



Welcome to the Waitemata FC women's 2024 squad! We hope you are really looking forward to playing for our amazing club.

This document is designed to provide you with some key information about the up-and-coming football season.

Registrations

In order to be selected in the women's squad, you must be registered by Thursday 21st March.

Squad selection

Squads to be announced by **Monday 25th March**.

Below is a general overview on the selection process for Waitemata FC women's first and reserve teams:

Our preseason training sessions have been open to all interested players, both existing members and new recruits. During these sessions, the coaches have been evaluating a number of factors, including attendance, technical ability, tactical awareness, physical fitness, attitude, teamwork, and coachability.

Based on our observations, players will be allocated to either the women's 1st or reserve team.

Player selection is not static and may evolve throughout the season based on player performance, injuries, tactical adjustments, and other factors. We will continually evaluate players' performances and may make changes to the squad as needed to maximize the team's performance and success.

Training

Training is currently every Wednesday from 6.45-8pm at Rutherford College and Friday 7-8.30pm McLeod Park.

Training will be every Tuesday and Thursday from 7-8.30pm at McLeod Park, starting 9th April, 2024

- Tuesday: Full squad training (technical)
- Thursday - Team training in your own squad (tactical)

Let us know at the earliest convenience if you are unable to attend training or will be away for any games so we can plan appropriately.

Game day

The majority of games will be played every Sunday starting 28th April. Kick-off is normally around 11am.

Home games

- Arrive at least 75 minutes before kick-off
- You may be required to help setting up and packing away fields (nets, poles, dugout)
- We are responsible for supplying after-match food for ourselves and the opposition. More details to follow.

Away games

- Arrive at least 60 minutes before kick-off

Uniform

- Full uniform (shirts, shorts, socks) will be provided.
- You are welcome to use your own shorts and socks providing they are the same design and colour as the team uniform.

WOMEN'S SQUAD

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WOMEN'S SQUAD

Player expectation

We understand that you play football for a variety of reasons. We will do our utmost to ensure we meet your needs and make being part of our team is a fun, learning and positive experience. However, there are some basic expectations we consider important in creating a fair, successful and positive environment:

- **Commitment and Attendance:** We understand that many of you have jobs, families, studies, and life gets busy! However, we appreciate players who show commitment by attending as many training sessions and matches as possible. Consistent attendance helps maintain team cohesion and improves the overall experience for everyone involved
- **Communication** - We will communicate all information regarding trainings, games and any other relevant information via the WhatsApp group. If you haven't already got WhatsApp or are not in the group, please let me know as soon as possible.
- Any information to a specific team (1st or Reserves) or an individual person will be communicated appropriately.
- **Feedback** - Your feedback is valued and important to us. We want to know what we're doing well and what we can do better. We are open to your ideas and suggestions. Please don't hesitate to reach out via the coaches, team manager or through a team mate if you would like to provide feedback.
- **Effort and Attitude:** Coaches value players who give their best effort during training sessions and matches, regardless of the outcome. A positive attitude, willingness to learn, and enthusiasm for the game are qualities that coaches look for in Waitemata FC football players.
- **Sportsmanship:** Be a fierce competitor but play fair and within the rules of the game. Show respect for opponents, referees, your teammates, and officials, regardless of the outcome of the match.
- **Continuous Improvement:** We encourage players to strive for improvement and development during training sessions and in their own time. This could involve working on individual skills, learning new techniques, or simply enjoying the process of getting better over time. This also applies to coaches - we will make every effort to develop as coaches and deliver good quality training sessions and game plans.

Together, by giving our best we can create a positive culture where we all grow and develop as individuals, a team and a squad.

Please don't hesitate to reach out if you have any questions, queries or concerns.

Staff contact info:

1st Team Coach: Dan - 021-298-2566

1st Team Coach: Adam - 021-187-1543

Reserve Team Coach: Stuart - 027-517-6784

Team Manager: Mikayla Piercy - 027-934-4003

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Women's 1st Team Squad

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Women's Reserve Team Squad

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