



PORT DISTRICT FOOTBALL CLUB Inc.

FOUNDED 1979 - INCORPORATING SEMAPHORE CENTRALS (1898) & EXETER (1924) F.C.

Port District Football Club

2025

The following pages are all of the information required for membership, registration, sponsorship, insurance and general information relating to the Senior Port District Football Club for the 2025 Season. Further information can be found by visiting: www.pdfclub.com.au

Players Pack - Women

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2025 Senior Player Registration Fees

The Registration/Membership fees for Senior Women's Football this year has been set @ \$328.00

This includes the SANFL Fee that has recently increased to \$27.50.

It also includes a Volunteer Levy that the PDFC Committee have introduced in an effort to cover growing costs for duties required to run football games (eg Water runners, scoreboard etc)

This also now includes a service fee that has been imposed by the league of \$0.50.

Online Registrations are open now and the above payment of is payable upon registration.

Registrations opened in February 2025.

You can register by heading to <https://www.playhq.com/afl/register/705024>

Membership/Registration Fees Senior Women	\$265.00
League Levy	\$27.50
Volunteer Levy	\$35.00
League Service Fee	\$0.50
Total Fees Senior Women	\$328.00

Please also note that if you obtain a sponsor, you will be reimbursed your membership/registration fees plus the volunteer levy.

Any issues contact Shaun Mousley 0400 002 651

Insurance provided to Players

Through JLT Insurance Brokers

Players Accident/Injury

Bronze Cover

50% Reimbursement of Non-Medicare medical Expenses
Up to \$2000 maximum per claim
\$100 excess per claim

Capital Benefit \$100,000 Maximum
 \$ 20,000 Maximum under 18yo

Quad / Para Events \$250,000 Maximum

Under this Policy the club is also insured for Public Liability and Club Management Liability

Club Recommendations to All Players To Obtain Own:

Income Protection

This insurance covers you in the event that you are injured outside of your workplace and the injury prevents you from your earning capacity within your normal employment. Many Superannuation Funds have this insurance inbuilt at a cost from your payments made by your employer.

Private Health Insurance

As the above Player Accident/Injury Insurance is limited in its capacity it is recommended that all Players obtain their own Private Health Insurance.

Player Sponsors Information

Dear Potential Sponsor,

We would like to offer you the opportunity to join a partnership with The Port District Football Club for season 2025.

Your participation in our player sponsorship package will go a long way in helping us develop our club's success both on and off the field. To help us achieve these goals for the future we would like to offer the opportunity for you to come on board our historical and prestigious club by partnering as a player sponsor for season 2025 and beyond.

The Player sponsorship package has been designed so that we can offer a basic sponsorship package without asking for big dollars, for a business to get involved with a local sporting community and enjoy the benefits this partnership can bring.

Port District has over three hundred members and has been seen as The Port District Football Club since 1979. Previous to this our club was formed from two great clubs Semaphore Centrals and Exeter United. In 1979, they came together to form one great club, Port District Football Club Inc.

We would sincerely appreciate having you and your business become part of our Club as a personal player sponsor. Player Sponsorship costs \$660 Inc. GST and is fully tax deductible.

As a player sponsor you will be assisting in paying their club fees for season 2025. You and your business partner or personal partner will be invited to a Sponsors Day, during one of our home and away season games with lunch and drinks provided. You will also receive a photo of your sponsored player if you wish that you can place in your place of business with recognition of sponsoring at our football club and that same photo will be placed in our club with your business name clearly identified.

It is a great inexpensive way of getting involved in a local club and community in which you will broaden your network of potential business in the community and may assist in developing many working or personal partnerships for years to come.

Thank you for giving this matter careful consideration. Payment may be made by via Cash or Credit Card or Direct to the Bank (please include player's full name as your description for payment)

PLEASE BE ADVISED THIS SPONSORSHIP IS A PLAYER SPONSORSHIP NOT A CLUB SPONSORSHIP. THANK YOU!

