



INFORMATION + SPONSORS PACK

— Proudly brought to you by **Coniston Football Club** —

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JOIN THE FAMILY CLUB WITH A PROUD HISTORY!

Coniston Football Club was founded in 1955 as the Coniston Junior Soccer Club. Our club is part of the Football South Coast association, which covers the Illawarra from Helensburgh to Gerringong. Known today as Coniston F.C., we field teams for Juniors (U6 to U18), Masters (over 35's), all age Womens teams, and all age Mens teams at the highest level in our region, the Illawarra Premier League.





CONISTON FC JUNIORS

WELCOME!



It is with much pride that I present to you our 2025 Information Pack in this, our 70th anniversary year!

It is also a great achievement for Coniston FC to now be part of the the FSC Womens IPL competition in 2025, we are now truly a club that can offer pathways for both Men and Women in our Junior teams into the Premier League.

Off the field we have one of the most friendly and dedicated Committees, 2024 was one of the most succesful years on record for our Juniors, with enormous growth in the girl teams thanks to Laura Foreman devoting enormous effort with the preseason Mini Tillies program.

We have also successfully established the Junior Sub-Committee to help further grow and develop our Junior teams into the future.

As we continue to grow, so will our need for more Coaches, Team Managers and Committee Members, it's an excellent way of giving back to your community and making a difference to children in our Club. Contact me directly at any time if you would like to get involved, we have small jobs for the time poor, team positions for those of you who want to directly help your child and their groups of friends, and committee roles for those who can add value to the entire club.

On behalf of all our members and players, I am very grateful of our loyal sponsors for your contributions to our club. Registrations do not cover our costs, and your assistance directly improves the operations capability of our club.

We are a strong Junior club with a great family friendly culture built on our three values of FUN | DEVELOPMENT | RESPECT, and helps prepare our children to face future life challenges with courage and strength.

And lastly, a special thanks to our players for being part of our club, let's go again in 2025, we do this all for you!

Yours in football,
Heath Powderly
Coniston FC | Vice President Juniors

AIMS OF OUR CLUB

Coniston Football Club is a community based, non-profit soccer club located in Wollongong's southern suburb of Coniston. The club caters for all junior players from 4 to 18 years of age and their families regardless of proximity, gender, background and ability.

To provide an opportunity for young boys and girls, regardless of their ethnic, religious or socio-economic background, to experience and enjoy the wonderful game of soccer.

Through our values of FUN – DEVELOPMENT - RESPECT, we make participation in soccer a rewarding experience for each player, regardless of their ability, by focusing on development before winning.

We strive to provide the highest quality of soccer coaching and instruction, providing an opportunity and pathway for junior players to progress playing soccer at higher levels.





FUN DEVELOPMENT RESPECT

THE DESTINATION CLUB



REGISTRATION

Online Registration

Commences Saturday 4th January 2025, for instructions on how to register go to www.conistonfc.com.au and follow the links.

Note: Registrations after 4th February do not guarantee a place in a team.

All players **MUST** upload a current passport sized photo of the player from shoulders up.

Questions?

Call our registrar Laura on 0421 087 648, or attend our final registration day.

Final Registration Day

Saturday 22nd February – 9.00 AM to 10.45 PM

Neville McKinnon Park, Gladstone Avenue, Coniston

'Early Bird' Registration Fees

From 4th January to 4th February, \$220 per player.

Registrations after 4th February, \$250 per player.

Active Kids Program

You may claim a \$50 voucher from NSW government towards your registration fees, which is essentially a \$50 discount per child off your registration fees!

For more information, go to our website www.conistonfc.com.au.

Deregistration

If deregistration is required, the following will apply:

- Full registration fees will not be refunded.
- Registration fees minus \$50 [Administration Costs] will be refunded if the player is deregistered before the competition starts.
- Registration fees will not be refunded once the competition starts.

