



Norwest United Football Club

First Kicks/Fun Football Handbook
2020 Season

Season dates	<p>The football season will start on 2nd May and finishes in late August / early September. If a lot of games have been cancelled due to bad weather, the season may be extended slightly.</p> <p>The club sometimes also runs a separate Summer football season, between mid-October and Christmas, and in February and March.</p>
The grading system	<p>First Kicks - grades 4, 5 and 6</p> <p>Fun Football - grades 7 and 8</p> <p>Players are placed in grades according to their age on January 1st. The best way to determine which grade your child will be in is by how old they are turning this year. Eg if you child is 4 years old on the 1st of January, i.e turning 5 sometime this year, they will play in 5th grade.</p>
Fees	<p>The cost for both First Kicks & Fun Football will be \$155. Payments can be made into the Norwest United bank account 02-0139-0001534-00. Please quote your registration number (starts with CH-) and your surname.</p>
Format of Saturday football	<p>Norwest United was one of the first clubs to implement NZ Football's award winning 'Whole of Football' programme. More information about this can be found on the NZ football site at http://www.nzfootball.co.nz/whole-of-football/</p> <p>This is a grassroots programme designed to retain and develop young talent while ensuring that all players learn the skills they need to enjoy the game.</p>
	<p><u>Format for 5th – 7th Grade</u></p> <p>On the Saturday morning, each team participates in short skills sessions, followed by short, small-sided games.</p> <p>Each team is coached in the first skills session by their own coach. They then move to another pitch to have another session with another team's coach, and repeat so that they end up having three different skill sessions.</p> <p>The team returns to their home pitch and their coach divides them into two smaller teams. They then play a short, small-sided game against their own team. The 'away' team then moves to the pitch at which they had their second skills session, and plays that team's 'home' team, and then moves again to their third game.</p> <p>This system ensures that the children get interactions with a range of coaches and other teams in their grade.</p>
	<p><u>Format for 8th Grade</u></p> <p>8th grade players will have the option to participate in an interclub competition with Waitakere City, Greenhithe and Albany Football Clubs, or to stay at Norwest and do skills training and play games against other Norwest teams. The interclub games work on a home and away schedule so travel to these other clubs on some weekends is necessary. With interclub, kids play three 15 minute games against other club teams. There are no training modules for kids to develop skills on these particular game days.</p>

Format for 4th Grade

Norwest run a separate programme from the “Whole of Football” for 4th Grade. The format for this grade will consist of one group who will all stay together for the entire session and play a number of fun games introducing basic football skills. There is often a fun game of football played at the end by splitting the group into two teams and playing against each other.

Game times

4th – 7th Grade - Kick off is at 8.15am on Saturday mornings.

8th Grade @ Norwest – Kick off is at 8.15am on Saturday mornings

8th Grade Interclub games – Kick off is at 8.05am on Saturday mornings, either at Norwest for home games or at either Waitakere/Greenhithe/Albany for away games.

Practice times

4th – 6th Grade - There is no set club training days or times for these grades. Some teams will organise their own mid-week training based on player and coach availability to run the sessions. These practices will be determined once the teams are announced or teams have got together at the start of the season. The club will fully support any coaches wanting to run a mid-week training session by providing coaches with appropriate training material and coaching the coaches.

7th & 8th Grade - Norwest will be offering separate mid week training with our club professional coaches on a Tuesday afternoon for terms two and three. These training sessions are open to all our 7th and 8th grade players but for those 8th grade kids choosing to play interclub, they are strongly encouraged to attend these midweek sessions. This will ensure they get a balance of game time and coaching to develop their football skills. Each term will run for 8 weeks and the cost will be \$80 per term. You can sign up to attend the midweek training when you register with the club.

Teams

Children are placed in a team based on their team in the previous season, if any, where they live, and what school they go to, rather than their skill level. Skill-based grading starts at 9th grade at Norwest United.

Although numbers are increasing, there are usually many more boys than girls playing football. As many of the teams as possible will be mixed, however we usually try to group the girls so that two or three are together in a team rather than spread them out more thinly.

Club Uniform

The Norwest United uniform is a royal blue shirt with a white vertical stripe and white trim, with royal blue shorts and socks. Each player needs to purchase his or her own shorts and socks, as well as boots and shinpads. Shirts are supplied by the club. There are other items of clothing such as club tracksuits and jackets that may be purchased, however these are purely optional and not required for Saturday games.

Uniforms can be purchased online through the club (please follow link from the homepage on our website) or from Rebel Sports Northwest.

It is encouraged that one parent takes all the shirts for the team and wash them all together in a separate load rather than each child take a shirt for the season. This will ensure the shirts are kept in the best possible condition.

Coaching

All first kicks/fun football teams are coached by volunteers, usually a parent or grandparent. The club provides coaching handbooks, which contain instructions for games and activities which develop specific football skills. Several coaching training sessions led by professional coaches are arranged at the start of each season.

