



# Mount Colah Football Club Inc.

ABN 72 639 020 122

(Affiliated with Northern Suburbs Football Association)

[www.mountcolahcolts.com](http://www.mountcolahcolts.com)

## Registration Information – 2020 Season

Welcome to the 2020 season of football with Mount Colah Football Club.

This document contains important registration information and general information for the 2020 Football Season

### PLAYER REGISTRATION

**All Player and Volunteer registrations are to be completed online by the player (or parent) or volunteer, even if you plan to attend our Information Day (Saturday 1st February 2020, 11am - 3pm at Mt Colah Public School Hall).**

The registration process and link to the PlayFootball Online registration portal can be found on the Mount Colah Football Club website at [www.mountcolahcolts.com](http://www.mountcolahcolts.com)

**All players wanting to play in the 2020 season are encouraged to register by Friday 21st February. This season NSFA requires all clubs in the association to submit their team nominations on the 24th February. Registrations after 21st February can only be accepted if there are available places in our teams.**

**Fees must be paid by Midnight on Tuesday 31st March to be eligible to play in Round 1 (4th/5th April).**

### INFORMATION DAY

Saturday 1st February at Mount Colah Public School Hall from 11am to 3pm. (Please park outside the school grounds and enter via pedestrian gates.)

We can provide assistance with registration and answer any questions.

If paying by cash or cheque on the day please register online at home and then **bring your PlayFootball Invoice with you.**

Shorts, socks, training shirts, second hand boots etc will also be for sale

## ACTIVE KIDS PROGRAM

Active Kids is a NSW Government program to help NSW families meet the cost of getting their kids into sport and active fitness and recreation activities.

The NSW Government will provide a \$100 voucher to parents/guardians of school enrolled children. The \$100 voucher can be used for registration and participation costs for sport and fitness activities. Every child (4.5 - 18 years' old) enrolled in school from Kindergarten to Year 12 will be eligible for an Active Kids Voucher. The \$100 Voucher will be available via the Service NSW website.

Additional information on the Active Kids Program can be found on the NSW Government Office of Sport Website:

<https://sport.nsw.gov.au/sectordevelopment/activekids>

Details on how to use the Active Kids Voucher can be found on the club website in Player Registration.

## 2020 PLAYER REGISTRATION FEES

Registration Fees for the 2020 Season can be found on the Mount Colah Colts Website in Player Registration.

## Age Eligibility

Refer to the Registration Pages on the Mount Colah Colts Website for information on age eligibility for registration.

## PAYMENT OF FEES                    “NO PAY – NO PLAY”

Refer to the Registration Pages on the Mount Colah Colts Website for information for Payment Options.

**Remember: Fees must be paid by Midnight on Tuesday 31st March to be eligible to play in Round 1 (4th/5th April).**

## PROOF OF AGE

All players who are new to Mount Colah Football Club must provide proof of age to be sighted by Club officials at Information Day. Proof of age can be in the form of –

- Copy of a Birth Certificate or extract thereof                    (or Health Department “blue book” issued by hospital at birth)
- Copy of a Passport
- Copy of a current driver’s licence
- Other Government approved ID

## ID PHOTO

All players U12 and older will require a *digital photo* to be eligible for competition. An appropriate passport style photo should be uploaded while registering in PlayFootball. This can also be uploaded by editing the player profile at any time.

All current competition age players must supply a new *digital photo* every 3 years for juniors and every 10 years for seniors.

## UNIFORM / CLOTHING

Items of uniform and clothing will be available for purchase at Information Day and Grading Day. We welcome donations of second hand club clothing, especially boots in good condition (particularly smaller sizes for up to 12 year olds) - bring them with you to Information Day.

## **GRADING and PRE-SEASON TRAINING**

This season will see a continuation of new Pre-Season Training and Grading format for all age groups that was introduced last season. Grading will no longer take place on a single Sunday afternoon in February. Instead we are replacing grading with Squad training based on Age Groups which will be held on weekday afternoons throughout February.

