

Fortitude Valley Rugby  
League Football Club  
Junior Division Inc

# CLUB HANDBOOK



## **Club Song**

Good Old ' 'Valley's forever  
We know how to play the game  
play the game  
Sid by side we stick together  
To uphold the grand old name...  
The Diehards

Hear the barrackers a shouting  
Like all barrackers should, should, should  
For the Premiership awaiting  
For the Good Old Royal Blue...

Up the Diehards

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## WELCOME

A very warm welcome to all of our new and returning players, parents and spectators.

We are looking forward to your involvement with Fortitude Valley Rugby League Club Junior Division Inc, or affectionally known as Valleys Diehards, and hope you enjoy your time at our club.

Being a focussed family club, you are important to us. We want you to be a familiar face around the club and when you can, it would be great to have you assist with some of the many volunteer roles available. No matter how little or large the time you can contribute, it all helps make our club successful.

We are dedicated to ensuring a family environment where members can enjoy the best possible rugby league experience while seeking to grow opportunities for people to participate in the club, on and off the field. The Club Handbook provides you with a brief overview of the club, and most importantly, all that we can offer to you and your child on your rugby league journey.

We have several options to stay up to date with our club news and updates:

Website: <https://www.valleysdiehards.com/>

Facebook Public page: <https://www.facebook.com/valleysdiehards>

Facebook Junior page: <https://www.facebook.com/groups/765092386970819/>

Facebook Senior group: <https://www.facebook.com/groups/1529879437310326/>

Instagram: <https://www.instagram.com/valleysdiehards/>

Our committee members want to get to know you, so please introduce yourself at any time. You will find us around the field or in the club house on training and game days.

Once again, welcome to Valleys Diehards. We hope this will be the beginning of a very long relationship with our club.

Position	Name	Contact
President	Shahra McDonnell	<a href="mailto:president@valleysrugbyleague.com">president@valleysrugbyleague.com</a>
Secretary	Carey-Ann Squire	<a href="mailto:secretary@valleysrugbyleague.com">secretary@valleysrugbyleague.com</a>
Treasurer	Vacant	<a href="mailto:treasurer@valleysrugbyleague.com">treasurer@valleysrugbyleague.com</a>

<b>General Committee Persons Including Women's and Girls' Coordinator</b>	Laura Frassetto-Lea	<a href="mailto:admin@valleysrugbyleague.com">admin@valleysrugbyleague.com</a>
<b>Junior Registrar</b>	Janice McLoughlin	<a href="mailto:registrar@valleysrugbyleague.com">registrar@valleysrugbyleague.com</a>
<b>Senior Registrar</b>	Taryn Flint	<a href="mailto:registrar@valleysrugbyleague.com">registrar@valleysrugbyleague.com</a>
<b>Bar &amp; Event Manager</b>	James Walker	<a href="mailto:events@valleysrugbyleague.com">events@valleysrugbyleague.com</a>
<b>Asst Treasurer &amp; Merchandise Coordinator</b>	Merle St John	<a href="mailto:diehards@valleysrugbyleague.com">diehards@valleysrugbyleague.com</a>
<b>Senior Football Operations Manager</b>	Danny Walker	<a href="mailto:footballoperations@valleysrugbyleague.com">footballoperations@valleysrugbyleague.com</a>
<b>Junior Coaching Director</b>	Jason Di Lizio	<a href="mailto:coachingdirector@valleysrugbyleague.com">coachingdirector@valleysrugbyleague.com</a>
<b>Sponsorship Coordinator</b>	Tony Stephens	<a href="mailto:sponsorship@valleysrugbyleague.com">sponsorship@valleysrugbyleague.com</a>

## VALUES

We will achieve our vision by:

1. Embracing and contributing to the diversity of our local community
2. Creating a culture where we are all contributing to the success of our club
3. Maintaining an environment where strong social relationships are nurtured and developed
4. Continually embracing technology in a way that creates value and makes it easier or safer to participate in club activities

Valleys Diehards is part of the larger group of Rugby League Brisbane (RLB), Queensland Rugby League (QRL) and the national regulatory body of National Rugby League (NRL) and is therefore governed by their rules and regulations. QRL has introduced the Positive Environment Program which applies to all players, spectators and volunteers. Please familiarise yourself with the program via the following link:

[Positive Environment Program | QRL](#)

## HISTORY OF VALLEYS DIEHARDS

Valleys Diehards has a long and proud history with Rugby League in QLD as it is one of the 1908 founding clubs. With over a 100 years of rich rugby league history, Valleys Diehards is the most successful club in Brisbane Rugby League with 25 First Grade Premierships and has produced some of 'QLD's greatest players. Just as importantly, Valleys is dedicated to developing opportunities for junior football players to have the best rugby league experience.

