



KICK START



CLUB
RESOURCE

GETTING STARTED

Dear VCFA Clubs,

Congratulations on taking the first step to growing junior participation in your club and our association. We aim to provide you with some basic information on the Kickstart program and provide support, encouragement and practical assistance to help you get started.

In your VCFA Kickstart Starter Pack you will find a range of equipment and resources to make sure everything is covered from start to finish when you're introducing Kickstart to your club. Our aim is to make it as easy as possible!

What's included:

Soccer balls, bibs, cones, banners, whistles, clipboards, facilitator vests, banners, a VCFA Kickstart Manual (all your sessions are DONE for you!), this Club Resource, promotional material and contact numbers for you to reach out to if you have ANY questions about this pack. We hope we've covered everything to take the stress off you, our club leaders.

Why Kickstart?

Kickstart is a great introductory program that is easy to implement and adaptable to run. The program requires just one facilitator (leader) and minimal equipment.

The beauty of the program is that you don't need a minimum or maximum number of participants or a particular age group to run the program and it can be adapted each week to meet your club's needs.

FAQ



What do we need to run the program?

A **facilitator** (leader) to co-ordinate and run the program.

A **designated area** to run the program (does not need to be a huge area, you can work with whatever space is available).

Basic equipment including balls, cones, bibs, whistle and a positive, fun attitude!
Awareness of **child safe policy practices** (see VCFA website for more information).

How do we attract participants to the program?

Use the VCFA-provided **flyer template** and adapt to your club details

Advertise within your **current club membership** (emails, social media etc)

Advertise in local **churches** and **schools**

Local community **noticeboards**

See if local real estate agents will sponsor an **advertising board** at your venue
(subject to council permits/approval)

When should the program be run?

This **16-week program** can be run over the course of the junior season or per school term (whatever suits your club best).

We suggest running the program over **terms 2 and 3** (coinciding with the junior season program).

This gives a **sense of connection** to the club and is consistent with most junior sporting timeframes and also allows senior players to become involved.

However, it is important to note that you can run the program at any time that is best suited to **your clubs' needs** and the availability of your facilitator/leader.

FAQ



What costs are involved in running the program?

The VCFA does NOT charge registration fees for Kickstart participants so there are no association costs to run the program.

Costs to consider from a Club perspective are:

Council ground usage (check with your council)

Session Equipment such as size 3 balls, cones and bibs

Facilitator Equipment such as whistle, clipboard, hi-vis vests

Presentation events (trophies, event day costs)

You can set your participation fee for the program at whatever is suitable for your club to ensure you cover your equipment and running costs.

What do participants need to bring?

Shin pads and a **water bottle** are a MUST. Soccer boots are encouraged but not mandatory. Otherwise, the club will provide all other equipment needs.

Do we need to register kickstart participants?

It is a good idea to have participants complete a **registration form** with basic contact details and/or keep a participants register (or **sign in sheet**) each week where these details can be recorded.

This is useful in **communicating** any changes to program dates/times or cancellations due to inclement weather. It is also good to keep in communication with parents about the program and add them to your club newsletter/information circulation. You can also use this **contact list** to notify of upcoming programs.

FAQ



How many participants do we need to run a program?

A successful program can be run with as little as 4 kids - it's important to just **start somewhere!** We have provided equipment for 10x participants to give you a great platform to start from.

Some clubs may need to consider whether you will need to **cap** the numbers of participants for your program (may depend on space available and/or equipment available). If so, then you will need to keep track of your participants as they register. If numbers are not an issue then we would recommend keeping registration open for the whole program and allowing new participants to join at any time.

What support can the VCFA offer our club?

The Junior Board and administration team of the VCFA are here to offer advice and assistance with the set up and administration of the program as well as **ongoing support** as you grow and develop your junior club.

When your club receives their VCFA Kickstart Starter Pack, each club will be **assigned a member** of the VCFA administration team, and will be provided with their details so you can contact a person immediately and directly, if and when it is needed.

The VCFA has also prepared a range of other resources in the Kickstart Starter Pack such as the **Kickstart Manual**. This will provide more detailed information covering the role of the facilitator, some program session suggestions and links to on line material that may be helpful for you to run your program and some administration templates that may be helpful and can be adapted to your clubs requirements.