



2024 JUNIOR INFORMATION PACK



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PRESIDENTS MESSAGE



It is with much pride that I present to you our 2024 Information Pack in this our 70th year and my 14th as President.

2023 was a very successful season for Coniston FC, which saw registrations grow in our juniors, the introduction academy training for our U6-U9 players (which will increase to U6-U11 players in 2024), and nearly all of our U12-U18 teams qualifying for the finals.

In 2023, our mens senior squad won the Illawarra Premier League Grand Final for the first time since 2001, an incredible achievement considering the competitiveness of the IPL . Our mens squads included many players who came through our juniors, which would suggest that many of our current juniors will be our successful future seniors.

Off the field we have one of the most friendly and dedicated committees, and a huge congratulations to Laura Foreman for winning the 2023 Junior Club Person of the Year. Laura has done a great job volunteering as our Club Registrar, as well as team manager of one of our U6 teams.

As we grow, so does our need for more coaches, team managers and committee members. If you want to feel the satisfaction of giving back to your community and making a difference to children in our club, put your hand up and get involved. We have small jobs for the time poor, team positions for those of you who want to directly help your child and their groups of friends, and committee roles for those who can add value to the entire club.

On behalf of all our members and players, I am very grateful of our loyal sponsors for your contributions to our club. Registrations do not cover our costs, and your assistance directly improves the operations capability of our club. We are a strong junior club with a great family-friendly culture built on our 3 values...FUN - DEVELOPMENT - RESPECT.

Final thanks to our players...let's go again in 2024...we do this all for you!

Yours in football,
John Karayiannis
President



AIMS OF OUR CLUB

Coniston Football Club is a community based, non-profit soccer club located in Wollongong's southern suburb of Coniston. The club caters for all junior players from 4 to 18 years of age and their families regardless of proximity, gender, background and ability.

To provide an opportunity for young boys and girls, regardless of their ethnic, religious or socio-economic background, to experience and enjoy the wonderful game of soccer.

Through our values of FUN – DEVELOPMENT - RESPECT, we make participation in soccer a rewarding experience for each player, regardless of their ability, by focusing on development before winning.

We strive to provide the highest quality of soccer coaching and instruction, providing an opportunity and pathway for junior players to progress playing soccer at higher levels.

Coniston FC U16 Kanga Cup Champions 2017





REGISTRATION

Online Registration Commences Wednesday 3rd January 2024

For instructions on how to register go to www.conistonfc.com.au

Note: Registrations after 4th February do not guarantee a place in a team.

All players **MUST** upload a current photo of the player from shoulders up (no hats)

Questions?

Call our registrar Laura on 0421 087 648, or attend our final registration day.

Final Registration Day Saturday 27th January – 10:30 AM to 12:30 PM

J.J.Kelly Park

Springhill Road, Wollongong

(for people who are having difficulty registering online)

'Early Bird' Registration Fees (3rd January to 18th February)

\$180 per player (Under 6 - born 2018 or 2019)

\$220 per player

Registrations from 19th February

\$250 per player

***** IMPORTANT *** Active Kids Program**

You may claim a \$50 voucher from NSW government towards your registration fees.

Essentially it is a \$50 discount per child off your registration fees!

For more information, go to our website www.conistonfc.com.au

Deregistration

If deregistration is required, the following will apply:

- Full registration fees will not be refunded.
- Registration fees minus \$50 (administration costs) will be refunded if the player is deregistered before the competition starts.
- Registration fees will not be refunded once the competition starts.



MINIROOS

U6-U9

What is Miniroos?

Miniroos games use simplified rules, less players and smaller fields to give players greater opportunity to participate in the game, develop their skills and have fun.

Miniroos Format

Under 6 & 7 teams play 4 players per side

Under 8 & 9 teams play 7 players per side (including goalkeeper)

Under 10 & 11 teams play 9 players per side (including goalkeeper)

More details and rules of small-sided games be found on the club's "TeamApp" under 'Documents & Information', including brochures published by Football Australia.

IMPORTANT Miniroos Team Organisation Days

To organise our teams with correct numbers, it is compulsory that all players and at least one parent attend their Team Organisation Day.

- U/6** Tuesday, 20th February at 6:00pm
- U/7** Tuesday, 20th February at 7:00pm
- U/8** Wednesday, 21st February at 6:00pm
- U/9** Wednesday, 21st February at 7:00pm

Where: Steelers Club - upstairs function room

If you do not attend, your child will be placed in a team. Once teams are finalised we cannot change the team your child is in, so please ensure you attend if you would like to have your say.

Note: Shorts (\$25) and Socks (\$15) will be available for purchase on these days.





GRADING

U10 - U11

In these age groups we begin grading players to better prepare them for competitive football which starts from Under 13. The grading of U10/U11 mini-roo players is seen as an important step in their development as footballers and their ability to enjoy the game. Grading is also required to group players with similar skill and ability and allows new players to the club who have not been allocated to a team to be placed into the most appropriate team, based on their ability and experience. Subject to the grading, we will group players with their friends from previous years or social connections, wherever possible.

