



Immanuel Lutheran College

Netball



2023 Players Handbook

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2023 committee

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Kirsten Spindler and Fiona McManus

UMPIRE COORDINATOR:

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TEAM SELECTORS:

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ILC SCHOOL REP:

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Johanna McFarlane
0410 546 168

COMMITTEE MEMBERS: Abbie Turner



Immanuel Lutheran College

Netball

in association with

SCNA (Sunshine Coast Netball Association)

COMP CATEGORY	NAME	AGE GROUP	GRADED	UMPIRING
NetSetGO (modified game)	Net (blue)	5-6 years (born 2017 - 2018)	n/a	n/a
	Set (green & gold)	7-8 years (born 2015 - 2016)	n/a	Fully modified
	Go (white)	9-10 years (born 2013 -2014)	n/a	Full rules, no scoring
Divisional	Div 1-14	born 2012 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 the season usually starts at the beginning of Term 2.

**For further information check the 'Calendar' on the ILC Netball Website and/or the SCNA website www.sunshinecoast.qld.netball.com.au*

competition categories

NetSetGO NET (blue) (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 (green & gold) (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 (white) (girls & boys 9-10 years, friendship based)

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. No scoring, ladders or finals for this competition. Teams are generally based on friendship groups prior netball experience will also be considered.

DIVISIONAL (11+ years, competitive)

The SCNA divisional competition is skills based. SCNA will grade teams from all clubs to form divisions of similarly skilled teams.



registration resources

Links are emailed when registration opens and are also available on our facebook page:

www.facebook.com/ILCnetball and

the ILC Netball Club website:

sport.immanuel.qld.edu.au/netball/

Please note divisional players are to be registered before they can attend grading.

2023 fees

Fees are to be paid in full when registering via the [ILC 2023 Registration Link](#) available now.

NetSetGO FEES

GREEN/GOLD \$325

WHITE \$350

(includes insurance, game fees, umpiring, trophy and break-up + NQ t-shirt and netball for players under 10 years)

Allocation to NSG Green/Gold or NSG White is based on the player's year of birth and will occur automatically at the time of registration.

DIVISIONAL FEES \$350

(includes insurance, game fees, umpiring, trophy and break-up)

2023 registration

Information about how to register is emailed to all members along with registration links. If you have not yet received this information and wish to register please contact ilcnetball@gmail.com.

If you are experiencing difficulties with the registration process, please contact our Club Registrar Candice Higgins at ilcnetballregistrar@gmail.com

[Click here to register now](#)



team selection

CLUB OPEN DAY

SATURDAY 28 JANUARY 2023 TIME: TBC

Please join us for a morning of netball fun followed by a BBQ lunch. Join in a clinic and test your skill in the shooting competition.

OUR TEAM BUILDING WORKSHOP FOR NetSetGO will be held in conjunction with the open day. Players turning 7-10 in 2023 are most welcome to come along and work on their netball skills during the workshop then finish with our team building discussion and a short game for NetSetGO White players. New players are welcome - bring your friends.

ILC NETBALL CLUB GRADING - DIVISIONAL

Please note all divisional players **MUST** be registered prior to taking part in grading. *Please note all players in Years 5 - 12 are required to attend both grading sessions*

Details

All players in Years 5 - 12 Thurs 2 Feb 2023 3:30-5:30pm AJ Jericho Stadium
Term 1, Week 2

All players in Years 5 - 12 Thurs 9 Feb 2023 3:30-5:30pm AJ Jericho Stadium
Term 1, Week 3

team formation

NetSetGO Team Formation is friendship/year level based. Some consideration is given to prior netball experience for NetSetGO White Teams

Divisional Team Formation is based upon skill level and team structure dynamics along with SCNA team grading considerations.

Further information is available in the ILC Netball Club Team Selection Policy.

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 will be placed in a team by 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.

uniforms

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

- ILC netball dress
- ILC Bike pants
- Training shirt (optional)

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



training

Where possible all teams will train on Thursday afternoons commencing 23 February.

