



2017 Junior Representative Players Handbook



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Welcome

Firstly TNA would like to welcome our new players, families & supporters and also welcome back our previous players, families & supporters, we are all looking forward to a fun filled 2017 season, our coaches for the season have been selected and they look forward to developing our brilliant players with the aim of producing some exceptional results at this years ACT Junior Championships.

Congratulations on being selected to play in the TNA 2017 Junior Representative Season. This handbook is designed to guide you through the season, set out expectations and provide general information to you and your family.

Contacts

Your TNA contacts for the 2017 Junior Representative Season are as follows:

TNA Administration Office

6292 4480

office@tuggeranongnetball.com.au

Nicky Leatherby

Vice President TNA Rep

0437 88 99 58

vp.rep@tuggeranongnetball.com.au

Bianca Sands

Junior Rep Coordinator

0418 68 72 28

binx27180@gmail.com

Alex Kellar

Junior Rep Coaching Coordinator

0423 77 46 11

amkellar24@hotmail.com

Treasurer

treasurer@tuggeranongnetball.com.au

Facebook

Tuggeranong Netball Association

TNA Junior Rep – Players, Coaches, Parents

TNA Senior Rep – Players & Coaches & Supporters

Website

www.tuggeranongna.act.netball.com.au

Please feel free to contact any of the above at any time.

Administration

All players are expected to have submitted the TNA Players Application & Medical Information forms.

Junior Representative Fees

The TNA Executive committee has reviewed the policy for payment of Rep Fees.

All parents and guardians are to note that all fees are to be paid by the date on their invoice unless a payment plan has been organised prior to this date. If fees have not been paid in full, or payment plans not adhered to, players will not be able to participate at further carnivals, training or games.

If you anticipate difficulty paying fees, you must contact the Vice President Representative or the TNA Treasurer and set up a payment plan. All payment plans must be strictly adhered to, and final payment must be received by the agreed due date.

Training

TNA Rep training is held every Monday night, times as follows:

Under 11s Academy	6.00 – 7.00pm
Under 11s & 12s	6.00 – 7.30pm
Under 13s	6.30 – 8.00pm
Under 14s & 15s	7.15 – 8.45pm

Training sessions are COMPULSORY. Players/parents must advise coaches and TNA as early as possible if they are unable to attend any training sessions. Poor training attendance may result in less court time at carnivals and at championships or being replaced in the team or squad.

Players are expected to train in TNA training attire, namely:

- TNA training top (or a white top until players receive their training top);
- navy shorts or tracksuit pants;
- sun visor/sun protection; and
- good quality netball shoes.

No jewellery or items of clothing not included in the above list are to be worn.

At every training session players must **bring a bag** (preferably sports bags as it is useful to hold clothing that is removed during training e.g. hoodies and extra layers. It should also contain:

- drink;
- small towel;
- any medical needs (i.e. asthma puffer); and
- jumper or tracksuit.

Players are not required to bring a mobile phone or similar valuables to training. They are highly discouraged. Players bring them at their own risk and must be stored in a suitable bag to prevent damage from balls, weather; theft etc. There is a phone available in pavilion if they need to contact you.

Players should ensure they are hydrated and fuelled appropriately before training sessions. Players should turn up on time and be ready to warm up.

Uniforms

The compulsory TNA Representative uniform consists of:

- A Playing dress hired from TNA (\$15.00 p.a.)
- Matching playing boyleg shorts
- TNA Trackpants
- TNA Hoodie (this has replaced the tracksuit Jacket from previous years)
- TNA Training Top
- TNA Socks
- TNA Bag
- TNA drink bottle

Non-compulsory uniforms options:

- TNA Skins
- TNA Training shorts
- TNA Jacket
- TNA Headband
- TNA Beanie

Players are required to purchase all uniform items, with the exception of the non-compulsory options and dress. A breakdown of costs will be provided to players.

Players are expected to wear their full TNA uniform at all TNA training, games and carnivals.

Additional uniform items can be purchased throughout the year.

The Property and Asset Managers are Tanya Arnold & Kim Devlin.

Presentation Night

At the end of each season TNA holds a Presentation Night to celebrate our Junior Representative & Senior Representative teams as well as our Club winners for the winter season.

Previous TNA Presentation Nights have been held at The Vikings Erindale "Auditorium" these nights are very well attended by players, families and supporters, the night involves a meal and awards are given to team members if selected by their coaches.

