



## Youth Competition – Frequently Asked Questions (FAQ)

This FAQ document describes what you can expect in 2019.

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### 1. What is NAB AFL Youth Competition?

Learning how to train and consolidate the basic skills is the focus at this age level. Advanced technical and tactical skills start to be introduced, including decision-making in games and training, positional skills (competency in a position), and basic performance enhancing techniques, e.g. warm-up, cool-down, nutrition, hydration, recovery, goal-setting, pre and post-match routines.

It is important for players in this age group to feel an essential part of the team to develop self-efficacy, self-worth and a connection with the community, club and team. Commitment and loyalty to the club and team, and social responsibility on and off the field in line with adult standards should be engendered and acknowledged.

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### 2. Who Coaches and Managers my child's team?

Parents of the team coach and manager the team. Each team requires a Coach, Assistant Coach, Team Manager and First Aid Officer. If you would like to nominate for a position please email [information@piarawaterspirates.com.au](mailto:information@piarawaterspirates.com.au).

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### 3. When and Where is Training Located?

Training will either be on a Tuesday and Thursday or Wednesday and Friday afternoon for youth depending on the coach's availability. Training is an hour session.

Training will be scheduled at Piara Waters Reserve. This will be confirmed once the teams are finalised.

Pre-season Training will start in March.

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### 4. Which clubs are part of the Youth Competition?

Years 7 to 12 teams, will play in the Fremantle Conference. The Clubs are:

#### East Fremantle District Junior Football Clubs

Applecross, Attadale, Booragoon, Bull Creek Leeming,  
Canning Vale, East Fremantle, Forrestdale, Melville,  
Palmyra, Piara Waters, Riverton, Rossmoyne, Rostrata,  
Willetton, Winnacott

#### South Fremantle District Junior Football Clubs

Armadale, Bibra Lake, Cockburn, Fremantle City,  
Hammond Park, Jandakot, Kardinya, Kelmscott, Kwinana,  
Mundijong, Roleystone, South Coogee.

There may be carnivals during the season. All will be placed on the fixtures or communicated out.

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### 5. When will matches be played??

The Youth Competition is played on a Saturday mornings or on a Friday nights under light at the Piara Waters Pavilion. Team management would ask if you could please arrive 30 minutes before the game so the kids are ready play. Fixtures will be available once the Fremantle Conference releases them.

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### 6. What do players wear and need on match day and training?

All players need Club shorts (\$20) and socks (\$10) these can be purchased and ordered on the 16<sup>th</sup> Feb or from our canteen on match days. Team Jumpers will be supplied by the Club.

All players must wear footy boots and mouth guards to training and match day.

Players need to a drink bottle to training and match days.

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### 7. Team Allocation?

Sunday 17 February is the cut off for players to renew their spot in their previous year's team. Please read the [team allocation policy](#) or contact the club's registrar.

If you have any more questions, please contact Amada-Jane at [juniorregistrar@piarawaterspirates.com.au](mailto:juniorregistrar@piarawaterspirates.com.au) or Evan at [vicepresident@piarawaterspirates.com.au](mailto:vicepresident@piarawaterspirates.com.au). Please make sure you register ASAP for the 2019 season so our Registrar and the Club can put everything in place for a fantastic NAB AFL Junior 2019.