



# PARENT INFORMATION PACK



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## What is AIA Vitality MiniRoos?

AIA Vitality MiniRoos is available in two forms:

1. AIA Vitality MiniRoos Kick-Off, which is an introduction to football for boys and girls aged 4-9.
2. AIA Vitality MiniRoos Club Football, which is a team-based version of football played during the winter season for boys and girls aged 5 – 11.

AIA Vitality MiniRoos is designed to ensure every child has the best opportunity to succeed in the sport while having fun and learning new skills. The information which you require for AIA Vitality MiniRoos Kick-Off and AIA Vitality MiniRoos Club Football is detailed in this information pack.

AIA VITALITY MINIROOS KICK-OFF	AIA VITALITY MINIROOS CLUB FOOTBALL
<p>AIA Vitality MiniRoos Kick-Off programs have been developed in line with the game-sense philosophy of sport participation. This approach to sport delivery emphasises a move away from traditional coach dominated sessions to those that are player-centred, and use game-like situations rather than technical drills.</p> <p>This type of environment teaches the fundamentals of a sport in a fun, engaging, and inclusive environment that focuses on enjoyment rather than results. It should be no surprise to parents that the more fun their child has, the more likely they are to continue playing. This is the overarching tenet that guides AIA Vitality MiniRoos Kick-Off.</p>	<p>AIA Vitality MiniRoos Club Football uses small sided games (4v4, 7v7 &amp; 9v9) rather than the traditional 11v11 format to cater to 4-11 year olds. The smaller fields, modified rules and fewer players mean a more enjoyable game with more opportunities to touch the ball and more opportunities to score goals, once again increasing the likelihood of an overall positive experience.</p> <p>As your child progresses through the various age groups they will be introduced to playing environments that most suite their stage of development and prepare them for the transition to 11v11 football when the time comes.</p>



## An experience for every child

If your child is between the ages of 4-11 and wants to play football, there is an option available to them.

### The Beginner

For a number of reasons, there are many children that have not been exposed to regular physical activity or sport programs in their pre-school years. Some of these children may not be physically, socially, or emotionally ready to participate in a full season of team sport. There are other children who have been involved in many different sporting activities but have never tried football and are not sure they want to commit to the full season.

*AIA Vitality MiniRoos Kick-Off may be the best option for these types of children.*

### Some Experience

Some children seem to be born with a ball at their feet. They are always ready to try new things and are physically competent enough to run, kick, catch and jump at an early age. Others develop a sense of social confidence and emotional strength much earlier than others and may be ready to move straight into a team sport environment.

*AIA Vitality MiniRoos Club Football would suit these types of children.*

### Girls Only

Playing and spending time with their friends is a key motivating factor for girls' sports participation. A Girls Only environment may prove to be the perfect option for young girls that may find the mixed gender environment a little intimidating or less appealing.

Ask your local club if they offer AIA Vitality MiniRoos For Girls playing options.

## MiniRoos Philosophy

All forms of AIA Vitality MiniRoos aim to provide an experience and an environment that promotes ongoing participation in football and a lifelong love for the game. The AIA Vitality MiniRoos philosophy is based on the principles of why kids play sport.

### What the research says...

WHY CHILDREN PLAY SPORT	WHY CHILDREN DROP OUT OF SPORT
<ul style="list-style-type: none"><li>• <b>Enjoyment/fun</b> Younger children (below u12s) are more likely to participate in sport for fun, enjoyment and the social aspects of involvement.</li><li>• <b>Socialisation</b> Children are socially driven and desire opportunities to meet new friends and be with friends.</li><li>• <b>Development of new skills</b> A majority of children participate in sport in order to learn how to play and acquire skills. <i>There is <b>no</b> research to suggest that <b>Winning</b> is an influencing factor in junior sport participation.</i></li></ul>	<ul style="list-style-type: none"><li>• <b>Coaches and parents</b> Pressure from parents and coaches has been identified as a major inhibitor to continued participation.</li><li>• <b>Rules and competition</b> Competitive environments and overly structured formats create frustration and anxiety among children.</li><li>• <b>Over-emphasis on winning and losing</b> Continued focus on results creates ego-oriented motivation in which children compare themselves to others. Focus on enjoyment and effort fosters task-oriented motivation which will create an intrinsic desire to improve and develop.</li></ul>



## Role of a Parent

Much of the focus in junior sport on competition and winning is propagated by adults and is generally a construct of their own involvement in sport, not their child's. As parents and coaches, we need to consider the kind of environment we are creating for our children and be mindful of the messages we are sending.

