



TABLE OF CONTENTS

WELCOME TO THE QUINNS DISTRICTS NETBALL CLUB	2
CLUB VISION, MISSION STATEMENT AND CLUB VALUES.....	3
NETBALL SEASON INFORMATION	4
GAME TIMES	4
PROCEDURES.....	6
FIRST AID AND INJURY PROCEDURE	7 - 8
APPENDIX 1 – EQUIPMENT LIST.....	9
APPENDIX 2 – COACHING CORNER.....	10 - 11
APPENDIX 3 – SCORER / TIMER DUTIES & RULES	12
APPENDIX 4 – SKILLS - WHAT TO TEACH?	13 - 15
APPENDIX 5 – SESSION PLAN	16 - 17
APPENDIX 6 – NETBALL CARNIVAL INFORMATION	18
APPENDIX 7 – NetSetGo RULES & INFORMATION.....	19 - 21
APPENDIX 8 – GAME DAY TEMPLATE	22
APPENDIX 9 – TRAINING SESSION PLAN TEMPLATE	23 - 24
APPENDIX 10 – TEAM EVALUATION SHEET	25 - 27
APPENDIX 11 – INJURY / FIRST AID FORM - QDNC	28 - 29
APPENDIX 12 – 7U's - 11U's ROTATION FORM	30
APPENDIX 13 – POSITIONS & COURT AREAS	31
APPENDIX 14 – CODES OF CONDUCT.....	32
APPENDIX 15 – DISPUTE RESOLUTION PROCEDURE.....	33
APPENDIX 16 – COACH TO PARENT WELCOME LETTERS	34 - 35
APPENDIX 17 – TRAINING ROSTER.....	36
APPENDIX 18 – JOONDALUP NETBALL ASSOCIATION CONTACTS	37
APPENDIX 19 – UMPIRE INFORMATION & CONTACT LIST	38
APPENDIX 20 – COACH & MANAGER CONTACT LIST	39 - 40
APPENDIX 21 – COMMITTEE CONTACT LIST	41



WELCOME TO THE QUINNS DISTRICTS NETBALL CLUB

We are thrilled that you have chosen the Quinns Districts Netball Club for your child to play netball. Being a member of a netball team teaches skills that can be taken with them into their wider worlds of school and work. Beyond the obvious teamwork, people also learn to deal with adversity through losses or injuries, how to problem-solve more effectively, as well as how to push themselves to improve their skills. <http://wa.netball.com.au>.

We pride ourselves on being a club who respects officials, umpires, coaches, other teams and players. We encourage all of our members to show appreciation and respect for all the volunteer coaches, team managers, officials and administrators involved in our game.

The Quinns Districts Netball Club is affiliated with the Joondalup Netball Association (JNA) playing at the HBF Arena Stadium. Games are on Saturdays scheduled from 8:45am to mid-afternoon & Monday evenings scheduled from 5:00pm to 8:00pm during the Winter season from April to September. We also take some 13, 15 and 18u teams by invite only to WDNA to compete on Saturdays.

Please refer to JNA's website for more information <http://joondalupnetballassociation.wa.netball.com.au>.

Teams train one afternoon a week after school at Gumblossom Netball Courts, Quinns. We are always looking for support at every level, coaching, team managing, being part of the organising committee or with fundraising. If you have any experience in netball or are just enthusiastic, we would love to have you in our club.

The Quinns Districts Netball Club looks forward to a fun and competitive netball season. We appreciate the support from players and parents, as that is what makes our club great. We encourage our youth to participate and compete in a healthy sports team environment.

Kindest regards

Pete Ainley

(Development Coordinator)

On behalf of the Quinns Districts Netball Club Committee





CLUB VISION, MISSION STATEMENT AND CLUB VALUES

CLUB VISION

Our Club will be built upon a culture of inclusion and community spirit. With a strong emphasis to the commitment and development of our players and members.

Our reputation as the Club of choice in the Northern suburbs will be based upon our active participation in the spirit of netball and an understanding and belief that each and every individual has a valuable contribution to make to a team.

Our Club will be seen as a professional, inclusive and positive Club to be involved with.

MISSION STATEMENT

To work alongside junior netballers and their families to foster a positive, supportive and inclusive Club.

Every member involved with our Club will feel included and valued.

Each member, whether a player, parent or volunteer will be encouraged to develop their potential with the emphasis placed on fun, skills and development.

We will achieve this by following our Club Vision and Club values.

VALUES STATEMENT

Teamwork

Teamwork involves all Committee members and volunteers working together as a team to achieve a common goal or purpose. The best solutions come from working together with our members: players, parents, families, officials and volunteers. Effective teamwork requires building sound working relationships, having open communication, respect for others and providing support.

Professionalism

We aim to approach everything we do professionally. Professionalism is characterised by individuals working with proficiency and with specialised knowledge in their field. Carrying out quality work with a high standard of professional ethics and morals at all times.

Enjoyment

We will provide an opportunity for all players to participate in netball, with the emphasis on fun and enjoyment. We aim to develop our players, with importance on learning, teamwork and building genuine enjoyment for the sport of netball.



NETBALL SEASON INFORMATION

The Quinns Districts Netball Club Committee believes that it is important to provide accurate, clear and regular communication with its members and their families. This handbook provides one means of this communication. Other means of communication to members and players include:

- Committee members
- Team coach
- Team manager
- Club website
- 'Team' application
- Facebook
- 'My Netball' application
- Regular emails

Quinns Districts Netball Club Webpage

It is important that all members, their parents or guardians, familiarise themselves with this information so that they can keep up to date with day-to-day occurrences in the club. Members, parents and guardians should like us on Facebook and download the 'Team' and 'My Netball' Applications to their phone available through both iTunes and Android. Further instructions on how to do this can be found on our web page.

GAME TIMES

The netball season runs from April to August with finals being held in August/September. Full details of fixtures, including game times are available on the JNA website, are regularly updated on the 'My Netball' Application and are emailed through each team by the team manager on a weekly basis.

Games for the 8U to 13U's are played on Saturdays, at HBF Arena Joondalup outside courts and are scheduled from 8:45am to mid-afternoon. Games for 17U's are also played at the Arena on Monday evenings from 5:00pm to 8:00pm.

Uniform

The Quinns Districts Netball Club committee has approved the netball uniform taking into account the latest information and the costs involved. The uniforms are at an additional cost to players. The A-line netball dress is required to be worn by teams from 8U-17U with suitable black boy leg shorts. Boys will wear the club polo shirt and black sports shorts. In addition to the uniform it is expected that players will wear safe and appropriate footwear. Skate shoes or "volley" type shoes are not considered suitable to either play or train in. Hair should be tied back out of the face and in accordance with netball rules & nails should be cut short. Jewellery is not permitted to be worn during any training session or game.

