



Introduction to the Western Cougars

We are excited to welcome all members, old and new, to the Western Cougars Gridiron Club for 2012. We are confident that this will be the most rewarding gridiron season you've ever experienced.

The club was formed in the early 1990's and achieved great success with multiple junior and senior Sun Bowl championships from the mid 1990's to the early 2000's. This is our 4th season at Wacol after spending more than 15 seasons in Ipswich. We are in a fantastic geographical location close to the Centenary suburbs, inner southern suburbs running off the Ipswich Mwy, Forest Lake, Springfield, and Ipswich regions. Our field and facilities are considered by other clubs to be amongst the best in the competition and we are proud to call Wacol our home.

Our goal is to develop our players to learn not only the fundamentals of gridiron, but also the importance of teamwork, discipline, and having a good time along the way. We will do our very best to ensure that each member is utilized to their utmost potential and that their talents are used for the team's best advantage.

Safety and correct technique is our top concern. Many of the exercises, drills, and team rules are designed to ensure each player is physically and mentally fit for gridiron. Each person is unique and will develop at his own pace. Both the junior and senior teams will train together this season to ensure all players are taught the same techniques and to enhance our good spirited club culture.

As always, feel free to discuss any issues with your coaches or committee members.

President:	Sharon Dorward	0439 135826
Secretary:	Ross Dorward	0413 015187
Treasurer:	James Tasker	0432 669601
Vice President:	Adam Irwin	0410 214617
Club Coaching Director:	Clinton Fraser	0418 762858
Senior Head Coach:	Ross Dorward	0413 015187
Junior Head Coach:	Ryan Andersen	0431 106577

Club Team Rules

- No smoking during training and during games (starting from warm ups and concluding after we leave the field of play at the end of the game)
- Any player under the influence of alcohol or drugs will not be permitted to train or play
- If you train and have a good attitude towards the game and your teammates, you will play. If you don't train and / or have a bad attitude to the game and your teammates, you shouldn't expect to play much. You can't learn by sitting at home

- All absences must be communicated to the coaches.
- What the coaches say goes. Back talking, profanity, or any form of disrespect will result in disciplinary actions
- Respect your teammates, opponents, and officials. Everyone is different so remember your teammates are working with you, not against you. Any unnecessary aggression or violence towards a teammate, opponent or official will result in disciplinary actions. Without them, there would be no game, so treat them all with respect
- Take care of your equipment. Let the coaches know if your equipment needs repair. This is the key to safety. Equipment is not to be deliberately misused or thrown in anger. Our club has an equipment policy that is made available to all members that covers intentional damage, fair wear and tear, and uniform replacement
- Do not damage any of our equipment, our lessors' equipment, or any other teams' equipment when visiting other fields. Anyone found intentionally damaging any equipment may have their membership terminated.

On field Season Goals

Our club goals for both teams this year are measurable and simple. They are to:

- Improve as an individual and team at every training and game
- Have fun and enjoy the sport and the club. If you don't enjoy it there's no point playing
- Perform to the best of our ability, either as a player or coach.

If we achieve those two goals then the results will take care of themselves. At this stage of the year we should not be focusing on winning a championship. If we improve each week and enjoy training and playing then we're positive this season will be highly successful and enjoyable.

Coaches

We have limited resources and time and, just like our players, we can only do our best. We view coaching as an awesome responsibility. Our coaches will:

- Understand each player's potential
- Work on individual skills for each position and teach the players the skills they need to play gridiron safely
- Work on team execution of plays
- Motivate, communicate, and lead
- Perform the "behind the scenes work" that will give the players the maximum chance of success

Coaches must have the freedom to develop three things in their players; pride, poise, and self-belief. We use the following steps to instruct the game of gridiron.

- Explain what is required
- Demonstrate the technique
- Have the player perform the technique
- Explain the consequences of not performing the technique properly

Player Equipment

Each player is required to supply the following equipment in order to play gridiron:

- Football boots or cleats (no plastic studs)
- Custom mouth guards (club provides standard issue mouth guards)
- Protective cup. Not mandatory but highly recommended – accidents do happen and we'd rather you not miss game time due to an unfortunate accident
- Strapping tape. This is your responsibility not ours. First aid officers aren't always qualified strappers nor do they provide tape free of charge.

All new players will be issued the following equipment as a fee inclusion:

- Uniform Pack - 7 piece lower pads, belt, playing pants, playing socks
- Mouth guard (standard – attaches to helmet facemask)

Players may be issued the following equipment which must be returned at the end of season, unless purchasing from the club:

- Practice jersey and pants
- Helmet with face mask and chin strap
- Shoulder pads
- Game Jersey

Training

Every week training sessions are different. New skills are learned, problem areas are corrected, and new plays are taught. You will be at a disadvantage by not making training regularly and on time. Training is expected to start Monday 14 May but training times and dates will be confirmed closer to this date.

Volunteer Duties

All members are expected to participate in our home game duty roster. All home games require mandatory duties to be undertaken by the home team – field setup / packup, chain crew, junior game referees, canteen. If all members do their small part it will make it easier on the club as a whole when it comes to our home games.

All members will be given a roster several weeks prior to our 1st home that outlines all duties for all our home games. Anyone that fails to attend their rostered duties will be asked to explain their reasons and may be subject to lose of playing time by their respective coach.

Fundraising and Sponsorship

Members and their families are encouraged to participate in fundraising events throughout the year. As we are a non profit organization all assistance in this area is greatly appreciated. Should you have any ideas for fundraising events or potential sponsors please feel free to contact any of the committee members.

Once again we are looking forward to a successful season and I am confident that this can be achieved with hard work, fun and most importantly teamwork.

Welcome to all Western Cougars 2012.

Sharon Dorward
President
Western Cougars Gridiron Club
0439 135826

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