*When a child comes home from a game is the first question you ask: 'Did you win?' or is it 'Did you have fun?'*

### What the research says:

- Players want their parents to be involved in and to be supportive of their sporting experience. Instead of behaviour that pressures players to perform and succeed, they would prefer supportive comments about the positive aspects of their attitude, sportsmanship and effort (Sanchez-Miguel, Sanchez-Olivia, Amado, Garcia-Calvao, 2013)
- Participants that perceived more pressure from their parents generally experienced a negative relationship with sport enjoyment. Whereas appropriate parental participation promoted an increase in players' enjoyment and motivation. (Sanchez-Miguel et al., 2013)

## Parent Code of Behaviour

The behaviour of players, their parents, spectators, officials and administrators is absolutely critical in ensuring that young players enjoy an appropriate environment in their formative years of playing football. Bearing in mind that the whole philosophy of AIA Vitality MiniRoos is based on replicating street football, where children play without adults and referees, the major focus should be on letting the children play with minimal instruction and plenty of encouragement.

Below are a series of Codes of Behaviour that all people involved in junior football, and in particular AIA Vitality MiniRoos, must be aware of and abide by. Clubs may decide to have a Team Manager exchange a Code of Conduct before every game with each person giving an undertaking, on behalf of their players, parents and spectators, to behave in an appropriate manner. If this does not eventuate, the other Team Manager is entitled to refer the other person back to the Code, and if inappropriate behaviour persists, club representatives would need to become involved.

### Parent Code of Behaviour

- Remember that children participate in sport for their enjoyment, not yours;
- Encourage children to participate, do not force them;
- Focus on your child's efforts and performance rather than whether they win or lose;
- Encourage children to play according to the rules and to settle disagreements without resorting to hostility or violence;
- Never ridicule or yell at a child for making a mistake or losing a competition;
- Remember that children learn best by example. Appreciate good performance and skilful plays by all participants;
- Support all efforts to remove verbal and physical abuse from sporting activities;
- Respect officials' decisions and teach children to do likewise;
- Show appreciation for volunteer coaches, officials and administrators - without them, your child could not participate; and
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

## Players Code of Behaviour

### Players

- Play by the rules;
- Never argue with an official - if you disagree, have your captain, coach or manager approach the official during a break or after the competition;
- Control your temper - verbal abuse of officials, sledging other players or deliberately distracting or provoking an opponent is not acceptable or permitted;
- Work equally hard for yourself and your team - your team's performance will benefit and so will you;
- Be a good sport - applaud all good plays whether they are made by your team or the opposition;
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor;
- Cooperate with your coach, team-mates and opponents - without them, there would be no competition;
- Participate for your own enjoyment and benefit, not just to please your parents and coaches; and
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural.

## Child protection

The FFA Member Protection Policy will work towards maintaining ethical and informed decision-making and responsible behaviours within our sport. It outlines our commitment to a person's right to be treated with respect and dignity and to be safe and protected from abuse. The Policy informs everyone involved in our sport at the national, state and local levels of his or her legal and ethical rights and responsibilities and the standards of behaviour that are required.

The Governing Bodies are committed to the safety and wellbeing of all children and young people accessing our service. We support the rights of the child and will act without hesitation to ensure that a child safe environment is maintained at all times. We also support the rights and wellbeing of our staff and volunteers and encourage their active participation in building and maintaining a secure environment for all participants.

The Governing Bodies acknowledge that our staff, members and volunteers provide a valuable contribution to the positive experiences of children involved in football. The Governing Bodies aim to continue this and to take measures to protect the safety and wellbeing of children participating in football.

