



First Kicks & Fun Football Handbook
2024 Season



Whole of Football (First Kicks and Fun Football)	<p>The Whole of Football program comprises grades 4,5,6,7 and 8. After 8th grade, players move on to Junior football.</p> <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> <p>All teams are mixed – boys and girls playing together.</p>
Season dates	<p>The 2024 football season will start on Saturday, 27th April and will finish late September to coincide with school terms two and three.</p> <p>Generally, there is no football during the middle weekends of the school holidays, however we do play on the first and final weekends.</p>
Fees	<p>The cost for both First Kicks & Fun Football will be \$150.</p>
Format of Saturday football	<p>West Coast Rangers will run 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>On the Saturday morning, each team participates in short skills sessions, followed by short, small-sided games.</p>
Game times	<p>Kick off is at 8.00am on Saturday mornings. We finish by 9am.</p>
Game location	<p>West Coast Rangers have two locations to play football, Fred Taylor Park and Huapai Domain. You will get the choice of your preferred location when you register.</p>
Midweek Training	<p>There is no set club training days or times for these grades.</p> <p>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.</p> <p>The club will fully support any coaches wanting to run a mid-week training session by providing coaches with appropriate training material and providing ongoing advice and support.</p>

7th & 8th Grade Little Guardians

Little Guardians is our mid-week training for 7th and 8th grade players with our club professional coaches over terms two and three. These training sessions are optional and open to all our 7th and 7th grade players.

The focus of these sessions will be on ensuring players get a balance of game time and technical coaching to develop their football skills.

Each term will run for 8 weeks and the cost will be \$80.

Teams

Children are placed in a team based on preferred location, their team in the previous season (if any), where they live, and what school they go to, rather than their skill level.

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

Each player needs to purchase his or her own Club shirt, shorts and socks, as well as boots and shinpads. Uniform items can be purchased online from the [WCR Gear Shop](#). Some stocks may also be held at the clubrooms and available for purchase at club events, but these stocks will be limited.

We offer a full range of West Coast Rangers branded clothing items for purchase, in partnership with our kit supplier Lotto. This includes popular on-field items such as training tops, track pants, and off-field items like hoodies, tracksuits, jackets and T-Shirts. We also offer special prices on Lotto boots, bags, alls and other items. Buying West Coast Rangers gear via our online store or when at the club supports the club financially and helps us fund the coaching and facilities we offer, so please do check them out.

The club also runs a Hand Me Round boot exchange programme where you can buy second-hand boots for a very competitive price, or for the even cheaper 'exchange' price by donating your outgrown pair. Pre-season exchange events will be listed on the club website and Facebook page, and the exchange is also operational each Saturday during the season.

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 for all our volunteer coaches.

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. It's a lot of fun once you get up and running and a perfect opportunity to help your child (and others) grow.

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 and plenty of support is available. Most teams use a facebook messenger, whatsapp group or similar to share information.

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.

If you would like to sponsor jackets, hoodies, other clothing items or additional equipment for your child's team or the club more generally, please do consider it.

This is a big help to the club (and a big encouragement to the children). Our teams play all over Auckland, so it's a good opportunity to advertise your business and give something back to the community.

Please contact the club to learn more about this. We can assist with sourcing of clothing, including personalisation with player names, team names and of course adding your sponsor branding via our partnership with Lotto.

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. Sports undergarments are a good choice as they are warm and do not restrict movement. For spectators, and umbrella, 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 sheds or container on their way to their allocated pitches and returning all items to the correct storage sheds or container after the game(s).

Please support your team's coach and manager by volunteering to help with this as needed.

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, West Coast Rangers is always in need of funds for maintenance and replacement of equipment and facilities, and to fund coaching staff.</p> <p>The purchase of club clothing and merchandise via our online store contributes to this, as do the tuck-shop, team photographs, summer soccer and the holiday programmes.</p> <p>Each player is asked to participate in any club wide fundraising activities that are taking place and are always looking for volunteers to help with fundraising activities.</p>
Facilities at the grounds	<p>Huapai - There are toilets inside the clubrooms, and there is a block of toilets next to the playground by the lower carpark.</p> <p>Fred Taylor Park – There are toilets inside the clubrooms and also underneath the clubrooms by Field 2.</p> <p>Water is available at the clubrooms – please note that no drinking water is available at the public toilets.</p> <p>On Saturdays, the club runs a 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 7.00am.</p>
Sideline behaviour	<p>Parents are asked to read and agree to the West Coast Rangers 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.</p> <p>If you are concerned, please approach your grade coordinator(s) or one of the club officials.</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>

Where to go to stay updated, or if you have further questions

The club puts a lot of effort into maintaining it's website, and updating social media channels. Please start here and ensure you bookmark westcoastrangers.co.nz and 'follow' and 'like' us on your preferred social media channel(s).

- **For general club updates** – check out the website or our social media channels. Things like news and announcements, events we are running, major cancellations or changes in game schedules, fixtures for our competitive teams and their results are posted here.
- **For information about your child and their team** – Use your personal login to the club website. This will give you access to the events schedule specific to your child(ren) including practice sessions, game dates, locations, times, etc. If in doubt contact your team manager.

Facebook

www.facebook.com/wcrangersfc

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Twitter

www.twitter.com/wcrangersfc

@wcrangersfc

Instagram

www.instagram.com/wcrangersfc

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