In addition to the game day uniform the club also offer optional uniform items that include, hoodies, socks, hats, backpacks, hair korkers, scarves. These items are NOT mandatory and are an additional cost to members. There is an element of fundraising to the sale of these items and members are encouraged to support if they are in a position to do so. Every effort is made to ensure that merchandise products are of a high quality and cost is kept to a minimum.

Please note: The wearing of appropriate uniform is compulsory.



Game Day Procedure

- Players and Coach must be courtside at least 20 minutes prior to commencement of their game, ready to take part in warm up.
- From the commencement of warm up and throughout the game, the player is the responsibility of the coach. Players must sit with their team on the sidelines. At each break and until warm down after the game, players are to stay with the coaching bench.
- Post-match, players are required to cool down, stretch and listen to the coach for a game debriefing.
- Match awards will be presented post-match.
- No player can leave the supervision of their Coach until they are collected by a parent.

Rotation of Players

Quinns Districts Netball Club fully supports the Netball Australia Junior Netball Policy where in accordance with this policy the club believes in full rotation of players in the 8U-11U teams. This involves equal court time in every position on court throughout the season. Equal court time means that where practical, each player will play every position on the court an equal amount of time. Coaches or their nominee will keep a record of this.

For teams 12U - 17U, every attempt will be made to allow players equal court time however, circumstances may dictate positions. Whilst the Club encourages coaches to provide equal court time for players in the 12U-17U teams, this is at the discretion of the coach. It should be noted that equal time and rotation applies to all players who are fit, attend training regularly and are available for all games. If for example players are absent through injury, illness or other unavailability, this may result in less court time overall.

Training Procedures

Players of our Club at all levels are required to attend training sessions as notified by their coach. If unable to attend training or match days, a player must notify their team manager at their earliest opportunity. Players are expected to wear suitable attire and approach each training session with commitment and a positive attitude. The same codes of conduct apply to training as they do to games. Respect and courtesy are to be shown to all members of our club including teammates, umpires, coaches and officials. No player is to leave a training session without first getting approval from his or her coach.

Coaches

- Focus on players getting the chance to play and rotate through positions and ensure fair and reasonable time for everyone
- Focus on participation, not winning and losing
- If you do coach your own children, treat them like everyone else in the team (e.g. rotations, playing time or participation)



First Aid and Injury Procedure

All committee members, coaches and team managers will make every effort to ensure that all training and games will be the safest that is possible.

In the event of a serious injury during competition or at training, an Incident Report should be completed by the coach and player/parent or guardian. Incident Report documentation is located as Appendix 6 attached to the Handbook. The completed report must be returned to the Registrar or Secretary at the end of the round/training session or as soon as practicable thereafter.

It is highly recommended that all players have ambulance cover before participating in any club game /activity of training. If an official of the club calls an ambulance and a player does not have ambulance cover, the cost of any attendance or transport will be the responsibility of the member.

It is the responsibility of all coaches, parents / guardians and other officials to act on any information relating to an injury and to take necessary action.

Major Injury

Any player who sustains a suspected major injury* during a Quinns Districts Netball Club training session or match will take no further part in training or match in which this injury occurred. Any player with a major injury will be instructed to seek a registered health practitioner's opinion and subsequently will not be able to resume training or playing with our club until a written approval to recommence training and/or playing from a registered health practitioner is received by the club.

*Major Injury for the purposes of this handbook is defined as an injury causing such discomfort that the player is unable to continue physical activity within the match or training session. A major injury usually results in the player being unable to move the injured area of the body (e.g. not limited to the bone, muscle, ligament, knee, leg, ankle, arm, elbow, fingers or eyes) without assistance and/or further pain.

Head and/or Neck Injuries

Any player who sustains a suspected concussive blow to the head and/or neck during a Quinns Districts Netball Club training session or match will take no further part in training or the match in which the incident occurred. Any player with suspected concussion will be instructed to seek a registered health practitioner's opinion and subsequently will not be able to resume training or playing with our club until a written approval to recommence training and / or playing from a registered health practitioner is received by the club.

Injury Sustained by a Quinns Districts Netball Club Player

An injury to any player will be assessed in consultation with the coach, player and their parent/guardian before they are able to resume match or training with Quinns Districts Netball Club. If at any time a player seeks medical advice, then a medical clearance certificate will be required before returning to play a match or to training. The player will then be observed by coaches and committee members (if applicable) to assess their fitness for play.

It is the responsibility of all coaches and other officials to act on any information relating to an injury and to take necessary action. It is the responsibility of a player to ensure that they advise an official if they are injured and to not take any further part in a game or training when they know they are injured.



Management of Acute Soft tissue Sports Injuries

RICER Method

- R** Rest
- I** Ice
- C** Compression
- E** Elevation
- R** Referral



Rest

How? There is a need to reduce movement to allow time to assess the injury.
Why? Activity continued in the presence of acute injury promotes increased blood flow and therefore increases the bleeding causing further damage and pain.



Ice

How? Usual methods are: Crushed ice in a wet towel, Immersion in icy water, Reusable Cold packs. Apply for 20 minutes, every 2-4 hours for the first 48 hours.

Caution: Do not apply the ice directly to the skin as it can create a burn. Place a wet towel or apply a little oil to the skin. Do not apply to people with circulatory problems. Children have a lower tolerance to ice.

Why? Ice helps to reduce the inflammatory response to the injury, reduce pain and muscle spasm.



Compression

How? Apply a Self Adherent wrap or crepe bandage over a large area covering the injured area. You will need to take the compression bandage off to ice regularly but this will also give you the chance to keep adjusting the compression. This is a most important step, as compression will reduce more of the swelling from injury than the ice alone.

Why? Compression reduces the bleeding and swelling and provides support for the injured part.



Elevation

How? Raise the injured part above the level of the heart whenever possible. This is especially important with lower limb injuries.

Why? This along with compression helps to reduce bleeding and encourages the fluid to be returned to the heart for recirculation. It also helps to reduce pain.



Referral

How? Refer the injured person to a suitably qualified person as soon as practicable; Doctor, Physiotherapist, A&E center, St. Johns etc.

Why? To ascertain the extent of the injury and gain expert advice on ongoing investigations (X-ray, surgery) and management.



APPENDIX 1 – EQUIPMENT LIST

Equipment Bag (on wheels)

- 1 x set of velcro black and red 'game' day bibs
- 1 x set of training bibs
- 2 x whistles
- 1 x timer and battery
- 1 x ball pump and spare needles
- 1 x agility ladder
- 10 cones / dots
- 1 x 'game' day ball
- 6 x training balls
- 1 x bag to keep balls in
- 1 x white board
- 1 blue tarpaulin (for wet days)
- 1 x drink bottle carrier
- First aid bag containing first aid supplies
- Nail clippers and scissors
- 1 x Red Pencil Case containing the following
 - Umpire Monies for the season
 - Voting Slips x1 per game
 - Manager Lanyard & card
- 1 x QDNC Handbook
- 1 x COACH shirt
- 1 x Manager File

Bags and shirts must be returned promptly at the completion of each season.