This method has brought us inline with Association standards and yielded positive results with its implementation last season. This format is designed to provide a fairer system that supports and mentors both players and volunteers.

Pre-season training/grading commences the week of 5th, 6th and 7th of February for all competition age groups.

Pre-season training/grading commences the week of 10th of February for all MiniRoo age groups.

Commencement of pre-season SAP League training will be announced by the Club Technical Director

See website for pre-season training locations and times

### **MiniRoos (U6 to U11)**

This season the MiniRoos Skills Clinic will be open to all MiniRoos players. This season the MiniRoos Skills Clinic will focus on both pre-season skills training and grading. The first 3 weeks will be aimed at skills development and the final 2 weeks we will be concentrating on grading of all players.

Clinic based Pre-Season Training and Grading dates and times will be published on the Mount Colah Colts Website.

### **SAP League (U8 to U11)**

This season sees the introduction of SAP League at MCFC. Players selected in the SAP League teams **will not** participate in the regular MiniRoos pre-season Clinics. Instead the SAP League teams will commence their pre-season training in readiness for the season ahead.

SAP League Pre-Season Training dates and times will be announced by the Club Technical Director published on the Mount Colah Colts Website.

### **Junior Competition (U12 to U18)**

This season we will be conducting Pre-Season Training and Grading throughout February for all age groups. Pre-Season Training and Grading will commence in the first week of February. All age groups will be training in squad format throughout February on a weekday afternoon. Grading of players will take place during the pre-season training period. This will allow us to see and work with players over many sessions to determine the best grade and team for each player.

Pre-Season Training and Grading dates and times will be published on the Mount Colah Colts Website.

### **Senior Competition**

Senior teams will squad train throughout February as usual.

## **SEASON TRAINING**

Season training will commence in March following Pre-Season Training and Grading. This season will see a continuation of our new training format which yielded great improvements and a better experience for players, coaches and managers.

All teams in an age group will train at the same time and day at the same location. This format is aimed at providing Players with a better and more consistent Football experience. It also allows us to better support our Coaches and Managers and also allows them to collaborate and work together. In summary this format provides the following:

- Allows for both team and squad training within an age group.
- Allows for consistent development of player skills within an age group

- Allows greater collaboration of Coaches and Managers in an age group and allows for sharing of knowledge
- Allows for the introduction of mentoring programmes for our Coaches and Managers
- It also allows us to organise themed training events and guests for whole age groups

All these attributes equal a better training and learning experience and more fun for our Players, Coaches and Managers.

- MiniRoo teams and age groups will train on Tuesday or Thursday afternoons at Foxglove Oval.
- SAP League teams will train on Monday, Tuesday and Thursday afternoons at Berry Park.
- Junior Competition teams and age groups will train on Tuesday or Thursday evenings at Foxglove Oval.
- Senior Competition teams and age groups will train on Tuesday, Wednesday or Thursday nights at Parklands Oval and Foxglove Oval.

All Training days and times will be published on the Mount Colah Colts Website.

## SEASON KICK OFF

Season 2020 Season Commences Weekend 4th & 5th April for all teams.

Northern Suburbs Football Association age groups are:

Saturday matches U6 to U18 juniors, All Age Men, Over 35 Men and Over 45 Men, Over 40 Women 5-a-side

Sunday matches for girls GU8, GU9, GU10, GU11, GU12, GU14, GU16, GU18, All Age Women and Over 35 Women.

Due to a shortage of grounds, some games may be rostered on a weekday evening and some Men's games on Sundays.

