



**Immanuel Lutheran College**

**Netball**



# **2019 Players Handbook**



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## 2019 committee

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### UMPIRE COORDINATOR:

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Vicki Hinkey  
Karryn Thiele

### ILC SCHOOL REP:

Linda Cornell  
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### COMMITTEE MEMBERS:

Helen Carp  
Louise Johnston  
Jo Boutchard



**Immanuel Lutheran College**

**Netball**

in association with

SCNA (Sunshine Coast Netball Association)

COMP CATEGORY	NAME	AGE GROUP	GRADED	UMPIRING
<b>NetSetGo</b> (modified game)	Net	5-6 years (born 2014 - 2013)	n/a	n/a
	Set	7-8 years (born 2012 - 2011)	n/a	Fully modified
	Go	9-10 years (born 2010 -2009)	n/a	Modified transitioning to rules
<b>Divisional</b>	Div 1-14	turning 11 years and over	graded	Full rules

## NETBALL SEASON is from March to September\*

Except for NetSetGo NET which is a 10-12 week program usually starts in May.

\*For further information see 'Calendar' at SCNA website [www.sunshinecoast.qld.netball.com.au](http://www.sunshinecoast.qld.netball.com.au)

## competition categories

### NetSetGo NET (girls & boys, 5-6 years old)

All enquiries directly to SCNA – sorry no registrations or payments done via the club. This is a set program and usually starts beginning of May, supported by Netball Queensland and is run by an experienced volunteer coach. The players are assisted by our very capable Representative players who are an inspiration to this age group. It is a 10-12 week program of fun and interactive games and activities aimed at developing ball handling, balance and foot work skills. This program is separate to the fixtures programs and finishes with a break-up party and presentation.



### **NetSetGo SET** (girls & boys 7-8 years old, friendship based)

Games are non-competitive and fully modified for the entire season. The emphasis is on fun and learning about the different netball positions. Rotation of players is essential to the development of netball growth in young children. **Teams are generally based on friendship groups.**

### **NetSetGo GO** (girls & boys 9-10 years)

This level is ideal if players have done at least Net or Set beforehand.

Full rules are generally implemented from the beginning of the season however the program also accommodates new players to the game through a simple grading round robin at the beginning of the season.

This allows for a development structure for each group to be based on their needs. Scores will be recorded for each game, however there will be no ladder kept for this competition.

### **DIVISIONAL** (11+ years)

The focus of the divisional competition is the development of the individual player to a level with which they are comfortable. SCNA will grade teams from all clubs to form divisions of similarly skilled teams.



## registrations

**ALL PLAYERS** must register through the ILC Registration Link to MyNetball. This will be **available in January 2019**.

Links to forms will be available our facebook page:  
[www.facebook.com/ILCnetball](http://www.facebook.com/ILCnetball) and  
the Immanuel Lutheran College website:  
[www.immanuel.qld.edu.au/our-college/sport/netball](http://www.immanuel.qld.edu.au/our-college/sport/netball)

Please note players are to be registered before they can trial.

## 2019 fees

**Fees are to be paid in full when registering via the ILC 2019 Registration Link available in January 2019.**

To download the MyNetball app visit the [App Store](#) or [Google Play](#) and download the free app. You can update your account details, manage your registrations and access payment information, follow your club, view fixtures and much more.

**NETSETGO FEES \$265** (includes insurance, game fees, umpiring, trophy & break-up + NQ t-shirt and netball for players under 10 years, discount ILC netball club clinic)

**DIVISIONAL FEES \$310** (includes insurance, game fees, umpiring, trophy and break-up, discount ILC netball club clinic)

**Payment Options:** available on MyNetball registration link.

*NetSetGo fees paid directly to SCNA*



## mynetball registration

1. Click on the ILC Netball registration link for the 2019 season (available January 2019) and login.  
Use your LOGIN and PASSWORD from prior seasons (or use the "find me" assistant), complete the form and make payment.
2. If you have misplaced your login and password you need to do a search in 'first time participant' and press FIND ME. If it still DOES NOT find you only THEN press 'create new record'.
3. Please do not register as a new user before checking if you already have a player login. This can be checked following above steps.

**NEW PLAYER TO ILC:** Do step 2 above to check if you are registered elsewhere. Request your login to be emailed to you through this link. If still no login registered 'create new record'.

**Still having trouble or you have a 'Get in the Game' voucher please contact our ILC Club Registrar Toni McCulloch at [ilcnetballregistrar@gmail.com](mailto:ilcnetballregistrar@gmail.com)**

# team selection

Following registrations and prior to the official start of competition, players will be requested to attend grading days.