All graded players must:

- Assemble ready to trial 15 minutes prior to their age group grading time
- Wear boots, shin pads, and bring a water bottle.

Players who do not attend the grading process will be placed into a team.

IMPORTANT Grading Dates

(subject to change)

U10 Sat 10th Feb 9:00 - 10:00am

U11 Sat 10th Feb 9:00 - 10:00am

Where: J.J.Kelly Park (outside ground)
Keira St, Wollongong





GRADED TEAMS

U12 - U18

Graded Teams

Children from Under 12 to Under 18 are graded into competition divisions by the district to ensure they are playing in a team and against teams appropriate to their ability. Grading is a Football NSW requirement. Graded teams play on a full size field and to the FIFA rules of the game. New players are always welcome.

Grading

If required, teams may need to go through a grading process. The grading process is to ensure players are placed teams with matching levels of skill, experience and maturity.

All graded players must:

- Assemble ready to trial 15 minutes prior to their age group grading time
- Wear boots, shin pads, and bring a water bottle.

IMPORTANT Grading Dates

(subject to change)

Boys Grading Days

U12 Sat 10th Feb. 10:30 - 11:30am
U13 Sat 10th Feb. 12:00 - 1:00pm
U14 Sat 10th Feb. 1:30 - 2:30pm
U15 Sat 10th Feb. 3:00 - 4:00pm
U16 Sat 10th Feb 4:30 - 5:30pm
U17/18 T.B.C

Girls Grading Days

U12/13 Sun 12th Feb 1:00 - 2:00pm
U14/15 Sun 12th Feb 1:00 - 2:00pm
U16/17 Sun 12th Feb 2:30 - 3:30pm

Where: J.J.Kelly Park (outside ground)
Keira St, Wollongong





UNIFORM

Uniform

The player's uniform consists of:

- Football boots and shin pads
- Coniston club shorts (black)
- Coniston club socks (black)
- Coniston club shirts (gold with black trim)

Club shirts are supplied by the club. They remain club property until the team gains a sponsor (refer page 14 - Sponsorships). Club shorts and socks are compulsory and must be purchased if you don't own them.

Shorts (\$25) and **Socks** (\$15) can be purchased on the following days:

Final Registration Day - Saturday 4th Feb 10:30am-2pm J.J.Kelly Park (refer pg 5)

Team Organisation Days (refer page 6)

Grading Days (refer page 7)

Boots and Shin Pads are **COMPULSORY** for all ages for games and training. These can be purchased at a local or online retailer.



Coniston FC Illawarra Premier League First Grade Grand Final Champions 2023



VOLUNTEERING

Volunteer - Inspire - Participate (V.I.P. Program)

To ensure that your child enjoys their time with the club all parents are asked to assist from time to time. Club Officials, Coaches and Managers have a lot to do and your assistance will help make the club's operations run much smoother and be more enjoyable for everyone. You can assist in the following ways:

- Join the committee
- Coach or manage a team
- Ensure your child is on time for matches – the coach or manager will advise how long before match time you are required at the field
- Inform your coach/manager if your child is unable to play or attend training,
- Wash shirts when required
- Be prompt when picking your child up after training (Note: Parents must remain at training for players in U/6 to U/10)
- Refrain from instructing your child at training and match days

Volunteer Duty

It is a Football South Coast requirement that we provide volunteers to be match officials at every game. Each U6-U7 team will be required to have one (1) match official, while all U8-U17 teams are required to have two (2) match officials.





COACHING

Coaching a rewarding experience!

Every season, our Club provides the opportunity for parents of players to coach teams within our Club. While some parents are born to coach, there is no expectations that you have experience or even know the sport. This is especially so in our U6 and U7 teams as you will learn right along side your children. Before you step up as a volunteer coach, ask yourself these questions:

Are you ready to learn?

You may not be an expert in the sport, but it is a good idea to learn the rules. Our Club can send you to FFA one day coaching courses and reimburse any fees incurred. You can also read up on the rules, training plans, and coaching ideas on Google.

Are you ready to teach?

Being a coach is first and foremost a teaching position. You will be provided sample plans when you complete a coaching course and they will be relevant to the age group you are coaching. Plan the skills you want to teach and the lessons you want the children to learn. Enjoy spending time with the kids and seeing them pick up core skills. You will be amazed how much they can improve from the start of the season to the end. Being a coach is rewarding because you are making a difference in children's lives.

Coach and Team Managers Meeting

A meeting is organised every year to assist coaches and team managers in our Club with what you need to know for the upcoming season. It's a great opportunity to learn and build support networks within the Club, and best of all we will stick on some food and refreshments for you on the night!

When - Wednesday 20th March (7pm-9pm)

Where - The Steelers Club

There are plenty of fellow coaches and team managers in our Club who will gladly help and mentor you if needed. Coaching is such a rewarding volunteer role, so don't be afraid to put your hand up and dive right in!



TRAINING



Training

Training is an essential part of your child's development and our club believes that children learn best in a safe and trusting environment.

