

HILDER ROAD STATE SCHOOL

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Hilder Road State School

Rising Stars Football Excellence Squad

Premier Football Development Program
Player Information Booklet

Years 4-6

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Welcome to the Rising Stars Football Squad

At Hilder Road State School, we are excited to continue the **Hilder Road Rising Stars Football Excellence Squad**—a dynamic soccer development program for young footballers in our school. Established in 2018, this program is designed to develop well-rounded athletes while fostering a love for the game in a fun, structured and competitive environment.

Many of our past students have achieved success on the football field, representing club, state, and national teams, including Australian squads. This premier football program provides young players with high-quality training, skill development and competitive opportunities.

Meet Our Coach – Mrs Lea Robertson

Mrs. Lea Robertson is a dedicated football coach with over 20 years of experience. She holds a C Diploma Coaching Licence from Football Australia and currently coaches Women's and Football Queensland Academy teams, as well as skills clinics at The Gap Football Club.

Lea is an active player in the Open Women's Premier League (FQPL) team and serves as a Female Football Ambassador for the club. She has been a key supporter and coach of the Hilder Road Futsal Program since its inception. Passionate about sport as a tool for personal growth, she encourages students to build confidence, teamwork, resilience, friendships and a lifelong love for an active, healthy lifestyle.

We look forward to seeing you grow as both a footballer and a student this year!

Lea Robertson
Football Coach & Coordinator

Thoughts from Alex Ferguson (Former Manchester United Manager)



..... is the certainty that good coaching relies on repetition. Forget all the nonsense about altering training programs to keep players happy. The argument that they must be stimulated by constant variety may come across as progressive and enlightened but it is a dangerous evasion of priorities. In any physical activity, effective practice requires repeated execution of the skill involved. When footballers complain about the dullness of repetitive passing exercises it is usually not monotony, they resent but hard work. David Beckham is Britain's finest striker of a football not because of God-given talent but because he practices with a relentless application that the vast majority of less gifted players wouldn't contemplate.

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Rising Stars Football Excellence Squad Vision Statement

The Hilder Road Rising Stars Football Excellence Squad nurtures young athletes through high-quality coaching, skill development, and competitive opportunities. We foster teamwork, resilience, and sportsmanship, inspiring players to excel both on and off the field. Our program provides a structured, supportive, and challenging environment where every child can grow and thrive. Together, we build champions in football and in life.

General Information

The Program:

Is Your Child Passionate About Soccer?

Does your child love football? Are they eager to develop their skills, compete in exciting tournaments, and be part of a team that values sportsmanship, teamwork and discipline? If so, the Hilder Road Rising Stars Football Excellence Squad is the perfect place for them to grow, learn and excel!

The squad trains weekly throughout the year, focusing on building technical ability, tactical awareness, physical fitness, and mental resilience. Players will also have the opportunity to represent Hilder Road in high-level competitions, showcasing their skills on the field.

Why Join the Hilder Road Rising Stars Football Excellence Squad?

Through weekly training sessions, players will develop in key areas, including:

- ⚽ Technical Excellence – Mastering passing, shooting, dribbling, and one-on-one play with real-game resistance.
- ⚽ Tactical Awareness – Understanding attacking and defensive strategies, decision-making, and in-game adaptability.
- ⚽ Physical Conditioning – Boosting speed, agility, coordination, strength, and endurance through targeted drills.
- ⚽ Mental Strength – Sports psychology techniques to build confidence, resilience, and focus on and off the field.

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Selection Process:

The Football Coordinator and an additional staff member will oversee the selection process for the **Rising Stars Football Excellence Squad** using the criteria outlined below, combined with a structured trial process. **Trials will take place in Term 4 each year** and are open to all students, whether they are current squad members or participating for the first time.

Selection Criteria – Rising Stars Football Excellence Squad

- **Technical Skills** – Demonstrates proficiency in passing, shooting, dribbling, and one-on-one play under game-like conditions.
- **Tactical Understanding** – Shows awareness of attacking and defensive strategies, effective decision-making, and adaptability during gameplay.
- **Physical Fitness** – Possesses speed, agility, coordination, strength, and endurance, with the ability to sustain performance throughout training and matches.
- **Mental Resilience** – Displays confidence, focus, and perseverance, applying a strong mindset both on and off the field.

Candidates will be assessed against these criteria during trials, ensuring a well-rounded selection process that values skill, effort and potential.

All students will be notified of the outcome by parent email

Training Timetable:

Training will be held in the hall or oval on Thursday (Boys Squad) and Friday (Girls Squad) from 7:40am – 8:45am. This schedule can change at the discretion of the Football coach.