Tickets to this event are sold prior to the event and TNA subsidise the cost.

Players are seated with their teams on the night and parents and supporters seated with other parents and supporters.

ACT Junior Championships

Junior Champs for 11s & 12s (Div 1 & 2 only) Dates: **5 & 6 August 2017**
Junior Champs for 13s, 14s, 15s (Div 1 & 2 only) Dates: **19 & 20 August 2017**

Junior Champs are played over the two days at ACT Netball Centre in Lyneham and are for the Div 1 & Div 2 teams from each age group.

11 & 12 Div 3 teams are invited to participate in a development day run by Netball ACT.

Netball ACT Development Day 11s & 12s (Div 3 only) Date: **TBC**

The culmination of the Junior Representative season is the ACT Junior Championships, and the goal of our ACT Junior Representative Teams is to get into the Grand Final for this competition. At the Championships, TNA competes against the other four ACT Associations;

Belconnen Netball Association (BNA)	South Canberra Netball Association (SCNA)
Canberra Netball Association (CNA)	Arawang Netball Association (ANA)

Carnivals

TNA this year will participate in the following carnivals which are covered by the fees charged except the NSW State Age Championships;

Queanbeyan Carnival	Sun, 5th March 2017
Penrith Carnival	Sun, 26th March 2017 (Interstate)
South Canberra Carnival	Sun, 30th April 2017
Belconnen Carnival	Sun, 21st May 2017
Arawang Netball Carnival	Sun, 25th June 2017
CNA Development Day and informal Match Play	TBC

Plus another Interstate Carnival **TBC**

NSW State Age Championships (Sydney) **Sat 1st July – Mon 3rd July 2017**

This year we have been invited by Netball NSW to send 3 teams to the NSW State Age Championships which is being held in Liverpool (NSW). TNA will be sending teams from the Under 15s, 14s & 13s Div 1 teams only. If players from the Div 1 teams are unable to attend we will seek to fill the teams with Div 2 players.

Players will travel up on Friday 30th June and return on Monday 3rd July 2017, players will stay together with coaches, umpires and management. Parents are more than welcome to attend however they will need to make their own travel & accommodation plans. We expect an attendance cost for all players to be approximately **\$350.00 each**. This cost will include entry fees, travel, accommodation and meals. We will also be looking to run a few fundraising activities and will need parents to help with this.

Accommodation for the teams has been booked at:

Valentine Sports Park, 235-257 Meurants Lane, Glenwood NSW 2768
 Ph: 02 8814 4440 - www.footballnsw.com.au

Carnivals

TNA attends various carnivals during the representative season as part of its training and development program. Players attend carnivals as an opportunity to experience playing as a team, and it is an opportunity for coaches to assess progress, trial court line-ups and see how the team and individuals perform at this level.

The Rep Committee works with coaches to select carnivals that will best prepare players in the lead up to ACT Championships. Every effort is made to minimise changes to the Rep Calendar. However, there are occasions where circumstances outside the control of TNA require the Committee to make changes to the Carnivals being attended. TNA will advise players as early as possible of carnival dates and any changes to these dates throughout the rep season.

Team Selections at Carnivals

Teams for carnivals may change at the coaches discretion, as they give coaches the opportunity to try players in different teams. Team placement will be announced by the coach once determined. TNA will provide every player with opportunities to show what they can do. Do remember that team selection is often about combinations of players, and how well they work together. It is why two seemingly similar players can have different selection outcomes.

What to Take to Local Carnivals

Carnivals are long and tiring days for players. Please ensure you are prepared with plenty of healthy food and drink, sun protection and be prepared for weather changes.

Players are not permitted to have or use mobile phones whilst warming up, preparing for a game, on the sideline of their games. It must be left safely in a zipped bag at the tents. Players with phones do so at their own risk.

Players are required to wear Rep Uniform items and appropriate footwear to carnivals. Dresses will be handed out by the Team Managers at the beginning of each carnival and collected at the end of each carnival.

Interstate Carnivals

It is TNAs policy that **ALL players, coaches and managers travel by bus and failure to do so will result in exclusion from the carnival.** There are a number of reasons for the team travelling together, including insurance obligations, duty of care, team bonding, preparation for playing and team discussions – some coaches like to talk to their players on the trip to prepare them for the day ahead and go over team strategies. Regardless of the reason TNA requests that families respect this requirement and support TNA on this matter.