## 2019 ILC GRADING DAYS

### DIVISIONAL PLAYERS

Trial 1 - Players wanting to trial for Divisions 1-3  
31 January @ 3.30pm, ILC Stadium

Trial 2 - all other divisions  
Thursday 7 February @ 3.30pm, ILC Stadium

*Teams posted at Student Services notice board.*

### NETSETGO TEAM BUILDING CLINIC

Monday 4th February @ 3.30pm, ILC Stadium



Teams require a minimum of 7 players. The preferred team number is 9 players for all levels of competition as this allows sufficient game time rotational play, allowances for injury and absences during the season. Exceptional circumstances may dictate higher team numbers.

There are two ways of selecting teams:

## 1. FRIENDSHIP BASED

You may nominate up to 3 friends to play with. All NetSetGo are friendship based. Be aware that if you indicate you want to be in a friendship group, you may be placed in a team which is below your standard.

## 2. COMPETITIVE BASED

You must attend grading. Players will be played in their two preferred positions and elsewhere at selector's discretion upon explanation with player of their reasons.

The amount of court time received at these selection dates is not to be perceived as an indication of where final team placement will occur. The Club will endeavour to include an independent selector and other delegates as directed by the Club Executive Committee.

**UNABLE TO ATTEND GRADING DAYS:** Information regarding players unable to attend team grading days due to exceptional circumstances must be provided in writing to the Club PRIOR to the grading days. These players may be considered for team placement at the discretion of the Selection Committee. Injured players wishing to be considered but who are unable to take the court are expected to provide relevant information and to attend grading days.

A coach can recommend, with supporting evidence, that a player be moved if their skill level is dramatically mismatched with their team. This will be discussed as early as possible as final team lodgments to SCNA are in Week 5 of the school year.

# uniforms

**Available for purchase from the ILC College Shop T: 5477 3457**

- ILC netball dress
- ILC Bike pants
- Training shirt

No Jewellery (including earrings) is permitted when playing/training and nails must be kept short. Taping of earrings and fingernails is NOT permitted.



# training

Training will be at a location, day and time suitable to the coach. Players must attend training every week. If a player knows in advance that they will be unable to attend, then a phone call to the coach or manager would be appreciated. Pre-game warm-up is advisable to reduce injuries (usually 30 mins prior to game time).

The same rules apply to training days as for games: no jewellery and short nails. On game day, the correct club uniform must be worn. Visor and water bottle are essential on training and game days.

Netball is a team sport and each member of the team plays a vital role.



By signing up as a member of the ILC Netball Club you are making a season long commitment. As a player you are required to attend all trainings and games.

**UNABLE TO ATTEND GAMES:** If you are not able to attend games or training for any reason, this must be communicated, as early as possible and preferably via text or email, to your team Coach and Manager.

**PARENTS/GUARDIANS:** By authorising and agreeing to your child's membership and participation in ILC Netball Club activities, this also places a season long commitment upon yourself.

Please consider commitments of the individual and the entire family.

## game day

Players and team officials are expected to arrive a minimum of 30 minutes prior to game time to allow sufficient preparation and must be dressed in correct ILC uniform.

**PRE-GAME:** Team should warm up together with the Coach or Manager.

**POST-GAME:** Please SHAKE HANDS with your opposition and give three CHEERS to the OTHER TEAM and to the UMPIRES immediately after the final whistle has gone. The Coach will give a short team debrief immediately after the game, provide any other instructions and distribute SCNA Player of the Day vouchers if provided.



## umpiring & training

Players and Coaches are strongly encouraged to be familiar with the official rules of netball. Those aged 12 years and over are also encouraged to undertake the basic umpire training course provided by SCNA. An umpire development pathway is clearly laid out by SCNA and those who are interested can proceed through to a nationally recognized umpiring qualification. The Club is required to provide umpires to SCNA to assist with the running of the competition – no umpire, no game – and we welcome interest from players, siblings, parents or others in becoming umpires.

**Any questions contact our ILC School Liaison Linda Cornell in Student Services.**

## end of year awards

**ILC NETBALL CLUB SCHOLARSHIP:** A Coach-nominated award. With only one Club winner. This exclusive award aims to give a player who shows passion and commitment to their team and the Club, the opportunity to develop their netball skills and love of the game.

**SCNA 'PLAYER OF THE WEEK' AWARDS:** SCNA provides vouchers through various sponsors for 'Player of the Day'. Each player will receive the award at least once during the season and teams may have varying methods of deciding award winners.

**SCNA LIN CORBETT AWARD:** This award is given to a player in each SCNA division who, throughout the season, receives the highest number of points as awarded by opposition teams during fixture round games as a "best and fairest" player on court.

**ILC MOST VALUABLE PLAYER:** Divisional (MVP Trophy) and NetSetGo (Team Spirit award). Throughout the season our parents are equally shared this duty and are required to vote 3 for the best player on the day, 2, then 1. The club encourages the focus of these votes to be a reward for players who play at their best. These votes should not be awarded solely on being the most skilled player in the team.