- ✓ This program will operate as above most weeks, but some changes may occur due to availability of coaches and the introduction of guest speakers.
- ✓ All sessions are compulsory unless negotiation has taken place prior to training sessions via a hand written note or an email to the teacher.

Cost:

Ongoing Yearly Fee: \$250

This fee covers:

- ✓ **Weekly Training Sessions** (1 per week)
- ✓ **Games & Tournaments**
- ✓ **Transport (Bus)**
- ✓ **Guest Speaker Sessions**

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New students joining the program **must purchase a kit**, which includes essential training and game-day gear. Each player is assigned a squad number, which remains with them for the duration of their time in the program.

Kit Cost: Approximately \$55 - For new students only – see below for more information.

In addition to the kit, students will need futsal boots and shin pads. For training sessions, regular football boots may also be required at the coach's request.

Important Information

- **These fees apply to the Rising Stars Excellence Football Squad only.** School costs, including interschool sports, are not included and will be charged separately.
- **Fees are non-refundable** and must be paid in full **within four weeks** of the new school year. Failure to make payment may result in your child being withdrawn from the program.
- **Additional fees may apply** for teams that progress to the next round of competitions.

Exclusions & Withdrawals

- **No refunds will be issued** for students who voluntarily withdraw or are excluded from the program due to disciplinary or other reasons.

Staff contact:

We are pleased to introduce the key coordinators for our Football Program. Mr Cameron Ross serves as the overarching coordinator, ensuring the smooth operation and strategic direction of the program. Supporting him is Mrs Lea Robertson, who takes on the role of both coach and program coordinator. Together, they work to provide a structured and engaging environment for our students, fostering skill development, teamwork and sportsmanship.

If you have any questions regarding training schedules, competitions, or general program details, please feel free to reach out to the school or the program coordinators directly.

Hilder Road PE Teacher: Mr Cameron Ross – cross15@eq.edu.au

Rising Stars Excellence Football Coordinator: Mrs Lea Robertson - lrobe524@eq.edu.au

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Football Kit:

At the end of each year (Term 4), students will be informed if they have been selected for the Rising Stars Football Excellence Squad for the following year.

The school will provide information in Term 4 regarding the ordering process to ensure the Football Kit is ready for the start of the new school year. Uniforms are ordered over the Christmas break and will be available for the team at the beginning of Term 1. The cost of the uniform is currently \$55, but this price may vary.

Uniform:

- Shirt with number
- Shorts
- Socks

Parents are responsible for providing shin pads and futsal soccer boots or running shoes.



Size	Youth (CM)	^06	^08	^10	^12	^14	^16
	FullChest	84	89	94	99	104	109
	Length(Top Shoulder Point)	52	54	57	59	62	64
	Adult (CM)	S	M	L	XL	2XL	3XL
	FullChest	115	120	125	130	135	140
	Length(Top Shoulder Point)	70	73	75	78	80	83

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Rising Starts Football Squad: Competitions

Competition	Age Group	Dates (approximate)
Brisbane Metro South East Queensland School Futsal Titles*	All squad members	Between late Feb & early March
Futsal Championships – Stretton College	All squad members	Mid April
Primary School Cup Futsal Competition	All squad members	Mid November

*Certain teams may qualify through this tournament to the next stages of this competition. If this happens there will be additional tournaments for these teams. We will also require parent assistance for transport.

Parent and Community Engagement:

Parents, families, and the wider community play a vital role in supporting our **Rising Stars Football Excellence Squad** and there are many ways to get involved!

Whether it's cheering on our young footballers at games or assisting behind the scenes, your support makes a difference. Here's how you can help:

- **Game Day Support** – Come along to matches and encourage our players as they compete and grow in confidence.
- **Coaching Assistance** – If you have football experience, you may be able to assist with training sessions when possible.
- **Transport Assistance** – Help with transporting the squad to competitions, particularly when they advance to the next rounds.
- **Event & Logistics Support** – Assist with organising and setting up events, including fundraising, team coordination and logistics.

For more information or to find out how you can help, please contact the school office at 3511 3222 or email admin@hilderroadss.eq.edu.au.

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Expectations of Participants

Attendance and Participation

- ✓ Students are expected to attend their training sessions. Students who have not participated in 80% of training sessions may not be considered for games.
- ✓ Students must train the two (2) sessions prior to a tournament to be considered for that game. Injured players are to attend sessions but not participate.
- ✓ Students must be punctual at all times, and show initiative in beginning their warm-up prior to sessions starting.
- ✓ Participation and effort should be 100% at all times.
- ✓ Students should seek permission from coaches prior to leaving a training session, a demerit will be issued for failure to do so.

