



# **STOP OUT SPORTS CLUB**

## **JUNIOR HANDBOOK 2018**

---



# **STOP OUT** **SPORTS CLUB**



**Stop Out** is a family focused club and we strive to develop our players into better footballers no matter what level they are. Our primary focus is on encouraging players to play fair and to the best of their ability with a focus on involvement, teamwork, enjoyment and success, and along the way we hope they develop a life-long passion for the beautiful game.

It's an exciting time to be part of **Stop Out** as we head towards celebrating our centenary in 2019.

## JUNIOR FOOTBALL

Junior football starts at First Kicks (4-6 year olds), and then individual age grades from 7<sup>th</sup> - 14<sup>th</sup> GRADE.

Registrations open in early February and a registration and open day will be held on **Sunday 11 February from 1pm-4pm at the Stop Out Clubrooms, Hutt Park.**



## SEASON DATES

The JUNIOR FOOTBALL season runs from **7 April to 25 August**

*(There is no football in the middle weekend of the April and July school holidays 21 April and 14 July)*

## WHAT GRADE WILL YOUR CHILD PLAY IN?

The grade your child plays in is based on the age that they turn this year. So for example, if your child has turned 10 or will turn 10 this year (2018), then they will play in 10<sup>th</sup> GRADE. Girls can play down one grade if they wish.

**FIRST KICKS 4-6 YEARS** (Born 2012-2014)

**7<sup>TH</sup> GRADE** (Born 2011)

**8<sup>TH</sup> GRADE** (Born 2010)

**9<sup>TH</sup> GRADE** (Born 2009)

**10<sup>TH</sup> GRADE** (Born 2008)

**11<sup>TH</sup> GRADE** (Born 2007)

**12<sup>TH</sup> GRADE** (Born 2006)

**13<sup>TH</sup> GRADE** (Born 2005)

**14<sup>TH</sup> GRADE** (Born 2004)

Capital Football regulations require all players to play in the correct age grade, unless an application for age dispensation has been approved by Capital Football.

## REGISTRATION AND FEES

Details on how to register are on our website

**[www.stopout.org.nz](http://www.stopout.org.nz)**

**FIRST KICKS (4-6 YEARS): \$80**

**7<sup>TH</sup> GRADE – 12<sup>TH</sup> GRADE: \$125**

**13<sup>TH</sup> GRADE – 14<sup>TH</sup> GRADE: \$135**

Additional children in the same family (**7<sup>TH</sup> – 14<sup>TH</sup> GRADE**)

**\$10 DISCOUNT PER CHILD**

Note: 7<sup>th</sup> – 14<sup>th</sup> GRADE fees include a team photo. 13<sup>th</sup>–14<sup>th</sup> GRADE fees include an artificial turf levy and all fees include a \$2 Capital Football health and safety levy.

***Registration fees must be paid before the season start date.***

## **PLAYING STRIP/KIT**

Players must be in full strip to play in all games, festivals, and tournaments.

## **STOP OUT TEAMS**

A Stop Out playing shirt will be provided to your child for use at Saturday games once registration is complete and fees are paid. The shirt needs to be returned at the end of the season and should only be worn at games not to training sessions.

**All players from 7<sup>th</sup> – 14<sup>th</sup> GRADE are required to purchase socks and shorts:**

**Stop Out Shorts: \$35  
Stop Out Socks: \$15**

First Kicks are provided with a shirt that is returned at the end of the season and it is optional to purchase Stop Out shorts and socks.

Players also require football boots and must wear shin pads. Both can be purchased at any sports store.

## **STOP OUT EASTBOURNE ALLIANCE TEAMS**

Stop Out Eastbourne teams have a different uniform. You will be sent information about this if your child is selected for an Alliance Premier League team.



# STOP OUT SPORTS CLUB





## FIRST KICKS – 8<sup>TH</sup> GRADE

Sessions are held at Hutt Park on Saturday morning.

