Clifton - GWS



James Walker - Fremantle



Jordan Roughead – Western Bulldogs/Collingwood



Brynn Weadon – Rookie Geelong



Daniel Butler – Richmond / St Kilda



Sam Butler - Hawthorn



Kai Lohmann - Brisbane

LAKERS AFLW PLAYERS



Jordi Ivey – Geelong



Sophie Molan – Richmond



Renee Saulitis – St Kilda



Ella Friend – St Kilda

CLUB MISSION

“To Be Better by creating an environment where individuals, team and club continually improve to become the most respected, passionate, welcoming and successful club in the BFNL”

SOCIAL

- Attend clubrooms for after-match drinks/refreshments at all home & away games (Seniors).
 - Attend all social functions (if you choose to drink, do so responsibly).
 - Get to know *ALL* members of our club.
 - Invite your sponsor and families along to games and club events.
 - Contribute to your club: volunteer for a job, clean up, join a working bee's, etc.
 - Attend Clubrooms for a hot meal after training on Thursday nights.
-

CLUB CANTEEN

All Players and/or Families, are required to support the club by working in the canteen during home games. There is an expectation that if Players are unable to attend, that they arrange a teammate family member to attend on their behalf, should you have any queries, contact:

A roster will be put in place.

DRESS CODE

Represent the Lakers with pride:

- Players must wear club apparel on match days. This is compulsory. No exceptions.
-

ILLEGAL DRUGS

The LWFNC abides by the Ballarat Football Netball League's Illegal Drug Policy. In brief, the possession, use, distribution or selling of illegal or performance enhancing drugs for any purposes on club premises or at any function or activity organized by the club is prohibited.

- In the case of an incident involving an illegal drug, the initial actions and responses will focus on the safety and welfare of those directly and indirectly involved. All responses and actions will reflect the club's duty of care to members, visitors and all other people.
- The club will investigate all apparent or alleged breaches of this policy and determine a course of action after all relevant facts and circumstances are known.
- The club may refer a member who is involved in illegal drug use to a medical or health service for assistance or, if the club deems it necessary in the circumstances, to the police.
- The jurisdiction extends to the club premises and activities organized by or for the club at any venue.
- Penalties may include suspension, expulsion from the Club and Police reporting.

- This policy applies to all members, employees, supporters and visitors of the Club.
 - If the Club is aware that a member is supplying illegal drugs to other members, we will notify Crime Stoppers of this activity. In the case of apparent or alleged illegal drug use, the club may report a person to, or seek the advice of the police.
-

RESPECT OF CLUB & FACILITIES

LWFNC take great pride in its Club, grounds and facilities and ask that respect and care be taken at all time. All club members are requested to help maintain and care for the environment we use from week to week.

Any witness to **Graffiti/Vandalism/Damage** should report to the President, and code of conduct penalties will apply (e.g., repair and pay for damage, suspension, etc.) if a member of our club is involved.

SMOKING

Victorian Laws ban smoking where children play, and areas commonly used by children and young people for sporting and recreation activities.

At organised underage sporting events, smoking is banned within 10 metres of the outdoor venue. The ban extends to training or practice, as well as breaks or intervals during the event, training or practice.

Under the Act, smoking is also banned within 10 metres of children's playground equipment.

A person must not smoke at or within 4 metres of any part of a pedestrian access point at our club.

PLAYER REGISTRATION

The Ballarat Football Netball League (BFNL) requires all players to have Registrations completed and Membership fees paid prior to the start of each season.

This year, for all Club memberships, we are using the following:

“**TICKETHOST**” (a link will be on Team App and our Facebook Page)

This year, for all player registrations we are using the following:

ALL FOOTBALLERS (Senior & Junior)

Play HQ

ALL NETBALLERS (Senior & Junior)

VNA

SENIOR AND JUNIOR PLAYER MEMBERSHIP FEES

Footy Seniors:

Seniors & Reserves	\$	360.00
Under 19s'	\$	260.00

Womens Football:

Seniors	\$	250.00
Youth & Juniors	\$	230.00

Netball:

Netball (senior grades)	\$	190.00
Netball (Under 19's)	\$	160.00

Note: ** Victorian Netball Association (VNA) Registration is required to be paid for the year by all netballers. VNA is payable unless previously paid for the 2023 year in another competition.

Junior fees for 2023 are:

One Junior Footballer	\$243.00
Two Junior Footballers	\$445.00
Three Junior Footballers	\$596.00

One Junior Netballer	\$172.30
Two Junior Netballers	\$313.70
Three Junior Netballers	\$424.80

Under 9 Footballer	\$51.10
Under 9 Netballer	\$51.10

To pay, please use the below links:

Under 11's, 13's, 15's, and 17's Junior Football and Netball Link

<https://www.tickethost.com.au?Event=2467>

Under 9's Football and Netball Link

<https://www.tickethost.com.au?Event=2468>

PLAYER MATCH PAYMENTS (SENIORS)

All senior football and netball players receive remuneration. Players will be paid on a monthly to 6 weekly basis depending on when home games fall. This will enable paid Senior players to have consistent cash flow throughout the year. It will be assumed that all players will be paid under this structure unless we are otherwise advised.