If items are damaged or first aid replenishments required, then contact Janine, Equipment Coordinator on 0409 227 009

Bibs (\$80 a set) and balls (up to \$35 each) are costly for the club - be vigilant with them and ensure all are accounted for at the completion of training and on game day.

If the bag becomes wet during games, please ensure that it is emptied and allowed to dry during the following days. This will prevent the bag from developing mould and items inside being permanently damaged.



APPENDIX 2 – COACHING CORNER

Thank you for coaching, please consider the points below as you coach our players.

Tips for successful coaching sessions:

- Always have a plan
- Please be aware that you need to speak to our girls as you would like to be spoken to yourself
- Be Positive
- Learning is repetition, it's OK to repeat sessions if needed
- Use a different warm up ever 3-4 weeks
- Respect the different athlete's learning styles
- Learn your craft – Google, ask questions, watch other coaches, Sports Plan Website
- Become properly qualified to increase your knowledge and confidence
- Enjoy and have fun

* **Kids Play Sport**

- To be with friends
- To enjoy
- To improve their skills
- To achieve

WINNING IS NOT EVERYTHING

* **Children expect their coach to**

- Be caring
- Be energetic
- Be patient and understanding
- Be encouraging
- Have a sense of humor
- Have control

A coach must be concerned with improving the quality of experience of the young player.

An effective coach will:

- Arrive early and know what area is available to work in.
- Set up equipment so that the players can get immediate and effective use.
- Demonstrate the skills which are to be taught.
- Observe and appreciate how skills are progressing
- Observe from a position that has a clear view of all players.

No matter how good the coach's lesson preparation is the training session may fail if the children are not controlled or managed successfully.

Being aware of limitations of juniors will allow the coach to adopt appropriate coaching.



Ten Commandments for Good Coaches:

1. Turn up on time
2. Be enthusiastic as this is infectious
3. Encourage the children, don't abuse or yell at them
4. Practice the skills necessary for the sport
5. Forget about team results (it's great if they win but it's not the end of the world if they don't)
6. Encourage good sporting behavior
7. Keep in mind that children are not little adults
8. Act as a role model for children, e.g. Don't swear
9. Conduct training sessions appropriate for the right age group
10. Attend coaching course to update your knowledge

The eleventh commandment is to **enjoy your coaching**. At times it will seem a thankless task but the kids will always remember you.

Parents as Coach

It is not uncommon for the coach of a junior team to be a parent of one or more team members. This may be a cause for friction within the team and/or family unless the coach is careful.

Special efforts should be made laying the foundations for dissent.

The coach must not:

- Give special privileges to his/her own children.
- Make threats of punishment for not accomplishing a set task.

Parent's vs. Coach

The junior sport spectator/parent can often be very troublesome for the coach if not handled correctly. Often criticism is leveled at both player and coach with any constructive reasoning.

Negative comments conflict with the efforts of both coach and players. Remember the coach is constantly trying to interpret situations for his/her players, not always apparent to spectators, and that young people are very sensitive to criticism.



APPENDIX 3 – SCORER / TIMER DUTIES & RULES

SCORER

- Must sit with the Timer in the allocated area, on the outside boundary facing the center circle. Scorecard must remain on the seat in allocated area during intervals.
- Ensure that both team's player's names (printed in full) and details of the game are filled before the game commences. (Note: Only those players whose names are on the scorecard, prior to the first whistle can participate in the game. Names cannot be added, if player is late and once game has commenced.) Positions are to be completed quarter by quarter.
- Record each center pass for each quarter. (Note: If both umpires have the same center pass but you have different, you are not allowed to notify the umpires. The only time you can advise them is if they have different ends and ask for the team that is noted on scorecard.)
- Score each goal and record a separate total for each quarter and final total (total of 4 individual quarter totals) in the boxes provided.
- Record any injuries on the back of the scorecard. Player will also need to fill out JNA injury form available from match office.
- Ensure both umpires and captains sign the scorecard. Also timer and scorer must sign and print name.
- Scorecard must be completed before games starts, if player's names are not filled out 5 seconds before game umpire must start game on time and team that has not filled out their parts will be given a two goal penalty. (Timer to be started on time)

TIMER

- Must sit with the Scorer in the allocated area, on the outside boundary of court, facing center circle. Must remain in allocated areas during intervals.
- Ensure that their team's player's names are completed on the scorecard before the game commences and all positions to be completed at the beginning of each quarter.
- Set the timer for 4 x 15 minute quarters (winter season) with intervals of 3 minutes at quarter time and 5 minutes at half time. 8U & 9U 4x 10 minute quarters with intervals of 3, 5, 3 minutes.
- Advise the umpires when there are 30 seconds and 10 seconds remaining prior to the start of game, at the end of each quarter and prior to the end of each interval or stoppage. Timer to follow umpire when there are 10 seconds remaining on clock for each quarter. When the clock timer goes off the UMPIRE is the one who blows the whistle and ends the quarter or game.
- Timer is to check the scorecard with the scorer to ensure it is completed and signed in full. They must also check the score continuously with the scorer and any discrepancies should be brought to the attention of the scorer immediately.
- Timer stops when there is a ball on court.

Timer to print and sign the scorecard prior to the commencement of the game.



APPENDIX 4 – SKILLS - WHAT TO TEACH?

1 Foot Landing

- Players are in the air when receiving ball, landing on one foot. Ankles, knees and hips flex to cushion the landing

2 Foot Landing

- Players are in the air when receiving ball, landing on two feet. Ankles, knees and hips flex to cushion the landing, Impact on landing is even between both feet.