It is the responsibility of each AIA Vitality MiniRoos deliverer to adhere to their state-based legislation and act in accordance with their respective administrative protocols. Any individuals engaging in work associated with AIA Vitality MiniRoos are required to carry the appropriate clearance for that state or territory.

*Copies of the current Policy and its attachments can be obtained from FFA's website at [www.footballaustralia.com.au](http://www.footballaustralia.com.au)*

## About AIA Vitality

We want all Australians to have the best start in life and we believe that kids have the greatest chance of developing healthy habits when they're having fun. Whether it's playing with mum and dad at home, friends at the park or a team sport, being active as a kid can lead to better health as grown-ups.

AIA Vitality encourages and rewards healthy habits. That's why we are supporting MiniRoos, **a fun and engaging introduction to football, designed for kids** to develop a love of football and make new friends in a positive environment.

Whether you make small changes or big leaps towards a healthier lifestyle, AIA Vitality rewards you with discounts from some of Australia's biggest brands, including discounts on shopping, entertainment and travel.

AIA Vitality MiniRoos time is family time! As the parent and proud supporter of your little star we know you understand the value of an active lifestyle and being the best role model you can be.

The AIA Vitality program encourages you to understand your health and then gives you the tools to improve it. We appreciate that living a healthy lifestyle can be expensive so we make it more accessible with discounts on everything you need, from fitness devices and gym memberships to healthy food for you and your family. And, just to give you some extra motivation we reward you with up to 35% off some of Australia's best travel and lifestyle brands.

AIA Vitality is available with eligible AIA insurance products. For more information speak to your financial adviser.

**Read more at [www.aiavitality.com.au](http://www.aiavitality.com.au).**



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## AIA Vitality MiniRoos Kick-Off

### Outcome 1

To deliver a fun, engaging, and structured football experience to beginning football participants, aged 4-9.

### Outcome 2

To service the local football community through coaching, participation, or transition outcomes.

## Benefits of AIA Vitality MiniRoos Kick-Off

### Children's Benefits

The shorter session times and program length facilitates an ideal introduction to football for new and developing participants.

Benefits include:

- Fun, football game-based sessions that build fundamental motor skills;
- Non-competitive activities to improve confidence and self-esteem;
- Low participant-to-coach ratio resulting in greater individual engagement;
- Experience the football basics before progressing to AIA Vitality MiniRoos Club Football;
- Merchandise packs for new participants, including backpack, ball and more.

### Parent's Benefits

AIA Vitality MiniRoos Kick-Off is perfect for beginning football participants.

- 45 minute sessions make for easier time management;
- Fun session activities with players on the ball the whole time;
- A nationally consistent program ensures children can play it anywhere;
- Smooth introduction to local football.

Happy child equals happy parent!

### Community Benefits

Introducing children to fun and engaging sporting activities at an early age will influence their decision to remain involved in sport as they grow older. A more active child means a healthier, smarter and more productive member of our community.

AIA Vitality MiniRoos Kick-Off programs are all linked to your local football association or club and promote pathways into these family friendly environments.





## AIA Vitality MiniRoos Registration Windows

PROGRAM	PLAYER REGO PERIOD	PROGRAM DELIVERY	PROGRAM LENGTH
<b>PRE-SEASON</b> AIA VITALITY MINIROOS KICK-OFF	November – February 28*	January – March 28	6 weeks
<b>WINTER SEASON</b> AIA VITALITY MINIROOS KICK-OFF	January – June 30	April – August 30	6, 8, 10 or 12 weeks
<b>WINTER SEASON</b> AIA VITALITY MINIROOS CLUB FOOTBALL	January – June 30	April – August 30	20 week season (approx.)
<b>POST-SEASON</b> AIA VITALITY MINIROOS KICK-OFF	September – November 15*	October – December 18	6 weeks

\*Last registrations close 2 weeks into programs.