Behaviour

- ✓ Students are expected to behave in an appropriate manner at all times.
- ✓ Respect must be shown to coordinator, teachers, coaches, and all guests. Instructions should be followed exactly and questions should be phrased in a considerate and respectful manner.
- ✓ Appropriate behaviour must be displayed while at school, at external competition venues, and travelling to and from competition or outside training venues.
- ✓ School rules must be followed at all times (class, playground, in transitions and at football).

Absence and Negotiated Time

- ✓ Students who are unable to train for an extended time must have a note from doctor, physiotherapist, parent or guardian explaining reasons. This needs to be given to the Coordinator prior as soon as possible.
- ✓ In the case of extended illness or injury please notify the Football Coordinator. Injury is not always an acceptable reason for absence from a practical session. In most instances, players can attend the session in training uniform.

Dress

- ✓ Appropriate uniform should be worn at all times. Students are reminded that they and the program are first judged on their appearance.
- ✓ While at school, correct uniform on the correct day (coloured sports shirt only on PE days) must be worn at all times, this includes jumpers, shoes and socks.
- ✓ At football training, appropriate clothing including boots, indoor shoes, shin pads and training kit should be worn at all times.
- ✓ At games where you are representing Hilder Road State School, full football strip should be worn including blue shirt/shorts, shin pads and socks.
- ✓ A water bottle and towel are encouraged for rehydration and hygiene.

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School Work

- ✓ School rules are to be followed at all times.
- ✓ Students must achieve a minimum of 90% attendance at school unless absences are supported by a medical certificate.
- ✓ Effort and participation should average 'good to very good' across all days, and all school-related contexts. This includes completion of class work and assignments. Classroom teachers will report breaches to the Football Coordinator.

Rising Stars Football Excellence Squad Behaviour Management Policy

The Rising Stars Football Excellence Squad is governed by a strict Behaviour Management Code. This Code covers all aspects of a student's attending Hilder Road State School:-

- ✓ Attitude / behaviour within the school grounds and/or travelling to and from school
- ✓ Attitude towards academic studies
- ✓ Attitude / behaviour within the Rising Stars Football Excellence Squad
- ✓ Attitude / behaviour whilst traveling to and from a scheduled event away from the School

Students accepted into the Rising Stars Football Excellence Squad are expected to commit themselves as fully to their academic studies whilst at Hilder Road State School. This includes adherence to the Uniform Policy, full school attendance and appropriate behaviour at all times.

In addition to the Student Code of Conduct of Hilder Road State School, the Rising Stars Football Excellence Squad has further developed its own Process to assist in the development of self-discipline and regulation. A system of demerits has been devised which operates solely within the Football Program. **The primary reason for this is to assist students in making good choices and developing their personal character.**

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Demerit

A demerit is issued for every breach of the HRSS's Student Code of Conduct.

The following table outlines some of the (but not limited to) reasons for which a demerit would be issued:

Reason	Demerits
Football squad:	
Failure to comply with special rules and conditions of the specified Rising Stars Football Excellence Squad	1
Failure to comply with HRSS Uniform requirements following training sessions (without note/email stating valid reason)	1
Repeated lateness to training sessions (without note/email stating valid reason)	1
Failure to attend training (without note/email stating valid reason)	1
Inappropriate behaviour during training sessions and/or fixtures	1
Failure to have correct equipment e.g. boots, shin guards, water bottle etc.	1

Reason	Demerits
General classroom or school excursions:	
Repeated minor breaches of School expectations within a week (3)	1
A major breach of School expectations	1
Failure to achieve an average of 'good effort' across all subject areas	1

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There are eight (8) levels of action taken with regard to Demerits. The following table outlines the consequences:

LEVEL	DEMERITS	CONSEQUENCE
1	3	Football Squad Coordinator forwards 1 st advisory email to parents reminding them of the Demerits Process.
2	4	Football Squad Coordinator forwards 2 nd advisory email to parents advising that one more demerit will mean suspension from the next Football Squad Tournament.
3	5	Football Squad Coordinator forwards 3 rd advisory email informing parents that the student has been suspended for the next Football Squad Tournament.
4	8	Football Squad Coordinator forwards 4 th advisory email to parents advising that three more demerits have been gained since suspension, reminding them of Demerits Policy and that one more demerit will result in the next two Football Squad tournaments.
5	9	Football Squad Coordinator forwards 5 th advisory email informing parents that the student will be suspended from the next two Football Squad Tournaments.
6	12	Football Squad Coordinator forwards 6 th advisory email to parents advising that three more demerits have been gained since suspension and reminding them of Demerits Process.
7	13	Football Squad Coordinator forwards 7 th advisory email to parents stating that one more demerit will result in expulsion from the program. Principal advised.
8	14	Football Squad Coordinator forwards 8 th and advisory email to parents stating that the student have been referred to Administration. Administration to officially inform parents of student's removal from the program.