**ILC COACH'S CHOICE MEDAL:** Chosen by the coach & presented at the end of year break up party, nominating a player from their team that they feel has either shown the most improvement, dedication to the team, consistency etc.

**ILC CLUB PLAYER OF THE SEASON:** Awarded to the player who receives the most Lin Corbett points overall.

**ILC CLUB VOLUNTEER OF THE YEAR:** Recognition of outstanding contribution to the success of our season.



## queries or concerns

**TEAM SELECTION CONCERNS:** ILC Netball Club is committed to providing our members with the opportunity to play netball in friendly and competitive teams. Our policy and procedure document provides a transparent framework for the netball committee to follow when forming teams each year.

**Go to the ILC Netball Team Selection Policy →**

Any players/parents with concerns regarding their team allocation must carefully consider the information contained within the *ILC Netball Club's Team Selection & Potential Disputes document*. If after due consideration a parent remains concerned about the team their child has been placed in this must be communicated via email to [ilcnetballpresident@gmail.com](mailto:ilcnetballpresident@gmail.com). The email must clearly highlight relevant concerns and must be received no later than 5pm on the Tuesday after teams are announced.

**MANAGEMENT OR ACTIVITY ISSUES:** Issues regarding Club management or activities should be raised at Club meetings. Contact the Club President or Club Secretary for meeting dates and advise to include your discussion point in general business.

Unless the immediate safety and wellbeing of players and spectators at SCNA is being compromised (where the SCNA office should be immediately notified and a committee member will deal with it).

**ALL COMPLAINTS regarding incidents or issues at SCNA must be forwarded by and through the Club President.** All facts must be detailed in writing and provided to the Club President who will lodge with SCNA.

**TIME FRAME:** A time frame of 24 hours does apply so prompt communication is required.

Any issues of an intra-team or Club nature presented to SCNA will be immediately referred back to the ILC Netball Club President to be dealt with under Club policy. SCNA has guidelines but no formal requirements for clubs regarding team formation or management.

## wet weather

In the event of wet weather, your Coach or Manager will notify you via text message if your game is to be cancelled. Also the SCNA facebook page is a great resource. Please do not phone SCNA as regular updates will be posted on their website/facebook page.

## regular updates

 [facebook.com/ILCnetball](https://facebook.com/ILCnetball)

 [Sunshine-Coast-Netball](#)

## general information

It is the responsibility of each parent/player to keep themselves informed of game dates and times on a weekly basis. Occasionally changes are made to game schedules, and generally your team manager will advise you via facebook group message, email or text, but it is also advised to check the [SCNA website](#) each Friday prior to the game (click on 'Fixtures' tab / 'Fixtures & Results' / choose 'Grade' / 'Download this fixture').

**We are a volunteer based club.** For the Club to function successfully, input from parents, friends and families is required. Your involvement and support is welcomed and may include your time, knowledge, sponsorship or other support to a team or the club. Your suggestions for development and improvement of our Club are encouraged and can be communicated to the Management Committee or at Club meetings held up to four times each year.

**Please note that the majority of communication will be via email so please ensure your email address is clearly noted on the registration form. Other parent/carer and player email addresses can also be included.**

# other useful resources

## GOOD SPORTS

**Inspiring a healthier sporting nation.** Sport and health go together! Good Sports works together with local sporting clubs to build a healthier sporting nation. ILC Netball Club is a Good Sports club. We recognise the importance of sport and health by looking after the physical, mental and social wellbeing of our members. That means education and support for responsible fluid consumption, nutrition and mental health.

Did you know water losses in our body of just 2% can impair performance, recovery, concentration and decision-making? **Make water your drink of choice** to get the best out of your body on game-day! #GoodSports

## get started vouchers

A voucher of up to \$150 is available for eligible children to help pay for their registered sport or recreation club membership and/or participation fees. Find out the dates for the next round and whether your child is eligible on the Queensland Government website:

<https://www.qld.gov.au/recreation/sports/funding/getinthegame/getstarted>

## other competitions

### Monday night netball (Secondary School competition) and Primary School Cup

These competitions are run by the school itself and are separate to the SCNA Saturday competition. Go to the ILC website for more information.

- As we get closer to the Primary School Cup 2019 date, 14-15 September, the school will release more specific information to those eligible students in Year 5+6.

## EATING FOR JUNIOR SPORT

### BEFORE

#### FOCUS ON FOODS THAT FUEL THE BODY

Carbohydrates supply the best fuel for muscles and the brain. Healthy options include wholegrain varieties of breads/ cereals, low fat dairy and fruit. See below for some examples of healthy carbohydrate containing options.