On behalf of our player, we look forward to meeting you during the season at our half time function. If you are around at any time, please feel free to introduce yourself to any club official.

Thank you

Darren Hawkins
President
Port District Football Club Inc

Player Sponsors Information

Name of Player:

Name of Sponsor:

Sponsor Address:

Sponsor Ph:

Sponsor Email:

Tax Invoice Required? Yes/No

Payment method: Cash / Credit card/Direct to Bank BSB 065118 Account 1022 7922

Credit Card Details:

Card Type:

Card Number:

Expiry Date:

Name on card:

Club Administration Use:

- | | |
|--|---|
| <input type="checkbox"/> \$660.00 Received | <input type="checkbox"/> Invoice #..... Done |
| <input type="checkbox"/> Registration Fees Paid S/S | <input type="checkbox"/> \$335 Reimbursed to Bank Account |
| <input type="checkbox"/> \$50 Club Voucher | BSB..... |
| <input type="checkbox"/> Membership #..... | Account..... |
| <input type="checkbox"/> Photo Taken & Issued to Sponsor | <input type="checkbox"/> Photo on Club Notice Board above bar |
| <input type="checkbox"/> Power (Point) | |



P O R T D I S T R I C T F O O T B A L L C L U B I n c .

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Normal Season Training

Training will be Monday & Wednesday nights @ Country Living Homes Reserve (Largs Reserve) 5.50pm Start - (be there no later than 5:45pm).

If you're going to be late, please contact your respective coaches.

Any changes to normal Monday & Wednesday training will be advised when applicable.

P O R T D I S T R I C T F O O T B A L L C L U B I N C .

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EMAIL: PDFC@PDFC.COM.AU | WEBSITE: WWW.PDFC.COM.AU

Merchandise

All merchandise (except Playing Shorts and Socks) is to be ordered online via
<https://belgraviaapparelshop.com/collections/port-districts-football-club>

It is the Players responsibility to purchase their own shorts and socks. These may be purchased at Intersport in the new Port Adelaide Mall.

It is expected that all Senior Players attend games in PDFC Attire.



Rugby Top \$65



Hoody \$55



Polo \$57



Casual Shorts \$45



Track Pants \$60



Boss Top \$60



Cap \$25



Bucket Hats \$30

Senior Concussion Management Procedure

This procedure defines Port District Football Club Senior Competition's approach to the management of a sport-related concussion or suspected concussion, as per the SANFL Concussion Management Policy and AFL Guidelines in the Management of Sport-Related Concussion.