MINIROOS

U6-U9

What is Miniroos?

Miniroos games use simplified rules, less players and smaller fields to give players greater opportunity to participate in the game, develop their skills and have fun.

Miniroos Format

Under 6 & 7 teams play 4 players per side.

Under 8 & 9 teams play 7 players per side, including goalkeeper.

Under 10 & 11 teams play 9 players per side, including goalkeeper.

More details and rules of small-sided games be found on the club's website under 'Documents & Information', including brochures published by Football Australia.

Miniroos Team Organisation Days

To organise our teams with correct numbers, it is compulsory that all players and at least one parent attend their Team Organisation Day at the Steelers Club.

U6 Tuesday, 25th February at 6.00 PM | U7 Tuesday, 25th February at 7.00 PM.

U8 Wednesday, 26th February at 6.00 PM | U9 Wednesday, 26th February at 7.00 PM.

If you do not attend, your child will be placed in a team. Once teams are finalised we cannot change the team your child is in, so please ensure you attend if you would like to have your say.

Note: Shorts [\$25] and Socks [\$15] will be available for purchase on these days.





WE ARE CONO!



DEVELOPING PLAYERS





GRADING U10-U11

Grading

In these age groups, we begin grading players to better prepare them for competitive football which starts from U12. The grading of U10/U11 Mini-roo players is seen as an important step in their development as footballers and their ability to enjoy the game.

Grading is also required to group players with similar skill and ability and allows new players to the club who have not been allocated to a team to be placed into the most appropriate team, based on their ability and experience. Subject to the grading, we will group players with their friends from previous years or social connections, wherever possible.

All graded players must:

- Assemble ready to trial 15 minutes prior to their age group grading time
- Wear boots, shin pads, and bring a water bottle.
- Players who do not attend the grading process will not be placed into a team.

Grading Dates

U10 Sun 9th Feb 9.00 - 10.00 AM | U11 Sun 9th Feb 9.00 - 10.00 AM

J.J. Kelly Park, Keira St, Wollongong [Outside Grounds]

Note: Dates are subject to change, updates will be posted on our website www.conistonfc.com.au and social media pages.

GRADED TEAMS

U12-U18

Graded Teams

Children from Under 12 to Under 18 are graded into competition divisions by the district to ensure they are playing in a team and against teams appropriate to their ability and is a Football NSW requirement.

Graded teams play on a full size field and to the FIFA rules of the game and we always welcome new players to join Coniston FC.

Grading

If required, teams may need to go through a grading process. The grading process is to ensure players are placed teams with matching levels of skill, experience and maturity.

All graded players must:

- Assemble ready to trial 15 minutes prior to their age group grading time
- Wear boots, shin pads, and bring a water bottle.
- Players who do not attend the grading process will not be placed into a team.

Grading Dates

Boys Grading Days

U12 Sun 9th Feb 10:30 - 11:30 AM

U13 Sun 9th Feb 12:00 - 1:00 PM

U14 Tue 11th Feb 4:00 - 5:00 PM

U15 Tue 11th Feb 5:00 - 6:00 PM

U16 T.B.C.

U17/18 T.B.C.

Girls Grading Days

U12/13 Sun 9th Feb 1:00 - 2:00 PM

U14/15 Sun 9th Feb 1:00 - 2:00 PM

U16/17 Sun 9th Feb 2:30 - 3:30 PM

J.J. Kelly Park, Keira St, Wollongong [Outside Grounds]

Note: Dates are subject to change, updates will be posted on our website www.conistonfc.com.au and social media pages.





PLAYING FOR POINTS

**GOLD
& BLACK
ARE OUR
HERITAGE**



UNIFORM

Uniform

The player's uniform consists of:

- Football boots and shin pads,
- Coniston club shorts [Black],
- Coniston club socks [Black], and
- Coniston club shirts [Gold with Black trim].