SENIOR PLAYER SPONSORSHIP

Our club consists of 30 competing senior football and netball teams. That's over 200 players at senior level and over 300 at junior level. Add to these numbers our families and supporters and we have a huge club.

We have put together senior player sponsorship packages and ask all our players to support "YOUR" club. Clubs rely on sponsorship revenue to survive so please play your part and lock in your player sponsor. Vin Armstrong will answer any queries you have.

Player sponsor categories are as follows:

FOOTBALL PLAYER SPONSORSHIP (\$275 incl GST)

- Free entry to all senior home games
- Invitation to the Sponsors Lunch
- Advertising on our Lakers Website
- Advertising on scoreboard during Lakers home games

NETBALL PLAYER SPONSORSHIP (\$220 incl GST)

- Free entry to all senior home games
- Invitation to our Ladies Day function
- Advertising on our Lakers Website
- Advertising on scoreboard during Lakers home games

We also have various general sponsorship options for local business which offer great value.

Silver package –
\$1,100 incl GST

Bronze –
\$550 incl GST

Both packages include a ground advertising sign, other advertising, and tickets to events.

2023 SENIOR/JUNIOR CONTACTS

Senior club President:	Michael Taylor	0408 379 149
Vice President:	Julie Maher	0434 474 441
Treasurer:	Jordan Mc Kay lakersaccts@outlook.com	0448 055 006
Secretary:	Colleen Thompson lakerssecretary@outlook.com	0409 049 157
Senior Football Coach:	Jack Fitzpatrick	0422 158 054
Reserves Football Coach:	Lane Buckwell	0428 030 002
Under 19s Football Coach	Tim Shearer	0408 586 536
Senior Women's Football Coach:	Nathan Achison	0418 930 337
Senior Women's Co-Ordinator:	Renea Kinnane	0459 198 210
A Grade Netball Coach:	Courtney McLean	0435 411 480
Netball Co-Ordinator Seniors:	Cassie Yeung	0409 093 829
Netball Co-Ordinator Juniors:	Jill James	0418 130 332
Junior Football President:	Shaun Holloway	0418 121 225
Junior Secretary:	Leesa Gilbert	0401 629 502
Junior Football Co-Ordinator:	Glenn Warland	0457 783 930
Sponsorship:	Vin Armstrong	0417 243 558