**FIRST KICKS: 9am-10am**  
**7<sup>TH</sup> GRADE: 9am-10am**  
**8<sup>TH</sup> GRADE: 10am-11am**

Each session focuses on general movement, football technique, football coordination, and small-sided football games. These skills are taught using easy to follow games and activities, through participation, cooperation and most importantly fun. This provides an environment for lots of variation in a fun, motivational setting, for learning new skills and individual development.

## 7<sup>TH</sup> AND 8<sup>TH</sup> GRADE

Every three weeks 7<sup>th</sup> and 8<sup>th</sup> GRADE take part in Capital Football festivals with other clubs around the Hutt Valley at varying venues including Hutt Park, Fraser Park, Petone Memorial Park and Maidstone. Players are put into teams and play 4x10min games (7<sup>TH</sup> GRADE) or 3x15 minute games (8<sup>TH</sup> GRADE). These teams are not fixed and may change during the season. Note festival times may also vary each time. You will be notified of the festival dates and details by the grade co-ordinator. Mini-festivals with local clubs such as Petone and Eastbourne may also be held during the season for these grades.

## INDOOR FACILITIES

FIRST KICKS to 8<sup>TH</sup> GRADE will have use of Hutt Indoor Sports on a Saturday morning if the weather is inclement or the Hutt Park grounds are closed – so football is on every Saturday.

Please note that times may vary for indoor sessions, so check your emails for updates.

If you're interested in helping out as a grade co-ordinator or a coach for these grades, please contact the **Junior Convenor – [juniors@stopout.org.nz](mailto:juniors@stopout.org.nz)** for more details.

## 9<sup>TH</sup> – 14<sup>TH</sup> GRADE

Teams from 9<sup>TH</sup> GRADE up play in Capital Football leagues (*Premier, Hutt Valley and Wellington Combined*).

Games are played on a Saturday morning (*except for 13<sup>TH</sup> and 14<sup>TH</sup> GRADE that may occasionally have games on a Friday evening*).

The draws for each week are available on the Capital Football website and you will be advised the details by your team manager or coach.



## TRIALS

Trials are held for 9<sup>th</sup> – 14<sup>th</sup> GRADE.

Trial dates are:

**SUN 18 FEB TRIALS – 9.30am – 4.00pm**  
*(Grades and times to be confirmed)*

**MON 19 – THUR 22 FEB EVENING TRIALS  
4.45pm – 6pm and 5.45pm – 7pm**  
*(Grades and times to be confirmed)*

**SUN 25 FEB TRIALS – 9.30am – 4.00pm**  
*(Grades and times to be confirmed)*

Trials are overseen by the Junior Coaching Director (*JCD*) and players are evaluated on skill technique, core technical ability and attitude.

All players from 9<sup>th</sup> – 14<sup>th</sup> GRADE are invited to attend the first trial and then the top portion of

the grade will be invited back to the second and third trial, along with anyone who was unable to attend the first trial.

9<sup>th</sup> GRADE trial for Stop Out teams that play in the Hutt Valley league.

10<sup>th</sup> – 14<sup>th</sup> GRADE trial for the Stop Out Eastbourne Alliance Premier League teams. Players not selected for a Stop Out Eastbourne Alliance team will be put into Stop Out Hutt Valley League teams (10 – 12<sup>th</sup> GRADE) or Wellington Combined League teams (13<sup>th</sup> – 14<sup>th</sup> GRADE).

**Team selections will be advised in late February/early March.**

**Pre-season training usually starts in March.**

*Further details, trial format and times for each grade will be available on the Stop Out website.*



## STOP OUT EASTBOURNE ALLIANCE

From 2016 Stop Out and Eastbourne clubs confirmed an Alliance across our 10<sup>th</sup> – 14<sup>th</sup> GRADE Premier League teams for the mutual benefit of both clubs. Premier League teams now play under the Stop Out Eastbourne banner. The Stop Out Eastbourne teams wear a different strip (*white shirt and black shorts and socks*).