Team Jersey

Club shirts are supplied by the club. They remain club property until the team gains a sponsor [Refer Page 14 - Sponsorships]. Club shorts and socks are compulsory and must be purchased if you don't own them.

Shorts & Socks

Shorts [\$25] and Socks [\$15] can be purchased on the following days:

- Final Registration Day - Saturday 22nd February 9:00 - 10.45 AM Neville McKinnon Park, Gladston Ave, Coniston [Refer Page 9],
- Team Organisation Days [Refer Page 10],
- Grading Days [Refer Pages 13 & 14], and
- Boots and Shin Pads are **COMPULSORY** for all ages for games and training. These can be purchased at a local or online retailer.

VOLUNTEERING

Volunteer - Inspire - Participate [V.I.P. Program]

To ensure that your child enjoys their time with the club, we kindly ask that all parents assist from time to time. Club Officials, Coaches and Managers have a lot to do and your assistance will help make the club's operations run much smoother and be more enjoyable for everyone. You can assist in the following ways:

- Join the Committee,
- Coach or Manage a team,
- Ensure your child is on time for matches, the Coach or Manager will advise how long before match time you are required at the field,
- Inform your Coach or Manager if your child is unable to play or attend training,
- Wash shirts when required,
- Be prompt when picking your child up after training [Note: Parents must remain at training for players in U6 to U10],
- Refrain from instructing your child at training and match days, this causes confusion for your child when receiving instructions from their Coach.

Volunteer Duty

It is a Football South Coast requirement that we provide volunteers to be Match Officials at every game. Each U6-U7 team will be required to have one [1] Match Official, while all U8-U17 teams are required to have two [2] Match Officials.





THE HEART & SOUL OF OUR CLUB



**INSPIRE,
LEAD
& DEVELOP**





COACHING

Coaching a Rewarding Experience!

Every season, our Club provides the opportunity for parents of players to coach teams within our Club. While some parents are born to coach, there is no expectations that you have experience or even know the sport. This is especially so in our U6 and U7 teams as you will learn right along side your children. Before you step up as a volunteer Coach, ask yourself these questions:

Are You Ready to Learn?

You may not be an expert in the sport, but it is a good idea to learn the rules. Our Club can send you to FFA one day coaching courses and reimburse any fees incurred. You can also read up on the rules, training plans, and coaching ideas on Google.

Are You Ready to Teach?

Being a coach is first and foremost a teaching position. You will be provided sample plans when you complete a coaching course and they will be relevant to the age group you are coaching. Plan the skills you want to teach and the lessons you want the children to learn. Enjoy spending time with the kids and seeing them pick up core skills. You will be amazed how much they can improve from the start of the season to the end. Being a Coach is rewarding because you are making a difference in children's lives.

Coach and Team Managers Meeting

A meeting is organised every year to assist Coaches and Team Managers in our Club with what you need to know for the upcoming season. It's a great opportunity to learn and build support networks within the Club, and best of all we will stick on some food and refreshments for you on the night!

When - Wednesday 19th March, 6.00 - 9.00 PM

Where - The Steelers Club

There are plenty of fellow Coaches and Team Managers in our Club who will gladly help and mentor you if needed. Coaching is such a rewarding volunteer role, so don't be afraid to put your hand up and dive right in!

TRAINING

Training

Training is an essential part of your child's development and our club believes that children learn best in a safe and trusting environment.