Details of your team's training day will be confirmed by your coach. Some younger NetSetGO teams that are not required to attend grading may choose to commence training later; this will be communicated by your team's Coach/Manager.

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.

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. Please comply with all COVID safety guidelines.

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

POST-GAME: Please **THANK** 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 Week vouchers, if provided.

training and season commitment

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 training sessions and games.

UNABLE TO ATTEND GAMES/TRAINING: 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.



umpiring and training

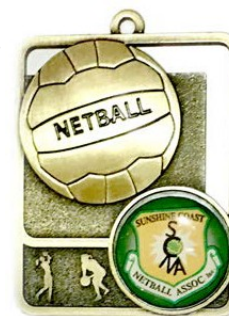
Players and Coaches are strongly encouraged to be familiar with the official rules of netball. Those aged 12 years and over are also encouraged to undertake the basic umpire training course provided by SCNA. An umpire development pathway is clearly laid out by SCNA and those who are interested can proceed 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

SCNA 'PLAYER OF THE WEEK' AWARDS: SCNA provides vouchers through various sponsors for the 'Player of the Week'. Each player will receive the award at least once during the season. Teams will have varying methods of deciding award recipients.

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 the Umpires. Each week the Umpires award points to players who they deem to be the Best and Fairest of that game.



ILC MOST VALUABLE PLAYER (Divisional teams): Each team will determine how this award will be selected; weekly votes by players is encouraged. 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 TEAM SPIRIT AWARD (NetSetGO teams): This may be chosen by the coach or determined by a vote from players.

ILC COACH'S AWARD: 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: Nominated by coaches (divisional and NetSetGO) and selected by the committee this award acknowledges a player who shows passion and commitment to the game, to their team and to the club.

queries or concerns

TEAM SELECTION CONCERNS: ILC Netball Club is committed to providing our members with the opportunity to play netball in competitive and friendly 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 & Procedure](#)

Any players/parents with concerns regarding their team allocation must carefully consider the information contained within the *ILC Netball Club's Team Selection Policy & Procedure 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. The email must clearly highlight relevant concerns and must be received no later than 5pm on the Monday 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 advice on how to include your item on the meeting agenda for discussion under general business.

ALL COMPLAINTS regarding incidents or issues at SCNA must be raised by the ILC Club President within 24hrs of the incident. All details of the complaint must be in writing and provided to the Club President who will lodge the complaint with SCNA.

Any issues of an intra-team or of a Club nature presented to SCNA will be immediately referred 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.

The only exception is if the immediate safety and wellbeing of players and spectators at SCNA is being compromised. In this case the SCNA office should be immediately notified and an SCNA committee member will deal with it.

wet weather

In the event of wet weather, your Coach or Manager will notify you 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

 [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 or Coach will advise you of any changes.

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 at least once per term.

Please note that most of the 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.

good nutrition

Inspiring healthier sports people. ILC Netball Club believes sport and health go together! We recognise the importance of 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!**

other competitions

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

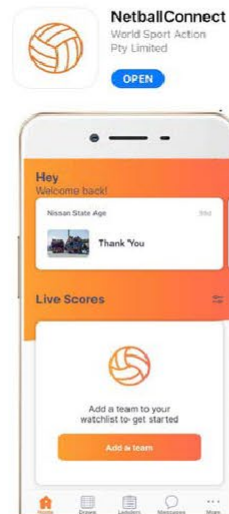
These competitions are run by the school itself and are separate to the SCNA Saturday competition. Go to the ILC website for more information.

