

## Training Information

All players are to bring their own labelled water bottles for training sessions.

In warm weather we recommend sunscreen and hats.

### Training nights for junior teams:

U10's, 12's, 14's, 16's will be Wednesday and Friday Nights, - (Coaches to advise times)

Youth Girls: Wednesday and Friday Nights- (Coach to advise times)

Under 8's: Friday Nights: date/time TBA

AusKick: Friday Nights: date/time TBA

**As part of their overall development, we encourage players to attend all training sessions.**

## **\*SEASON 2016 COMMENCES SUNDAY 10<sup>TH</sup> APRIL 2016**

### Matches & Fixtures

Matches are played on Sundays - (Junior teams Under 8 through to Under 16's)

Youth Girls - (Time/Day TBA by the EDFL)

**Starting times are as follows:** Under 8's – 8.30am, Under 10s - 9.45am Under 12s – 11.00am, Under 14s – 12.30pm, Under 16s – 2.15pm –(unless otherwise advised)

The junior fixtures are expected to be released in late March; these will be available for download and viewing on the EDFL website.

### Family Meal/Awards Nights

Meal/award nights are held every fortnight on a Friday after junior training. Alternate weeks, hot food/snacks will now be available to purchase from the canteen.

We offer a range of affordable meals on these nights. Junior Players are presented with encouragement awards on these nights.

We invite and encourage all players and family to attend regular meal/awards nights held at our club rooms. Your Coach and Team managers will notify you when these are to be held.

### Mouth guards

**Our Club advises all players must wear a mouth guard during matches.**

Medical professionals recommend children participating in contact sport wear them. As children gain their "adult teeth" the protection of them from harm becomes more important.

Our preferred mouth guard supplier is: The Mouthguard Man. \*Please see attached Flyer

### Medical Conditions

**Please complete the attached athlete medical profile form prior to season commencement.**

We recommend you discuss with your child coach if there are any medical conditions you feel they need to be informed of. **All players are encouraged to have Ambulance Insurance- (ambulance transport is not a free service).**

## **\*2016 Registration\***

- New players are required to register by filling in the EDFL registration form attached to this pack and returning it to the Club.
- New and Existing players to complete the EKFC Registration form attached. (The forms can also be found on our website under "Our Club"-Membership.)
- It is important to advise you of the (EDFL's) requirement that every player, (every season) must register with **Sporting Pulse**. This must be done online. You could save time by following the link below and registering your child with the EDFL before club registration day. For existing players if you are having problems registering on this link, please check with your team manager/coach as they may have registered you already for 2016.

<https://reg.sportingpulse.com/v6/regofrm.cgi?aID=5490&pKey=c07348079995f71d63579123ea83009d&cID=13947&formID=36056>