



**2017 PLAYER
INFORMATION - NETBALL**

This document is provided as a reference for players. Please read the document carefully as it outlines your responsibilities as a Barwon Heads Netball Club player and provides information that will serve you throughout the 2017 season.

Vision

Barwon Heads Netball Club will be recognised as a competitive, community based and value oriented organisation. The club will be professional and successful and our activities and achievements equally admired both on and off the field. The club environment will be sociable and fun.

Purpose

The purpose of Barwon Heads Netball Club is to enable a healthy sense of achievement where our members and supporters are proud to be associated with us as we contribute to their success and they contribute to ours.

Goals

We recognise that the club is greater than any one individual; therefore, our vision for success incorporates the following components:

By 2018, our aspirations are:

- To be an organisation that operates professionally with ample resources and quality facilities
- To have coaches who develop skills and contribute to the growth of individuals and the club
- That our players will be acknowledged as role models for the game – in how they play and how they conduct themselves within the club environment
- To have a commitment to coaching and training to develop a style of play that promotes on-field success
- To have a supporter base of playing and non-playing members who actively contribute to the club
- For the club to be acknowledged as making a contribution to the broader community
- For all members of our club to consistently display our core values
- That local businesses will aspire to sponsor and support us
- To have a leadership group that is positive, enthusiastic and open to change
- To develop a club environment that is energetic and appealing
- To be fully integrated with the football component of the club and to contribute to and support each other's success

Core Values

Enthusiasm & Commitment

- That we train hard and we play hard
- That we encourage ourselves, our team, our supporters and our club
- We fulfil our role on the court and within the club

Respectfulness & Accountability

- That we respect all players, officials, spectators and members
- That we maintain a high standard of personal behaviour – both on and off the court
- That we respect the decisions of the coaches and committee

Teamwork & Collaboration

- That we play and train as part of a team
- That we volunteer and fulfil roles as necessary to achieve the best outcome for the club

Development & Excellence

- That we win cleanly through spirit, talent and discipline
- That all players have opportunity to reach their potential
- That we promote the development of our junior players, our umpires and coaches.

Player Code of Behaviour

In addition to Netball Australia's 'General Code of Behaviour', as a player in any activity held by or under the auspices of Netball Australia, Netball Victoria, a region, an affiliated association or an affiliated club, the following are applicable:

1. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
2. Refrain from conduct which could be regarded as sexual or other harassment.
3. Respect the talent, potential and development of fellow players and competitors.
4. Care for and respect the uniform and equipment provided to you.
5. To be frank and honest with your coach and trainer concerning illness and injury and your ability to train and play fully.
6. Conduct yourself in a responsible manner relating to language, temper and punctuality.
7. Maintain a high standard of personal behaviour at all times.
8. Abide by the rules and respect the decision of the umpires. Be courteous and use the correct process when seeking a rule clarification.
9. To be honest in your attitude towards and preparation for training. Work equally hard for yourself and your team.
10. Cooperate with coaches and staff in relation to programs that adequately prepare you for competition.
11. Do not engage in practises that affect sporting performance (alcohol, tobacco and drug use.)
12. Respect your coach and their coaching decisions.

Membership

No player will be permitted to take the court unless they have a fully paid membership for the current season. Membership can be obtained on-line through the link on the Barwon Heads Football and Netball Club website. All junior players must have at least one parent who is a fully paid social member of the Barwon Heads Football and Netball Club.

Similarly, all players must have current VNA insurance before taking the court. This can be paid through Netball Victoria either via the link on the Barwon Heads Football and Netball Club website or as directed by the club and Netball Victoria.

Uniform

All players are required to purchase a Barwon Heads Netball Club uniform. Uniforms are available from the merchandise area at the clubrooms which is open at specified times. Uniform enquiries should be made to Michelle Aitkins or Georgie Armstrong.