- As we get closer to the Primary School Cup 2023 date, the school will release more specific information to those eligible students in Year 5+6.

other resources

NetballConnect App

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



EATING FOR JUNIOR SPORT

BEFORE

FOCUS ON FOODS THAT FUEL THE BODY

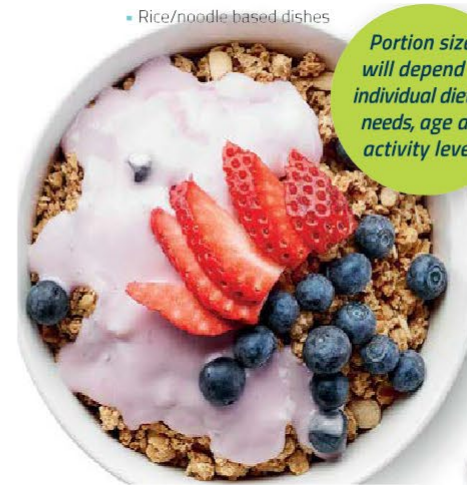
Carbohydrates supply the best fuel for muscles and the brain. Healthy options include wholegrain varieties of breads/ cereals, low fat dairy and fruit. See below for some examples of healthy carbohydrate containing options.

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

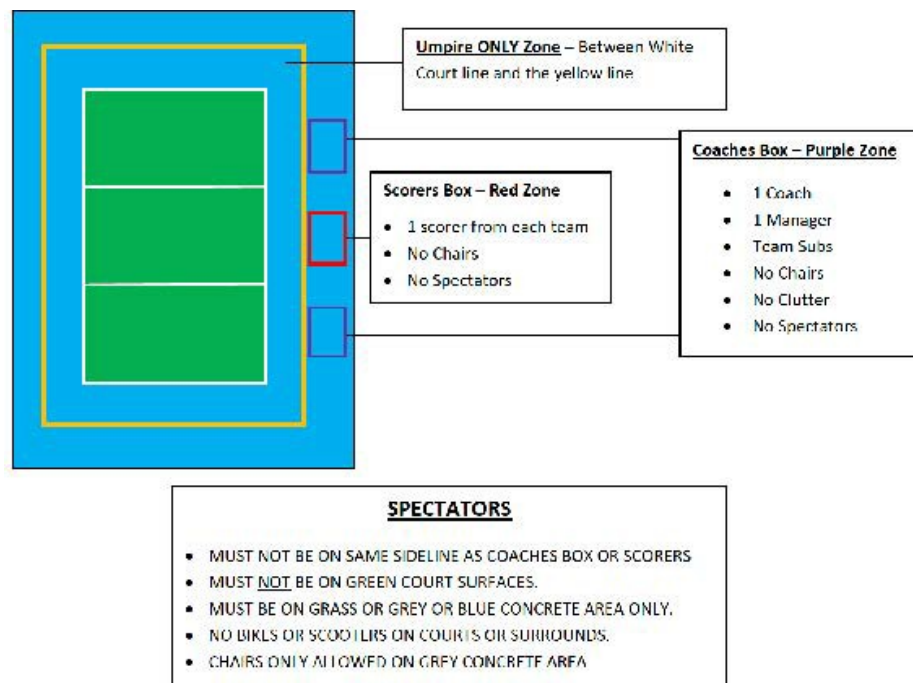
Drinking water helps you to stay hydrated. Staying hydrated maintains concentration and co-ordination during sport.



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.



TOP TIPS FOR SPORTING PARENTS

1. *When your child plays with confidence, they will play and perform at their absolute best.*
2. *Your child will learn vital skills from playing defensive and attacking positions throughout the years.*
3. *Offering to create a fruit and scoring roster or turn a few sausages at the fundraising BBQ is one of the best ways to help out.*
4. *Your sideline behaviour has an impact on your child (and the entire team).*
5. *The car ride home is a tender time. Tread carefully.*
6. *Take your child to see how the Pros do it.*
7. *Fuel your child with good food for maximum performance.*
8. *Umpires are human and are simply doing their job.*
9. *You are not the coach, there is only one Coach, always.*
10. *Allow your children to determine their own goals.*

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

- H. Jackson Brown Jr

contact us

ILC NETBALL CLUB

General email enquiries: ilcnetball@gmail.com

President: Kirsten Dick
ilcnetballpresident@gmail.com

Secretary: Nicole Turner

Registrar: Candice Higgins

Treasurer: Alun Carp



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