



BUILDING A REPUTATION

THE CARDINALS 2022 PLAYER HANDBOOK





Welcome to The Cardinals



Welcome to the commencement of our 2022 Old Scotch Football campaign.

Before we commence our dialogue for the upcoming season, and on behalf of everyone involved in our Football program for 2021, I'd like to thank our incredibly supportive and pro-active committee led by our President Tim Shearer and General Manager Peter Simpson. Also sincere personal thanks to our Football Department for the tireless work you have all put in, ably led by Mark Gnatt, Andrew Toop, Bryce McGain and Brad Jenkinson in the Men's program and Ian Hill and Chris Goldstraw in the Women's program.

You should also be very proud of our on field leaders and their commitment they have made to continue improving this great club. Finally I would like to acknowledge our players for your outstanding commitment and engagement in what was an extremely difficult and at times, uncertain football season. However it has given us the opportunity to continue to move forward and plan for a full football season in 2022.

Maybe only in the war years has the club faced challenges like we have experienced in the past two seasons due to the COVID-19 pandemic. The challenge for us is to concern ourselves with the things we can control, not to get too caught up in the anxiety of worrying about the things that are beyond our control.

The key word in these times is we must have the capacity to adapt to the circumstances we face at any particular time depending on what the environment at that time expects from us and what the rules at the time allows us to do. We must have great faith in our community that people will do the right thing and we can then come together, enjoy each other's company and have a year and be excited by what the future holds in store for all of us.

This year's handbook will give you the information you need to get started and if you are ever unsure about anything please let myself or Peter Simpson know.

Go the Mighty Cardinals!

Donald McDonald

Football Director

Building a Reputation

The values and behaviours listed here have been developed collaboratively by the men's playing, leadership and coaching groups. These represent **what we stand for**.



Hard to play against

We will pride ourselves on our preparation and effort.



Team first

We will put the team before ourselves.

Resilient mindset

Embrace pressure, believe in each other – **we will** never give up.

One club

We will respect and be inclusive of everyone who is part of the Old Scotch Football Club Community.

Responsibility

I will take ownership for my actions and leave the club in a better place.





Key Focus Areas – Weekly Routines and Habits

Recovery, Rehabilitation and Medical Check-Ins

(Immediately after game and before first/next training session)

Every player to be screened by the physio or High-Performance Manager (HPM) post-match before leaving the change rooms.

Players that indicated injury / soreness / other concerns to be contacted by HPM on Sunday.

Monday nights will be for recovery (ice baths, stretching, Pilates, etc.), check-in with physiotherapist for injury assessment and extra conditioning if required.

Players will be allocated into groups for Tuesday training (i.e. Full Training, Modified Training, Injury/Rehab Training, No Training).

Preparing – Planning and Organising Myself Re: Priorities

(Mentally, technically, physically – i.e. family, work, football, recreation etc.)

Planning and organising the 7-day week ahead & getting key priorities into my weekly diary.

Watching any video edits that have been uploaded.

Do I need to seek specialist coaching at training? – extra optional training sessions provided on Mon/Tues/Thurs night with coaching staff.

Thinking about the next match, i.e. my role, opposition team and potential opponent.

Ensuring that diet and hydration levels are spot on.

Formal Training Sessions

(Optimising effectiveness of every training session, including fitness, strength and conditioning)

Attendance at all training sessions (including rehab players) by the scheduled time and ready to start at 6:30pm.

Players that that have work commitments, are running late or unavailable to train are to communicate via the 'Player WhatsApp' group.

Coaches and HPM to be consulted prior to a player leaving training early.

Rehab players to assist with training or complete alternate training activities as directed by the HPM.

Clean the changerooms – 'sweep the sheds' before leaving.

In-season Men's training is held Tuesday and Thursday nights and Women's Wednesday nights at McQueen Park, 420 Camberwell Road, Camberwell at the following times:

- Senior Men's Teams: 6.30 – 8.00pm
- U19 and U23 Teams: 5.30 – 7.00pm
- Womens teams: 6.00 – 7.45pm

Pre-season training times and venues will be communicated via Facebook.