Pivot

- Land on outside foot, turn to the outside so defender will not interfere with the pass. Allows balance and stability

Chest Pass

Preparation	Execution	Completion
Body balanced upright with stable trunk	Flexion of elbows to draw ball towards the chest	Optimal angle of release with force transferred to ball with full arm extension and wrist flick
Front on target	Force is transferred by stepping toward target transferring weight to front foot	Arm follows through wrists and fingers extend in direction of target
Ball is held with two hands at chest height	Simultaneously pushing the ball with wrist and fingers	Ball flight has flat trajectory
Fingers spread around ball, thumbs behind with elbows in.	Ball is released evenly from both hands	

Shoulder Pass

Preparation	Execution	Completion
Body balanced upright with stable trunk	Arms lead trunk in rotation towards throwing side	Optimal angle of release with force transferred to ball with full arm extension and wrist flick
Opposite foot to throwing arm is forward	Ball is transferred to one hand with arm back behind shoulder	Arm follows through wrists and fingers extend in direction of target
Feet are shoulder width apart	Elbow is away from hip	Ball flight has flat trajectory
Ball is held in two hands with fingers spread wide behind ball.	Weight is transferred forward as throwing arm moves through	
	Hips and shoulders rotate towards target	
	Lead foot steps forward towards target	



Bounce Pass

Preparation	Execution	Completion
Body balanced upright with stable trunk	Flexion of elbows to draw ball towards the chest	Optimal angle of release with force transferred to ball
Feet are shoulder width apart	Weight is transferred forward onto opposite foot	Arm follows through wrists and fingers extend in direction of target
Fingers spread around ball, thumbs behind with elbows in.	Low body position is maintained throughout the action	End height of ball after bounce equal to knee height of receiver
	Front foot leads towards target	
	Ball is transferred to one hand	
	Arm is extended so the ball is placed into the space 2/3 of the way to the target	

Overhead

Preparation	Execution	Completion
Body balanced upright with stable trunk	Flexion of elbows to draw ball above and slightly behind head	Optimal angle of release with force transferred to ball
Feet are shoulder width apart	Force is transferred by stepping toward target transferring weight to front foot	Arm follows through wrists and fingers extend in direction of target
Fingers spread around ball, thumbs behind with elbows in.	Simultaneously pushing the ball with wrist and fingers	End height of ball after throw to just above head into waiting hands
	Ball is released evenly from both hands	

Two Hand Catch

Eyes on the ball Extend hands forward with fingers spread and thumbs behind the ball (make a 'W') keeping hands "soft" Pull / grab / snatch the ball towards your body

3 Feet

- Both arms up and in a position appropriate to dictate desired direction of pass. Weight is balanced on balls of feet. Body leans forward from hips, eyes up and tracking ball. Weight balanced over two feet, hips, knees and ankles are slightly flexed.

Hands Over

- Two hands over the ball dictating direction of pass

Defence on Shot

- Body is square to the opponent, knees flexed, back is straight, body balanced.

Single Arm

- Arm fully extends to the highest point up and forward over ball, balance on front foot and extend toes, extend through trunk, spread fingers.

Inside Hang



- Arm fully extends to highest point up and forward over ball, balance is on one leg and other knee is lifted towards the torso.

1 on 1 defence

- Positioned to cover half of opponents body, arms close to body, trunk twists slightly as shoulders open to play. Chin is up and eyes are up, head positioned to see both ball and opponent.

Shooting

Ready Position

- Feet in a comfortable forward facing position, not too far apart
- Balanced position, with equal weight on both feet and hips facing the front
- Ball held by dominant hand and high above the head. Fingers point back and are slightly open, ball sits in your hand.
- Second hand is placed at the side of the ball to steady its position
- Elbows slightly flexed, lined in the direction of the post.

Execution

- Focus on a point above the ring to give height to your shot
- Power through the ankles by pushing up through slightly flexed knees
- Maintain balanced position
- Flex elbows not allowing the ball to drop behind your head
- Wrist flicks as the ball is released off the fingers in order to create a backwards spin
- Fingers follow the ball on a high trajectory towards the post, dropping in to the ring

Aim to drop the ball through the net without it touching the ring



APPENDIX 5 – SESSION PLAN EXAMPLE

Warm Up

Line up on base line

- Jog x2
- High Knees (1st third), Kick butt (middle third), High Knees (last third)
 - o Teaching point – short quick feet, straight back
- Side step (1 third) – face the same way for the way back
 - o Teaching point – knees bent, feet shoulder width apart, on their toes
- Lunges (1 third) – 3 steps then one step into lunge – Alternate foot forward
 - o Teaching point – back knee should not touch the ground, both knees bent (if back knee straight lunges are too big and stretching), back straight, both feet forward
- Squats (1 third) – bend knees to sit in air
 - o Teaching point – both feet facing forward, feet shoulder width apart, feet flat, back straight, hold for 3seconds, do not rush, do not go too low

Warm Up

5-10mins

Knee Tag

Objective

To practice change of direction and dodge techniques.

Equipment/Area

Netball court or suitable playing area.

Group Management

Pairs.

Description

In pairs, partners face each other. Partners try to tag each other's knees while avoiding being tagged. Players cannot turn and run away from their partner.

Safety

Define the area appropriate for numbers.

Coaching Tip

Eyes looking forward. Push off the ground with the ball of the foot. Back leg extends to push off and give more momentum. Legs and feet move in a straight line. Arms bent at right angles at the elbows. Arms and legs move in opposition. Body leans forward.

Change It Down:

Increase distance from partner.

Up:

Decrease distance from partner.



Drills

Passing out in front / Outside landing

Objective

To land on outside foot while catching pass out in front

Equipment/Area

Netball court or suitable playing area.

Group Management

Whole team – Can be split into smaller groups

Description

In two groups put one group on side sideline and the other on transverse line all facing towards middle of the court.

Safety

Define the area appropriate for numbers.

Coaching Tip

Workers - Eyes up. Push off the ground with the ball of the foot leading with outside foot. Back leg extends to push off and give more momentum. Legs and feet move in a straight line. Arms bent at right angles at the elbows. Arms and legs move in opposition. Body leans forward. Arms out stretched to receive pass.

Catch pass landing on outside foot, pivot and pass back to your own group.

Thrower then becomes worker.

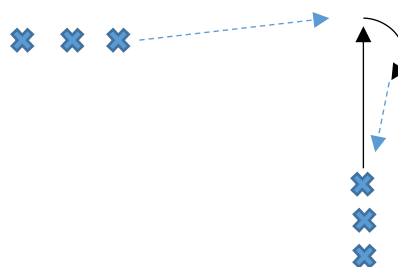
Throwers – Shoulder pass (see appendix 4), opposite foot steps forward on release. Ball to pass to where the worker is running not at the worker.

Change It Down:

Increase distance.

Up:

Decrease distance.





APPENDIX 6 – NETBALL CARNIVAL INFORMATION

Netball carnivals are a great way to build team camaraderie, get to know your player's parents better, build upon skills and generally have a great day playing netball together!

Many metropolitan associations run weekend carnivals, these are held throughout each winter season. Games run on a Sunday and carnivals run independently to our Club/Association competition.

Any of our registered players/teams are able to participate in carnivals. Associations that currently run annual carnivals are (all dates yet to be confirmed):

- **Belmont Netball Association** **August**
- **GinGin Netball** **July**
- **Kalamunda Districts Netball Association** **June/July**
- **Rockingham & Districts Netball Association** **TBA**
- **Wanneroo Districts Netball Association** **July**

Each year QDNC will collate details of carnival dates onto our Facebook pages (general page and Coach/Manager page).

