



Rising Stars Football Squad

Premier Football Development Program

Player Information Booklet

Years 4-6

Welcome to the Rising Stars Football Squad

At Hilder Road State School, we are excited to continue the **Hilder Road Rising Stars Football 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.





Introduction

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 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 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.

Rising Stars Football Squad Vision Statement

The **Hilder Road Rising Stars Football 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.**

Key Staff

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 specialist coach and program coordinator. Together, they work to provide a structured and engaging environment for our students, fostering skill development, teamwork and sportsmanship.

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.

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 SS PE Teacher Mr Cameron Ross: cross15@eq.edu.au

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

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".



Selection Process

The Football Coordinator and an additional staff member will oversee the selection process for the **Rising Stars Football 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 Year 4,5, and 6 students, whether they are current squad members or participating for the first time.

Selection Criteria – Rising Stars Football 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 Wednesday (Girls Squad) and Thursday (Boys Squad) at **10:50am-11:30am**. 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 handwritten note or an email to the teacher.

Fees and expenses

Annual Membership Fee: \$190

This fee covers:

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

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 \$50 - For new students only – see below for more information.** In addition to the kit, students will need their own futsal boots, navy blue socks and shin pads. For training sessions, regular football boots may also be required at the coach's discretion.

Important Information

- **The above fees apply to the Rising Stars 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.

Football Kit

At the end of each year (Term 4), students will be informed if they have been selected for the Rising Stars Football 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 \$50, but this price may vary. Parents are responsible for providing socks, shin pads and futsal soccer boots or running shoes. Socks must also be navy blue in colour.



Size Chart							
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

The Rising Stars Football kit

Squad Competitions

The table below provides information regarding the squad's game commitments throughout each year. Please note these general dates.

Competition	Age Group	Dates (approximate)
Brisbane Metro South East Queensland School Futsal Titles*	All squad members	Between late Feb & early March
Aspley Eagles Cup	All squad members	Mid-September
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.

Awards and Trophies

At the end of each year a presentation is organised where trophies and certificates will be awarded to Year 6 students involved in the Football Development Program. This is a great opportunity to celebrate successes. Awards are allocated to both a male and female participant for the Senior Player of the Year; demonstrating commitment, work ethic and a high level of performance.

Parent and Community Engagement

Parents, families, and the wider community play a vital role in supporting our **Rising Stars Football 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.

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 Football 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.

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 Squad Behaviour Management Policy

The Football Development Program is governed by a strict Behaviour Management Code. This Code covers all aspects of a student's attendance at 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 Football Development Program
- ✓ Attitude / behaviour whilst traveling to and from a scheduled event away from the School.

Students accepted into the Rising Stars Football Program 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 Football Development Program 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.**

Demerits

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 Football Development Program	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 HERO expectations within a week (3)	1
A major breach of HERO expectations	1
Failure to achieve an average of 'good effort' across all subject areas	1

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.

Hilder Road State School Rising Stars Football Squad

STUDENT TERMS OF ENROLMENT

1. I acknowledge that by being accepted into the Rising Stars Football 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 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 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 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 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:...../...../.....

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 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 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:/...../.....