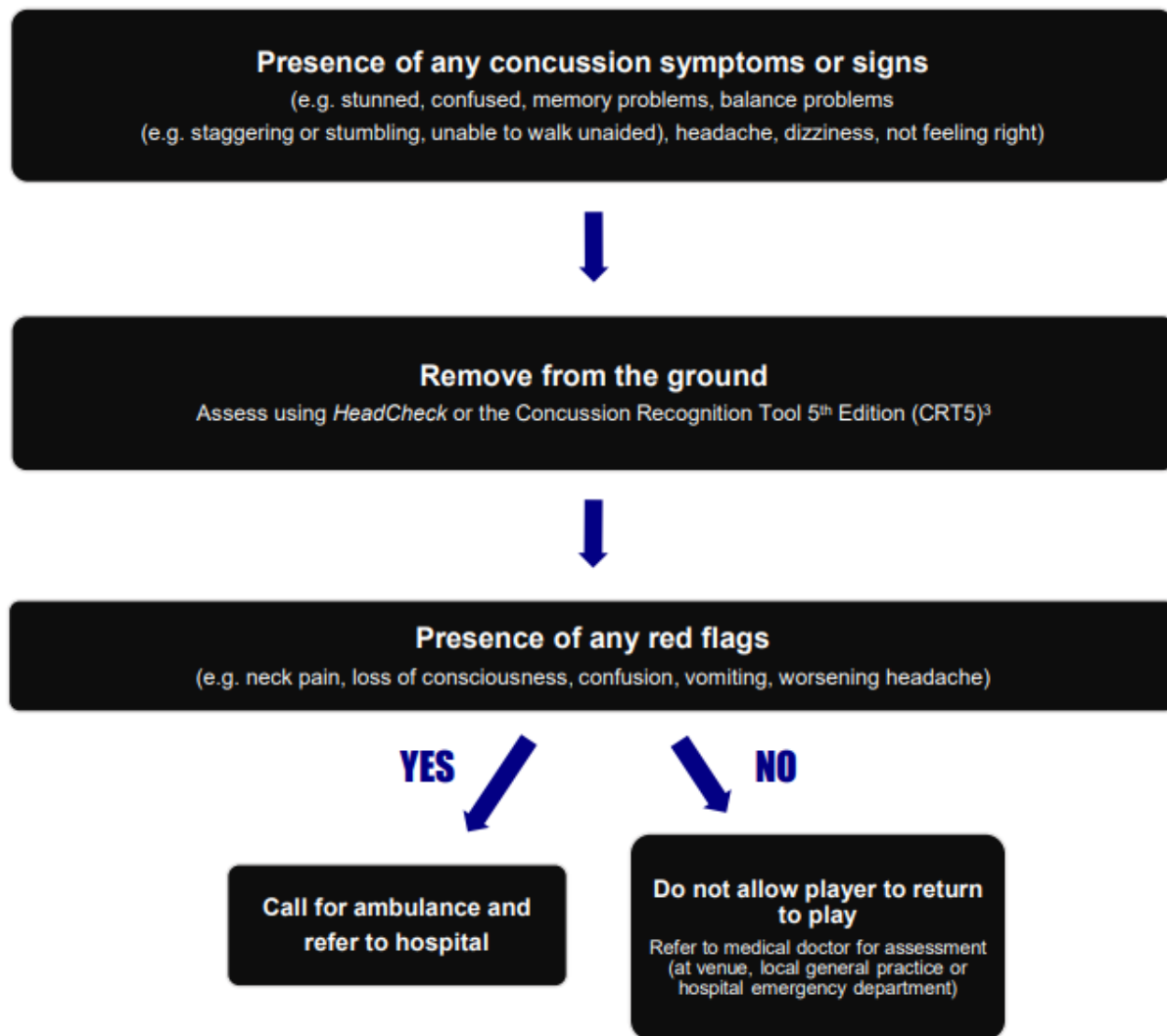
A Concussion is a head impact that can be characterised by a range of observable signs or reported symptoms by the player, including:

- Lying motionless on the ground,
- Blank or vacant look,
- Balance difficulties (or motor in-coordination),
- Headache (and/or grabbing at the head)
- Blurred vision,
- Dizziness,
- Nausea,
- fatigue,
- Not "feeling quite right" or not seeming like their usual self.
- Confusion, or reduced ability to think clearly and process information.
- Facial injuries.

This procedure outlines the responsibilities for trainers/first aid providers, coaches, club officials and players in the management of a concussion or suspected concussion. *Note if a player experiences a concussion outside of the club setting the player should advise the club and manage their return to play using the same guidelines.*

Trainers/First Aider: Initial Management on the Day of Injury

1. All First Aiders must download the *HeadCheck* app to their phones. If unable to, please ensure the Team manager or Coach has the Head Check app on their phones prior to each game.
 - ***When completing the Head Check please ensure you include the players/ or caregivers contact number when providing contact details as they will receive an automated message instructing them with what to do/monitor.***
2. Any player with a concussion or suspected concussion (i.e. in cases where there is no medical doctor present to assess the player, or the diagnosis of concussion cannot be ruled out at the time of injury) must be removed from play and not be allowed to return in the same match or training session. *Do not be swayed by the opinion of the player, trainers, coaching staff, or others suggesting premature return to play.*
3. For any player with loss of consciousness, basic first aid principles should be used (i.e. airways, breathing, CPR). Care must also be taken with the player's neck, which may have also been injured in the collision. The unconscious player must not be moved by anyone other than a medical professional or ambulance officer. An ambulance should be called, and these players transported to hospital immediately for further assessment and management.



