



INFORMATION BOOKLET

COUNTRY WEEK
28.09.2020 – 02.10.2020

COORDINATOR: GRACE KNOWLSON
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INTRODUCTION

Welcome to the Albany Junior Soccer Association Country Week information booklet. This booklet is designed to provide as much information about Country Week as possible.

Our aim is simply to make the AJSA Soccer Country Week the best experience for players and parents to be a part of.

Being selected to represent the AJSA in Perth should be seen as the pinnacle of a junior soccer players' season and an honour to be a part of the team. Before attending trials we expect parents and players to understand and agree to the following:

- 1) If selected, you can attend the country week competition in Perth. Please check the dates and times before attending trials.
- 2) If selected, you agree to be committed to the team and will attend all training sessions set by the coach.
- 3) Parents will need to help out with their teams – we try to make country week as affordable as possible by keeping the levy as low as possible. Without parent help, for example in the canteen, we wouldn't be able to raise funds to keep the levy low. So please, help out.

As an association we try our best to ensure all aspects of our trials, training and the week away is as enjoyable and professional as possible. If you have any suggestions or ideas, please don't keep them to yourself on the sideline, step forward and share them.

We look forward to seeing you all at trials and wish you all the very best for the year ahead.

Grace

AJSA President and Country Week Coordinator.

WHO, WHAT, WHERE, WHY AND WHEN – FREQUENTLY ASKED QUESTIONS

WHAT IS COUNTRY WEEK?

Country Week is a week long soccer competition held for regional representative teams in Perth.

WHEN IS COUNTRY WEEK?

Country Week is normally held in the first week of the September / October school holidays. This year the week runs from 28.09.2020- 02.10.2020

WHERE IS COUNTRY WEEK HELD?

This year it will be held at Yokine Reserve, Yokine.

HOW MUCH DOES IT COST?

The fee is set by the AJSA Executive and is set at \$90.00. Once your child has been selected you will be notified of the date / time to attend the uniform fitting. You will then be given payment details, together with a unique reference number, for EFT payment. Payment is due, in full, by 30th August 2020.

IS ACCOMODATION SUPPLIED?

Accommodation isn't supplied by the AJSA however there are a number of caravan parks and motels / hotels near to the ground. Please note – these options fill up very quickly so be sure to book your accommodation early.

HOW MANY GAMES ARE PLAYED?

Each team plays two games per day from Monday to Thursday and their respective final game on Friday.

WHAT TIME ARE GAMES PLAYED DURING THE DAY?

Games range from 8:30am through to 5:00pm each day. It really depends on the fixtures, which are set by Football West.

IS THERE ANYTHING I CAN DO TO HELP?

Each team has its own requirements and ways in which you can help. Don't be afraid to ask your coach how you can help, even small jobs can make the biggest of difference.

WHAT TIME DO WE GET THERE BEFORE THE GAME?

We can't speak on behalf of the coaches so please ensure you check with your coach before you leave for Perth. Unless told otherwise, rule of thumb would be to arrive approximately half an hour before the start of the game. This enables a proper warm up, change of shirts/boots, coach talk and more relaxed approach before heading out into the game.

WHEN / WHERE ARE THE UNIFORM FITTINGS?

Once you have been selected to represent the AJSA your team will be notified of their respective uniform fitting dates. We understand that people are busy with other commitments however so are the volunteers who help on the night. Please ensure you attend the fitting times designated to your team.

WHAT CLOTHING IS REQUIRED / OFFERED?

If you have not represented the AJSA at country week before you will be given:

1 x Green and gold training jacket (available after selections)

1 x Black AJSA training bag (supplied at the presentation day)

1 x Playing Strip – Consisting of one playing shirt, one pair of shorts and one pair of socks (additional items can be purchased, please ask at the uniform fitting).

1 x AJSA hat (supplied at the presentation day)

If you have represented the AJSA country week before you will be given:

1 x Playing strip – Consisting of one playing shirt, one pair of shorts and one pair of socks (additional items can be purchased, please ask at the uniform fitting).

Each player has the opportunity to purchase a black and gold AJSA training shirt, and replacement items which will be available at the uniform fitting day.

WHAT TO PACK:

The list below is by no means complete however it helps to act as a check list when getting ready for the week away:

PLAYING STRIP (No playing strip, no play)

Soccer Boots

Shin pads

Sun Cream

Hat

Kit bag

PLAYING STRIP (No playing strip, no play)

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- Any medications (You will have already notified your coach of any existing injuries or illnesses however please advise of any new injuries / illnesses / things to watch out for)
- Alternative shoes to wear in between games so feet get a rest from boots
- Medical supplies – (Each team has a first aid kit however the stock can fluctuate especially with tape etc. Please ensure you pack any item which your child may need additional quantities of)
- PLAYING STRIP (No playing strip, no play)
- Water Bottles – (Ordinarily players are given a water bottle in their bag at presentation day, however it is often a good idea to pack a second in case it gets lost)
- Chair and shade – (This is quite important for the adults as well as the players. Be comfortable and sun smart)
- PLAYING STRIP (No playing strip, no play - you can't say we haven't reminded you enough).
- POSITIVE ATTITUDE AND A CHERRING VOICE – This is one of the most important things to bring. The players feed off of our positivity. They will get nervous, they will get tired, they will fixate on the league, results and who needs to beat who to get to a certain final. However the one thing they need is positivity.