The club has already undertaken significant development works. It is dedicated to implementing our Facility Development and Strategic Plans to ensure a family environment where members can enjoy and explore opportunities to participate in the club on and off the field.

## CLUB STRUCTURE

Your club is run by a committee of volunteers who work hard to ensure the club's day-to-day operations occur. On top of this, the committee is also responsible for the strategic direction of Valleys Diehards to ensure we continue to grow and achieve club objectives.

Valleys Diehards' constitution governs the committee in conjunction with QLD legislative requirements. The committee represents the interests of the members across the club, and

always welcomes volunteers to assist in any of the operational or strategic responsibilities. You are encouraged to look at the organisational structures or talk to committee members to see if you are interested in any of our sub committees or strategic objectives the club is currently working on.

## WHAT CAN WE DO FOR YOU?

Valleys Diehards is committed to ensuring our family culture continues to grow within our new and continuing members. Our club will continue the development of players, coaches and officials to improve and advance individual and team skills on the field.

Off-field, we want to see you and your family support the club values of creating a culture where all members are contributing to the success of the club.

In return, Valleys Diehards will also maintain the club values where diversity is embraced, and relationships are nurtured to attract different people who share a common passion in Rugby League. Together, we will continue to make our club a place we are all proud of, and want to belong to.

## PLAYER REGISTRATIONS

Valleys Diehards works hard each year to keep your registration costs to a minimum. Registration costs for 2025 for Under 6 to Seniors are as follows:

Age Group	Fees
Under 6 & Under 7	\$100
Under 8 & Under 9	\$130
Under 10 to Under 12	\$230
Under 13 to Under 16	\$280
Under 17 (new team)	\$250
U10 & U13 Girls (new teams)	\$150
U15 & U17 Girls	\$250
Womens SEQ teams	\$300
Seniors (U20, Reserve Grade and A-Grade)	\$400

All player registration fees\* cover the cost of the following:

- Basic Club Membership (for one adult listed on registration as primary caregiver)
- Player/Team Registration and Insurance fees
- Playing Jersey (every second year)
- Referee Fees
- Training shirt
- Playing shorts and socks
- Team Photo
- Course fees for registered volunteers
- Ground and Venue Maintenance
- Presentation Day Celebrations

\*senior teams may receive additional inclusions – please refer to your player contract

All players are not considered registered until payment has been paid in full or an official payment plan has been organised with Valleys Diehards. Without this payment or payment plan, players are unable to commence training or playing as they are not covered for insurance purposes.



## ONLINE PAYMENTS AND REGISTRATION

Electronic registrations are done through the Valleys Diehards website – <https://www.valleysdiehards.com/register-to-play>

Payment plans are available for families who prefer to pay their fees in instalments. Approved payment plans payments will be processed via an Ezidebit account, and at any time these payments fall into default, will result in player/s under this plan being stood down until further payments are completed. Please see our website for further details:

<https://www.valleysdiehards.com/register-to-play>

Valleys is also an approved club to accept Queensland Government Fair Play vouchers. If you are redeeming a Fair Play Voucher, you must email your voucher to our club Registrar via [registrar@valleysrugbyleague.com](mailto:registrar@valleysrugbyleague.com) before you begin the registration process. You will then receive a discount code for your registrations.

Registration fees are non-refundable including where a player decides to move to another club, discontinues playing or is unable to play due to injury. Requests for partial refunds will be considered on a case-by-case basis depending on individual circumstances.

## GENERAL INFORMATION

### INSURANCE

A component of your registration goes to insurance to ensure your player is covered whilst participating in rugby league. A J Gallagher has been protecting Rugby League for over 30 years and will assist you when needing to submit a claim. Claim forms are downloadable from A.J. Gallagher's website <https://sport.aijg.com.au/qld-rugby-league/claims/> or from speaking with one of their brokers. Once you have your completed form, it must be signed and verified by the Club Secretary or President and accompanied by an injury report, which should be completed at the game or training session by the attending sports trainer.

