



GJDL/JDL Parent Handbook 2025



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CLUB VISION

A leader in youth development in Australia providing opportunities for young players to advance to the highest levels, sustainably with a deep connection to the community.

Club of choice for aspirational talent that is nurtured and maximised in a high-performance environment, developing great people and elite players achieving excellence on and off the football field.



CLUB MISSION

Commitment to a long-term player development model

Provide a high-performance framework to maximise player potential

Promote a culture of creativity and continuous improvement

An evolving football plan that excites players, coaches, supporters and the community

Develop and attract leading coaches that align with and enhance our player-centred approach

Proudly offer homegrown youth players opportunities and advancement into Senior teams

Dominating performances in the highest levels of competition

Provide modern facilities to support the high-performance framework

Well established pathways to identify local players in NSFA and to progress players to elite levels

Create a Tigers Family environment for past and present stakeholders

Equal opportunity and care for all players and coaches



GJDL/JDL PHILOSOPHY

Together
Intelligent
Grateful
Entertaining
Relentless

Provide a positive and enjoyable learning environment for the players

Player-centred approach with a focus on individual player development while players gain an understanding of the game within a team context

Long-term player development outcomes are the priority over short-term performance fluctuations

Players are encouraged to be competitive and have a winning mentality but not at the expense of our principles and long-term development objectives

Develop people and players for Northern Tigers FC Youth teams and Senior teams (and beyond)



GJDL/JDL OBJECTIVES 2025

What does a successful season look like in 2025

Player satisfaction, enjoyment and sense of belonging

Players are challenged - in training, in games, against older players, against different players, in tournaments, playing different positions

High player retention rates – players want to stay at Northern Tigers and player performance and development warrants retention at Northern Tigers

Individual player development – players have developed in one, or a number of different areas, due the Northern Tigers program

Team development – distinct Northern Tigers playing style (including behaviour) comes to life on the field



CLUB CONTACTS

CEO	Kevin Johnson ceo@nsfa.asn.au 0422 554 039
Club Technical Director	Jason Eagar technicaldirector@nsfa.asn.au 0402 429 727
GJDL Technical Director	Danilo Da Gamma youthfootball@nsfa.asn.au 0433 048 012
JDL Technical Director	Chris Semaan chrisjsemaan@outlook.com 0400 428 997
Administration Manager	Dan Sheppard Dan.sheppard@nsfa.asn.au 0478 004 309
Member Protection Information Officer	Kevin Johnson mpio@nsfa.asn.au 0422 554 039

Can also be contacted directly through ProSoccerData



ONLINE CLUB PLATFORM



All players have their own unique profile set up in PSD

A username and password is created for each player – multiple people can have access to the user profile (player and parents, just parents)

PSD is accessible on a desktop/laptop and on a phone app (note there is more functionality on the desktop/laptop)

PSD primary functionality for GJDL/JDL:

All training and match scheduling details is loaded on the platform, when there are changes PSD is updated

Communication (email and messaging)

Notify the Coach if not attending training or a match, and provide a reason

Player feedback by informal notification and by formal evaluations

All player contact details are loaded on PSD



COMMUNICATION & INFORMATION

Information sources:

Northern Tigers FC website - <https://northerntigersfc.com.au>

ProSoccerData

Tiger Talk Fortnightly Newsletter – sent via email

Social Media:

Northern Tigers FC Facebook - <https://www.facebook.com/northerntigersofficial>

Northern Tigers FC Instagram - <https://www.instagram.com/northerntigersofficial/>

Email:

All email communication from parents to Northern Tigers coaching staff and administration staff should be through the PSD platform

Communications from Northern Tigers to parents and players will be sent through the PSD platform



CLUB POLICIES

Refer to the following link on the Northern Tigers website to access the Club Policies: <https://northerntigersfc.com.au/resources/>

Player Code of Conduct

Parent Code of Conduct

Coach Code of Conduct

Member Protection

Bullying and Harassment

Racial Equality

Anti-Discrimination

Training Cancellations

Refund Policy



COMPLAINTS & INCIDENT REPORTING

If you have a complaint of any nature or would like to report an incident, we encourage and support you to do so. The nature of the situation and who is involved will determine where to initially direct your complaint, incident or issue. Refer to the list of contacts below.