Match Day

(Before & after game – including travelling to, arrival at venue, team meeting & immediately before game preparation/routines)

Arriving by the scheduled time and being ready for the team's match day meeting, routine and timelines.

Wearing at least one form of club attire to the game.

Showing up with a positive attitude and mindset – if injured or suspended, seek a volunteer role unless otherwise agreed with the coach.

Refresh or clarify on any role or team structures or tactics with coaches.

All senior players to attend the post-game function and socialise with the opposition – win, lose or draw.

Clean the changerooms – 'sweep the sheds' before leaving.

The Game Itself

(Between the sirens – how we play the game and how we lead the game on-field)

Hard to Play Against – We will pride ourselves on our preparation and effort.

Resilient Mindset – Embrace pressure, believe in each other – we will never give up.

Team First – We will put the team before ourselves.

Responsibility – I will take ownership for my actions and leave the club in a better place.

One Club – We will respect and be inclusive of everyone who is part of the Old Scotch Football Community.

Health, Safety & Wellbeing

(Monitoring & checking in on each other – R.U.O.K.)

Being inclusive and accepting of everyone, appreciating difference, being selfless, ensuring that everyone is treated in a fair and just manner.

Demonstrating loyalty to each other, getting to know everyone and creating bonds of mateship and family.

Being grateful by appreciating and thanking our club community for their commitment and effort to support us in our endeavours.

Commitment To Key Social Engagements & Rostered Duties

(Connecting with each other and sharing the workload)

Attendance at Thursday night dinners, team announcements, club functions and post-game dinners and behave in a respectful manner.

Find out from the coach which team you are playing in if you cannot attend the team announcements dinner on a Thursday night.

Commit to sharing the workload of weekly rostered duties (e.g. Thursday night dinners, Saturday lunches).

Scotch Stars

The Star's Journey

The Stars are heading into their 4th season of their VAFA journey. They won their inaugural Premiership in 2019 having been runners up in 2018 in their first season.

Along the journey the Stars played a major role in the Old Scotch Football Club winning the Boroondara Inclusive Club award and have provided a welcoming home for many talented NAB League players, some of whom have progressed on to play in the AFLW. The Stars have provided over 60 female football players, representing a wide range of football experience, opportunities to be a part of a fantastic VAFA Club both on field and off.

Selection Process

Players will be selected based on a variety of conditions and considerations. The needs of the team come first and in determining selection, selectors (the coaching panel in consultation with the leadership group) will take into account the team's needs, player training commitment and individual player form. As OSFC Stars are a member of an amateur football competition, fairness, respect and inclusiveness are key tenets supporting team selection. Players will be communicated to in person if the team has been decided upon at training on the Wednesday night, or via other platforms if final selection is made post Wednesday night training.

Team Selection

Please see the coaches if you have any questions about the selection process. Please also respect the decisions made by the selection committee. All selections are made with merit and equity at the heart of the decision.

NAB League players and VFLW players who are registered and paid up OSFC members will be considered for selection when they are available to play for OSFC. NAB League and VFLW rules prohibit these players playing more than one match per week and their training schedules typically preclude them training with their VAFA team. The Club's expectation is that OSFC Star's NAB League and VFLW players will train with OSFC Stars when they do not have NAB League or VFLW training commitments and will make an effort to support the OSFC team on match day, when their other match day NAB League or VFLW commitments permit them to do so.

The team is far more than just the players who take the field any given week. A team of volunteers is required each week to ensure the games get played and the Club doesn't get fined. Players who aren't picked any particular week are encouraged to not only attend the game and support their team, but to also lend a hand doing tasks such as carry water, score, time keep or run the boundary. Also bring your footy gear just in case. This is how the best VAFA Clubs operate and we want to be the best.

Behaviour/Team First Attitude

The Stars pride themselves on their Team First attitude and care for each team mate. Playing in a team requires understanding and acceptance of everyone that wears the OSFC Stars jumper. It is an expectation that all players will be inclusive of a player's background such as ethnicity, religious beliefs, education or previous clubs, etc. Please also respect the age demographic in the team.

