



**HAPPY  
VALLEY  
FOOTBALL  
CLUB** PLAYER'S  
HANDBOOK

# **PLAYER'S HANDBOOK**

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# HISTORY OF HVFC

The modern Happy Valley Football Club was born in 1951, playing football in 1952 in blue and gold guernseys in the Hills Central League. In the early sixties the club left the Hills competition to join the Glenelg, South and West League.

To avoid clashing, the Vikings made the adjustment to black and gold, the colours we as a club now call our own. The Vikings won premierships in both 1970 and 1974 under the captaincy of Wayne Baxter in the third division of the league. In the 1980s HVFC was accepted in Div 2 of the Southern Football League and made the Grand Final in our first season, playing regular finals football until 1984 when we moved to Division 1

The mid-eighties in Division 1 saw the Vikings on the end of some big thrashings. At that moment, the mood changed and a lot of people decided to change the culture of the football club. Some important and bold decisions were made that turned our reputation as one of the easy teams in the competition, into one of the most feared and respected clubs in the SFL.

We threatened to make the finals in 1990 and eventually got there in 1991, going on to win premierships in 1992, 1993, 1995, 1996, 1998 and 1999. Years passed as we waited for the next generation, our juniors became senior players and we won an A Grade premiership in 2003. For many years we didn't miss a finals series and in 2012 our A Grade won the club's latest flag.

Recently, success has also come to HVFC in the form of our Under 17.5 boys premiership in 2019 and C Grade flags in both 2017 and 2021.



# HISTORY OF HVFC

In 2017, Happy Valley history was made again as our Under 14 Girls won their first premiership in the SFL and we fielded our inaugural women's team in the Adelaide Football League.

After losing the Division 4 grand final by just 2 points in 2017, the women were playing to win in 2018 when we fielded two teams. Both A and B Grade teams made it to finals and the A Grade went undefeated for a perfect season, taking out the Division 3 premiership in just the second season.

The Vikings' female football program continues to grow and we now offer football for girls and women of all ages. Our Under 17 girls took out the competition in 2020, winning their first flag.



The women continue to achieve, making finals campaigns each year, including an A Grade premiership in 2020 and another grand final appearance in 2021.

There are many facets to being a great club, but to be the best requires more than just numbers. You need the best coaches, trainers, the best supporters and administration. We have been very fortunate to have had an exceptional quality of personnel involved at all levels of our club.

Our forefathers have left a legacy we can all be proud of and we can all walk taller on the back of their success. Our standards are high, our expectations are higher, and the rewards so far have been well worth the effort.

Let's continue the club's success in 2022 and beyond.



# WHAT HVFC HAS TO OFFER

Happy Valley Football Club is the go-to club in the southern suburbs, offering a playing opportunity to all age groups in both men's and women's football.

We are a strong community and every week our teams take the field, from pre-school all the way up to Masters.

**VALLEY KICK** Kids aged 2-4

**AUSKICK** Kids aged 4-6

**SUB-JUNIORS** U8s, U10s, U12s

**JUNIOR GIRLS** U14s, U17s

**JUNIOR BOYS** U13s, U14s, U15s, U17.5s

**SENIOR WOMEN** A Grade, B Grade

**SENIOR MEN** A Grade, B Grade, C Grade

**MASTERS** Aged 35+

# RESPECT ALL FEAR NONE

# VOLUNTEER PARTICIPATION

The Club needs volunteers each week to be able to operate both on and off the field. HVFC acknowledges and appreciates our volunteers and the hard work and effort they put in, which allows our club to go from strength to strength each season.

To ensure that volunteering does not fall to the same few members throughout the season, it is a HVFC expectation that all players (of appropriate age, or parents of players) volunteer approximately 5 hours of their time over the course of the year. Some examples include helping set up a club event, cooking or helping with the BBQ or assisting with game day roles.



# CLUB CONTACTS

Players and members are welcome to contact the relevant Executive and Management Committees at any time with any problems they may have. Committee members and contact details are available at [www.hvfc.com.au](http://www.hvfc.com.au)

# CODE OF CONDUCT

All policies and relevant information are available from the Management Committee or at [hvfc.com.au](http://hvfc.com.au)

## RESPECT

It is a privilege to play at Happy Valley Football Club. This privilege comes with a series of responsibilities and expectations that go with being a Happy Valley Football Club player.

Remember at all times you are a member of the Happy Valley Football Club. Accept this responsibility and conduct yourself at all times in a manner that brings credit to yourself and the Club.

Obscene language and anti-social behavior are not acceptable and will not be tolerated. Everyone socialising within the Club is wanting to have a good time, so please ensure that your behavior does not have a negative impact on others.

## DRUG AND ALCOHOL POLICY

Underage HVFC players and their parents will sign a Drug and Alcohol contract acknowledging the importance of refraining from substance abuse. This contract also outlines the consequences if the contract agreement is not adhered to by players. For more information please visit the website: [hvfc.com.au](http://hvfc.com.au)

All players will have compulsory Drug and Alcohol Education during the season which may be conducted by SA Police, Sammy D Foundation or other educators as approved by the committee. If a player brings the club into disrepute by behaving in a poor manner whilst intoxicated, under the influence of illicit drugs or under-age drinking, disciplinary action may be taken.

