



2016 Junior Finals Meeting

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Finals time is a great opportunity to showcase our best abilities. Preparation plays a large role in how this is executed on match day

- Have Fun
- Enjoy the Experience

Match Preparation

- Game Plan – Do your research
- Pack your bag the night before
 - Boots and runners
 - 2 sets of gear if possible
- Right nutrition & fluids
- Refer to Junior Finals Arrangements for all match day information

Match Day

- Arrive at least 45 minutes prior to match
 - Allow time for parking, travel etc.
 - Meet the rest of your panel
- Entry to grounds
 - Admittance with senior gate pass
 - Printed appointment
 - U16 years are free!
 - If your parents/partners etc. are requested to pay please do so!

Match Management

- Pay all free kicks as you normally would
 - Don't change the process
 - Endeavor to get all the 1%'s right
- Ensure all volunteers are appropriate
 - Water carriers on/off – no coaching
 - Runners – on/off with message from coach
- Time management
 - Starting & finishing on time
 - Strict enforcement of breaks: 4-8-4mins

Post Game

- Team Managers required to sign off
- Paperwork is the same, except no votes
- If you wish to stay around for the day;
 - Remember you are still representing RU
 - If you have an affiliation with a club, change to casual clothes!!

Composure

The state of feeling calm and in control

- ◉ Follow our 10 Must dos
- ◉ *Body Language*
- ◉ *Avoid emotions*
- ◉ *Team Work*