Carnivals run independently to our club competition. Generally carnival participation can cost approximately \$20-25 per player for the day. This covers the cost of carnival registration and umpire fees. Each team participating in a carnival must provide a qualified team umpire for a carnival. Teams normally play approximately 4-7 games during a carnival (each game consisting of 2 halves).

If your team requires an umpire for the day, please contact our umpire coordinator umpirecoordinator@quinnsnetballclub.net or registrar registrar@quinnsnetballclub.net and we can put you in touch with one of our qualified Club umpires who can assist your team on the day.

QDNC recommend that our umpires are paid \$100 per carnival day (this covers all games regardless of how many).

Each Association will advertise on their webpage when carnivals will take place and how to register. Simply organise a team of players, complete the individual Association paperwork and away you go. You may like to put together the team you have for winter season or organise a group of same aged players to participate. Players must be registered for the 2017 winter season of netball (and be able to provide their affiliation number) in order to participate in carnivals. The same age restrictions apply as per our current winter competition as do the Netball Australia rules.

If participating in a carnival interests you - please discuss this with your coach and team. It is up to team coaches, managers or parents to organise carnival participation. If you are unsure of what to do, the club would be happy to assist and guide you through the process.



APPENDIX 7 – NetSetGo RULES & INFORMATION

Modified Rules for NetSetGO Summary

As per Rule 15 of the International Netball Federation Rules of Netball, variations to the rules may be made for matches that are not international play.

NetSetGO provides a staged introduction to netball by focusing the development of fundamental motor skills and introducing children to the game of netball using rule modifications that are developmentally suitable. The use of modified rules and equipment reduces competitive stress, allowing children more time and space to practice and develop their skills.

Set

GO

Netball

Rule	Set Tier (7-8 year olds)	Go Tier (9-10 year olds)	Netball
Match Duration	4 x 10 minute quarters	9U's - 4 x 10 minute quarters 10U's – 4 x 15 minute quarters	4 x 15 minute quarters
Goal post	2.4m high	2.4m – 3.05m high. 9&U's – 2.4m 10&U's – 3.05m	3.05m high
Ball	Size 4	Size 4	Size 5
Time to pass ball	Up to 5 seconds.	Up to 4 seconds	Up to 3 seconds
Short Pass	Ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, <u>this is not considered a short pass.</u>	Ball must be thrown (not handed) to another player. If two players from the same team gain possession of the ball in quick succession, <u>this is not considered a short pass.</u>	Rule 9.5.1 Short Pass (Rules of Netball Page 50)
Replayed ball	A player who fumbles while gaining possession of the ball <u>will not be considered to have replayed the ball.</u> A player may bat or bounce the ball up to 2 times to gain possession.	While the usual rules for replayed ball apply, consideration must be given to the age and skill level of the players in determining whether a player has control of the ball (i.e. – some fumbling should be expected and allowed).	Rule 9.4 Playing the Ball (Rules of Netball Page 48)



Footwork	1-2 steps to regain balance allowed	Shuffling on the spot to regain balance allowed, without moving down the court.	Rule 9.6 Footwork (Rules of Netball Page 51)
Offside	<p>A player who moves into an incorrect playing area and self-corrects <u>should not be penalised for offside.</u></p> <p>Players may “play on” in the case of simultaneous offside (one player touches the ball), rather than a toss- up being taken.</p> <p>Players should be given guidance if they move into offside areas and should not be penalised at the first instance. If a player regularly goes offside, even after guidance is given, they may be penalised.</p>	<p>Usual offside rule applies, with consideration given to the age and skill level of the players.</p> <p>Players may “play on” in the case of simultaneous offside (one player touches the ball), rather than a toss-up being taken.</p> <p>If a player regularly goes offside (and does not seem aware that they are breaking the rules), they should be given guidance about the correct playing area/s for their position when penalised.</p>	Rule 9.7 Offside (Rules of Netball Page 53)
Breaking	A player who breaks on the centre pass <u>should not be penalised for breaking.</u>	Players should be given guidance if they break on centre pass and <u>should not be penalised at the first instance.</u> If a player regularly goes offside, even after guidance is given, they may be penalised.	Rule 8.2.1 Positioning of Players for Centre Pass (Rules of Netball Page 36)
Defending	<p>Strict one-on-one defence.</p> <p>Players <u>may not defend a shot at goal.</u></p>	<p>Strict one-on-one defence.</p> <p>Players may defend a shot at goal.</p>	Other forms of defence may be introduced.
Obstruction	<p>Players should be given guidance if they are obstructing (i.e. defending from a distance of less than 1.2m or have arms away from the body so as to limit the movement of an opponent and <u>should not be penalised at the first instance.</u></p> <p>If a player regularly obstructs, even after guidance is given, they may be penalised.</p>	<p>A player must defend from a distance of no less than 1.2m.</p> <p>A player who is within 1.2m of an opponent cannot use movements that take the arms away from the body so as to limit the possible movement of an opponent.</p>	Rule 11 Obstruction (Rules of Netball Page 57)



Centre Pass	Alternate centre pass.	Alternate centre pass.	Rule 8.2 Centre Pass (Rules of Netball Page 36)
Substitutions	Abide by JNA Rotation policy. Players should experience all positions over the course of the program/season.	Abide by JNA Rotation policy. Players should experience all positions over the course of the program/season.	Rule 9.1 Substitutions and team changes (Rules of Netball Page 44)
Penalty Pass	Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.	Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing.	Rule 7.1.3 Conditions for Penalty Pass (Rules of Netball Page 32)
Advantage	The advantage rule should not be applied, with the exception of advantage goal.	The advantage rule should not be applied, with the exception of advantage goal.	Rule 7.2 Advantage (Rules of Netball Page 34)
Game Management	Game Management section does not apply.	Game Management section does not apply.	Rule 13 Game Management (Rules of Netball Page 62)
Coaching	7&U's ONLY - The coach may only enter the court if it is within the area that is <u>not in the direction of play</u> ; so as to provide players with immediate feedback as required. 8&U's - The coach may move along the sideline (but may not interfere with the umpire) to provide players with immediate feedback as required.	9&U's ONLY: The coach may move along the sideline (but may not interfere with the umpire) to provide players with immediate feedback as required. 10&U's: The coach must remain in the designated coaches box at all times during the game play.	Rule 5.1 Team (Rules of Netball Page 20)
Awards and Scoring	No scores should be kept and no finals are played. No best and fairest awards should be awarded.	9U's & 10U's: No scores should be kept and no finals are played. No best and fairest awards should be awarded.	Scores and ladders may be kept and finals played (Note: no finals for Spring Competition & no finals for Junior 11&U's. Best and fairest awards may be awarded.



