



Get active with a community for women focused on fun, football and friendship.

Kick-On for Women is an introductory program to football designed specifically for women to fit into their busy lives whilst juggling their commitments of family, work and friends.

The idea was born from the demand for mothers, sisters and female spectators wanting to be involved in the sport, however desired a format that welcomed their inexperience, less active lifestyle and limited time availability.

With a commitment of just 45-minutes a week, after general office hours, the program has a strong focus on fun, inclusion and friendship, is run by accredited facilitators and provides participants the opportunity to spend time focusing on their own fitness and well-being in a judgement-free environment.

Kick-On for Women aims to encourage women to become active, energised and connected.



THE PROGRAM

- 45-MINUTE SESSIONS
- WEEKLY FOR 8 WEEKS*
- DELIVERED BY ACCREDITED FACILITATORS
- 25-MINUTES OF FUN SKILL-BASED GAMES & 20 MINUTES OF SMALL-SIDED GAMES



WHO'S IT FOR?

- FEMALE 16 YEARS & OVER
- NON-ACTIVE OR LESS ACTIVE & TIME-POOR FEMALES
- FEMALES WHO ARE NEW TO FOOTBALL, TEAM SPORT
- FEMALES SEEKING SOCIAL FITNESS ENVIRONMENT



COST

- NORMALLY \$80, **NOW \$50** PER PARTICIPANT, PER TERM (8 WEEK PROGRAM*) DUE TO SPORT AUSTRALIA GRANT
- ACTIVE KIDS VOUCHER ACCEPTED (16-18 YEARS)

*SUBJECT TO WEATHER



SPORT AUS

Northern NSW Football has welcomed a Move It AUS participation grant from Sport Australia to develop *its Kick-On for Women Program* across 22 locations in Northern NSW.

Registration Options

Once you get to the registration page, there will be two options for registration at your Hub – Beginner or Intermediate

Registration Options:

Beginner: I'm just getting active, I have never kicked a ball before, first time trying football or I still feel like I am a newbie to the game!

Intermediate: I have kicked a ball before and have actually played before! I feel like I'm okay at it.

ACTIVE PROGRAMS

TERM 1 2020

SPEERS POINT

Day: Wednesdays

Time: 5:30pm – 6:15pm &
6:30pm – 7:15pm

Venue: [Lake Macquarie Regional Football Facility](#)

Cost: \$50

MAYFIELD

Day: Mondays

Time: 6:30pm-7:15pm

Venue: [Stevenson Park](#)

Cost: \$50

GARDEN SUBURB

Day: Mondays

Time: 6:30pm-7:15pm

Venue: [Lance York Oval, Garden Suburb](#)

Cost: \$50

DORA CREEK

Day: Mondays

Time: 6:30pm-7:15pm

Venue: [Douglas St Oval](#)

Cost: \$50

SWANSEA

Day: Mondays

Time: 6:30pm – 7:15pm

Venue: [Chapman Oval](#)

Cost: \$50

WALLSEND

Day: Mondays

Time: 6:30pm-7:15pm

Venue: [Field No.1 Wallsend Park, Cowper St](#)

Cost: \$50

TENAMBIT

Day: Monday
Time: 6:30pm-7:15pm
Venue: [Beryl Humble Sport Complex](#)
Cost: \$50

TAREE

Day: Mondays
Time: 6:30pm-7:15pm
Venue: [Omaru Park, Muldoon St](#)
Cost: \$50

KEMPSEY

Day: Mondays
Time: 6:30pm-7:15pm
Venue: [Eden St Playing Fields](#)
Cost: \$50

PORT MACQUARIE

Day: Tuesdays
Time: 6:30pm – 7:15pm
Venue: [Dixie Park, Aston St](#)
Cost: \$50

NAMBUCCA HEADS

Day: Mondays
Time: 6:15pm-7pm
Venue: [Coronation Park](#)
Cost: \$50

JUNCTION HILL

Day: Mondays
Time: 6:30pm-7:15pm
Venue: [Barnier Park – Terry West Athletics Field](#)
Cost: \$50

BALLINA

Day: Mondays
Time: 6:30pm-7:15pm
Venue: [Saunders Oval](#)
Cost: \$50

TAMWORTH

Day: Tuesdays
Time: 6:30pm – 7:15pm
Venue: [Tamworth Rugby Park, Marius St](#)
Cost: \$50

ARMIDALE

Day: Mondays
Time: 6:30pm-7:15pm
Venue: [Rologas Sporting Fields](#)
Cost: \$50

INVERELL

Day: Tuesdays
Time: 6:30pm-7:15pm
Venue: [Inverell Sporting Complex](#)
Cost: \$50

NARRABRI

Day: Tuesdays
Time: 6:30pm-7:15pm
Venue: [Gately Field](#)
Cost: \$50

GUNNEDAH

Day: Tuesdays
Time: 6:30pm – 7:15pm
Venue: [49-75 Finch St](#)
Cost: \$50

COONABARRABAN

Day: Tuesdays

Time: 6:30pm-7:15pm

Venue: [No.3 Oval, Chappell Ave](#)