## Roles and Responsibilities

ROLE	RESPONSIBILITY
<p><b>KICK-OFF PROGRAM MANAGER</b></p>	<p>The AIA Vitality MiniRoos Kick-Off Program Manager is responsible for the overall management and operation of the program, including:</p> <ul style="list-style-type: none"> <li>• Complete the Site Application Form;</li> <li>• Source and organise facility;</li> <li>• Source and organise appropriately qualified program leaders;</li> <li>• Attend AIA Vitality MiniRoos Briefing Session prior to the commencement of the program;</li> <li>• Ensure FFA training requirements have been completed;</li> <li>• Confirm program details using the Program Management System;</li> <li>• Promote the program locally and through existing networks;</li> <li>• Manage the operational aspects of the program, including ordering equipment, program set-up, facility management, and program delivery; and</li> <li>• Work with the Member Federation to manage all program enquiries.</li> </ul>
<p><b>KICK-OFF PROGRAM LEADER</b></p>	<p>The Program Leader is employed to deliver the AIA Vitality MiniRoos Kick-Off sessions. It is their responsibility to:</p> <ul style="list-style-type: none"> <li>• Plan, prepare, deliver, and review each and every session;</li> <li>• Keep the games moving fluently, limiting stoppages and encouraging all players;</li> <li>• Create an environment that ensures all players have fun and have maximum involvement; and</li> <li>• Be flexible, patient and positive.</li> </ul>

To become a Program Leader please complete the Expression of Interest form found on the AIA Vitality MiniRoos website.



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## Club Football

AIA Vitality MiniRoos Club Football uses small sided games (4v4, 7v7 & 9v9) rather than the traditional 11v11 format to cater to 4-11 year olds. The smaller fields, modified rules and fewer players mean a more enjoyable game with more opportunities to touch the ball and more opportunities to score goals, once again increasing the likelihood of an overall positive experience.

As your child progresses through the various age groups they will be introduced to playing environments that most suite their stage of development and prepare them for the transition to 11v11 football when the time comes.

Delivered by grassroots clubs across Australia, AIA Vitality MiniRoos provides opportunities for boys and girls of all abilities, shapes and sizes to play football.

### There are two models for AIA Vitality MiniRoos Club Football:

- **The intra-club model:** teams are arranged from within a club's membership. These teams then play against each other on a weekly basis.
- **The inter-club model:** teams from within clubs play against teams from other clubs on a weekly basis. The two should not necessarily be seen as mutually exclusive given that they could both be used simultaneously for different age groups within a club or association.

For Under 9 and below, the majority of clubs use the intra-club model where teams from within the club play against each other. Where clubs are unable to do this due to insufficient numbers, they may choose to combine with another smaller club and play against each other. From the Under 10 age group upwards, clubs may choose to schedule their matches against other clubs on a home and away basis — inter-club model.

## Benefits of AIA Vitality MiniRoos

### Children's Benefits

The smaller fields, modified rules and fewer players mean a more enjoyable game with many more chances to score plenty of goals! The benefits of such an engaging and active experience include:

- Development of fundamental motor skills;
- Development of social skills through peer interactions;
- Develop values of team work, cooperation, fair play, and respect for others;
- Develop a child's ability to make quick decisions and improve reaction time; and
- Health and wellbeing benefits from regular participation in AIA Vitality MiniRoos games.

Boys and girls also have the opportunity to play AIA Vitality MiniRoos during half-time of selected Hyundai A-League, Westfield W-League and Westfield FFA Cup games throughout the Summer football season, as well as international fixtures featuring our very own Socceroos & Westfield Matildas!

### Parent's Benefits

- AIA Vitality MiniRoos time is family time!
- AIA Vitality MiniRoos is conveniently operated at thousands of local clubs across the country, meaning parents shouldn't have to travel too far to be part of the AIA Vitality MiniRoos experience;
- Constant supervision for your children in a fun, safe, welcoming environment; and
- Enjoy a coffee with your friends in the clubrooms or be part of the AIA Vitality MiniRoos action with your son or daughter on the pitch.

Your AIA Vitality MiniRoos experience can be anything you want it to be!

### Community Benefits

AIA Vitality MiniRoos helps build strong, active local communities that work together to ensure the health of future generations.

The local football club bringing you the AIA Vitality MiniRoos experience is predominately operated by passionate, hard-working volunteers from your community. Volunteering for your community to support an activity your son or daughter is taking part in is truly a rewarding experience. Don't be shy to put your hand up and help out where possible. Many hands make light work!