All healthy teams are built on honesty and trust. They also provide proper channels for team members to voice concerns, disappointments, praise and constructive suggestions. What will not be entertained, in any shape or form, is player discontent expressed via whispers, innuendos and behaviour that undermines the ethos of the team and the good spirit upon which we collectively aim to achieve and maintain. In short, if matters arise during the season, rather than internalize or seek to influence others in a manner that is contrary to the beliefs and values of the team, reach out to one of the coaching panel (Chris and Josh) as the correct conduit for dealing with matters that concern you.

Training

Communication via a call, text or Facebook message needs to be sent to one or all of the coaches if you are unable to make training or if you are running late. Failure to do so on a consistent basis may influence selection.

Social Media Use

Please respect the age spread of the group, from ages 16 and above. Use social media appropriately. What is posted online will always be there and can reflect directly on the club and playing group (this includes Whatsapp, Snapchat stories and other short forms). Please always think of the club, your teammates, sponsors and supporters before you post. This ethos is followed by all players, coaches and supporters.



Player Sponsorships

Player sponsorship is a fantastic opportunity for companies to show support for the club and includes their chosen player's subscription fees for the season.

Player Sponsor Packages are \$1,000 plus GST and include the following benefits:

- Club Membership x 1
- Tax deductible
- Player pays no registration subs
- Player and sponsor featured on the club website with link to your business website
- Listing in OSFC Business Network Directory
- Periodic player and sponsor featured in E-Newsletter
- 1 ticket to home game day partners/sponsors pre-game luncheon

For enquiries contact: Peter Simpson - 0418 382 025

Player Subscriptions

All players wishing to play at any level of the VAFA must complete the AFL Vic Registration form. This can be found by clicking on the link at: www.oldscotchfc.com.au

Player Subs

Player subscriptions are compulsory for all players this coming season and must be paid when registering to play. The OSFC is committed to providing the best possible facilities, services and support for 6 male and 2 female football teams in 2022.

Player subscriptions are an important part to help fund the day-to-day operations of the OSFC including but not limited to the following costs:

- VAFA Affiliation Fees
- Coaching / Umpiring
- Medical Support Staff
- VAFA Public Indemnity Insurance
- Players Medical Insurance
- Strapping / Tape Supplies

2022 Subs:

Men - Seniors: \$600.00. Students: \$500.00.

Women - Seniors: \$400.00. Students: \$300.00.

A match day polo shirt and hoodie will be provided at a heavily discounted cost of only \$50 (valued at \$134) as an apparel levy when paying your subs.

Communication

Comprehensive information about the Old Scotch Football Club can be found at: www.oldscotchfc.com.au

All regular football related information for players is posted on the OSFC Facebook Group – please request to join the group if you are not already a member using the link below: <https://www.facebook.com/groups/578910989601078/>

Players should also like the OSFC Facebook <https://www.facebook.com/OldScotchFootballClub/> and Instagram page <https://www.instagram.com/oldscotchfc/?hl=en> to keep up to date with broader club news.

Uniforms And Merchandise

Uniforms

Our club colours are Cardinal Red, Navy & Gold.