APPENDIX 8 – GAME DAY TEMPLATE

TEAM PLAYED: _____ DATE: _____ COURT: _____

CAPTAIN: _____

Position	1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter
GS				
GA				
WA				
C				
WD				
GD				
GK				

OFF				
OFF				
OFF				

	OUR	ATTEMPTS	GOALS
1	GS		
	GA		
2	GS		
	GA		
3	GS		
	GA		
4	GS		
	GA		
TOTALS			

THEIRS	
1	
2	
3	
4	
TOTAL	

NOTES:



APPENDIX 9 – TRAINING SESSION PLAN 1

Objective: Aims / Reminders	
Equipment Needed:	
Warm Up: Dynamic Stretching	
Drills: 1 2 3 4 5 6	
Cool Down: Static Stretching	
Debrief / Review: What did we learn today?	



APPENDIX 9 – TRAINING SESSION PLAN 2

Session Plan Template

Date:	Attendance:	Equipment needed:
Venue:		
Duration:		
Introduction (aims for session, reminders, etc.):		
Warm-up activities:	Drills and games:	Cool-down activities:
Coaching tips/questions/challenges:		Class management/energisers:
Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.) :		



APPENDIX 10 – TEAM EVALUATION SHEET

2017 we bought in a skills audit by coaches for players over the age of 11 to help future coaches and also to help the committee organise development for players and coaches in future seasons

To help with this we ask that all coaches for age groups 11U+ fill out the attached form and return to registrar@quinnsnetballclub.net before the 1st Dec for each player in your winter and spring teams. Excel version will sent out prior to the end of the season

Please use the teaching points noted on page 12 and the below scores to help with the auditing.

- 4 - Exceeds Average (can carry out task needs no further coaching)
- 3 - Above Average (can carry out task needs fine tuning)
- 2 - Average (sometimes can carry out task, needs further coaching)
- 1 - Below Average (coaching required cannot carry out task)



TEAM NAME

COACH NAME

PLAYER NAME	Positions	1 Foot Land	2 Foot Land	Pivot	Chest Pass	Shoulder Pass	Bounce Pass	Overhead	Two Hand Catch	Leading	3 Feet	Hands Over	Defence Shot	1 on 1	Shooting Technique	Concentration	Work Ethic	Attitude	Attendance	Comments / Recommended Division



QUINNS DISTRICTS NETBALL CLUB - SKILLS AUDIT

TEAM NAME		COACH NAME																				
PLAYER NAME	AGE	Positions	1 Foot Land	2 Foot Land	Pivot	Chest Pass	Shoulder Pass	Bounce Pass	Overhead	Two Hand Catch	Leading	3 Feet	Hands Over	Defence Shot	1 on 1	Shooting Technique	Concentration	Work Ethic	Attitude	Attendance	Comments /Recommended Division	
EXAMPLE Player1	12	Defence	3	2	4	3	3	2	3	2	2	1	4	3	3	3	4	4	4	4	4	recommend Div 2



APPENDIX 11 – INJURY / FIRST AID FORM

PERSONAL DETAILS:

Name: _____ Age: _____ D.O.B: _____

Address: _____

Contact No: (M) _____

Player Coach Official Admin Staff (please circle)

Team Name: _____

INCIDENT DETAILS:

Date: _____ Time: _____

Location: _____

Brief Description of incident / accident: _____

FIRST AID TREATMENT:

Treatment Administered: _____

Treatment Administered By: _____

Name: _____

Contact Details: Home: _____ Mobile: _____

Follow Up Treatment Required: _____

Form Completed By: _____

Name: _____ Position: _____

Contact Details: _____

Form Forwarded to Committee: Y / N Date: _____



COMMITTEE USE ONLY

Date Received: _____

Action Required: _____

Form Forwarded to JNA / WA Netball: Y / N

DATE: _____

Signed: _____

Witness: _____

Date: _____

UPON RETURN TO COURT:

Date Return: _____

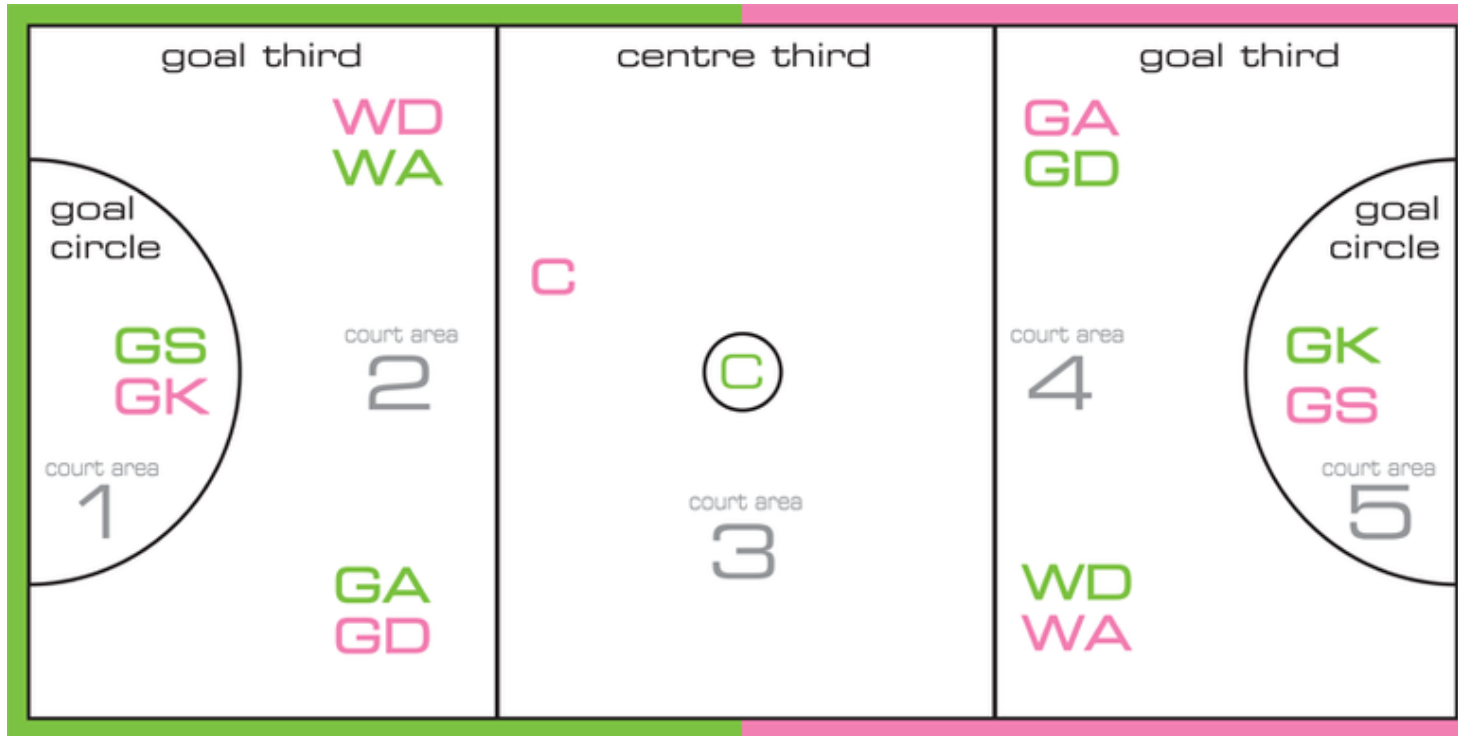
Medical Certificate Provided: Y / N

Signed: _____

Date: _____



APPENDIX 13 – POSITIONS & COURT AREAS



POSITION	RESPONSIBILITIES	COURT AREA
GS	To score goals & to work in & around the circle with the GA	1 & 2
GA	To feed & work with GS & to score goals	1, 2 & 3
WA	To feed the circle players giving them shooting opportunities	2 & 3
C	To take the centre pass & to link the defence with the attack	2, 3 & 4
WD	To look for interceptions & to prevent the WA from feeding into the circle	3 & 4
GD	To win the ball & reduce the effectiveness of the GA	3, 4 & 5
GK	To work with the GD & to prevent the GS from scoring goals	4 & 5



APPENDIX 14 – CODES OF CONDUCT

Code of Conduct - Players

All netballers have a responsibility to practice good sporting behaviour by:

- Playing by the rules & never arguing with an official. If you disagree, have your coach and/or team manager approach the official during a break or after the competition
- Controlling your temper. Verbal abuse of officials, sledging other players or deliberately distracting or provoking an opponent is not acceptable or permitted in any sport
- Working equally hard for yourself and/or your team. Your team's performance will benefit and so will you
- Being a good sport by applauding all good plays whether they are made by your team or the opposition. Treating all participants in your sport, as you like to be treated. Do not bully or take unfair advantage of another competitor
- Cooperating with your coach, team manager, teammates and opponents. Without them, there would be no competition
- Participating for your own enjoyment and benefit, not just to please your parents and coaches
- Being considerate to all players (including opposition) coaches and umpires
- Actively participating in all training activities and showing a willingness to listen and learn
- Having a responsible attitude and ensuring you have the correct equipment with you for training i.e. footwear, medication (Asthma) water, snacks, windcheater
- Ensuring your attitude is positive, encouraging and team focused
- Wearing the correct netball uniform as outlined in the handbook
- Respecting the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion
- Encouraging of peers, parents, friends, coaches and as such the club expects only positive language and tone at training sessions and games

Code Violations will result in:

- Warning
- Warning Two
- Off court game time or request to leave court area
- Recording code violation/s with the club and referral to the committee

Code of Conduct - Coaches and Team Manager

- Must have a current Working with Children Check where applicable.
- Never ridicule or yell at a player for making a mistake or not coming first
- Be reasonable in your demands on players' time, energy and enthusiasm
- Respect the decisions of officials and teach players to do the same, operate within the rules and spirit of the sport and teach your players to do the same
- Ensure that the time players spend with you is a positive experience
- Provide all players with equal attention and opportunities
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage players to do the same
- Show concern and caution towards sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition
- Ensure that any physical contact with a player is appropriate to the situation and necessary for the player's skill and personal development
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion



APPENDIX 15 – DISPUTE RESOLUTION PROCEDURE

Where a Quinns Districts Netball Club member or parent has an issue or dispute related to their team or the Club, the following steps should be taken:

1. Check that the issue/dispute is not covered by the Quinns Districts Netball Club policies available here: <http://www.quinnsnetballclub.net/policies>
2. Approach the team coach or manager at an appropriate time (not before or during a game) to discuss the issue. In many cases, issues will be resolved with a quick chat to the coach or team manager.
3. If the issue/dispute is not resolved to your satisfaction, the matter should be put in writing (email) to the coach/team manager, who will respond in writing (email).
4. Should the issue still not be resolved to your satisfaction, a verbal or written (email) approach should be made to the Quinns Districts Netball Club committee member (Coach & Manager Coordinator) relevant to your team. The Coach & Manager Coordinator may be able to resolve your issue. If not, the matter will be taken to the Quinns Districts Netball Club Executive Committee. Depending on the timing and complexity of the matter, it may be discussed at a Quinns Districts Netball Club committee meeting. A written (email or letter) response will be provided.
5. Should the issue/dispute still not be resolved to your satisfaction, a letter should be sent to the Club President, who will respond in writing.

The committee will deal with, all issues and disputes in a confidential manner.



APPENDIX 16 – COACH TO PARENT WELCOME LETTER TEMPLATE 1

WE WOULD LIKE TO WELCOME ALL PLAYERS AND PARENTS TO QUINNS (team name) (age group) TEAM

COACH: *****
MANAGER: *****

CONTACT NUMBER: *****
CONTACT NUMBER: *****

INTRODUCTION

Example

I have volunteered for this coaching position and I have been involved with netball for the past 7 years of which have held positions including coaching, managing and served on a committee. We have 2 daughters

I would like to say thank you to ***** for taking on the role as our Manager, ***** has also been involved with netball for many years and has a wide knowledge of the game and rules. We have created what's app group / Facebook group for our team, this is for parents only and we feel this is the fastest and easiest way to communicate.

TRAINING

- **Thursdays 5pm to 6.30pm.** First official training day to commence on **Thursday ******
- As there are only 4 training sessions (incl school holidays) before our 1st game, we will be training during the school holidays for those who are not away.
- Please attend training as this forms an important step towards a players development
- Should a player not be able to attend training, please message us or write on our what's app group.
- All drills will be aimed at improving our fitness, speed, accuracy, ball handling and skill.
- Any parent is welcome to assist in training.

POSITIONS

- We will confirm with the girls what they graded for, is what we have on our list.
- Each game will consist of a captain that will play a full game and all other players will be rotated evenly on the bench each week. (Injury and illness excluded)

GAME DAY

- We will be on a **Monday night** at 6pm. First game will be **Monday 30th April**
- Please arrive **30 mins** prior to our game
- ***** will create a roster for Captain/Timer/Scorer

WEATHER

- Games will only be cancelled for lightning/hail so if there is light/heavy rain, please make sure you have spare socks, jumpers, towel etc. when coming to the game
- If weather is severe and both teams decide to abandon the game, no points will be allocated unless it was cancelled by JNA



- Please do not contact JNA or Quinns committee to check if the games have been cancelled. They will contact us and ***** as coach and manager and we will advise you.