Uniform requirements are as follows:

- Barwon Heads A line dress
- Navy netball shorts (available from the club or other supplier) – Must be uniform colour and be free of visible logos and branding
- Barwon Heads warm-up top
- Barwon Heads hoodie

- Barwon Heads track pants
- Barwon Heads socks (optional)

Training

Senior training

- It is expected that all players will attend all training sessions as specified by the coach. If unable to attend training, the coach must be notified personally prior to the commencement of training.
- All players must be appropriately dressed in training gear, strapped and ready to commence training at the time specified.
- Players should arrive 10 minutes prior to the scheduled starting time.
- Injured players are required to report to the coach prior to training. Players must seek immediate medical advice on any condition that is likely to impact on their ability to train or play.
- Players with minor injuries are expected to attend training and observe the session. Any player returning from injury will be required to provide a medical letter or certificate that clarifies that the player is fit to play - before being considered for a game. This is a duty of care.
- No player shall leave the training area without first seeing the coach. All players are required to start and finish training together.
- Players are to take responsibility for their individual fitness maintenance. If unable to attend the specified fitness sessions, it is an expectation that players will conduct fitness training independently.

Training Gear

Players are required to wear or bring the following items to each training session

1. Weather appropriate clothing suitable to train in
2. Appropriate footwear
3. Water bottle
4. Personal protective equipment such strapping tape, ankle braces, asthma medication and other medical requirements
(Taping and strapping must be completed before the commencement of training)

Weather

It is intended that training will be constant. In the case of inclement weather, the venue may change or the activity may vary, as notified by your coach. You should assume that training will be on unless notified by your coach. Changes are often notified through the Global SMS service or on the Barwon Heads Netball 2017 Facebook page. Please ensure your contact details are up to date.

Thursday Night Dinner

All football and netball players and their families are invited to the clubrooms for dinner on Thursday evenings. The cost is \$10 per head and includes a meal and soft drink. Netball players are encouraged to participate in this club initiative after training on Thursday.

Leadership Group

A leadership group, comprising senior players from A, B C and D Grades will be selected following the selection of teams.

The essential role of the leadership group is to liaise with and communicate between coaches, the committee and players. The leadership players will provide a forum through which players can communicate openly and honestly without fear of reprisal.

The leadership group will offer themselves as role models within the group and will take a degree of responsibility for the ambience and character of the team.

Leadership players will encourage members and lead by example.

The leadership group will report to the committee at least twice throughout the season; however, if further meetings are deemed necessary, they will be arranged.

Junior and Senior Mentoring

Senior players are encouraged to support the junior Barwon Heads teams. From time to time players may be asked to make themselves available to attend junior matches, selection trials and training sessions.

Similarly, junior players are expected to reciprocate support and are encouraged to watch their senior counterpart's matches.

The success of the initiative and the perceived benefits for our club and the relationship between the junior and senior netball program will only occur if all players commit to supporting all teams.

Net Set Go

The club offers a Net Set Go program for pre-junior players. Senior and junior players are encouraged to offer support to the program and may be asked to attend the training sessions from time to time.

Team Selection

Selection trials are held prior to the commencement of the season. Initially an A and B squad will be selected and coaches and specified selectors will then determine the actual A and B Grade teams. Likewise, C and D Grade teams will be selected from the players not selected in the A and B squad.

If required, Under 19 team selections will be conducted. Players will be notified. It is an expectation that all players have previous netball experience prior to being selected into a team.

Junior Team Selection

Junior teams are selected as per the Junior Selection Policy which is available on the website. Excess teams will be entered into the Friday night competition in Geelong. All Under 11 teams play in the Tuesday night competition in either Ocean Grove or Geelong.