SEASON FIXTURE

BFNL senior fixture

<p>ROUND 1</p> <p>Friday 7th April 2023</p> <p><i>Good Friday</i></p> <p>Redan v Lake Wendouree</p> <p>Easter Holidays</p> <p>Saturday 15th April 2023</p> <p>Ballarat Swans v Darley</p> <p>Melton v Melton South</p> <p>Sebastopol v Bacchus Marsh</p> <p>Sunbury v North Ballarat</p> <p>East Point - BYE</p>	<p>ROUND 2</p> <p>Saturday 22nd April 2023</p> <p><i>Anzac Day Round</i></p> <p>Bacchus Marsh v Darley</p> <p>Ballarat Swans v Lake Wendouree</p> <p>East Point v Melton South</p> <p>North Ballarat v Redan</p> <p>Sunbury v Melton</p> <p>Sebastopol - BYE</p>	<p>ROUND 3</p> <p>Saturday 29th April 2023</p> <p>Bacchus Marsh v North Ballarat</p> <p>East Point v Darley</p> <p>Melton v Sebastopol</p> <p>Melton South v Sunbury</p> <p>Redan v Ballarat Swans</p> <p>Lake Wendouree - BYE</p>	<p>ROUND 4</p> <p>Saturday 6th May 2023</p> <p>Ballarat Swans v East Point</p> <p>Lake Wendouree v Sunbury</p> <p>North Ballarat v Melton</p> <p>Redan v Bacchus Marsh</p> <p>Sebastopol v Melton South</p> <p>Darley - BYE</p>
<p>ROUND 5</p> <p>Saturday 13th May 2023</p> <p>Ballarat Swans v Sebastopol</p> <p>East Point v North Ballarat</p> <p>Melton South v Lake Wendouree</p> <p>Redan v Melton</p> <p>Sunbury v Darley</p> <p>Bacchus Marsh - BYE</p>	<p>ROUND 6</p> <p>Saturday 20th May 2023</p> <p><i>First Nations Round</i></p> <p>Ballarat Swans v North Ballarat</p> <p>East Point v Redan</p> <p>Melton v Bacchus Marsh</p> <p>Melton South v Darley</p> <p>Sebastopol v Lake Wendouree</p> <p>Sunbury - BYE</p>	<p>ROUND 7</p> <p>Saturday 27th May 2023</p> <p>Bacchus Marsh v Sunbury</p> <p>East Point v Melton</p> <p>Lake Wendouree v Darley</p> <p>Melton South v Ballarat Swans</p> <p>North Ballarat v Sebastopol</p> <p>Redan - BYE</p>	<p>ROUND 8</p> <p>Saturday 3rd June 2023</p> <p>Darley v Melton</p> <p>Lake Wendouree v Bacchus Marsh</p> <p>North Ballarat v Melton South</p> <p>Sebastopol v East Point</p> <p>Sunbury v Redan</p> <p>Ballarat Swans - BYE</p>
<p>ROUND 9</p> <p>Saturday 17th June 2023</p> <p>Bacchus Marsh v Melton South</p> <p>Ballarat Swans v Sunbury</p> <p>Darley v North Ballarat</p> <p>East Point v Lake Wendouree</p> <p>Redan v Sebastopol</p> <p>Melton - BYE</p>	<p>ROUND 10</p> <p>Saturday 24th June 2023</p> <p>Bacchus Marsh v East Point</p> <p>Darley v Redan</p> <p>Lake Wendouree v North Ballarat</p> <p>Melton v Ballarat Swans</p> <p>Sebastopol v Sunbury</p> <p>Melton South - BYE</p>	<p>SENIOR INTERLEAGUE (TBC)</p> <p>Saturday 1st July 2023</p>	<p>ROUND 11</p> <p>Saturday 8th July 2023</p> <p><i>Hall of Fame Round</i></p> <p>Ballarat Swans v Bacchus Marsh</p> <p>Darley v Sebastopol</p> <p>Melton v Lake Wendouree</p> <p>Melton South v Redan</p> <p>Sunbury v East Point</p> <p>North Ballarat - BYE</p>
<p>ROUND 12</p> <p>Saturday 15th July 2023</p> <p>Bacchus Marsh v Melton</p> <p>Lake Wendouree v Sebastopol</p> <p>North Ballarat v Ballarat Swans</p> <p>Redan v East Point</p> <p>Sunbury v Melton South</p> <p>Darley - BYE</p>	<p>ROUND 13</p> <p>Saturday 22nd July 2023</p> <p><i>Road Safety Round</i></p> <p>Darley v Bacchus Marsh</p> <p>Melton v East Point</p> <p>Melton South v Sebastopol</p> <p>Redan v North Ballarat</p> <p>Sunbury v Ballarat Swans</p> <p>Lake Wendouree - BYE</p>	<p>ROUND 14</p> <p>Saturday 29th July 2023</p> <p>Darley v Lake Wendouree</p> <p>East Point v Ballarat Swans</p> <p>Melton South v Melton</p> <p>Sebastopol v North Ballarat</p> <p>Bacchus Marsh - BYE</p> <p>Redan - BYE</p> <p>Sunbury - BYE</p>	<p>ROUND 15</p> <p>Saturday 5th August 2023</p> <p>Lake Wendouree v Redan</p> <p>Melton v Sunbury</p> <p>Melton South v Bacchus Marsh</p> <p>North Ballarat v Darley</p> <p>Ballarat Swans - BYE</p> <p>East Point - BYE</p> <p>Sebastopol - BYE</p>
<p>ROUND 16</p> <p>Saturday 12th August 2023</p> <p>Bacchus Marsh v Lake Wendouree</p> <p>Ballarat Swans v Redan</p> <p>Darley v Melton South</p> <p>East Point v Sebastopol</p> <p>North Ballarat v Sunbury</p> <p>Melton - BYE</p>	<p>ROUND 17</p> <p>Saturday 19th August 2023</p> <p>Lake Wendouree v East Point</p> <p>Melton v Darley</p> <p>Redan v Melton South</p> <p>Sebastopol v Ballarat Swans</p> <p>Sunbury v Bacchus Marsh</p> <p>North Ballarat - BYE</p>	<p>ROUND 18</p> <p>Saturday 26th August 2023</p> <p>Bacchus Marsh v Ballarat Swans</p> <p>Darley v Sunbury</p> <p>Lake Wendouree v Melton</p> <p>North Ballarat v East Point</p> <p>Sebastopol v Redan</p> <p>Melton South - BYE</p>	<p>2023 FINALS SERIES</p> <p>Week 1: 2nd & 3rd September</p> <p>Week 2: 9th & 10th September</p> <p>Week 3: 16th September</p> <p>Grand Final: 23rd September</p>