Where exceptional circumstances prevent players travelling by bus, an exemption must be sought through the TNA Executive. If the exemption is sought on medical grounds, the request must be supported by a statement from a medical practitioner, which certifies that the player is unable to travel by bus, and has a history of a medical condition which prevents them from doing so. The TNA Executive must receive an exemption application not less than two weeks before the scheduled carnival. TNA will make decisions that are beneficial to the overall team in such circumstances.

The buses usually depart at 4:30am, depending on where the teams are travelling to. Players are required to wear Rep uniform to and from interstate carnivals.

Players will not have access to their sports bag whilst travelling as sports bags are stored under the bus.

Please pack the following in a small back pack to take on the bus:

- blanket/throw rug & pillow
- light breakfast, water bottle and
- **playing shoes.** (If for any reason the bus is delayed players may be required to dress for play on the bus. Whilst players may wear slippers on the bus you are required to have your sports shoes on board to wear when not on the bus.)

Players may take iPods/iPhones/iPads but they are taken at their own risk. Please do not take any unnecessary valuables to Carnivals.

Parents Travelling by Bus

When travelling to interstate carnivals there may be the opportunity for parents to accompany the teams on the buses. Seating is limited - any family members wishing to travel with the team will be required to book and pay for seats (cost tbc) prior to the carnival. Information on seat availability can be obtained by contacting the TNA Office.

Meals

Breakfast: Players should bring something light, and not messy.

Lunch: Interstate carnivals are long and tiring events. Please ensure that you take more than enough food to sustain you for the day. Food should include items such as pasta, sandwiches, fruit and salad and low fat health bars.

Please do **NOT** just bring money to buy lunch as there is no guarantee that suitable food will be available at the canteen. If you are unsure what to pack please ask other parents or your team manager for ideas. Snacks from your local bakery are always a good idea.

Dinner on the way back: Players will either have to have sufficient money to buy dinner (traditionally the teams stop at a McDonalds on the way home), or you may wish to take your own dinner if you prefer.

Behaviour

You are reminded that players are an ambassador for TNA whilst travelling locally and interstate and you are very visible whilst wearing the TNA uniform. All players will be courteous and respectful at all times to players, coaches, umpires and spectators. If a breach of conduct is noticed it may result in reduced or no court time depending on how serious the incident. This will be dealt with by the head coach.

Emergency Contact Details

All players will have completed a TNA Medical form at the start of the Representative Season. These forms are carried by team Managers to local and interstate carnivals. Please ensure that where Emergency Contact details change during the season, TNA is notified of these changes immediately.

Arriving Home

We have found in the past that the majority of players carry mobile phones to carnivals. Thirty minutes prior to arrival back at the TNA courts players will be advised to contact their parents/guardians to advise expected time of arrival.

Where players do not have a phone, parents are welcome to contact the Junior Rep Coordinator or relevant team coach travelling with the team to confirm expected time of arrival.

Any assistance provided by parents at the end of carnivals, like helping to return equipment to the pavilion, would be greatly appreciated, and will help everyone get home quickly.

Parent & Player Responsibility

As a player for a TNA Representative team you are expected to understand your commitment and responsibility of being a Representative player.

Players/Parents will:

- Attend training sessions. **All training sessions are compulsory.** If you are unable to attend training or a carnival it is the players/parents responsibility to contact their Coach and TNA;
- Play in the position nominated by the team coach without protest and accept all decisions made by the coach for all court line-ups;
- Be courteous and respectful to all players, coaches, association officials, umpires;
- Accept umpire decisions without criticism or reaction;
- Accept responsibility for the proper care of the Association's uniform and property;
- Always adopt a positive attitude to the game of netball on and off the court;
- Report any illness or injury to the team coach as soon as possible, and if necessary seek medical advice and undertake recommended treatment immediately.
- **Fees are to be paid in full by date on invoice or payment plan put into place by due date in order for player to participate in training, games and carnivals.**
- Comply fully with Netball Australia's code of conduct. This is available via the following link: <http://netball.com.au/wp-content/uploads/2014/02/Attachment-A-National-Codes-of-Behaviour-Member-Protection-Policy-Effective-1-Jan-2014.pdf>
- Players in Under 13s, 14s and 15s will join the Junior umpiring scheme and put on a roster to umpire year 4, 5 and 6 games each Saturday. This is compulsory and umpire training and mentoring will be provided.