CEO and MPIO	Kevin Johnson: ceo@nsfa.asn.au or mpio@nsfa.asn.au PSD email Phone – 0422 554 039
Club Technical Director	Jason Eagar: technicaldirector@nsfa.asn.au PSD email Phone - 0402 429 727
JDL Technical Director	Chris Semaan: chrisjsemaan@outlook.com PSD email 0400 428 997
GJDL Technical Director	Danila Da Gama: youthfootball@nsfa.asn.au PSD email 0433 048 012
Administration Manager	Dan Sheppard: Dan.sheppard@nsfa.asn.au PSD email 0478 004 309
Team Manager	PSD email
Team Coach	PSD email



PARENT WORKSHOPS

During the 2025 season we will host parent education and information events. These events will be scheduled in PSD.

Parents are welcome to suggest additional topics you would like more information on, we can also invite external experts if we cannot cover the topic.

Contact the Club TD, JDL TD or GJDL TD if you have an idea for a topic you would like covered.

See the current schedule below.

Date	Topic
Nov/Dec 2024	2025 Season Introduction
February 2025	Northern Tigers Philosophy/Objectives/Coaching Methodology
March 2025	Nick Marr – Performance/Mindset
April 2025	Cyclops Performance
May 2025	Mid-Season Review and 2026 Selection Process/Timelines
June 2025	TBC based on Parent Feedback
August 2025	2025 End of Season Review



PLAYER WELFARE

Parents are requested to monitor the physical loads of the players – taking into considering Northern Tigers commitments, school sport commitments, other sport commitments, additional training commitments.

Overtraining, and the consequences of it, is more likely a risk when there is no coordinated approach to managing the training. Overtraining can affect a player's immune system, rate of growth, ability to perform, overuse injuries, and enjoyment.

Northern Tigers coaches must be made aware of all the physical training the players participate in so they can make informed decisions – full disclosure is in the best interests of the players welfare.

Keep the coaching staff fully informed regarding injuries, growth related issues and any relevant medical conditions.

If players are being impacted by issues outside football (school, family) it is helpful for the coaches to be informed so they can support the player. Any information shared with the coaching staff will remain confidential.

If players require support of any nature the Club can assist in connecting with a suitable professional, see some listed below:

Cyclops Performance: Physiotherapy, Nutrition, Injury Rehabilitation, Strength & Conditioning

Nick Marr: Performance/Mindset Coach for holistic support



PLAYER COMMITMENT

Understanding

Representing Northern Tigers FC requires a significant level of commitment to your team and the Club that will require some sacrifice.

Continuous and transparent communication is critical to keep the coaching staff fully informed to support each player, team, and the Club.

Availability

Expectation players commit to their team and Club by being available for all games.

All players are expected to be available for all training sessions.

Players will be sick, injured, have compulsory school events, exam periods during the season; allowances are made to acknowledge these unavoidable factors.

Player availability and reliability are key attributes required of Northern Tigers FC players to support our Club culture.

Holidays

To support the team and club Holidays should be scheduled outside the football season.

Out of respect for the team and the Club all known player absences (including due to holidays) must be declared as soon as possible (ideally before the season starts).

Players that miss training/game due to holidays may have reduced game time upon return due to a lack of physical preparation and increased risk of injury.



PLAYER FEEDBACK & COACH MEETINGS

Players will receive feedback in several different forms throughout the season:

Verbal feedback at training and on match day

Informal written feedback in PSD via a notification after some training sessions or matches, that is linked to a specific event

Formal Player Development Plan through the Evaluation module in PSD (in March and June) & Parent Interviews in June

Players will get feedback and support with their Goal Setting task in PSD

Face to face meeting with the coaching staff when requested by either the coaching staff or parent

Parent Request for Coach Meeting

Parents are welcome to request meetings with any member of the coaching staff to discuss anything related to their child

The meetings can include the player or just the parent/s

Meetings can be requested at any time during the season

Meetings must be scheduled after an initial request by email through PSD, then a suitable date and time can be arranged

Coaches will respectfully decline to discuss a player's development with a parent without suitable notice

Do not approach a coach immediately before or after a training session or match



PLAYER INJURY MANAGEMENT

Players must seek out professional advice when suffering from an injury or growth-related issue. Early diagnosis and treatment are very important for the player's long-term development.

Coaches must be kept fully informed of player injuries, including a medical professionals report on the expected timeframe back to full recovery and the return to play process. Players can choose their own physiotherapist or contact the Club appointed physiotherapist.

When a player misses training/game because of an injury, evidence of a clearance from a medical professional is required before returning to the field (to train or play).

Players who miss training due to injury/sickness may have restricted game time upon return due to a lack of physical preparation and increased risk of further injury.

If a player suffers a potential concussion event, they will be required to seek medical assessment and to follow the prescribed concussion protocol for gradual return to play.