BFLW Seniors Fixture



BFLW Seniors Fixture - 2023

ROUND 1	ROUND 2	ROUND 3	ROUND 4
Sunday 16th April 2023 Bacchus Marsh v Carisbrook East Point v Redan Lake Wendouree v Darley	Saturday 22nd April 2023 Bacchus Marsh v Darley Sunday 23rd April 2023 East Point v Carisbrook Redan v Lake Wendouree	Sunday 30th April 2023 East Point v Lake Wendouree Darley v Carisbrook Redan v Bacchus Marsh	Sunday 7th May 2023 East Point v Bacchus Marsh Lake Wendouree v Carisbrook Redan v Darley
ROUND 5	ROUND 6	ROUND 7	ROUND 8
Sunday 14th May 2023 Lake Wendouree v Bacchus Marsh Darley v East Point Redan v Carisbrook	Sunday 21st May 2023 Bacchus Marsh v Redan Lake Wendouree v East Point Darley v Carisbrook	Saturday 27th May 2023 Lake Wendouree v Bacchus Marsh Sunday 28th May 2023 Darley v East Point Carisbrook v Redan	Sunday 4th June 2023 Bacchus Marsh v East Point Carisbrook v Lake Wendouree Redan v Darley
ROUND 9	ROUND 10	ROUND 11	ROUND 12
Saturday 17th June 2023 Bacchus Marsh v Darley Sunday 18th June 2023 Carisbrook v East Point Redan v Lake Wendouree	Saturday 24th June 2023 Darley v Lake Wendouree Sunday 25th June 2023 East Point v Redan Bacchus Marsh v Carisbrook	Sunday 9th July 2023 Darley v Redan Bacchus Marsh v Lake Wendouree East Point v Carisbrook	Sunday 16th July 2023 Carisbrook v Bacchus Marsh Redan v East Point Lake Wendouree v Darley
ROUND 13	ROUND 14	ROUND 15	ROUND 16
Saturday 22nd July 2023 Darley v Bacchus Marsh Sunday 23rd July 2023 Carisbrook v Redan East Point v Lake Wendouree	Saturday 29th July 2023 Carisbrook v Darley Sunday 30th July 2023 Lake Wendouree v Redan East Point v Bacchus Marsh	Sunday 6th August 2023 Carisbrook v Lake Wendouree East Point v Darley Bacchus Marsh v Redan	Sunday 13th August 2023 Darley v Carisbrook Redan v East Point Lake Wendouree v Bacchus Marsh
			2023 FINALS SERIES
			WEEK 1: 20th August WEEK 2: 27th August WEEK 3: 3rd September GRAND FINAL: 9th September

Where do I find the junior Fixture?

Go to

<https://www.bfnl.com.au/news-archive/840-2023-mcdonalds-bfnl-junior-football-netball-fixtures-announced>

Key junior fixture facts:

Under 9's

Netball

First game Friday 28th April

All Under 9 netball games will be held at Ballarat High School Canteen and BBQ Available.

Refer to Stack Team App Only for Schedules.

Footy

First game Friday 28th April

U9 Football Round 1 will be at the Lakers Home Ground

U9 Reserves Start time is 6pm

U9 Senior Start time is 7pm

11's / 13's / 15's

First Footy and Netball Game

First Game Sunday 23 April

Grand Final 17 September 2023

17's

Have a Bye the First Round

PERSONAL PROPERTY

The club takes security seriously, but due to the overwhelming numbers of players, supporters & parents attending matches, the club will not be liable for any loss of personal property left in the changing rooms or other locations within the match precinct. Therefore, you are asked not to leave valuables, such as mobile phones, or cash in your bags during your games.

Everyone can assist with the prevention of theft by reporting suspicious behaviour.

LOST PROPERTY

Any property located at the completion of the day's competition will be collected & retained by the club. If you have lost property, please check the **lost and found** containers:

Juniors	is kept in the trailer on game days
Seniors	in the container in the change rooms
Netball	in the container in the netball shed.

We recommend **naming all your items**.

Items not claimed at seasons end will be donated.

VOLUNTEERS

We remind parents and players that we are a club that is **run by volunteers** and there is an expectation that you will contribute to the running of the club. We ask each family/player to volunteer your time during the year to assist with the many duties that are required around the club.

Volunteer tasks are not difficult, and parents will be provided with tools and support. If ALL families contribute, then we won't be reliant on a small group of volunteer parents doing all the work.

Please see committee members or Football and Netball coordinators regarding assistance with these roles if needed.

We won't always get it right, so please respect our volunteers and the fact that all our decisions are in the best interests of the club.

MATCH & TEAM OFFICIALS

Whilst the club promotes families to participate and contribute by being involved in our club, it is important that only those *volunteers* who are registered on Play HQ as a "team" or "match" officials be allowed within the fence line of the playing field during matches.

Parents and spectators must NOT be in, or near the coach's box during the match as this can be a distraction or worse, be seen as interference, which can lead to unrest and conflict.

It is also requested that parents and spectators please limit their involvement with players during matches, breaks and intervals, other than supportive comments (from a distance). Leave it to the coaches to do their job.

MEDICAL CONDITIONS

All Players will need to supply the Club with any relevant medical information such as asthma, allergies, medicines, etc. by completing the relevant section on the Registration.

If you require an asthma puffer or an Epi-Pen it is your (or your parents) responsibility to have this at both training and games, and where necessary, is given and explained to the Team Trainer, prior to the beginning of training or games.

We are here to help you with any health challenges, whether physical or mental, so please reach out.

All information will be kept in the strictest of confidence and used for medical emergencies only.

TRAINERS, MEDICAL & INSURANCE

The Club highly recommends that ALL Players have their own Private Health Insurance and Ambulance cover. Although the club is insured under the AFL National Risk Protection Program, it is a limited insurance cover and as such we highly recommend that you have insurance through a private health fund and take out income protection particularly if you are self-employed. Our insurance covers 75% of the total cost to a maximum of \$2500 per claim. Therefore, families and individuals are responsible for all out-of-pocket expenses, NOT the club.