2017 Match Times (Saturday)

8:30 am	Under 15 Div 2	Under 13 Div 1
9:30 am	Under 13 Div 2	Under 17 Div 1
10:30 am	D Grade	Under 19
11:30 am	C Grade	Under 15 Div 1
12:30 pm	B Grade	Under 17 Div 2
1:45 pm	A Grade	

Match Day Procedure

1. All players should arrive at least 1 hour prior to the commencement of their match.
2. Players are encouraged to support other Barwon Heads teams, including junior teams.
3. A sports trainer is available to assist with strapping, taping and like preparation for senior players.
4. Players requiring assistance from the sports trainer should allow sufficient time to seek treatment and ensure it does not impinge on pre-match requirements directed by the coach.
5. Players must be appropriately dressed, strapped and equipped to begin warm up at the direction of the coach.
6. From the commencement of warm up and throughout the game, the player is the responsibility of the coach. Players must sit on the coach's bench when not on the court. At the $\frac{1}{4}$, $\frac{1}{2}$ and $\frac{3}{4}$ time breaks and until warm down after the game, players are to stay with the coaching bench.
7. Spectators must not sit on the bench.
8. Injured players should assist the coach and maintain a presence at all matches.
9. After the match, players should warm-down and stretch and participate in match de-brief as directed by the coach.
10. A primary carer must be present and wear an identifiable vest at every match. Primary carers would ideally have current first aid accreditation; however this is not compulsory.

Equipment

All club personnel are responsible for club equipment. At the conclusion of all home games, it is the player's responsibility to ensure that all club equipment is packed neatly into the store room. The A Grade players are responsible for locking the storage area.

At 'away' matches, it is the responsibility of the A Grade team to ensure all Barwon Heads equipment is collected and returned to the storage room by Tuesday. Please assist by taking your turn and assuming responsibility for our equipment.

Presentations

Player presentations occur following matches during the match de-brief. Incentive payments and awards are given at the coaches' discretion.

Afternoon Tea

Each senior team will be rostered on for afternoon tea at the clubrooms on home match days. Each player in the rostered team must bring a plate of food to share at the conclusion of all matches. Opposition players and Barwon Heads' players are invited to the clubrooms for afternoon tea. All players are expected to participate.

Canteen Duty

Players are required to assist in the canteen on home match days at least once during the season. A roster will be organised prior to the first home match for the season. If a player is unable to commit to the rostered time, it is their responsibility to arrange a swap. The roster coordinator and canteen manager must be notified of inability to attend and of changes.

Club Functions

Club functions are an integral component of all sporting clubs. The success of the club is largely dependent upon the social context of the club and it is expected that senior netballers commit to attending at least 2 of the formal club functions. They are a great way to meet new people and develop a club atmosphere. Friends and partners are welcome to attend club functions. Further details pertaining to the social calendar will be made available on the website.

Fund Raising

Fundraising is an essential component of any community organisation. It is expected that all players contribute to the fundraising initiatives undertaken by the club.

Communication and Information

All members are expected to take responsibility for sourcing necessary information pertaining to the club. Please exhaust all information sources before directly contacting individuals.

Visit the website – www.barwonheadsfn.org.au

Facebook – Barwon Heads Football and Netball Club *or* Barwon Heads Netball 2017

Twitter – Barwon Heads FNC@BHFNCSeagulls

Email – netball@barwonheadsfn.org.au

Team App – Barwon Heads Football and Netball Club

Instagram -

The club may also use a Global Texting service to relay important information.

Please ensure your contact details remain up to date to ensure you receive information.

Committee

2017 Football Committee

NAME	POSITION	EMAIL	PHONE NUMBER
Brett Lewis	President	balewis@live.com.au	0437 749 933
Gary Read	Secretary	GarryR@icdasiapacific.com.au	0438277674
Angie Spinks	Treasurer	angie.spinks@bigpond.com	043 999 8786

2017 Executive Netball Committee

President	Sally Mitchell	0417 352895	sgmitch1@bigpond.com
Vice President	Cath Leen		Cath@bernieleen.com.au
Secretary	Angela Hawdon	0418537674	pandeh@gmail.com
Treasurer	Kylie Rawson	0411203138	k.m.rawson@bigpond.com
Junior Coordinator	Lee Scott	0431818834	leescott8@bigpond.com
Umpire Coordinator	Chloe Joseph		juddrose@iprimus.com.au

2017 Season

The Barwon Heads Football and Netball Club is committed to building the club and striving towards success in 2017. We hope you enjoy being a member of our club and wish you the best for the season.