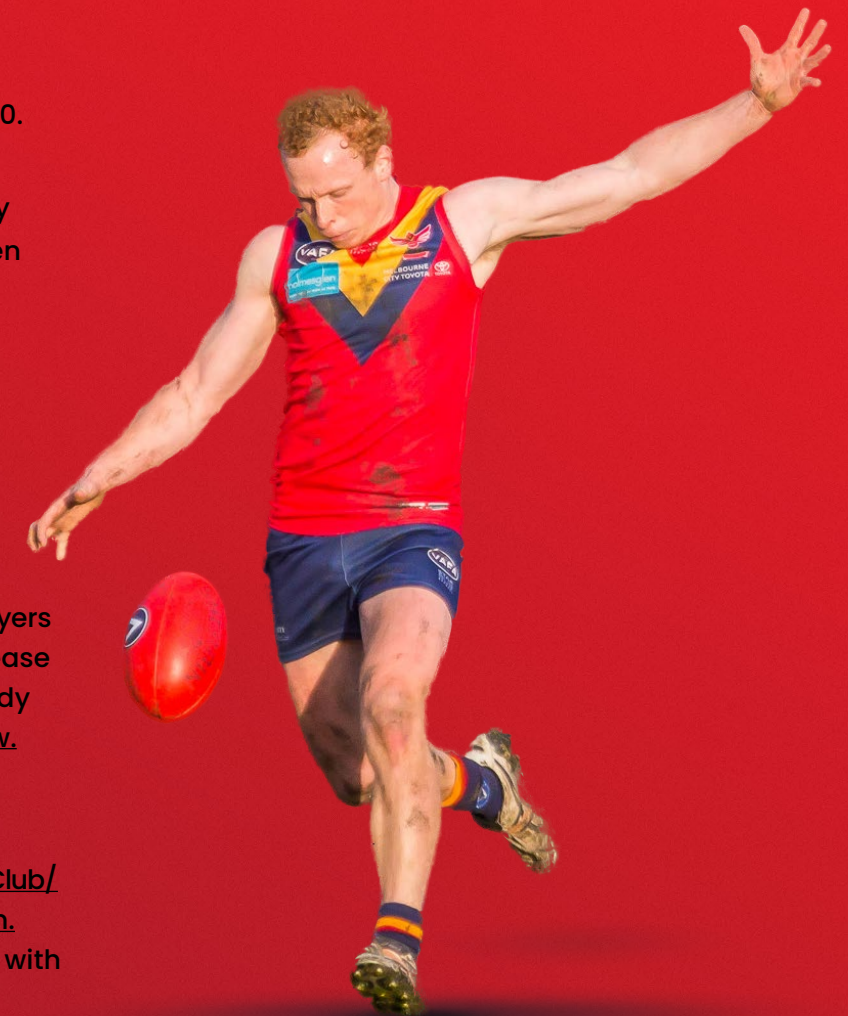
- Your jumper is included in your first payment of subs on a loan basis from the Club. Jumpers remain the property of the Club
- Players must wear VAFA approved navy shorts for home games and white shorts for away games.
- Players must wear socks supplied by VAFA
- Mouth guard: It is compulsory to wear mouth guards on Game Day

Merchandise

We have a large range of quality training and off-field merchandise supplied by OSFC partner X-Blades. These items can be ordered through the OSFC website or by contacting **Mark Morrison on 0422 393 586.**

Player's Code of Conduct

To read the full Old Scotch Football Club Players Code of Conduct visit: www.oldscotchfc.com.au



Career Advice and Networking

Old Scotch Football Club is committed to supporting our players in finding employment, providing career advice, mentoring and creating introductions.

The OSFC Business Network Directory is a powerful employment and business networking tool developed for supporters, corporate partners, player sponsors, members and players to help support each other.

Our Corporate Partner, Fuse Recruitment, provides an additional facility in the way of career advice and employment opportunities. Players should contact **Matthew Christensen, 9981 5900** at Fuse Recruitment.

For players seeking employment and to promote players in full time employment, advertising in the OSFC Business Network Directory is free.



Player Insurance

OSFC provides insurance cover for our registered financial players. The insurer is Marsh Advantage Insurance and we offer the highest level Platinum Cover.

Details of this cover can be found at: <https://sport.marshadvantage.com.au/afl/players>

You can only claim reimbursement on non-Medicare related expenses and excess is \$50 per claim.

The percentage of Non-Medicare Medical Expenses covered is up to 90% and these include:

- Physiotherapy
- Private hospital accommodation
- MRI costs (that do not have a Medicare rebate applied)
- Ambulance Transports Costs
- Dental Services
- Chiropractic
- Theatre Fees in Private Hospital where Medicare does not apply
- Orthotics, Splints Prosthesis where an Insured Person's Medical Practitioner considers them medically necessary for the treatment of the Bodily Injury

The percentage of physiotherapy expenses covered is:

- 1-5 visits: 95%
- 6-10 visits: 90%
- All other visits: 80%

We strongly recommend players have private health cover and Ambulance cover, either your own or with your parents/guardians.