Death & Capital Benefits	Quadriplegia / Paraplegia	Non-Medicare Medical
Maximum \$150,000 (\$30,000 U/18)	Maximum \$1,000,000	75% reimbursement \$2,500 max. per claim \$75 excess per claim

Emergency Medical Transport Services are not free. (Medical out of pocket expense can be approximately \$1,200.00 for an ambulance ride from Lakers oval to Ballarat Base Hospital, plus other medical costs potentially reaching thousands of dollars).

WE have qualified trainers in attendance for all football and netball matches. All injuries must be reported as they occur, particularly concussion.

We also have defibrillator apparatus in the event of an extreme emergency.

If the trainer indicates that a player is either:

- a) NOT fit to re-enter the field or netball court; or
- b) Needs to be taken to hospital by ambulance,

their decision is final, they will NOT be influenced by a parent or coach, and we ask you to both support and respect their informed decision.

Our club will also strictly follow the new concussion guidelines which can be found on the AFL website.

EQUIPMENT, PLAYING APPAREL

Playing uniform: All registered players will be provided a Lake Wendouree Football Jumper/Uniform. It is your responsibility to clean, maintain and return to the club at the end of the season.

Please Note: Failure to return a Jumper at the end of the season will result in the need to pay for the cost of replacing the item. Players will be unable to be re-registered or cleared whilst any items are outstanding. These items remain the property of the LWFNC.

Equipment such as netballs and footballs must be returned at the completion of matches and training.

Mouthguards are vital when it comes to protecting teeth during contact sports. It is highly recommended for players to wear a mouth guard in all football matches. Compulsory for juniors.

Jewellery of any description must not be worn whilst playing. Body piercing must be removed and cannot be covered by tape.

MERCHANDISE

Below are our apparel options which must be purchased online via our club link through Loco sportswear below.

Merchandise Orders are open on the 1st of every month and close on the 7th of the month for custom merchandise. You will be reminded via Team App on how to order. Orders will then be delivered to you directly.

<https://linktr.ee/lakersfnc>



Lake Wendouree FNC Training Tee
From \$40.00



Lake Wendouree FNC Training Singlet
\$35.00



Lake Wendouree FNC Club Polo
\$40.00



Lake Wendouree FNC Custom Hoodie
\$60.00



Lake Wendouree FNC Netball Socks
\$15.00



Lake Wendouree FNC Football Shorts - Home
\$45.00



Lake Wendouree FNC Football Shorts - Away
\$45.00



Lake Wendouree FNC Football Socks - Long
\$15.00



Lake Wendouree FNC Football Socks - Short
\$15.00



Lake Wendouree FNC Winter Jacket
\$100.00



Lake Wendouree FNC Supporter Tee
\$25.00



Lake Wendouree FNC Long Sleeve Tee
\$35.00



Lake Wendouree FNC Training Shorts
\$35.00



Lake Wendouree FNC Supporter Cap
\$20.00



Lake Wendouree FNC Knit Beanie
\$20.00



Lake Wendouree FNC Supporter Scarf
\$25.00



Lake Wendouree FNC Club Backpack
\$40.00



Lake Wendouree FNC Sports Bag
\$45.00

FOOTBALL/NETBALL TRAINING TIMES & VENUES

All players are expected to attend and participate fully in all training sessions. The exceptions are if you are injured or have other commitments. However, some type of training can usually be undertaken when you are injured, be it fitness or ball work.

It is also accepted that other commitments such as work, school homework must be given priority. Having said this, your attendance and conduct at training are always important considerations when it comes to team selection. Respective football and netball online contact groups but be advised if you are unable to make training. If no contact is made, your place within the team may be jeopardized.

FOOTBALL (SENIORS):

Senior Football	Tuesdays & Thursdays	6pm
Reserves Football	Tuesdays & Thursdays	6pm
Under 19s	Tuesdays & Thursdays	5:30pm
Venue:	Lake Wendouree Football Netball Club	

Netball

All Senior Netball	Thursday nights	From 6:00pm – staggered times per grade
Venue:	Lake Wendouree Football Netball Club	

MATCH STARTING TIMES

Senior football

Age group	game start
Seniors	2:15 pm
Reserves	12:00pm
Under 19's	9.50am
Senior Women	12:45 pm

Senior netball

Age group	game start
A Grade	2.30pm
B Grade	1.15pm
C Grade	12:00pm
D Grade	11.00am
E Grade	10:00am
Under 19's	9:00am

Women's football

Seniors
Under 19 girls
Under 16 girls

game start - Sundays

12.45pm
11.15am
9.45am

Junior footy

Under 9s
Under 11 Reserves
Under 11 Seniors
Under 13 Reserves
Under 13 Seniors
Under 15 Reserves
Under 15 Seniors
Under 17 Reserves
Under 17 Seniors

game start - Sundays

Fridays
8.00am
8.00am
8.55am
9.55am
11.00am
12.15pm
1.35pm
3.15pm

JUNIOR Netball

Under 11 Reserves
Under 11 Seniors
Under 13 Reserves
Under 13 Seniors
Under 15 Reserves
Under 15 Seniors
Under 17 Reserves
Under 17 Seniors

game start Sundays

8.00am
9.00am
10.00am
11.00am
12.00pm
1.00pm
2.00pm
3.00pm

NOTE: dual gate games, evening games, changes in venue or draw by BFL, can occasionally mean venues will be subject to change. Coaches will advise arrival times for each grade.