Club Preferred Physiotherapy and Strength & Conditioning supplier – Cyclops Performance



TRAINING EXPECTATIONS

Parents use Pro Soccer Data to notify coaches of player training absences with as much notice as possible

Parents attempt to have players at training 5 to 10 minutes prior to the official start time and drop off the players next to the field if parking is limited

Once **Parents** drop a player at training, the player has **NO contact (verbal or physical)** with the parent again until after training finishes

Parents are welcome to observe training, at **NTRA** observe from behind the fence, at **Charles Bean** observe from the northern side grassed embankment

Parents are requested not to interact with any player (verbally or physically) during training

Players have had a nutritional snack and rehydrated after school/before training, bring a drink bottle to continue rehydrating during training

Players only wear the **2025 Northern Tigers training kit** as issued by the Club.

Players MUST wear shin pads – no shin pads – **NO TRAINING**

Players bring the **correct size ball**, which is suitably **INFLATED**, to every training session. Players should write their name on the ball. If a ball is lost, then the player needs to purchase a replacement (of their choice or a Club issued ball)

Permitted **Player** activities for players that arrive to training early –rondo's, football tennis, juggling, ball mastery, passing. No shooting on goals

Players are required to always apply maximum effort (physically and mentally)



MATCH DAY EXPECTATIONS

Parents, Players, Coaches comply with the code of conduct

Parents use Pro Soccer Data to notify coaches of player match day absences with as much notice as possible

Parents notify the coaches if running late to a match

Parents attempt to have players at the match day venue at least 30 minutes prior to the kick-off time

Once **Parents** drop a player at the match day venue, the player has **NO contact (verbal or physical)** with the parent again until after the match

Parents are welcome to support the players from the designated spectator area.

Parents are not permitted to relay instructions to any players before the match, at halftime or during a match

If a **Parent** has a concern about parent behaviour (Tigers or the opposition), player safety, the Game Leaders, they can communicate this to the Team Manager who can inform the Northern Tigers coaching staff on the day

Players have had a nutritional snack and are hydrated before the match, bring a drink bottle to continue rehydrating during the match.

Players only wear the **2025 Northern Tigers playing kit** as issued by the Club. Always bring both numbered playing shirts

Players are required to always apply maximum effort (physically and mentally)



MATCH DAY TEAM/PLAYER MANAGEMENT

Across the season players will have an opportunity to play in all playing positions, including Goalkeeper in the absence of a dedicated Goalkeeper. Players will typically remain in a similar position for a few weeks before changing

Match day teams are of a similar/equal ability in each age group (JDL)

Players are rotated between teams on a regular basis (JDL)

Mistakes are viewed as learning opportunities that can accelerate development when combined with a growth mindset

Players are encouraged to make decisions for themselves with coach instructions limited during the match

Equal match minutes is the objective - reduced match time minutes in a particular match can be due to recent absence, injury, sickness, effort, discipline, attitude, arrive late to the match, player request

Some players might be invited to play in two games (JDL), or play an age group up, or play for a Tigers Youth team – these opportunities are earned and not offered on a rotation basis

Match results – players are encouraged to have a winning mentality and strive to win matches, but the priority is long-term development outcomes

Team Match objectives – linked to the training cycle and weekly training content

Player Match objectives – linked to individual player development plans



GAME TIME POLICY

Over the duration of the season the objective is for all players to have received equal playing time opportunities, in each match that might not be possible for various reasons (explained below). Game time is recorded and reasons for reduced game time are documented on PSD.

Reasons for reduced match minutes:

- Returning from injury
- Returning from sickness
- Returning from holiday
- Absent from training sessions during the week (especially if all sessions were missed)
- Arrive late to the match
- Discipline issues in the match (questioning a game leader, foul tackles, lack of emotional control, etc)
- Injury/sickness in a match
- Player requests to come off the field
- Lack of effort
- Playing position (eg dedicated Goalkeeper)

Reasons for extra match minutes:

- Reward for effort and exceptional performance (play two games, play up an age group)
- Availability
- Capability
- Playing position (eg Goalkeeper)



DISCIPLINARY ACTION

Training - Breaches of the following type will result in disciplinary action

Players disrespecting the coach and/or teammates

Disruptive behaviours by players

Dangerous play

Bullying in any form

Breach 1 – Verbal warning to the player in the session

Breach 2 – Player will sit out of the session for a short period of time

Breach 3 – Player will sit out of the rest of the session

Games - Breaches of the following type will result in disciplinary action

Players disrespecting the coach/teammates/opposition players/Game Leaders

Challenging Game Leader decisions

Dangerous play

Bullying in any form

The level of disciplinary action will depend on the breach:

Verbal warning

Player temporary substitution

Player permanent substitution

The team coach will inform the Technical Directors of any disciplinary action. Parents will be informed of regular/significant breaches.