Making a Claim

The claim form you are required to complete if making a claim, can be accessed here:

<https://sport.marshadvantage.com.au/afl/players/makeaclaim>

For more information contact:
Peter Simpson - 0418 382 025

Player Wellbeing

The OSFC Player Support Program, or PSP, is a club funded program for players and team members. Programs such as PSP are put in place to assist players in coping with any personal problems that might be impacting on their performance and productivity, as well as general health and well-being. PSP is beneficial if you are struggling to manage symptoms of stress or other psychological problems such as:

- Bereavement/grief
- Stress or conflict
- Addiction
- Adjustment/life transition issues
- Self Esteem
- Depression and/or anxiety

A pre-arranged agreement with the OSFC is already in place so you don't need to contact the club to receive these services. Through PSP your identity remains strictly confidential and no information will be carried out to your club.

To access this service provided by OSFC, contact: **enquiries@thethreeseas.com.au** or call **9809 1000**.



Old Scotch, Old Scotch winners all the way

We always play good football, on any sort of day...hey!

Be it fine, be it wet, mud is everywhere

Whenever there's a game to win

the Scotchies will be there!



Football Department

Vice President, Football	Jeff Halsall	0418 219 058
Football Director	Donald McDonald	0413 946 946
Football Operations Manager	Mark Morrison	0422 393 586
Property Manager	Rick Western	0402 246 803
Underage Football	Tony Hocking	0410 441 928
Women's Football	Ian Hill	0411 759 278

High Performance

High Performance Manager	Jodie Palmer	0448 334 221
Rehabilitation Manager	Olivia Bucoy	0404 670 580
Rehabilitation Support	Paul O'Brien	0408 408 004
Physiotherapy	Keiser - Camberwell	9898 9836
Club Doctor	David Hays	0438 113 323
Sport Physician	Dr Tim Wood	9819 3499
Sport Physician	Dr Chris Hasenkam	0408 968 221
Kieser Physio/Trainer Manager	Paul Percy	0407 636 043
Strength & Conditioning	Peter Osment	0408 794 824
Medical Scans: Imagining@Olympic Park		9420 1700

Men's 1st XVIII Premier

Coach	Mark Gnatt	0406 002 511
Senior Assistant Coach	Neil Connell	0433 919 319
Assistant Coach	Brendan White	0405 200 968
Team Manager	James Robinson	0417 196 612

Men's 2nd XVIII Premier

Head Coach	Andrew Toop	0402 012 886
Assistant Coach	Paul O'Brien	0408 408 004
Assistant Coach	Tony Furey	0414 449 739
Team Manager	James Robinson	0417 196 612

Men's 3rd XVIII

Head Coach	TBC	
Assistant Coach	Nick Sheehan	0413 399 468
Team Manager	TBC	
Assistant Team Manager	James Robinson	0417 196 612

Men's Under 23

Head Coach	TBC	
Team Manager	Tony Hocking	0410 441 928
Assistant Team Manager	Saurabh Ail	0469 785 842

Men's Under 19 Premier

Coach	Bryce McGain	0411 091 873
Assistant Coach	Craig Lovett	0403 229 136
Team Manager	Peter Wells	0477 130 903

Women's 1st XVIII

Head Coach	Dean Anderson	0419 799 921
Assistant Coach	Dave McCleery	0409 019 630
Assistant Coach	Scott Montgomery	0410 479 196
Team Manager	Ian Hill	0411 759 278

Women's 2nd XVIII

Head Coach	Josh Richards	0479 181 152
Assistant Coach	Liam Lovett	0414 890 965
Team Manager	Ian Hill	0411 759 278

OSFC Committee

Tim Shearer
President
0418 107 541
Peter Simpson
General Manager / Secretary
0418 382 025
Jeff Halsall
Vice President – Football
0418 219 058
Gus McQueen
Vice President – Administration
Foundation
0419 999 649
Andrew Quail
Vice President / Business Networks
andrew.c.quail@gmail.com
0409 403 838
Ed Furey
Player Representative / Strategic Planning
eddfurey@gmail.com
0430 571 159
Graeme Lavelle
Treasurer
0418 355 282
Rob Millar
Corporate Partnerships / Business Directory
0414 330 179
Steve Blenheim
Communications
0416 058 336
Sandra Dick
Centenary Events Management
0418 323 904
Ian Hill
Women's Football Co-Ordinator
0411 759 278
Tony Hocking
Underage Football Co-Ordinator
0410 441 928





www.oldscotchfc.com.au