### PRE SPORT MEALS

(3-4 hours before sport)

- Breakfast cereal, reduced fat milk/yoghurt and fruit
- Pancakes, dash of honey and fruit
- Reduced fat custard
- Baked beans/tinned spaghetti on toast
- Rolls/sandwiches/wraps
- Pasta with low fat tomato sauce
- Baked potato with filling
- Rice/noodle based dishes

Portion sizes will depend on individual dietary needs, age and activity levels.



### PRE SPORT SNACKS

(1-2 hours before sport)

- Crackers with reduced fat cheese and tomato
- Fruit smoothie (reduced fat)
- Fruit
- Yoghurt or reduced fat custard
- Creamed rice (reduced fat milk)
- Pikelets with scrape of jam/honey
- Plain, non-iced fruit bun/ fruit bread
- Low fat fruit or savoury muffins



### DURING

#### DRINK WATER

Drinking water helps you to stay hydrated. Staying hydrated maintains concentration and co-ordination during sport.

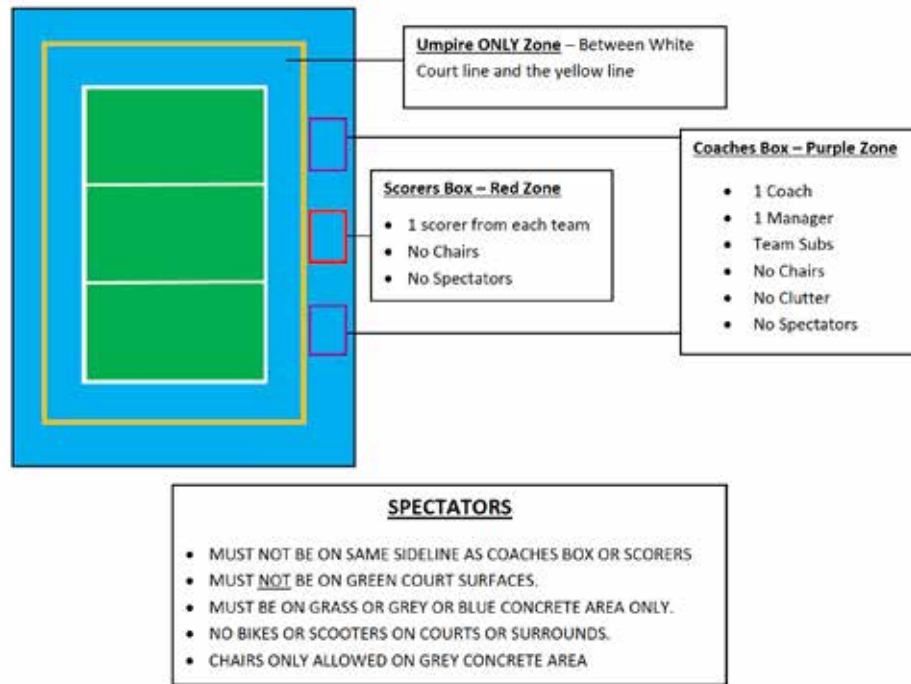




# behavioural standards

Parents and spectators are reminded that children play sport for their enjoyment ... not yours. It is expected that all players, spectators and their associates conduct themselves appropriately while attending all netball training and games. The Club Codes of Behavior are in line with those of Netball Australia and can be found on the ILC website. The Club, College and SCNA have the power to impose disciplinary actions and penalties on players, parents, coaches, teams, volunteers, spectators and clubs should breaches of these codes occur.

**SIDELINE POLICY** For a number of safety reasons, SCNA have a sideline policy to protect all members and visitors.



# 10 TIPS FOR SPORT PARENTS

## TOP 10 TIPS

- #1 FOCUS ON THE PROCESS NOT THE RESULT**
- #2 AVOID PRESSURING A CHILD ABOUT WINNING OR LOSING**
- #3 HELP YOUR CHILD TO SEPARATE SPORT FAILURE FROM PERSONAL FAILURE**
- #4 GIVE YOUR CHILD FREEDOM TO PROBLEM SOLVE AND MAKE THEIR OWN DECISIONS**
- #5 ENCOURAGE, ENCOURAGE, ENCOURAGE**
- #6 ALLOW YOUR CHILD TO PLAY FOR HIMSELF OR HERSELF**
- #7 ENCOURAGE YOUR CHILD TO TAKE RESPONSIBILITY FOR THEIR DECISIONS**
- #8 WATCH WHAT YOU SAY TO YOUR CHILD**
- #9 RESPECT AND DO NOT INTERFERE WITH THE COACH**
- #10 DO NOT CONSTANTLY INSTRUCT DURING TRAINING AND GAMES**



*“Opportunity dances with those who are  
already on the dance floor.”*

*- H. Jackson Brown Jr*

contact us

**ILC NETBALL CLUB**

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Secretary: Michelle Weller  
Registrar: Toni McCulloch  
Treasurer: Alun Carp



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