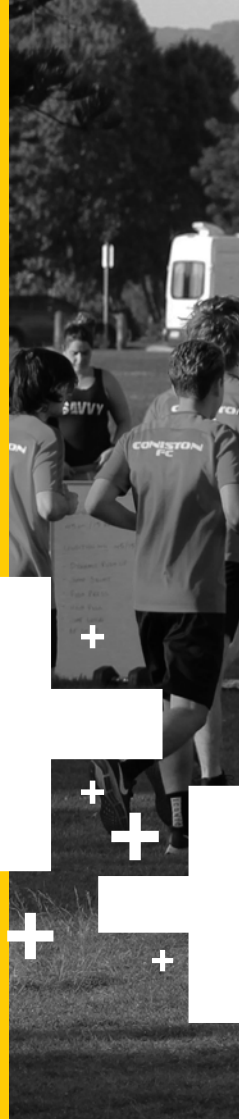
Training times for each team will be set by their respective Coach and Manager, confirmed by the Club to ensure field availability. Most teams will train twice per week at McKinnon Park, Gladstone Ave Coniston. Some older teams will train at J.J. Kelly Park No 2 [Outside Fields].

To maximise development of the player and the team, it is important to ensure your child attends all training sessions, and all parents must remain in attendance if your child is in an U11 team or younger, but it is preferably for all teams.

U6-U9 training will commence Wednesday 3rd March 2025

U6 and U7 teams from 4.00 PM SHARP to 5.00 PM | U8 and U9 teams from 5.15 PM SHARP to 6.15 PM

Your coach will determine your 2nd training day at the Team Organisation Day [Refer to Page 10].





**PRACTICE
MAKES
PERFECT**



/conistonfc



@conistonfc



@fconiston

**THE VOICE
OF CONO**





COMMUNICATION

Club Communications

It is the policy of the Club that all communications with Football South Coast or any other Club, must be done through the Club Secretary. This includes communication with any members of the Football South Coast Committee.

All communications can be directed via the Club Secretary Dermont Gildea;

0418 650 893 | secretary@conistonfc.com.au

For up-to-date news, draws, wet weather report or any other Club communications, it is best to refer to our social media channels and website;

Mens @ <https://www.facebook.com/ConistonFC> + <https://www.instagram.com/conistonfc/>

Juniors @ <https://www.facebook.com/Conosoccer> + <https://www.instagram.com/conosoccer/>

Womens @ <https://www.facebook.com/ConistonFCWomen> + <https://www.instagram.com/conistonfcwomen/>

Meetings

The Annual General Meeting [AGM] is held at the end of each calendar year on a date decided by the Executive Committee.

Regular meetings to which all Club Members, parents and interested persons are invited are held on a monthly basis. Contact the Club Secretary, Dermot if you are interested in attending.

SPONSORSHIP

Sponsorship

Sponsorship provides the Coniston Football Club with the following benefits:

- Ability to keep registration costs low,
- Cover the expenses associated with training,
- Provide quality training equipment,
- Provide our Coaches with accredited training,
- Maintain our club facilities,
- Provide trophies and recognition to players, members, and volunteers, and
- Support our Junior players in tournaments and representative duties.

Sponsorships will be available in the following packages for 2025;

GRADED TEAM [U12-U18] \$1000

Company logo on the front of one set of U12+ shirts [16 Shirts]

MINIROOS TEAM [U8-U11] \$800

Company logo on the front of one set of U8-U11 shirts [10-12 Shirts]

MINIROOS TEAM [U6-U7] \$600

Company logo on the front of one set of U6-U7 shirts [6 Shirts]

*** ONLY PLAYERS OF SPONSORED TEAMS WILL KEEP THEIR SHIRT ***

All sponsors are also entitled to the following benefits:

- Company logo on our website, social media channels and promotional banners,
- Use of our social media channels to promote your exclusive offers to all of our Members, and
- Framed team photo of your sponsored team.

All interest for club sponsorship packages should go through the Club Secretary Dermot Gildea [0418 650 893 | secretary@conistonfc.com.au].

Please note that sponsorships are subject to the approval by the Club Committee and will receive a receipt for tax purposes.



Front Jersey Sponsor
Gameday + Training



**THE LIFE
BLOOD
OF OUR
CLUB**

GET IN TOUCH

John Karayiannis

President

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Heath Powderly

Vice President Juniors

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Laura Foreman

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CONISTONFC.COM.AU