Players/Families will be advised by their coaches and/or Team Managers of these time changes and these will be posted as early as possible on TEAM APPs, Facebook, Instagram and our Website.

MATCH DAY REQUIREMENTS

Football players MUST have the following before they can take the field:

1. Your correct football jumper (your number) which is expected to be clean.
2. A suitable fitting mouthguard.
3. Football boots. (These MUST be clean for every match).
4. Correct football shorts:
 - a. All "Home" matches wear Blue shorts.
 - b. All "Away" matches wear "white" shorts except juniors.
5. Correct football socks – blue green yellow
6. Players may wear undergarments, such as "Skins" as long as the following conditions are complied with:
 - The under garments are skin colour.

- If they aren't skin colour, then the under garment should not be seen under the football uniform, including the vee neck.
- Under NO circumstances can players wear coloured T Shirts under their jumpers.

Netball players MUST have the following before they can take the court;

1. Lakers netball uniform which is expected to be clean
2. Suitable runners
3. If the BFNL decide that the weather is bad enough, girls can wear a navy T-shirt or long shirt under their dress. No other colour is permitted.
4. Short briefs per league rules – color black
5. Hair tied up neatly.
6. Lakers socks

Junior footy Shorts

Juniors do not wear white shorts anymore. Full Lakers Uniform for every game.

Club shorts and socks must be purchased through Loco Sportswear (see Merchandise below). We do not hold stock of shorts or socks so it is up to players to order their uniform as required. We recommend that parents are generous with the sizes of the shorts when ordering.

Orders for shorts and socks can be made any time.

Juniors what to Bring To Each Game?

Mouth Guard For Footy (no game without it)

Drink Bottle

Full Lakers Uniform

Footy Boots For Footy

A Great Attitude

MATCH DAY VENUES

Note: You should allow 1 hour travelling time for away matches at Darley, Bacchus Marsh and an additional 20 mins for Melton and Sunbury

If you require assistance in travelling to these grounds, please speak with your respective coach or team manager for carpooling arrangements.

SENIOR SOCIAL CALENDAR – JUNIORS PARENTS/PLAYERS WELCOME

All upcoming social events and functions will be advertised via our Facebook Page and other socials.

Additional to the social calendar schedule you are expected to attend after-match functions at both home and away games.

Our club has a strong social culture that we are proud of and, with this comes certain expectations –

- “The player “must always conduct themselves in a professional manner off the field and will not act in a manner which brings the name of “the club” unto disrepute. Appropriate behaviour is to be always displayed in and around the clubrooms and any venue that “the club” is hosting a function, as well as sponsors venues.
- “The club” reserves the right to impose fines, suspensions or other penalties as it sees fit, should this occur.
- Lake Wendouree FNC is a responsible server of alcohol in accordance with current VCGLR regulations. If in the opinion of the committee or bar manager “the player” has consumed too much alcohol, then any committee member reserves the right to ask “the player” to refrain from consuming alcohol or leave the premises or grounds of “the club”
- No illegal or illicit drugs are permitted - refer policy in this booklet



ROUND 3 APR 29	Red Lion
ROUND 4 MAY 6	Past Players & Lakers Olympics
ROUND 6 MAY 20	Red Lion
ROUND 7 MAY 27	Ladies Day
ROUND 8 JUN 3	Food Truck & Drinks at Lakers
ROUND 10 JUN 24	Sponsors Day
ROUND 11 JUL 8	Red Lion
ROUND 12 JUL 15	ANNUAL BALL
ROUND 14 JUL 29	Red Lion
ROUND 15 AUG 5	ABBA Tribute Night
ROUND 16 AUG 13	Players Major Raffle
ROUND 17 AUG 19	Tim's Toasties at Lakers
ROUND 18 AUG 26	Coachella Festival




CODES OF CONDUCT

SENIOR AND JUNIOR COACHES CODE OF CONDUCT

This coaches code of conduct is to be read in conjunction with section 5 of the National Community Football Policy Handbook.