Students will retain each demerit for a period of 12 months from time of issue.

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Hilder Road State School Rising Stars Football Excellence Squad

STUDENT TERMS OF ENROLMENT

1. I acknowledge that by being accepted into the Rising Stars Football Excellence Squad of HRSS, I have been provided with a special opportunity to continue with both my schoolwork and sporting pursuits.
2. I understand that my efforts must be 100% in both my academic studies and my Sport and must meet the standards expected of me by my teachers and coaches. I will seek assistance at once if I am having difficulty achieving this.
3. I will at all times adhere to the School's Uniform Policy.
4. I will attend school and school activities and will ensure that I am always punctual and prepared with the appropriate equipment.
5. At all times I will ensure that nothing I do will damage the good name of the School or the Rising Stars Football Excellence Squad of HRSS.
6. I will maintain a courteous and cooperative demeanour towards my teachers, coaches, classmates and visitors at all times.
7. I will inform my Coordinator / Coach of all outside sporting activities (relating to my sport) which may clash with my Rising Stars Football Excellence Squad activities.
8. I will report any injuries or illness to my Coach / Coordinator immediately.
9. I will notify my Coach / Coordinator in writing, in advance, of any planned absences.
10. I realise that my place in the Hilder Road State School Rising Stars Football Excellence Squad is dependent upon my adherence to all stated rules and conditions and I am fully prepared to accept any penalties that may result from my failure to comply with these rules.
12. I understand that my place in the Rising Stars Football Excellence Squad of HRSS is for a minimum period of a Year. Any withdrawal from the Program must be applied for through the Coordinator in the form of a written request from my parents.

Student Name:

Student Signature:...../...../.....

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Hilder Road State School Rising Stars Football Squad

PARENT TERMS OF ENROLMENT

1. I understand that my child's involvement in the Rising Stars Football Excellence Squad has associated costs and that a yearly payment will be invoiced. Fees for the year enrolled in are non-refundable. Payment plans may be arranged through administration. I also understand that, should my child choose to leave or if they are excluded from the Program, then no part of the fee will be refunded.
2. I acknowledge that a condition of participation of the Rising Stars Football Excellence Squad is that all school-associated costs such as levies, camps etc. must be paid for continued involvement.
3. I understand that I/we are responsible for getting my child to training and competitions on time.
4. I understand that my child's behaviour and participation are required to be maintained at a high standard for continued involvement in the Rising Stars Football Squad. I will support my child to understand their responsibilities.

Parent /

Guardian Name:

Parent /

Guardian Signature:/...../.....

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Celebrating our Rising Stars Football Excellence Squad: Awards and Trophies

Each year, Hilder Road State School proudly hosts an end-of-season presentation to celebrate the achievements of our **Rising Stars Football Excellence Squad**. This event recognises the commitment, growth and success of our **Year 6 participants**, with trophies and certificates acknowledging their efforts across the year.

A highlight of the evening is the presentation of the **Senior Player of the Year** awards. One male and one female student are recognised for consistently demonstrating outstanding commitment, a strong work ethic and a high level of performance, both on and off the field.

Our Rising Stars teams have achieved outstanding success across interschool and state-level competitions, including:

- **Brisbane Metro School Title 2025**
Under 11 Girls – Runners-up
- **Australasian Futsal Association Queensland Champion of Champions 2025**
Under 11 Girls – Qualified through competition results
- **Australian Futsal Association Brisbane South Primary Schools Cup 2024**
Under 12 Girls – Champions
Under 12 Boys – Champions
- **Aspley Eagles Challenge Cup 2023**
Boys – Champions
Girls – Champions
- **South East Queensland Football Championship 2023**
Senior Girls – Runners-up
- **Australian Futsal Association Brisbane South Primary Schools Cup 2022**
Under 11 Girls – Champions
Under 10 – Champions
- **Australian Futsal Association Brisbane North School Titles 2022**
Junior Champions
- **Australasian Futsal Association Queensland Champion of Champions 2021**
Under 11 Boys – Champions
- **Australian Futsal Association Brisbane North School Titles 2021**
Under 12 Girls – Champions

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- **Australian Futsal Association Primary Schools Cup 2020**
Under 10 Boys – Champions
 - **Australian Futsal Association Primary Schools Cup 2019**
Under 10 – Champions
-

These achievements reflect the strength of our program, the dedication of our students, and the strong partnership between school, coaches and our wider community. We are incredibly proud of our Rising Stars and the way they represent Hilder Road State School.