For insurance claims relating to the club grounds or facilities, please notify the club, who will contact A.J. Gallagher directly.

### CODE OF CONDUCT

It is important to Valleys Diehards and our governing bodies to ensure all members, players, parents, officials, and spectators respect each other on and off the field.

All players and visitors Rugby League Clubs are required to abide by the National Code of Conduct which can be reviewed at – <https://playnrl.com/media/2692/2018-national-code-of-conduct.pdf>.

Failure to comply with the National Code of Conduct by any player, staff or spectator can lead to severe penalties for the team and individuals involved.

By adhering to the National Code of Conduct at every Rugby League activity, you will embrace the game's beliefs:

We are INCLUSIVE, We are POSITIVE, We are UNITED, We are DISCIPLINED

Please encourage all family and friends who accompany you to games at all venues to adopt the above beliefs, respecting the many volunteers that give up their time allow this to happen, to ensure we can all enjoy this wonderful game of Rugby League.

## PHOTOS

Team photos will be taken in or around July 2025. Full details will be provided closer to the date, including times for each team and the process for ordering and payment.

## UNIFORMS

The club sells playing uniforms and a range of supporter's merchandise at the clubhouse bar on allocated training nights and game days. The club tries to ensure we have a variety of sizes to cater for our members, although where possible, we will order additional stock to meet your needs.

Playing jerseys are provided to each team and will be coordinated by the team managers. The jerseys remain the property of Valleys Diehards until presented to players on Presentation Day every second year. 2023 is the second year of a two-year cycle for jerseys.

Playing shorts and socks are compulsory uniform item. All players will receive shorts and socks on registration and additional pairs can be purchased directly from the club.

Players will also receive a free training shirt. Polo shirts for game days can be purchased from the clubhouse.

All players are required to wear football boots for training and games. It is also highly recommended that players wear professionally fitted mouth guards. Shoulder pads and headgear are optional items and are purchased at the discretion of the individual.

Rebel Sport is a preferred supplier of boots and equipment as they provide a club rebate if Fortitude Valley Rugby League Club is mentioned at the time of purchase.

## STRAPPING AND ELECTRICAL TAPE

Strapping tape is supplied to players requiring injury and rehabilitation support only. Players requiring strapping tape for any additional reasons are to provide their own strapping tape supplies. Electrical tape is not provided by the club, although it can be purchased from the club canteen on game days.

## TRAINING DAYS

Training days are a great opportunity to get involved with the club or to assist your coaches with training if needed. It's a great idea to check in with your coach to see if they need a hand or alternatively head to the clubhouse to see if any jobs are in need of attention.

This is also an excellent time to find out what is going on with the club and to chat with one of our committee members to see if you can assist the club with one of the many tasks involved with running the club. For information on training, please contact your team manager.



## WET WEATHER

You will find it very rare that Rugby League Brisbane cancels club competition due to inclement weather. However, for the safety of our players, this does occur at times throughout the season. Training days can also be affected by weather conditions which may result in cancellations. We will ensure you are notified as early as possible to avoid any unnecessary trips to the field. Look out for our Facebook posts or contact from your managers for updates on any uncertain weather conditions.

## FIXTURES & RESULTS

To keep up to date with game day matches, results and ladders, you can check the Brisbane Rugby League website – [rugbyleaguebrisbane.com.au](http://rugbyleaguebrisbane.com.au)

Alternatively, you can follow the link on Valleys Diehards website by clicking on the fixtures tab.

## REPRESENTATIVE PLAYERS

To assist in the financial cost of playing representative football, Valleys Diehards will offer assistance to players selected to compete in RLB and SEQ competitions only.

Maximum assistance of 50% representative fee will be paid by the club. The final assistance amount will be determined each year based on the number of representations selected and the budgeted representative assistance figure determined by the committee.

Players who receive representative financial assistance who elect to transfer to another club/division the following year will be required to reimburse Valleys Diehards the full amount paid on their behalf by the club. This refund of payment will be part of the consideration of the club when considering transfer clearances. Please note there are also restrictions around the transfer of representative players, which can be found in the RLB Operations Manual.