In addition to the obligations under the National Community Football Policy Handbook, a Coach must:

- (a) be Accredited;
- (b) be reasonable in the demands made on the time commitments of Players, having regard to their health and well-being;
- (c) be considerate of the varying maturity and levels of ability of Players when designing practice schedules and practice activities;
- (d) if coaching Junior Players, use best endeavours to ensure that Players gain equal playing time in Matches; Return to Table of Contents 41
- (e) always monitor and ensure the health and safety of Players;
- (f) seek and follow the advice of appropriately qualified health specialists in relation to the participation of injured or ill Players provided that, where such advice is that a Player is fit to play but that advice is inconsistent with any restrictions in this Policy Handbook on the participation of injured or ill Players, the restrictions in this Policy Handbook must be complied with;
- (g) keep up to date with the principles of coaching including skill development and requirements of Accreditation;
- (h) display and foster appropriate sporting behaviour, including using best endeavours to procure that Players comply with their obligations under this Policy Handbook;
- (i) display and foster respect for Football Officials, opponents, parents and spectators; and (j) ensure that Players are involved in a positive environment where skill learning and development are

SENIOR PLAYERS CODE OF CONDUCT

1. At all times abide by the rules of the League in which you compete and the club for which you play. Rules of the game are mutual agreements which no player should evade or break.
2. Do not assault or attempt to assault an umpire, another player, officials or spectators.
3. Ensure that both on and off field behaviour is consistent with the principles of good sportsmanship. Swearing is not acceptable.
4. Do not abuse, dispute or react in an obviously provocative or disappointing manner towards an umpire.

5. Conduct yourself at a high level of personal behaviour on and off the field in such a manner so as not to bring your club or the game of Australian Football into disrepute.
6. Develop a respect for the League in which you compete, your club, team mates and opponents.
7. Be willing to be involved in local football development and promotional activities.
8. Avoid use of derogatory language based on gender or race

JUNIOR PLAYERS CODE OF CONDUCT

1. Abide by the rules of the game and rules set down by your coach, club and league.
2. Never argue with an official or umpire. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
3. Control your temper. Verbal or physical abuse of officials, umpires, spectators or other players, deliberately distracting or provoking an opponent is not acceptable or permitted.
4. Work equally hard for yourself and your team. Your team's performance will benefit, so will you
5. Be a good sport. Applaud all good plays whether they be by your team, opponent or the other team. Be proud to walk off the ground after each game knowing that you have given your best effort and never involve yourself in an argument with opposing players, umpires or officials
6. Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player. Your involvement to play is for fun and enjoyment and that winning is only part of it.
7. Co-operate with your coach and team mates, and respect the ability of your opponent. Without them there would be no game.
8. Play for the 'fun of it' and not just to please parents and coaches. 9. Avoid use of derogatory language based on gender or race.

PARENTS AND SPECTATORS OF JUNIOR FOOTBALL CODE OF CONDUCT

1. Encourage children to participate if they are interested. However, if a child is not willing do not force them
2. Focus upon the child's efforts and performance rather than the overall outcome of the event. This assists the child in setting realistic goals related to their ability by reducing the emphasis on winning.
3. Teach your child that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.
4. Encourage your child always to play by the rules
5. Never ridicule or yell at your child for making a mistake or losing a competition.
6. Remember your child should be involved in football for their enjoyment, not yours.

7. Remember your child learns best by example. Applaud good play by both your team and by members of the opposing team.
 8. If you disagree with an official or umpire raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public. Remember, most officials give their time and effort for your child's involvement
 9. Support all efforts to remove verbal and physical abuse from junior sporting activities.
 10. Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for your child and deserve your support.
 11. Support your club officials in maintaining the highest standard of behaviour both on and off the field for the betterment of the league and your family. Offer your assistance to the team that your child is playing in so that every opportunity is being provided for the very best supervision and support. Your involvement will give both yourself and your child far more satisfaction
 12. Avoid use of derogatory language based on gender or race.
 13. Promote all activities to make your clubs a child safe environment.
-

ANTI DISCRIMINATION AND VILIFICATION POLICY

LWFNC expects all our players, members, supporters, committee and volunteers to never participate in any anti discriminatory or vilifying behaviors. Failure to do so will result in penalties handed down by the committee that may include behavioral training, suspension or removal from the club.

Anti-Discrimination

In Australia, it is unlawful to discriminate on the basis of a number of protected attributes including age, disability, race, sex, intersex status, gender identity and sexual orientation in certain areas of public life, including education and employment.

Behaviour that is likely to be racial or religious vilification

Behaviour that could be vilification includes:

- speaking about a person's race or religion in a way that could make other people hate or ridicule them
- publishing claims that a racial or religious group is involved in serious crimes without any proof
- repeated and serious spoken or physical abuse about the race or religion of another person
- encouraging violence against people who belong to a particular race or religion, or damaging their property
- encouraging people to hate a racial or religious group using flyers, stickers, posters, a speech or publication, or websites, email or social media.

SOCIAL MEDIA POLICY

Recognizing the increasing use of social media for broader and instant communication the Lake Wendouree Football Netball Club (LWFNC) requires all players and members to adhere to the Social Media Policy described herein.

In relation to this Social Media Policy, Lakers would like to make it very clear to its players, coaches, officials and club members, that you are responsible for your statements and actions unless written approval has been granted by the club to make comment on a matter.

In addition, the Lakers would remind its players, officials, club members and supporters that Social Networking postings often unwittingly enter the public domain thus leading to broader civil proceedings where other parties are offended or distressed by inappropriate content.

This Policy is to be read in conjunction with the AFL Vic Cyber Safety Policy, where this club policy does not address a specific issue it is superseded by the AFL Vic Cyber Safety Policy.

