



## PLAYER REFRESHMENTS HELP CARD



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| <b>OVERVIEW</b>  | This role is responsible for providing suitable refreshments for Players on Match Day.   |
| <b>EQUIPMENT</b> | Each team is allocated drink cups which are provided by the Team Manager. <ul style="list-style-type: none"><li>• Cordial (Approximately 2-4 litres depending on Team size)</li><li>• Oranges (Cut into quarters – approximately 2-3 pieces per Player)</li><li>• Lollies (optional)</li></ul>   |
| <b>TIMING</b>    | Ensure you inform your Team Manager that refreshments are available prior to Match commencement.   |
| <b>PAPERWORK</b> | Nil.   |
| <b>ACTIVITY</b>  | <b><i>Prior to Match Commencement</i></b> <ul style="list-style-type: none"><li>○ Make up approximately 2-4 litres of cordial and bring it to the ground, leaving it securely in the Players rooms near the Team Managers equipment.</li><li>○ <b>Prior to Half Time</b> ensure drinks are poured into cups ready for serving to Players as they enter the rooms.</li><li>○ Offer cut oranges around to each Player and ensure waste peel is collected and thrown away in appropriate bin.</li><li>○ Some Team Coaches may agree to providing lollies to Players at <math>\frac{3}{4}</math> time.</li><li>○ Complete the Yarra Junior Football League <b>Ground Inspection Report</b>, sign it and pass back to the Team Manager.</li></ul> |