*Mount Colah teams will depend on the number of players registering in each group. If a team cannot be formed, options will be discussed with the players.*

## MINIROOS FOOTBALL

MiniRoos Football is played in age groups U6 to U11 and G12:

Playing Format	U6-7	U8-9	U10-11 & G12
Player Numbers	4v4	7v7	9v9
Field Size	30x20m	40x30m	60x40m
Goal Size	2x1m	3x2m	5x2m
Ball Size	Size 3	Size 3	Size 4
Goalie	No	Yes	Yes
Playing Time	2x15min	2x20min	2x25min
Half Time Break	5min	5min	5min
Throw-in/Kick-in	Kick-in	Throw-in	Throw-in
Offside	No	No	No

## YOUR CONTRIBUTION

You will be expected to help your team manager – perhaps by taking your turn to wash shirts or provide fruit, assisting with ground dressing, helping to make phone calls, etc. When your Manager asks for assistance, please remember that he/she is doing this job as a volunteer, and that we can all do something to make the job easier.

You may also be called upon to assist in the Club canteens and Club BBQs.

## CANTEENS

Canteens at Foxglove Oval and Berry Park are supervised and stocked by our Canteen Coordinator. Each canteen will be staffed by 2 permanent workers (16 years or older) who will be paid a small honorarium. People interested in working in these canteens should email [canteen@mtcolahfc.org.au](mailto:canteen@mtcolahfc.org.au)

Funds raised by the canteens assist MCFC in maintaining a low fee structure.

The Canteen at Parklands is supervised, stocked and run by our senior competition teams.

## TEAM MANAGERS AND COACHES

Please consider whether you would be able to help the Club by being a manager or coach. Contact your Age Convenor to enquire. There will be an information night for managers and coaches before the start of the season. All coaches, managers and convenors are expected to attend.

If you are willing to help but have not had experience as a coach or manager, we will provide information and assistance. Free coaching courses will be held early 2020. Contact [coaching@mtcolahfc.org.au](mailto:coaching@mtcolahfc.org.au) for details.

This season we are planning a lot of coaching courses to allow all team coaches to learn coaching methods and skills, become more confident and get certified. 2020 will be a great season to be a coach at MCFC.

## REFEREEING

There is always a need for more referees. The Referees Association relies on club members and supporters for new recruits. Benefits for you: participate in sport, get some exercise, and be paid for it.

Courses are conducted by the Referees Association. You must have reached the age of 14 to attend. Course details and registration form are on the Referee's website [www.kdfra.asn.au](http://www.kdfra.asn.au) If you are planning to attend the referee's course, please also advise our Referee Liaison Officer [ref@mtcolahfc.org.au](mailto:ref@mtcolahfc.org.au) by email.

## TROPHIES

Trophies are awarded at the end of the year. Individual participation trophies are awarded up to U14. team trophies are awarded from U15 and above. Service medallions are presented to players who have achieved 5, 10 or 15 years playing with the Club.

We're looking forward to a great year of football. Enjoy Season 2020!

Helmut Hiebl

MCFC Registrar

[registrar@mtcolahfc.org.au](mailto:registrar@mtcolahfc.org.au)

**Mount Colah FC, together with T3, is running the**

**MINROOS SKILLS DEVELOPMENT CLINIC and GRADING**

for U6, U7, U8, U9, U10 and U11 players (Boys and Girls)

who have registered and paid to play with Mount Colah Football Club for Season 2020

Mondays 5:00pm at Berry Park  
for 5 weeks commencing Monday 10<sup>th</sup> February



This season the Clinic is open to all registered (non SAP) players U6 - U11.

This season the Clinic will provide both Skills Development and Grading.

It is essential that all U6 - U11 players attend the clinic during  
the Grading Weeks.

[Mt Colah Football Club Website](#)

And click on the Skills Clinics & Grading link for more information.

**Note:** Players selected in the SAP League teams **will not** participate in the pre-season T3 Clinics.  
Instead the SAP League teams will commence their pre-season training in readiness for the season  
ahead.

***Interested in becoming a  
Mount Colah Football Club sponsor?***

**Contact Club President  
email: [president@mtcolahfc.org.au](mailto:president@mtcolahfc.org.au)**