Training times for each team will be set by their respective volunteer coach, and confirmed by the club to ensure field availability. Most teams will train twice per week, and will be held at McKinnon Park, Gladstone Ave Coniston. Some older teams will train at J.J.Kelly Park No#2.

To maximise development of the player and the team, it is important to ensure your child attends all training sessions, and all parents must remain in attendance if your child is in an U11 team our younger (preferably all teams).

***** INVESTMENT IN DEVELOPMENT *****

In addition to your normal training with your coach

**All U6, U7, U8, U9, U10, U11 teams will receive
academy training with Every Season My Season.**

Training every fortnight

U6 and U7 teams commence 3rd April from 4pm SHARP to 4:50pm

U10 and U11 teams commence 3rd April from 5pm SHARP to 5:50pm

U8 and U9 teams commence 10th April from 4pm SHARP to 4:50pm

Your coach will determine your 2nd training day at the Team Organisation Day (page 6)



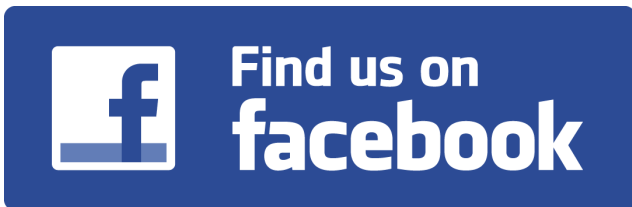


COMMUNICATION

Club Communications

It is the policy of the club that all communications with Football South Coast, any other Club, must be done through the Club Secretary. This includes communication with any members of the Football South Coast Committee.

Our club email is secretary@conistonfc.com.au



For up-to-date news, draws, wet weather reports, etc. it is best to use our social media

Download “TeamApp” and search for **Coniston Junior Soccer Club**

Make sure you like our Facebook pages

CONISTON JUNIOR SOCCER CLUB (Juniors)

CONISTON FC (Seniors)

General information can be found at our website

www.conistonfc.com.au

Meetings

The Annual General Meeting is held at the end of each calendar year on a date decided by the management committee.

Regular meetings to which all Club Members, parents and interested persons are invited are held on a monthly basis. Contact the club secretary Dermot if you are interested in attending.





SPONSORSHIP

Sponsorship

Sponsorship provides the Coniston Football Club with the following benefits:

- Ability to keep registration costs low
- Cover the expenses associated with training
- Provide quality training equipment
- Provide our coaches with accredited training
- Maintain our club facilities
- Provide trophies and recognition to players, members, and volunteers
- Support our junior players in tournaments and representative duties

Sponsorships will be available in the following packages for 2024

U12-U17 TEAMS SPONSOR \$1000

Company logo on the front of one set of U12+ shirts

U8-U11 TEAM SPONSOR \$800

Company logo on the front of one set of U8-U11 shirts

U6-U7 TEAM SPONSOR \$600

Company logo on the front of one set of U6-U7 shirts

***** ONLY PLAYERS OF SPONSORED TEAMS KEEP THEIR SHIRT *****

All sponsors are also entitled to the following benefits:

Company logo on website and promotional banners on our TeamApp

Use of our social media to promote your exclusive offers to all of our members

Framed team photo of your sponsored team

All interest for club sponsorship packages should go through the club secretary Dermot on 0418 650 893. All sponsors will receive a receipt for tax purposes.

All sponsorships are subject to the approval by the club committee.



2024 COMMITTEE

POSITION	NAME	MOBILE PHONE
President	John Karayiannis	0412 632 662
Secretary	Dermot Gildea	0418 650 893
Treasurer	Mile Siljanovski	0402 409 329
Vice President Seniors	Jim Nastovski	0412 878 156
Vice President Juniors	Heath Powderly	0407 934 285
Vice President Womens	Kendall Reynolds	0428 106 236
Registrar (Juniors)	Laura Foreman	0421 087 648
Registrar (Seniors)	Sam Filippi	0432 880 636
Canteen/Bar Manager (Seniors)	Dafko Trajkovski	0434 643 764
Canteen Manager (Juniors)	Sean O'Neill	0410 781 376
Website Coordinator	Fabian Bettiol	0411 812 202
Events & Fundraising Manager	Daniela Talevski	0405 949 377
Equipment Manager	Sean O'Neill	0410 781 376
Ground Manager (Seniors)	VACANT	
Ground Manager (Juniors)	Sean O'Neill	0410 781 376
Referee Coordinator	VACANT	
Coaching Coordinator	VACANT	
Masters Coordinator	Paul Todoroski	0434 643 764
Member Protection Officer	Laura Foreman	0421 087 648
Committee Member	Denco Popovski	
Committee Member	Peter Tupacovski	
Committee Member	Johnny Momiroski	
Committee Member	Vlado Miceski	
Committee Member	Elio Guarnacci	
Committee Member	Alex Olsen	
Committee Member	Billy Andonovski	
Committee Member		



CONISTON FC

THE DESTINATION CLUB

