

# 2026 Member Handbook

## COMMUNICATION

Our official Club [website](http://toowongfc.com.au) (toowongfc.com.au) and [Facebook](https://www.facebook.com/ToowongFC) page (facebook.com/ToowongFC) are updated regularly and are our main forms of communication to our members. We recommend you "like" our Facebook page. We also email newsletters semi-regularly.

## CONTACTING THE CLUB

The first point of contact for the Club is your team manager/coach, who will disseminate most information you need through to you directly. If you have an enquiry regarding the Club, please contact your team manager first, then the relevant Coordinator (e.g. Womens, Mens, or Masters).

## TRAINING

Training is included on the schedule at [toowongfc.com.au/dunmore-park-schedule](http://toowongfc.com.au/dunmore-park-schedule). Details are also passed onto coaches and team managers to disseminate to players.

Players must follow training practices to minimise damaging the field, including avoiding use of the centre circle and six-yard goal area.

## GAME DAYS AT DUNMORE PARK

- Players must supply their own Club shorts and socks – jerseys are provided as part of a kit that is returned at the end of season.
- Players are responsible for goal set-up & pack away where there are no games before or after – check the schedule if you're unsure.
- Players must follow the [Code of Conduct](#).

## PLAYER FINES

If a player receives a fine from a sending off, or from an accumulation of yellow cards, the player is responsible for paying the fine in full. If the fine is not paid within 14 days of being requested to do so, the player will not be permitted to play in any further matches until the matter is resolved.

## WET WEATHER

If training is cancelled, our webpage and Facebook will be updated. We also directly inform your team manager/coach. If there's nothing posted, training is proceeding as planned. See full details at [toowongfc.com.au/wet-weather/](http://toowongfc.com.au/wet-weather/)

## MERCHANDISE

Merchandise (including shorts and socks) is available at the Club canteen, which is open during Miniroos training nights on Wed and Thurs, and during all home games. Visit our online store at [toowongfc.square.site/](http://toowongfc.square.site/).

Our refund policy (for fees and merchandise) is at [toowongfc.com.au/refunds-policy](http://toowongfc.com.au/refunds-policy).

## VOLUNTEERS

Our committee members, coaches & team managers are all volunteers who dedicate their time to make this Club the best it can be. Email our Secretary ([secretary@toowongfc.com.au](mailto:secretary@toowongfc.com.au)) if you're keen to get more involved.



## Seniors

Metro & Masters

### Club Contacts:

Liz Elphick (senior women)  
womens@toowongfc.com.au

Alex Balston (men's metro)  
mens@toowongfc.com.au

Seamus Monaghan (men's O35/45)  
masters@toowongfc.com.au

### Fixtures:

go to [fqmetro.com.au](http://fqmetro.com.au)  
Competitions >  
Community  
Competitions > Metro

### Season Calendar:

go to [fqmetro.com.au](http://fqmetro.com.au)  
Competitions >  
Season Calendars



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