## Registration Periods

AIA Vitality MiniRoos Club Football is played during the Australian Winter season, April to September. Football clubs across the country will begin registering participants from January and will generally close registrations at the end of June.

For specific information regarding registrations please contact your local football club or association.



## Roles and Responsibilities

In many cases the different roles may be filled by the same person. For example, the AIA Vitality MiniRoos Coach may also double as a Game Leader. The most important thing is that these people always act in the best interest of the players.

ROLE	RESPONSIBILITY
<p><b>AIA VITALITY MINIROOS COORDINATOR</b></p>	<p>The coordination and administration of the AIA Vitality MiniRoos Kick-Off program. This person will be the primary contact for that site's AIA Vitality MiniRoos activities.</p> <p>The Program Coordinator is primarily responsible for ensuring MiniRoos is delivered to a high standard and ensuring parents of players understand the philosophy behind AIA Vitality MiniRoos.</p> <p><b>Responsibilities include:</b></p> <ul style="list-style-type: none"> <li>• Assist coaches with the set-up of AIA Vitality MiniRoos playing areas;</li> <li>• Ensure pitches are set-up, safe and fit to play on;</li> <li>• Ensure that participants are supervised at all times;</li> <li>• Ensure that all Game Leaders are identifiable, have a whistle and are competent; and</li> <li>• Arrange the packing up of all equipment after the sessions are completed.</li> </ul>
<p><b>AIA VITALITY MINIROOS TEAM COACH</b></p>	<p>Facilitation of training sessions and organisation of game day player involvement.</p> <p><b>Responsibilities include:</b></p> <ul style="list-style-type: none"> <li>• Plan, prepare, deliver and review training sessions throughout the AIA Vitality MiniRoos season;</li> <li>• Ensure all training sessions meet the needs of all participants;</li> <li>• Ensure all participants are given equal opportunity to play;</li> <li>• Manage game-day player rotations;</li> <li>• Consistently emphasise enjoyment and involvement rather than winning and competition; and</li> <li>• Manage parent's expectations and promote supportive and positive behaviours.</li> </ul>
<p><b>AIA VITALITY MINIROOS GAME LEADER</b></p>	<p>The Game Leader is there to keep the game flowing, limit stoppages and assist players with all match re-starts. Most importantly, they must make every effort to create an environment that ensures that all players have fun and have maximum involvement.</p> <p><b>Responsibilities include:</b></p> <ul style="list-style-type: none"> <li>• Encourage different children to take re-starts;</li> <li>• Discourage players from permanently over-guarding the goal;</li> <li>• Use a "Ready, Set, Go" prompt to encourage quick decisions when restarting play;</li> <li>• Encourage children to dribble or pass the ball into play from all restarts rather than a big kick; and</li> <li>• Ensure the opposing team is back to the half way line for all goal line restarts.</li> </ul>

## STATE FOOTBALL MINIROOS DEVELOPMENT OFFICERS CONTACTS

MEMBER FEDERATIONS	CONTACT	EMAIL	PHONE
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Football Queensland	Chris Kenward	chrisk@footballqueensland.com.au	07 3420 5866
Northern NSW Football	Mathew Fox	mfox@northernnswfootball.com.au	0403 422 485
Football West	Chris Adams	christopher.adams@footballwest.com.au	0412 103 125
Football Northern Territory	Sarah Willington	miniroos@footballnt.com.au	08 8928 1006
Capital Football	Merryn Brown	participation@capitalfootball.com.au	02 6175 7117
Football Tasmania	Ben Horgan	ben.horgan@footballfedtas.com.au	03 6273 3299
Football NSW	Hayley Todd	Hayley@footballnsw.com.au	02 8814 4423
Football Federation South Australia	Tian Powell Ashleigh Young	Tiarn.Powell@ffsa.com.au Ashleigh.Young@ffsa.com.au	08 8340 3088





# STATE FOOTBALL CONTACTS

## Capital Football

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## Football Federation South Australia

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## Football Federation Victoria

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