The aim of the Stop Out Eastbourne Alliance is to develop our player strength, grow our player numbers and build better pathways for our best talent as they move into youth and then senior football. For both clubs, our focus is to build and strengthen those pathways without current players having to move clubs. The Alliance will also develop our coaching programme across both clubs.

## TRAINING

9<sup>th</sup> to 14<sup>th</sup> GRADE train 1-2 times a week, (*time and day to be confirmed with your coach*). Training times can vary but are usually one hour long. Hutt Valley and Wellington Combined league teams will generally train once a week and Premier League

teams generally train twice a week. Training sessions are compulsory but we understand that there may be changes in circumstances which prevent 100% attendance. If you are unable to make a game or training, please let your coach know ASAP.

7<sup>th</sup> and 8<sup>th</sup> GRADE will generally have a whole grade training session once a week for one hour (*time and day to be confirmed*).

Training is usually held at Hutt Park, however Alliance teams may also have some training sessions at Bishop Park in Eastbourne.

Most teams train in all weather, but you will be notified by your coach if training is cancelled due to weather or the grounds being closed.

## COACHES

Coaches attend NZ Football coaching courses at Capital Football or Stop Out. Regular coaches forums are held with the JCD to further develop coaches.



## WHOLE OF FOOTBALL PLAN

Stop Out is affiliated to Capital Football and follows the Whole of Football Plan. The Whole of Football Plan was developed by New Zealand Football to provide children with a fun and rewarding experience at every stage of a player's development.

The Plan was introduced after extensive research from proven football development programmes around the world, and includes the Junior Framework which ensures that every child entering the game will take part in training and games tailored to his or her age and ability.

The Whole of Football Plan provides a comprehensive model with coherent pathways and age-appropriate skills development.

The plan provides three programmes for our youngest players:

**FIRST KICKS (4-6 years)**

**FUN FOOTBALL (7-8 years)**

**MINI FOOTBALL (9-12 years)**

The needs of a four year old are quite different from the needs of a 12-year old, so we provide clubs and coaches with the resources to give players a rewarding experience.

***Read more about the Whole of Football plan and the Junior Framework on the NZ Football website.***



## **FIXTURES**

Fixtures for 9<sup>th</sup> – 14<sup>th</sup> GRADE are available on the Capital Football website and your team manager or coach will also send you the time and venue for your game(s). Most junior games are played on Saturday mornings but the timing and location will vary each week.

## **CANCELLATIONS AND CHANGES TO FIXTURES**

Cancellations or changes to fixtures are usually made by 6pm Friday night. Occasionally, further changes are made on Friday night or Saturday mornings (*as close to 7.00am as possible*) if conditions change. If your game is transferred, postponed, cancelled or a default, it will say it on your game. Late or mass postponements/cancellations, will first be posted to the Capital Football Facebook page until the fixture information can be updated.

**FOR MORE DETAILS – check the Capital Football cancellation information.**

The Stop Out juniors facebook page will also post any mass cancellation information. Team managers and coaches will be informed as soon as any mass cancellations are made and they will endeavour to contact all players to advise. If you are unsure, please check with your team manager or coach.

## **GROUND LOCATIONS AND PITCH LAYOUTS**

These are also available on the Capital Football website.

## **JUNIOR REGULATIONS**

The 2018 Junior Regulations can be viewed and downloaded from the Capital Football website.

**[www.capitalfootball.org.nz](http://www.capitalfootball.org.nz)**



## HOLIDAY PROGRAMMES, SKILLS CENTRES AND FUN FOOTBALL SESSIONS

Skills Centres and fun football sessions are held during the year. Activities have been designed to develop a players skills of control, first touch, dribbling, turning, finishing and passing. A holiday programme is usually held in the April and July school holidays.

## TOURNAMENTS

Representative teams take part in tournaments throughout the year. These include tournaments run by Eastbourne FC, Kapiti Coast United, Western Suburbs, Douglas Villa and the McCartney Taupo tournament.