(Figure 1. Summary of the management of concussion in Australian Football as per AFL Guidelines in the Management of Sport- Related Concussion).

Team Manager: Notification to Club Officials and Post Match Management

1. Complete the QR Code for Notification of Suspected Head Injury/Concussion (laminated copy located in team manager bag). This must be done as soon as possible or on completion of the game.
2. This will notify Club Officials that a suspected concussion has occurred and for follow up management to occur.
3. Provide the player/caregiver with details of medical professionals within 15 minutes of the ground.
4. Player/caregiver must provide the team manager/committee with an initial letter of diagnosis or outcome of any medical assessment and a copy sent to the committee.
5. Player/caregiver must provide the team manager/committee with a letter of medical clearance to play to ensure safety of the player when returning to the game.

Coaches: During Match and Post-Match Management

1. Please follow guidance of Trainer/First Aider during the match.
2. Post match: Once the Team Manager has provided the club/yourself with a letter of diagnosis/clearance from a concussion, you must follow the below 'Phases of Rest, Recovery and Return to Play Following Concussion' framework to ensure safety of the player.



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(Figure

2: Phases of Rest, Recovery and Return to Play Following Concussion)

Please outlines process

play

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graded and

medical the the day

Dr has earlier (as per

Focus	Goal	Requirements to move to next stage
Rest		
Rest	• Help speed up recovery	• Complete physical and cognitive rest in the first 24 – 48 hours
Recovery		
Symptom limited activity	• Two days of activities that do not provoke symptoms	<ul style="list-style-type: none"> • No concussion-related symptoms at rest or with physical or brain activity for at least 1 day and the player has successfully returned to work/school • The player should also have a medical clearance (e.g. physiotherapist, sports trainer, first aider) to confirm that the player has had no concussion-related symptoms for at least 1 day
Graded Loading – individual program		
Light / moderate aerobic exercise	<ul style="list-style-type: none"> • Light / moderate aerobic exercise (e.g. walking, jogging, cycling at slow to medium pace) • No resistance training 	• Remain completely free of any concussion-related symptoms
Recovery day		
Sport-specific exercise	<ul style="list-style-type: none"> • Increased intensity (e.g. running at an increased heart rate) and duration of activity • Add sports specific drills (e.g. goal kick, stationary handball) • Commence light resistance training 	<ul style="list-style-type: none"> • Remain completely free of any concussion-related symptoms • The player should also have a medical clearance (e.g. physiotherapist, sports trainer, first aider) to confirm that the player has had no concussion-related symptoms for at least 1 day
Recovery day		
Graded Loading – full team training		
Limited contact training	• Return to full team training – non-contact except drills with incidental contact (incl. tackling)	<ul style="list-style-type: none"> • Remain completely free of any concussion-related symptoms • Player confident to return to full contact training
Recovery day		
Clearance by a medical doctor is required before returning to the final full contact training session and competitive contact sport		
Full contact training	• Full team training	<ul style="list-style-type: none"> • Remain completely free of any concussion-related symptoms • Player confident to participate in a match
Recovery day		
Return to Play		

Note: Figure 2 the minimum to follow in returning to following a concussion. The that a player return to play they have successfully completed a loading program they have obtained clearance) is on **12th day after on which the concussion was suffered regardless if a cleared them than 12 days SANFL policy).**

• A more conservative approach is required if there is a lack of

baseline testing and active medical practitioner oversight of each stage of the graded return to football.

- If there are players with a history of concussion and where there is a recurrence of symptoms at any stage during the return to play program a more conservative approach is required and likely to include longer timeframe for recovery of symptoms and entry into graded loading program and/or longer time spent at each step in the graded loading program.

Players/Caregivers: Responding to Suspected Concussion

1. Please be familiar with figure 1 and figure 2 as outlined in this procedure and be honest with the coaching team/club officials.
2. Please provide the Team Manger/committee with the certificate of diagnosis or clearance of concussion prior to the next scheduled training/match.