If selected in a club representative team, players must have paid 50% of the fee to be able to travel and participate with the team.

## TEAM QUERIES

If parents or players have questions, concerns or feedback, it is recommended that you approach the team manager in the first instance. If you are not comfortable raising the matter with your team manager or if it remains unresolved, please contact a member of the Valleys Committee.

## WHAT CAN YOU DO TO HELP US?

Everything we do within Valleys Diehards requires the time and energy of volunteers, and we want you to be one of them! Without your help, it becomes increasingly difficult to have training days or for players and teams to compete in their competitions.

We understand that we all have different talents and experience, although we want to assure you there is a place for everyone at our club. We ask all families aim to volunteer on a minimum of four (4) occasions each season. This may be as small as helping at a social event or even managing a team. Please see one of our committee members or your team manager to see what volunteer roles you could help with.

## SUB-COMMITTEES

Whatever your level of experience (or inexperience), we really want you to "give it a go". After all, this is what we ask our players to do each week. If you are willing to help but don't think you have the time to join the committee, there are still many jobs that need to be completed throughout the season.

Valleys Diehards has a number of sub-committees that have been initiated to help the Committee continue to run the club smoothly. Sub-Committees include Senior and Junior Game Day Sub-Committees, Fundraising and Events, Sponsors and Grants and Grounds and Maintenance. We also have the newly established First Nations Working Party and are seeking members from our Aboriginal and Torres Strait Islander community to join this great initiative! If any of these Sub-Committee's sound like something you could assist with, regardless of the time you can commit, please speak to a member of our committee to find out more.

If a sub-committee is not for you, there is a multitude of jobs, small and large, which ensure Valleys Diehards continues to run. We have one-off jobs, short term and long-term roles available to fill. All we need is for you to let us know you are available and willing to give some of your time.

## COACHES/MANAGERS/OFFICIALS

Have you ever thought of taking on a coach, manager or official's role?

We have dedicated and experienced members to coordinate the roles of all our coaches and managers, specifically to make this experience as easy and as enjoyable as possible for you.

Each team at Valleys Diehards also need to provide qualified League Safe Trainers, First Aid Officers and Touch Judges throughout the season. Quite simply, our players will not be able to play without the club filling these roles.

We are committed to providing you with the necessary support to undertake these roles and obtain the necessary accreditation. Accreditation costs for volunteers will be reimbursed by the club, and we encourage parents and siblings to become involved in these roles.

## BLUE CARDS

All volunteers must hold a Working with Children 'Blue Card'.

Blue Card applications can be downloaded from <https://www.bluecard.qld.gov.au/> and signed by the club Secretary for processing by the QLD Government. You must be registered as a volunteer to complete your application and you will need to complete the [Child Safety - Patrons of the Game](#) course which takes about 15 minutes to complete. Please contact our club registrar for details via [registrar@valleysrugbyleague.com](mailto:registrar@valleysrugbyleague.com)

## CANTEEN

The Valleys Diehards canteen runs on all game days that we host as well as Thursday night training. While everyone contributes to the running of the canteen through the \$20 levy that forms part of our Registration Fees, we are also happy if you would like to assist in preparing, serving and cleaning at any time.

## MERCHANDISE

We are exceptionally proud of our great club and our achievements, and we want you to be as well.

We have a range of merchandise from polo's, hoodies, caps/hats, to name a few. We would love to see you show your support of the club by wearing our club colours in a range of merchandise which can be purchased through the bar on sign on days, training and game days and some items are also available to purchase online.

Any profits from merchandise sales are put directly back into our club to purchase equipment and/or upgrade facilities.

## SPONSORSHIP

Are you or someone you know interested in sponsoring the club, an age group or event? We have many sponsorship options available to suit all levels of contributions, and these sponsorships help to keep our club running. You can find more details of our sponsorship options on our website - <https://www.valleysdiehards.com/partner-with-us> or by contacting our club, via email [diehards@valleysdiehards.com](mailto:diehards@valleysdiehards.com)

## SUPPORTING VALLEYS DIEHARDS SPONSORS

At Valleys Diehards, we encourage our members to support our sponsors, where possible, the same way they support us. Please consider using these companies when looking for services or products that they can supply.



## SOCIAL MEDIA CONTENT

Valleys Diehards love to keep our members, family and friends up to date on our social media sites. These are found at the beginning of the handbook.

