

Subject: Coaches and Managers Bulletin - July 2024

Date: Friday, 19 July 2024 at 5:42:58 PM New Zealand Standard Time

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Coach and Manager Bulletin

July 2024

Hello Coaches and Managers,

We're excited to kick off the junior games starting back tomorrow morning! It's time to get back into the rhythm and see our young players shine on the field. Please make sure you check your emails and our social media for any cancellations. Some games have already been cancelled tomorrow due to the closures of some fields so please check the NRF website for more details.

As part of your fees, all Junior, Youth and Fun Football teams will receive a team photo as a memory of the 2024 season. Please make sure to save the dates for our upcoming team photos:

- **Junior and Fun Football Teams:** Saturdays, 3rd August, 10th August, and 17th August from 7:30 AM to 10:30 AM.
- **Youth U13-17 Teams:** Monday, 12th August from 4:30 PM to 6:30 PM.

A detailed schedule with your allocated day and time will be sent out next week.

Good luck for your games tomorrow!

Online Coaching Modules from NZF

New Zealand Football offers a number of online modules for coaches to up skill their coaching skills. The courses are for volunteers and coaches. You can start with the online modules and, once completed, you can find a practical module that suits in order to complete the course.

The Fun-damentals of Junior Coaching

This Coaching Award is for Team Leaders working with 4-9 year old players. Leading a team of 4-9 year olds is an enjoyable and rewarding experience. Often in this age group, our Team Leaders wear many hats, acting as coaches, referees and chief fun officers! This course will provide valuable information on how to juggle the demands of training and Game Day and get the best out of this exciting age group.

NZF Junior Level 1

The course covers the basics of coaching the 9 – 13 year old age group. It focuses on understanding the specific needs of this age group, how to build fun and inclusive environments and how to develop players skills in a way that is appropriate for this phase of development.

NZF Youth Level 1

This course covers the basics of coaching the 13-19 year old age groups. As a coach of this age group, you will begin to introduce team development while building on the skills built in earlier phases of development. This course will help you provide safe and inclusive environments that provide the right conditions for the growth and enjoyment of the game.

[Register for these Online Modules Here](#)

Performance and Prevention

Ensuring players perform a suitable warm-up before training sessions and games is crucial for their overall performance and safety.

As the season progresses, fatigue can set in, especially in young players. A well-structured warm-up becomes even more important to prepare their bodies for physical activity, helping to reduce the risk of injuries and enhance recovery.

Warm-ups gradually increase heart rate, blood flow, and muscle temperature, enhancing flexibility and mental focus, which sets the stage for optimal performance despite increasing fatigue.

New Zealand Football have some great resources on their website to help coaches integrate a quality warm up at the beginning of sessions.

Check out these resources:



Performance & Prevention

Are You Ready to Play?

Youth & Senior Players	Players 13 & Under	Futsal & Social Players	Strength Exercises	Our App
Warmup 	11+ Kids 	FastSTART 	Strength & Conditioning 	CoachMate

For more information on performance & prevention visit our website.

Weekly Results

We have recently streamlined the process for recording results for our U9 - U17 teams. At the end of each game, please enter your scores here: [Weekly Results 2024](#) . If you all could do this each week it will make the process of entering the results into comet quicker for our administration team.

You can do this regardless if you are the home or away team, this way we have a record of the Players of the Day/Birko Award Recipients/MVP's.

If your team is competing in the higher level competitions and you have access to Comet, you can upload your results directly and do not need to complete the form.

Coach and Mangers Code of Conduct

The purpose of this Code of Conduct is to encourage fair, ethical treatment of all persons and organisations that come under the umbrella of Birkenhead United AFC.

All persons will agree to abide by the Birkenhead United AFC Code of Conduct and acknowledge that any breach of the Code of Conduct, or any part of it, may result in disciplinary action under the Birkenhead United AFC Constitution, Regulations and Policies.

The following Code of Conduct applies to all Birkenhead United AFC members and persons participating in Birkenhead United AFC activities.

As a team manager I will:

- Be responsible for the overall welfare and well-being of team members
- Maintain a 'duty of care' towards team members and be accountable for the management of the team
- Communicate with opposing team managers to ensure the fulfilment of scheduled fixtures
- Communicate regularly with the football committee and managers from other Birkenhead teams, for the sharing of players, resources and ideas
- Attend and be an active participant in scheduled football committee meeting.
- Complete and return match scorecards to Birkenhead clubrooms within 24 hours of a fixture being played
- Be responsible for the return of all team kit, balls, bibs, cones and other training equipment at the end of each season

As a coach I will:

- Respect the talent, developmental stage and goals of each player in order to help them reach their full potential
- Provide all players with equal attention and opportunities they deserve
- Be fair, considerate and honest with players and parents
- Encourage and promote a healthy lifestyle and encourage players to make good life choices
- Show professional responsibility by displaying high standards in language, manner, punctuality, preparation and presentation
- Make training sessions fun and suitable to each player's talent and development stage
- Discuss player development regularly with other coaches and the Head of Football
- Actively seek out coach development opportunities
- Display control, courtesy, respect, honesty, dignity and professionalism to all involved in the sport
- Be a positive role model for the sport and players in a way
- that projects a positive image

You can find the complete Code of Conduct here: [Birkenhead United AFC Code of Conduct](#)

Helpful Links and Websites

- [BUAFC Player Information](#)
- [NRF Junior Handbook](#)
- [NRF Junior Fixtures](#)
- [NRF Youth Fixtures](#)
- [NRF Community Senior Men Fixtures](#)
- [NRF Community Senior Women Fixtures](#)
- [NRF Junior Coaching Resources](#)
- [NRF Online Refereeing Courses](#)



Birkenhead United is on Facebook

Keep up to date with everything BIRKO

You can use the link [Birkenhead United AFC](#) or search for us on Facebook.

Upcoming Dates

Saturday 20th July: Band night - Skint, Term 3 Games for Juniors start back

Sunday 21st July: Womens 1st Team Home game v Central Utd

Monday 22nd July: Term 3 begins

Friday 2nd August: Locker Room Laughs

Saturday 3rd August: Save the date Junior and Youth Photos - times to be confirmed closer to the time

Saturday 3rd August: Mens 1st Team Home Game v Hamilton Wanderers

Sunday 4th August: Womens 1st Team Home game v Onehunga

Wednesday 7th August: Auckland FC game v Birkenhead United AFC at Shepherds Park

Saturday 10th August: Save the date Junior and Youth Photos - times to be confirmed closer to the time

Monday 12th August: Save the date Junior and Youth Photos - times to be confirmed closer to the time
Friday 16th August: Mens 1st Team Home Game v Auckland City FC
Saturday 17th August: Save the date Junior and Youth Photos - times to be confirmed closer to the time
Sunday 18th August: Womens 1st Team Home game v Manukau Utd
Saturday 24th August: Mens 1st Team Home Game v Bay Olympic
Friday 30th August: Womens 1st Team Home game v Northern Rovers

Have a question? - Contact Us

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