NOTES:



ALBANY JUNIOR SOCCER
ASSOCIATION INC PO BOX 5132
ALBANY WA 6331
ABN: 78 875 272 929

PLAYER'S CODE OF CONDUCT AGREEMENT FORM

ALL players representing the Albany Junior Soccer Association whilst training in the lead up to and whilst at the 2020 Country Week competition are required to read, sign and abide by the rules set out. Any breach thereof shall be subject to disciplinary action by the AJSA and possible exclusion from the 2021 Country Week competition.

- I will not engage in the use of crude, foul or abusive language that may be determined offensive or engage in any conduct detrimental to the image of the game when on or off the field.
- I will refrain from arguing with the referee and / or assistant referees regarding decisions they make.
- I will treat participants, officials, and spectators with respect.
- I will co-operate with other coaches, players, referees and officials.
- I will not use any banned substance or drugs of dependence.
- I will display good sportsmanship at all times.
- I will attend any training session set out by my respective coach. Failure to attend training on two or more occasions, without the consent of my coach or legitimate reason, may result in the loss of my position within the team.
- I will commit to the Country Week team and their training sessions.

I have read and understood the above Code of Conduct and agree to comply with its directions.

NAME: _____

SIGNATURE: _____

DATE: _____

I / we _____ the parent / guardian of _____ have read and understood the above Code of Conduct and are satisfied that they understand what is required of them. I / we will ensure that the abide by the conduct and that failure to do so may result in their exclusion from the team at any time.



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PARENTS / SUPPORTERS CODE OF CONDUCT AGREEMENT FORM

This code of conduct shall apply to all parents and supporters that attend trials, coaching sessions or the 2020 Country Week Competition where athletes are representing the Albany Junior Soccer Association. Any breach thereof shall be subject to disciplinary action by Albany Junior Soccer Association with possible exclusion from the program.

- I will not engage in the use of crude, foul or abusive language that may be determined offensive or engage in any conduct detrimental to the image of the game when on or off the field.
- I will refrain from arguing with the referee and / or assistant referees regarding decisions they make.
- I will refrain from arguing with the appointed coach regarding decisions they make.
- I will treat participants, officials, and spectators with respect.
- I will, as a spectator, abide by the laws of the game.
- I will co-operate with coaches, players, referees and officials.
- I will not use any banned substance or drugs of dependence in view of children / athletes.
- I will display good sportsmanship at all times.
- I will ensure that I will deliver my child to training on time, as requested by the coach and will collect my child at the appointed time. I understand that if I am late in collecting my child from training I will contact the coach immediately.

I have read and understood the above Parents / Supporters Code of Conduct and agree to comply with its direction.

NAME: _____

SIGNATURE: _____

DATE: _____

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2020 COUNTRY WEEK

PLAYER'S CODE OF CONDUCT

"For the Good of the Game"

This code of conduct shall apply to all athletes representing Football West at the 2019 Country Week competition. Any breach thereof shall be subject to disciplinary action by Football West with possible exclusion from the program.

- ◆ I will not engage in the use of crude, foul or abusive language that may be determined offensive or engage in any conduct detrimental to the image of the game when on or off the field.
- ◆ I will refrain from arguing with the referee and/or assistant referees regarding decisions they make.
- ◆ I will treat participants, officials and spectators with respect.
- ◆ I will play by the laws of the game.
- ◆ I will cooperate with coaches, team mates, other players, referees and officials.
- ◆ I will not use any banned substance or drugs of dependence.
- ◆ I will display good sportsmanship at all times.

I have read the above Players Code of Conduct and agree to comply with its directions.

Name: _____ Age: _____

Signed: _____ Date: _____



2020 QBE COUNTRY WEEK HEALTH

Players Name: _____ DOB: ____/____/____

Emergency contact: _____

Mobile: _____ Work: _____ Home: _____

Does the player suffer from the following: (please circle)

- | | | |
|----------------------|---------------------|--------------------|
| Respiratory Problems | High Blood Pressure | Asthma/Bronchitis |
| Diabetes | Epilepsy | Allergies |
| Headaches/Migraines | Eye/Ear problem | Digestive Disorder |
| Skin Problem | Emotional Illness | Other |

If you marked any of the above, please provide details: _____

Date of last tetanus vaccination: ____/____/____

Any pre-existing injuries: _____

Will the player require medication during the tournament: YES / NO

Please provide details: _____

Any special dietary needs: _____

Medicare Number: _____

Ambulance Cover: _____

Private Insurance Cover Number: _____

Please provide any further information you feel will be of assistance: _____

I hereby confirm that all information provided above is true and correct and give my consent for the player named above to attend the event and for (enter Regional Association) or Football West to seek and authorize medical or other assistance as may be required.

Parent/Guardian Name

Signature

____/____/____