Special Parental Requirements

- All parents love to see their child do well, however playing in Representative netball is about being the best team. It is vitally important that you as parents mirror the behaviours required of the players who represent TNA.
- Be aware that the coaches are volunteers who are very experienced players. By all means have a positive interaction with the coaches, but any complaints are **ONLY** to be made via the relevant squad coach, or via the TNA Junior Rep coordinator or the TNA VP Rep (contact details at the front).
- Also Netball Australia has a code of conduct for parents. If it is deemed by the TNA executive that this has been breached, then TNA will move to discipline any parent, up to exclusion of the parent from participation in events.

In addition to Netball Australia's General Code of Behaviour, you must meet the following requirements as outlined by Netball Australia with regard to your conduct during any activity held by or under the auspices of Netball Australia, Member Organisations or Affiliates in your role as a parent/guardian.

- If your child is interested, encourage them to participate in the appropriate netball activity. However, if your child is not willing to participate, do not force him or her. Remember, children

are involved in organised activity for their enjoyment, not yours. Be a model of good sports behaviour for children to copy.

- Focus upon your child's efforts and performance rather than the overall outcome of the event. This assists your child in setting realistic goals related to his/ her ability by reducing the emphasis on winning.
- Teach your child that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.
- Encourage your child to play always according to the rules.
- Never ridicule or yell at a child for making a mistake or losing a game.
- Remember that children learn best from example. Applaud good play by all players.
- If you disagree with an umpire or coach raise the issue through the appropriate channels rather than question their judgement and honesty in public.
- Support all efforts to remove verbal and physical abuse.
- Recognise and respect the value and importance of volunteer administrators, coaches and umpires. They give up their time and resources to provide recreational activities for players and deserve your support. Be courteous in communication with administrators, coaches, players and umpires. Teach children to do likewise.

Cyber Bullying and Safety

Bullying and harassment in all forms is regarded by TNA as unacceptable in netball. Bullying has the potential to cause great anxiety and distress to the person targeted by hurtful or derogatory comments or statements.

New technologies and communication tools, such as smart phones and social networking websites, have greatly increased the potential for people to be bullied through unwanted and inappropriate comments.

TNA will not tolerate abusive, discriminatory, intimidating or offensive statements being made online. In some cases, bullying is a criminal offence punishable.

Frustration at an umpire, official, teammate, coach or sporting body should never be communicated on social networking websites. These issues should instead be addressed – in a written or verbal statement or a complaint – to TNA Directly.

Social Networking Websites

TNA acknowledges the enormous value of social networking websites, such as Facebook, Instagram and Twitter, to promote netball and celebrate the achievements and success of the people involved in netball.

TNA expects all people bound by this Policy to conduct themselves appropriately when using social networking sites to share information related to netball.

Social media postings, blogs, status updates and tweets, including personal sites and parents;

- Must not use offensive, provocative or hateful language.
- Must not be misleading, false or injure the reputation of another person.
- Should respect and maintain the privacy of others.
- Should promote netball in a positive way.

How you can help:

TNA has a very successful history at State Representative level and we invite you to be a part of the process that works towards maintaining the high standard that has been set over recent years.

There are many roles to be filled and volunteers are essential to success. All parents are asked to be involved in a positive and practical way. Help can be provided as follows:

- **Team Manager** – we invite all parents and family members to consider standing for one of these positions. A copy of the managers' duty statement is attached at annex A.
- **Equipment Officers** – volunteers are needed to assist with transporting equipment to local carnivals. There are 5 cabanas, fold up tables and a water container that need to be taken to the carnivals. Equipment is transported by bus to interstate carnivals. TNA has a trailer to assist with the transportation of this equipment. As such all that is required is a parent with a tow bar to move the equipment to and from each carnival.
- **Assistance at carnivals** – setting up and packing up on carnival days can be a big job but many hands make light work. Parents will be asked to assist with these duties on the day.
- **Umpires** – we require interested and experienced umpires to assist with umpiring duties at each and every carnival.

TNA would also like to hear from anybody who holds a current First Aid certificate and who may be interested in travelling to carnivals as our First Aid Officer.

If members of your family are able to lend a hand but are not sure how to get involved, or have any concerns or questions throughout the season, please contact the TNA Office, Vice President Representative or Junior Representative Coordinator.