Cost: \$50

WEE WAA

Day: Mondays

Time: 6:30pm-7:15pm

Venue: [Dangar Park](#)

Cost: \$50

LISMORE

Day: Wednesdays

Time: 6:30pm-7:15pm

Venue: [Lismore Thistles Soccer Fields](#)

Cost: \$50

MOREE

Day: Mondays

Time: 6:30pm-7:15pm

Venue: [Moree Services Club Field](#)

Cost: \$50

NEWCASTLE CITY

Day: Saturdays

Time: 7:30am-8:15am

Venue: [Adjacent Empire Park, Newcastle](#)

Cost: \$50

PROGRAM INSIGHT

What is Kick-On for Women

Kick-On for Women is an introductory football (soccer) program offering a more social and accessible version of football specifically modified for inactive women over the age of 16.

It is low-impact, football-based program providing physical and mental health benefits, social connectedness, alongside promotion of the benefits of engaging in team sport.

The program provides 45-minute sessions focusing on fun, football and friendship.

The participants discover and learn the basic competencies in a relaxed, non-competitive setting.

Benefits of Kick-on for Women

- Physical & mental health benefits;
- Non-competitive activities to improve confidence and self-esteem;
- Experience and learn the football basics

Check out the Kick-on for Women [FAQs section](#) or for further enquiries, please contact Michelle Forbes Ph: 02 4941 7200

What to wear/bring

- Participants can wear either joggers/sandshoes or football boots
- Participants must wear shin pads
- Participants are encouraged to wear clothing that is comfortable
- Participants can wear tights, shorts, trackpants etc.
- Drink bottle

Northern NSW Football Management

Northern NSW Football is responsible for the overall management and operation of the program, including:

- Source and organise facility;
- Source and organise appropriately qualified Coordinators & Facilitators;
- Ensure Coordinator & Facilitator training requirements have been completed;
- Management of registration system on PlayFootball.com.au;
- Manage the operational aspects of the program, including ordering equipment;
- Establish a wet weather plan;
- Adhere to state-based Child Protection Legislation;
- Work with the local Hub Coordinator to manage all program inquiries
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Hub Coordinator

Each Kick-On for Women hub has as a dedicated Hub Coordinator. These Hub Coordinators are the point of contact for participants and are there to ensure all sessions are delivered in a fun, friendly and safe manner.

It is the responsibility of the Coordinator to set the tone and attitude from the program. They understand the barriers for women in sport and the demands of family/work life; they are flexible, encouraging and engaging; they are a great communicator; have a good sense of humour; and have a heart from people.

We recommend moving away from a “traditional coach” as the environment being created is fun and social, with less focus on technical play.

Key Responsibilities include:

- Creating an environment that is consistent with core principles of Kick-On for Women (Connection/Energised/Unity/Strength/Belonging/Encouraging/Football)
- Demonstrate clear communication and positive engagement with participants and facilitators
- Manage Facilitators and participants
- Deliver an effective session as outlined in the session plan provided by NNSWF
- Ensure instructions are clear and appropriate education of exercises/skills/games provided
- Engage participants in the session's activities
- Implement (Federation's) wet weather and heat plan for hub;
- Complete Safety Check/Report safety issues/incidents/accidents
- Set up/pack down of venue & program/Unlock & lock amenities/Manage equipment
- Provide attendance reports & session feedback
- Promote completion of evaluations and feedback surveys by participants
- Engage with major Stakeholders including Schools, Member Zones, Member Clubs, local councils and women's services as necessary Hub Coordinators are all accredited.

Facilitator (Coach)

Our Facilitators are responsible for delivering fun football based sessions to enable women to get active. Each Facilitator will be responsible for a group of 10 participants and will remain with that group for the duration of the program.

Their key areas of responsibility are:

- Responsible for up to 16 participants (For small hubs, the Coordinator will be the Facilitator)
- Arrive 10 minutes prior to session/ prepared for session
- Ensure a positive and safe environment for participants
- Deliver an effective session as outlined in the session plan provided by NNSWF
- Ensure instructions are clear and appropriate education of exercises/skills/games provided
- Encourage open communication between participants, facilitators and coordinator
- Engage participants in the session's activities
- Develop an environment that is supportive, non-judgmental and encouraging
- Assist coordinator with pack down

If you're interested in becoming a Hub Coordinator or Facilitator at one of the multiple locations across Northern NSW, contact mforbes@northernnswfootball.com.au

Kick-on for Women Session Plan

Each week the Coordinator and Facilitators will run their sessions based on the Kick-On for Women Program Manual provided by Northern NSW Football. The session plans have been developed to ensure the participant gets the most benefit out of every session, enabling them to gain confidence while learning new skills and having fun!

It should be noted that Kick-On for Women program is an introductory program and as such, is not “results driven”. The program is based on a fun game, like practices, to encourage participation and enjoyment of getting active through football.

For more information about the Kick-On for Women program, please contact

**Michelle Forbes at kickonforwomen@northernnswfootball.com.au or
4941 7200**

<https://northernnswfootball.com.au/kick-on/>