It is possible to share coaching duties between several people, if needed. No qualifications or previous experience as a coach is necessary and you don't have to know all the rules to start.

We cannot have too many coaches available and this is a great way to support your child, so please volunteer!

Team Manager

Each team needs a manager, who will deal with the administrative side of the team, ensuring that everyone knows where they need to be and when, if the game is still on even though it's raining and whose turn it is to bring the oranges etc. Like coaching, this is a volunteer role.

Managers also look after the fundraising money, track who has the trophies, and escort the 'away' team to the correct pitch on Saturday mornings. No prior experience is necessary and, as with coaches, we cannot run the club without you, so please volunteer.

Team equipment

Team coaches are supplied with balls, cones, bibs and a coaching manual. The team's manager gets a 'player of the day' trophy, a 'most improved' trophy and a supply of certificates to give the children during the season.

Please note that you can, as a team, decide to forgo the trophy/certificates if you feel that it is better to commend the team as a whole – regardless of which option you choose, please remember to compliment any and all of skill, attitude, stamina and sportsmanship. Children value recognition, especially when it is not coming from their own parents.

What bring to games and practices

Please make sure your child brings at least one bottle of water.

As this is a winter sport, children will need warm clothing for before and after the game. If your child feels the cold, they can wear woolly hats and gloves, and/or another top under their uniform shirt.

Polypropylene or woollen under-shirts are a good choice as they do not restrict movement.

For spectators, gumboots and warm clothes are highly recommended, as the fields can be very wet and cold.

Setting up and clearing pitches

Teams need to collect two goals per team from the gear shed either underneath the toilet block on their way down to the bottom pitches, or from the gear shed for grades 7 & 8 that will play on our top fields. team.

Goals will need to be returned to the gear sheds afterwards. Parents are asked to share this work around the team as the coach and manager have plenty of things to carry and arrange without having to worry about this job too.

Sideline behaviour	<p>Parents are asked to read and agree to the Norwest United Code of Conduct as part of the registration process.</p> <p>Inappropriate sideline behaviour will usually be dealt with on the spot by a team manager or coach, or by a club representative. If you are concerned, please approach the midget grade coordinator(s) or one of the club officials.</p>
Club prizegiving	<p>This is held in the clubrooms after the season finishes. There are separate times for the different age groups.</p> <p>All players will receive a participation medal and certificate, the cost of which is included in the player subs paid at the start of the season.</p>
Team photographs	<p>Team photographs are taken during the second half of the season. Each team is asked to arrive at a specific time, in full kit (including boots). The whole process takes about fifteen minutes. This is usually held midweek after school.</p>
Fundraising	<p>Like any other club, Norwest is always in need of funds for maintenance and replacement of equipment and facilities, and to fund coaching staff. The tuck shop contributes to this, as do the team photographs, summer soccer and the holiday programmes.</p> <p>Each player is asked to participate in any club wide fundraising activities. In previous years this has consisted of selling a fundraising box of items such as chocolates or soaps.</p>
Facilities at the grounds	<p>There are toilets inside the Norwest clubrooms, and there is a block of toilets next to the playground by the lower carpark (see map).</p> <p>Water is available at the clubrooms – please note that no drinking water is available at the public toilets.</p> <p>On Saturdays, Norwest runs a sausage sizzle and tuck shop, selling drinks hot chips and other food options.</p>
Weather and cancellations	<p>As a winter sport, football will frequently go ahead even if it is raining. Please dress accordingly. Games will sometimes be cancelled if it is very wet, very cold or very windy.</p> <p>In all cases the cancellation will be communicated by your team manager. Cancellation will usually be decided by 7.15am.</p>
Dogs	<p>Auckland City by-laws state that no dogs are permitted on playing fields at any time. Therefore, if you are bringing your dog with you to watch your child play please ensure it is kept on leash.</p>

Parking

There is free parking within Huapai Domain and in the surrounding streets. The carparks fill up quickly however, so leave plenty of time to find a space before your game. Children must be supervised in the carpark areas in particular.

Holiday programmes

Norwest offers a three day football skills programme during each week of the school holidays (excluding the Christmas holidays). These are run by professional coaches and often include visits from White Ferns and other representative level players.

Each day of the programme runs from 9.00am to 3.00pm, rain or shine, at the clubrooms in Huapai Domain. Children from 5 to 14 years old can participate, and are grouped according to age and skill level.

The programmes are very popular with both children and parents, and can provide a real boost in football skills and confidence.

Field layout

Below a field layout diagram of the pitches at Huapai Domain.

4th, 5th, 6th grade games are played on the bottom field pitches at the northeast corner of Huapai Domain.

7th & 8th grade will play on the top fields by the cricket club.