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3. Please provide the Team Manager/committee certificate of full medical clearance to ensure the player can return safely. A player can only return on the 12th day after the day on which the concussion was suffered (if cleared).
4. Please note: If possible, it is important that you see the same medical professional for management of the concussion. Seeing different medical practitioners may make it hard for them to provide clearance.

Related Documents

1. The Management of Sport-Related Concussion in Australian Football – With Specific Provisions for Children and Adolescents (Aged 5-17), AFL, April 2021.

Mouthguards

Recent studies have proven that players that have not worn a mouthguard and receive a knock to the Head are 30% more likely to receive concussion.

For this reason, the Club insist on players wearing mouthguards during all games and competitive training.

Chaplains

Sporting organisations recognise that sports people are whole human beings. All areas of an athlete's life, including unplanned circumstances, can and do affect their performance, both on the field and in the public arena. Sporting demands can also have an impact on vocational responsibilities and relationships. A Sports Chaplain offers pastoral care for players, partners, families and staff. They are a neutral person with whom to 'off-load' – a support for staff as they facilitate and maintain positive, focused attitudes in athletes

Pastoral care happens in an ad hoc, informal way at training and social events, over the telephone, in hospital, or occasionally more formally on the basis of appointments

Port District Football Club Inc have their own Chaplains available to all players who feel this service may assist:

Andrew Marks ph. 0411 517 449

Karen Marks ph. 0410 465 292

Andrew and Karen will maintain complete privacy and are available, either as a confidant to talk to or a source of information to steer you in the right direction if needing specialised help.

Please all know, that if you're not in a good place mentally, and you don't feel you can talk to friends/mates, please reach out to this very specialised service.

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COMMITTEE MEMBERS 2025

President	Darren Hawkins	president@pdfc.com.au 0414 976 794
Chairman	Damian Gallacher	dgallacher@natrio.com 0437 650 950
Vice President & Sponsorship Coordinator	Craig Brown	vice.president@pdfc.com.au 0411 752 359
Secretary	John Charles	secretary@pdfc.com.au 0418 845 953
Treasurer	Crissy Fraser	treasurer@pdfc.com.au 0412 079 881
Senior Men's Football Director	Shaun Mousley	smousley76@gmail.com 0400 002 651
Senior Women's Football Director	Karl Schwarz	womensfooty@pdfc.com.au 0466 878 906
Junior Football President	Alex Lucas	junior.president@pdfc.com.au 0402 912 864
Committee Person	Damien Angove	damien.shey@gmail.com 0418 182 606
Committee Person	Ken Gregory	brianna.u@bigpond.com 0402 434 269
Committee Person	Jamie Tylor	thetylors12@gmail.com 0434 627 850
Committee Person	Sally Modystach	sally@healthenvirons.com.au 0458 777 227
Committee Person	Steve Moffatt	steve@katesmithproperty.com.au 0418 180 157
Committee Person	Tanya Kelly	tankelly@live.com.au 0412 035 570
Committee Person	Sheridan Milam	sheridanmilam@gmail.com 0413 121 077
Cricket Representative	Marcus Lock	cricket@pdfc.com.au 0407 057 452
Bar Manager	Sam Powell	bar.manager@pdfc.com.au 0456 297 052



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COACHING STAFF 2025

Senior A Grade Coach	Josh Ramsey	0402 232 724
Reserves Coach	Mark Kretschmer	0423 768 052
C1 Grade Coach	David Rose	0418 805 338
C7 Grade Coach	Tim Kassulke	0401 022 840
A Grade Women's Coach	Mark Moody	0412 095 473
Women's Football Director	Karl Schwarz	0499 330 127
Men's Football Director/ List Manager	Damien Angove	0418 182 606
Men's Football Director/ Registrar	Shaun Mousley	0400 002 651
Player Management	David Rose	0418 805 338

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