## WYNTON RUFER TOURNAMENT

Stop Out hosts the Wynton Rufer tournament annually in May. This tournament is held over two weekends and attracts over 100 teams from around the region from 7<sup>th</sup> to 11<sup>th</sup> GRADE. This tournament is sponsored by Revera.



# GET INVOLVED!



## FUNDRAISING

The club holds various fundraising activities throughout the year. This includes the Stop Out raffle, Annual Quiz Night and movie nights. If you have any fundraising ideas or are keen to be involved in helping with fundraising please contact:

**Brent Hamlin** on [stopoutsoccer@gmail.com](mailto:stopoutsoccer@gmail.com)

## SPONSORSHIP

For information on sponsorship opportunities within the club, please contact:

**Chris Canton** on [clubmanager@stopout.org.nz](mailto:clubmanager@stopout.org.nz)

*Thank you to our current junior sponsor:*

**Sinead** at [Tommy's](mailto:Tommy's).

## VOLUNTEERS

**Keen to be involved this year?**

Stop Out functions on our amazing group of volunteers, who selflessly give back to our children, our players, our supporters and our community. They are the life-blood of the club. But of course we'd love more help! We need volunteers to help coach, manage teams, help out as grade co-ordinators or with club events like fundraising, photos nights, registration and fun days, etc.

If you're keen to be involved, let us know.

**Tania** at [juniors@stopout.org.nz](mailto:juniors@stopout.org.nz)

# 1919

1919 is Stop Out's high performance programme headed by Adam Reynard, High Performance and Junior Coaching Director, and a team of experienced coaches.

*The groups are:*

**1919 FOUNDATION:** Current 10<sup>th</sup> and 11<sup>th</sup> GRADE players (2018)

**1919 FOUNDATION II:** Current 12<sup>th</sup> GRADE players (2018)

**1919 DEVELOPMENT:** Current 13<sup>th</sup> and 14<sup>th</sup> GRADE players (2018)

**1919:** Current U17 GRADE players (2018)

**Why 1919? Well that's the year Stop Out was formed so it's a nice link from our past to the present.**

## ABOUT STOP OUT SPORTS CLUB

Stop Out was formed in 1919. History shows that in the early days, the club's focus was on keeping troubled youth (*Stop Outs*) off the street by using sport and recreation to keep them active and focused. In 1922 Moera Stop Out became Stop Out Sports Club influencing the Hutt Valley, Waiwhetu, Moera, and Randwick areas.

While the club has been involved in a myriad of sports, including Boxing, Athletics and Softball, today Football is the heart and soul of our club – from pre-schoolers to adults. In the mid-80s Stop Out returned to Hutt Park with the building of the current clubrooms and more recently, the addition of a large



deck with indoor/outdoor flow to the playing arena. A major initiative saw the Hutt City Council develop Hutt Park into an arena with top class playing fields and new changing facilities. Many visiting football clubs can now experience our great facilities at Hutt Park.

Stop Out is a family focused club that strives for success, involvement, and enjoyment across all our grades in a safe environment by developing our players with the skills to become better footballers no matter what level, ability, or age.

# **STOP OUT SPORTS CLUB MEMBERS CODE OF CONDUCT**

**Show respect for your team mates, opposition players, match officials before, during and after games and to any guests of the Club.**

**Take responsibility for your actions, on and off the field.**

**Observe the rules of the game and play within the spirit of the game.**

**Play to win but play fair.**

**Obey the Club's House Rules when you and your guests are in the Clubrooms.**

**Understand that we are all different and have different abilities and capabilities. Encourage those who are less talented and always strive to reach your potential within the Club.**

**Treat others as you would have them treat you, and treat the Club's property as you would want others to treat your property.**





---

## **STAY UP TO DATE**

Visit our website **www.stopout.org.nz** and  
like our Facebook page **Stop Out juniors**

## **CONTACT US**

If you have any questions please email  
Tania at **juniors@stopout.org.nz**  
or your grade coordinator

---