Valleys Diehards acknowledges the enormous value of social networking platforms to promote our sport and celebrate the achievements and success of those involved in our sport. We also understand your privacy as well; please let one of the committee members know if you **do not** wish to have your child on our media pages.

If taking photos of your team during the season, it is important to remember that permission must be granted from the families of everyone in the photos you take. Never post images on Social Media unless parents have granted permission for their child's image to be posted.

We expect everyone in or associated with our club to maintain their social media communication in a positive and respectful manner. In line with the QRL Social Media Policy, members, friends and family members should familiarise themselves with their responsibilities and obligations. This policy provides practical guidance allowing all parties to benefit from the use of social media while minimising potential risks and protecting those involved. This policy assists to establish a culture of openness, trust and integrity in all online activities.

<https://www.qrl.com.au/siteassets/documents-and-policies/2017/qrl-social-media-policy.pdf>

## VALLEYS DIEHARDS AND COMMUNITY EVENTS

Valleys Diehards is serious about having FUN! Our club is always looking for new and creative ways to get to know our members better. Our club hold's various social events

throughout the season, so we look forward to seeing you there. If you have any great ideas or want to be part of the events and fundraising Sub-Committee, contact one of our committee members or email us: [diehards@valleysrugbyleague.com](mailto:diehards@valleysrugbyleague.com)

Valleys Diehards is also just as committed to giving back to our community. Look out for upcoming events throughout the year where players, members and parents will be invited to participate in community activities.

## VALLEYS DIEHARDS FUNCTION HIRE

Valleys Diehards is not just a football club. We are pleased to offer members, family, friends and the general public the opportunity to hire our clubhouse for your special occasion.

Featuring a spacious clubhouse interior with first-class bar and kitchen facilities and our wonderful open-air verandah and courtyard, Valleys Diehards is perfect for all your function needs.

The hire cost of the facility is from \$400.00, with additional costs for kitchen facilities. If you are interested, please contact our Events Manager at [events@valleysrugbyleague.com](mailto:events@valleysrugbyleague.com).

## HERITAGE ROUND

Our history is a part of our culture, so to honour the contributions of past players and coaches, we have created the annual Valleys Diehards Heritage Round and the "Gerry Fitzpatrick Medal".

Each year we select a new group of Diehard Legends to be honoured and these great Diehards are announced at the Heritage Round. The Gerry Fitzpatrick Medal is presented to the man of the match for this round also. Details about the Heritage Round are published early in the season once the draw has been released.

To make this event as special as the players and coaches we honour .... we need you. This is a great opportunity for you and your family to see the true spirit of Valleys Diehards in action. So, lock in this date each year and look out for information on our website and social media platforms.

For the latest list of True, Blue Diehards, head to our website.

## END OF YEAR PRESENTATION

Our annual presentation is held soon after season's end. The date, time and venue for the presentation will be confirmed towards the end of the season and announced on our social media, via email, and through your team managers.

## ANNUAL PAST PLAYERS AND SUPPORTERS' REUNION

Valleys Past Players and Supporters' Reunion is the biggest event of the year, bringing together past and current players and supporters from the decades to celebrate this wonderful club. Sponsored by the Valleys Past Players, this event raises money for the Junior Club which gives us a great head start for the following season. Held annually on the Friday night before the NRL Grand Final, this is an event not to be missed!

## MEMBERSHIP

Valleys has a number of membership options available for our supporters. You can view the inclusions of our membership packages on our website:

<https://www.valleysdiehards.com/become-a-diehard>

Members will receive invitations to key events throughout the year.

## VOLUNTEERING

As a not for profit community club, Valleys is a volunteer run organization. All of our committee are unpaid volunteers and donate their time to ensure your children are able to enjoy their experience playing Rugby League. We cannot do this alone and we need your help!

There are many ways you can volunteer for your team and for your club. Every bit counts so even if you can only spare a couple of hours each month, please reach out to our committee to discuss how you can contribute to the success of this great club!

## OTHER WAYS TO SUPPORT VALLEYS

There are many ways you can support Valleys without any effort. Take a look at our website to see what initiatives you can participate in which provides direct benefits back to our club and players.

<https://www.valleysdiehards.com/support-valleys>