Before using Social Media, the AFL encourages all Persons to ask themselves the following questions:

- (i) Am I revealing any sensitive or confidential information?
- (ii) Would I want my Coach, team, family or friends to see this?
- (iii) Will I regret my actions?
- (iv) Could this negatively impact the reputation of the AFL, other Controlling Body or a Club?
- (v) Could this be seen as inappropriate, discriminatory, defamatory or in breach of any laws?

Behavioral standards on Social Media

When using Social Media, a Person must:

- (a) respect the privacy of others;
- (b) ensure that content published is factually accurate;
- (c) be polite and respectful with others; and
- (d) adhere to the terms of use of the relevant Social Media, as well as copyright, privacy, defamation, contempt of court, discrimination, harassment and other applicable laws.

Prohibited conduct on Social Media

When using Social Media, a Person must not:

- (a) post or engage with (e.g. like, comment on, share, forward) material that is offensive, obscene, disparaging, defamatory, threatening, harassment, bullying, discriminatory, homophobic, hateful, racist, sexist, infringes copyright, constitutes a contempt of court, breaches a court suppression order, or is otherwise unlawful;

- (b) talk negatively about a Controlling Body, its employees, its competitors, corporate partners, broadcast partners, sponsors, or customers/fans or any other related organisation;
 - (c) represent a personal view as that of a Controlling Body;
 - (d) bring a Controlling Body's brand and reputation into disrepute;
 - (e) post or release any Controlling Body information or material (including images or video) prior to its official launch or announcement by the Controlling Body in the public domain;
 - (f) plagiarise or breach copyright of another person;
 - (g) access, download or transmit any kind of sexually explicit material (including child pornography), violent and/or graphic images (without medical purpose);
 - (h) access, download or transmit information on the use and construction of weapons, explosives and/or other tools of violence or terrorism;
 - (i) breach the reasonable expectation of privacy of a person; or
 - (j) access to the computing resources of a Controlling Body without the prior consent of the Controlling Body
-

GRIEVANCE/COMPLAINTS PROCEDURE

From time to time, there may be grievances.

We won't always get it right.

It is expected that the respective people involved have made a genuine and reasonable attempt to address the issue at a personal level. Where possible, less serious complaints should be resolved informally at the level they occur.

Our club will adhere to the following steps-

Complaint handling principles

Our handling of complaints will be fair, just, and transparent.

We will apply the following principles:

- **Treat** complaints seriously
- **Act** promptly
- **Treat** people fairly and listen to both sides of the story
- **Stay** neutral
- **Keep** parties to the complaint informed

- **Try to Maintain** confidentiality if possible
 - **Protect** against victimisation
 - **Keep** accurate records
 - **Make** decisions based only on information gathered not personal views
 - **Disciplinary** action will be relative to the breach
-

JUNIOR PARENTS KEY INFORMATION

Communication

All communication will be through our preferred method using the Stack Team App.

Your Team Manager and Coach will communicate all important information via this channel.

As your first point of call, please see your Team Manager or Coach. Let's avoid large group chat messages on Team App (your team chat is fine) as they interrupt the day of all members even if it's not relevant for them. The main purpose of Team App is to get important information out to members. Anything that sounds like people chatting in a coffee shop needs to be sent by some other means.

What Do My Parents Have To Do?

Help with Canteen, BBQ or around the Grounds / Courts. Get them to check with your Team Manager to see what they can help with. You Parents don't need to know anything about football or netball in order to help. There are plenty of jobs to be done in order to make your game happen.

Complaints Process

We ask that before Parents put in a complaint about something they are unhappy with, they walk away, think about it overnight and then put the complaint in writing to lakersjuniors@hotmail.com. You will be contacted by the co-ordinator to discuss.

With netball you have 48 hours to put in a complaint, otherwise you are unable to do so.

Speaking to your coach

Should you have a query about game time or other issues, we request that you make an appointment to see your team manager. This should not be on game day with a minimum of 24 hours' notice to allow everyone to collect their thoughts and calmly work through any issues.

Photos and Social Media Posts for Sunday Night Round Up

If you have any quality photos every week, please send them through to our Lakers Messenger following your game. They will be featured in our Sunday Night Round Up Posts. Please limit how many you send to only a few quality photos per age group / team.

MAJOR CLUB SPONSORS

We would like to thank all our sponsors for their support for the 2023 season. Without their help we would be unable to take the field week in and week out.

2023 Joint Major Sponsors – PPT & Red Lion



2023 Ground Naming Right Sponsor - Ballarat Isuzu



BALLARAT | ISUZU
2022 **ISUZU** TRUCKS Dealer of the Year

CLUB SONG



Oh we're from Lakerland
A fighting fury
We're from Lakerland
In any weather you will see us with a grin
Risking head and shin
If we're behind then never mind
We'll fight and fight and win
Oh we're from Lakerland
We never weaken 'til the final siren's gone
Like the Lakers of old
We're strong and we're bold
Oh we're from Laker
Blue, Green and Gold
Oh we're from Lakerland!!