INJURY ON COURT

- As a team we have to provide a first aid/carer for each game which is normally not the coach or the manager. This can be one person or a roster can be organised.
- Any player can call time for an injury provided they are on court. Parents, spectators and team officials cannot call time from the sideline.
- When time is called, it doesn't matter how severe the injury is, the player must leave the court and be replaced within 30secs.
- If blood is found on a player, the blood must be removed or washed and a band aid applied accordingly. If on a bib, bib will need to be replaced and all bibs must be the same.
- Minor injuries can be attended to on court provided the player does not step off court or attendee on the court.
- If a serious injury occurs, a medical letter is needed for the player to return to training and games.

COMMUNICATION

- It is very important that as soon as there are any queries or uncertainty to please approach us or ***** as soon as possible.
- Please inform us before training/game of anything that could affect the training or play of your son/daughter (sports carnival/unwell/personal issues)

BEHAVIOUR – PLAYERS

- Players – please remember that you are representing your club, team, parents and yourself.
- Please don't talk back to Umpires/Officials, if you are unhappy with the decision of an umpire, the captain can approach the umpire during a break and question the decision.
- Please refrain from any bad language and bad body language
- If a parent is unhappy with something on court, please approach ***** and she will address it from there.

CARNIVALS

- We are planning to possibly attend *** carnivals this year. One in Kingsway (July) and one in Belmont (August). More information will be sent out closer to the time.
- Carnivals are usually on a Sunday and are lots of fun for the players and families.

Looking forward to a wonderful season and most importantly we want the players to work as a team and enjoy playing netball 😊

Coach/Manager



APPENDIX 16 – COACH TO PARENT WELCOME LETTER TEMPLATE 2

Hi Everyone,

My name is *** and I am your daughter/sons coach for the coming year.

I have been coaching for roughly **years etc.

I have a few different rules/guidelines that I like to stick to during training and games. Some of them may seem a little weird but I feel it helps my coaching and also being about to help the players further their playing skills and personalities.

The teams I coach are very team orientated and I hope all the girls become long friends after the season.

1. HAVE FUN – This is my most important rule, the girls/boys must try to have fun at all times. If I can get the team having fun and winning games or even just having fun and wanting to come back year after year while learning new skills.
2. No score checks for players – This is just a rule that I was always brought up with, when you know the score it can change your whole attitude towards the game whether becoming over confident or under confident. I don't mind the parents knowing the score and I do keep track but I prefer the team not know until after the game.
3. Parents are only allowed to shout positive encouragement. This is not just one of my rules this is a JNA enforced rule. Parents are not allowed to coach from the sidelines.
 - a. Parents coaching from sidelines can cause confusion between player and coach. I may have told a shooter to do something specifically and if their mum or dad is shouting different instructions the player doesn't know who to listen to and during a game they should be listening to their coach ONLY.
4. During games if your daughter is sitting off for a quarter I like them to sit with me not their friends/family members in case of injury.
5. If possible I prefer the parents to sit opposite me; sometimes players can be distracted easily by parents/siblings.
6. Please arrive NO LATER THAN 15 mins before game. I know it can be hard on Monday nights but please let me know if you are running late.
7. If you are unable to make it training or a game please let me know beforehand. If I don't hear from you and you don't come to training, player may sit off during the game.
8. Players MUST bring drink bottle and jumper/jacket to games and training.
9. After training/games can parents please make sure you are coming to the courts and not sitting in your car. The players are not allowed to walk to your car by themselves as part of the Clubs Duty of Care.

Thank you to **** for being our manager and she/he will be sending out a roster in due time

0456 357 ***





APPENDIX 18 – JOONDALUP NETBALL ASSOCIATION CONTACTS

Office Number: 08 9301 4495
Fax Number: 08 9301 4489
Email Address: joondalupnetball@bigpond.com
Website: www.joondalupnetballassociation.wa.netball.com.au
Address: Suite 11, Lotteries House
70 Davidson Terrace
Joondalup WA 6027

Administration Officers: Vivian (Viv) Iellamo & Kaylene Barnett
Office Hours: 9.30am – 2.30pm Tuesday, Wednesday & Thursday
Important Information:

If any parents would like to take photos on game day they must first gain permission from the JNA match office. If permission is NOT granted, photos will not be allowed during that game.



APPENDIX 19 – UMPIRE INFORMATION & CONTACTS

Please see below a list of umpires this year and their contact numbers.

If you have any problems on game day e.g. Umpire showing up late, the committee ask that you do not call the umpires directly unless you cannot get hold of the umpire coordinator or another committee member.

Umpires are told that they are to be at the game 15mins prior.

If you have not got an umpire at your court at this time please call Vicki on 0401 663 991. If you can not get through please call Anna Hopkins on 0422 324 002

If you cannot get anyone at these numbers please call another committee member before calling the umpire rostered to your court.

Name	Number	Parents Number
Ainley, Luca	0414 485 829	0428 917 572
Bennett, Kayla	0427 224 058	
Buckingham, Jessica	0406 287 228	0409 227 009
Bushell, Zoe		0419 928 522
Bushell, Mia		0419 928 522
Hewitt, Vicki	0401 663 991	
Holl, Isabella	0439 091 799	
Hopkins, Maddy	0452 662 374	0422 324 002
Horgan, Amber	0499 044 086	
Yates, Jaimee	0423 056 170	



2020 Quinns Districts Netball Club Committee Members Contact List

Name	Position	Email	Mobile Phone
Devan Perry (EC)	President	qdnccpresident@gmail.com	0412 599 963
Anna Hopkins (EC)	Vice President	qdnccvicepresident@gmail.com	0422 324 002
Helen Ainley (EC)	Registrar	qdnccregistrar@gmail.com	0405 101 572
Jennifer Furse (EC)	Secretary	qdnccsecretary@gmail.com	0403 972 237
Adele Denham (EC)	Treasurer	qdncctreasurer@gmail.com	0418 900 148
Vicki Hewitt	Umpire Coordinator	qdnccumpirecoordinator@gmail.com	0401 663 991
Trevor Bastow	Development Coordinator	qdnccdevelopment@gmail.com	0417 608 501
Pete Ainley	Development Coordinator	qdnccdevelopment@gmail.com	0428 917 572
Janine Buckingham	Uniform & Equipment Coordinator	jay8337@netspace.net.au	0409 227 009
Del Stovin	Fundraising Coordinator	stovinsdownunder@hotmail.com	0419 093 014
Teresa Van Winden	Grants & Sponsorship Officer	purplewigstar@hotmail.com	0477 038 324
Donna Yates	General Committee - Registrar Assistant	Donnayates7@bigpond.com	0423 056 170