# CODE OF CONDUCT

## **HVFC ARE A LEVEL 3 GOOD SPORTS CLUB AND AS A REQUIREMENT OF THIS ACCREDITATION THE CLUB MUST:**

- Refuse to serve any patron who appears to be under the age of 18 and intoxicated or is providing alcohol to a person who has already been refused service
- Promote designated driver practices
- Display taxi phone numbers prominently and offer this as a free call
- Offer food as well as alcohol whenever the bar is open
- Provide alternate options to drinking alcohol (e.g: water, soft drinks)

## **RACIAL VILIFICATION POLICY**

The Happy Valley Football Club prides itself in providing a safe and welcoming environment for any person to enjoy football either as a participant or a spectator. The club has a zero tolerance regarding any conduct which may be perceived as racial in anyway.

For the purpose of this policy, racist behaviour is defined as a comment(s) or action(s) that objectively implies that a person's race has distinctive characteristics and the comment(s) is uttered in a manner which would cause offence to the person(s) to whom it is directed. This includes conduct that threatens, disparages, vilifies or insults another person on the basis of that person's race, religion, colour, descent or national or ethnic origin. It is the duty of the Happy Valley Football Club to take strong remedial action against any of our players, members or supporters who are involved in any actions which may be construed as racist.

In the event that any club player or associated person hears what they interpret to be a racist remark and such person member wishes to lodge a complaint, they are to write to the Secretary of the Happy Valley Football Club or contact a member of the Executive Committee

# PLAYER EXPECTATIONS

## PLAYERS SHOULD TAKE NOTE OF THE FOLLOWING:

It is a Club expectation that players train hard weekly. Those who cannot make a training session must contact their Coach prior to training commencing

The changerooms, gym and clubrooms are to be kept clean and tidy at all times. If you see another player/person being untidy remind them of this requirement

Football boots are not to be worn in the clubrooms or the gym

All players are required to wear Club merchandise to games and are required to be at the match at the report time as nominated by Coach or Team Manager. All players must have correct Game Day attire, including a Club polo, shorts, football boots and socks

Post-match presentations are held weekly after games. Saturday games will have presentations in clubrooms (or elsewhere if advised) beginning at 6:45pm for games played that day. Games played on Fridays and Sundays may differ. Attendance is encouraged and players must wear club attire

Team selections are held on Wednesday nights (Girls/Women) and Thursday nights (Boys/Men) prior to matches, directly after training in the clubrooms. The Club, bar and canteen will be open these nights and players are encouraged to attend

Players are reminded that decisions made by Coaches, Trainers, Umpires and Match Officials are final

All players of an appropriate age are expected to volunteer approximately 5 hours of their time during the season, whether it be helping set up Club event, manning a BBQ or helping with game day roles like water runners, etc.

All players will attend Club events. Missing events (within good reason) should be explained to the Coach or Team Manager prior to the event commencing

When deciding to play for the Vikings, you agree to abide by all policies as set by the Committee.



# MEDICAL COVER POLICY

All HVFC players are covered by JLT Personal Injury Policy, which covers all AFL clubs.

The club is able to cover the following **non-Medicare** examples through insurance with JLT:

**AMBULANCE**

**PHYSIOTHERAPIST**

**DENTAL**

**PRIVATE HOSPITAL ACCOMMODATION**

**CHIROPRACTOR**

**QUADRIPLLEGIA/PARAPLEGIA (TOTAL \$500,000)**

JLT will cover up to 90% reimbursement (with a maximum of \$3500 per claim) and an excess of \$50 per claim is payable by the player or family.

**NOT covered** are the following:

**DOCTOR**

**SURGEON**

**ANESTHETIST**

**XRAYS**

**SURGEONS ASSISTANT**

**PUBLIC HOSPITALS**

**MEDICARE GAP**

For further information, please see [www.jltsport.com.au](http://www.jltsport.com.au)

## AMBULANCE COVER

The club strongly suggests all players have ambulance cover. Club trainers WILL make the decision to call an ambulance in the event of an injury, regardless of whether the player has cover or not - this is in accordance with the Trainer's Duty of Care. Often, ambulance cover is included in private health cover, but information about ambulance cover pricing can be found at [www.saambulance.com.au](http://www.saambulance.com.au)

# CLUB SONG

## I WANT TO BE A VALLEY VIKING

(Captain first - Team repeats)

I want to be a Valley Viking

I want to live a life of danger

High flyer

Body liner

We're the team that we love best

Especially when we beat the rest

We played (opposition team)

Beat them flying

We played (opposition team nickname)

Beat them trying

Rest are beat but not forgotten

Dig 'em up and drill 'em rotten

I want to be a Valley Viking

We're the best

**SUB JUNIORS ONLY: (FORGET THE REST)**

**STUFF THE REST**



