



**Rumbalara
Football
Netball Club
Netball Handbook
2015**

Proud, Strong Family...That's Rumba!

Welcome to Rumbalara Netball

We are thrilled that you have chosen to join Rumbalara Football Netball Club for season 2015. We aim to strive to be the best we can and bring out the best in others. Netball is a wonderful sport that teaches many different physical skills as well as sportsmanship, participation and success in a family environment. Please take the time to read this booklet as it contains important information that you may need to refer to during the season. If you have any queries during the season please do not hesitate to contact the club.

"We strongly encourage involvement and would love to see our player's families at netball. We feel it is important that you make an effort to get to know the coach, team members and other families as the players will be spending a lot of time with their teams during the season."

Club Contacts: 20 Mercury Drive
Shepparton
03 58 224364

NETBALL COMMITTEE:

Shonelle Morgan	President (m) 0473 009 374
Kylie Briggs	Treasurer (m) 0431 150 327
Belinda Briggs	0422 118 070
Karyn Ferguson	0421 770 355

Coaches Contacts:

A Grade:	Sarai Atkinson/Jess Barnes	040 9561 193
B Grade:	Rebecca Dean	0437 363 474
C Grade:	Cindy McGee	0428 774 333
C Res:	Kira Edwards	0413 648 291
U17:	Shonelle Morgan/ Violet Charles	0473 009 374
U15	Misti Gow	0477 326 757
U13:	Caitlin O'Brien	0427 779 717
U12:	Kia Barter	0447 408 057
U11:	Karen Kerr/ Julie Edwards	0431 150 327

There are other roles that need to be filled, if you feel that you would like to contribute to the running of our club, please see a member of our committee.

Privacy

Your personal information will only be used in accordance with the purposes of Rumbalara Football Netball Club. If you have any privacy concerns or would like to verify information held about you, please contact any of the Netball Committee executives.

Game Times

- Are set for home and away matches as follows:

11 years & Under	9.00am
12 years & Under	10.00am
15 years & Under	10.00am
13 years & Under	11.00am
17 years & Under	11.00am
B Grade & C reserve	12.15pm
A Grade & C Grade	1.30pm
- If a team has a problem with the playing times, the Club Secretary must contact the opposing team by Wednesday prior to the game.

WEATHER

In the event of extreme weather conditions (heat/wet) the Rumbalara Football Netball Club may decide to cancel matches for safety reasons. If this is the case, they will contact the club/team contact. However, there is often not enough time to contact everyone, so if you are in doubt about the weather and you have not received a call to say the match is cancelled, players should go to the courts.

GRIEVANCES

In the event that you have a question regarding League/Club procedures or policies, please communicate this by letter to the Committee. You can also ask for a copy of the clubs grievance policy.

THE INTERNET

The Murray Netball League maintains a web site: www.murraynetball.netballvic.com.au. Here you will find information about the competing teams with links to competition rules, draws and current ladders.

YOUR HELP IS NEEDED

Rumbalara Football Netball Club is a non-profit organization that relies heavily on volunteers. For each team to participate we need coaches, umpires, team managers, scorers. They are small but vital roles. If you would like to help please don't hesitate to contact any member of the Committee. If you are interested in helping in a committee type role please contact any member of the Committee.

IMPORTANT DATES:

- | | |
|--------------------------------------|---|
| Registration Night Seniors | 20th January 2015 @ 6.00pm |
| Selection Dates: | 22nd, 27th & 29th Jan @ 6.00pm |
| Pre- season Training Seniors: | 3rd February 2015 @ 6.00pm |
| Juniors Registration Night: | 10th February 2015 @5.30pm |
| Pre-season Training Juniors: | 12th February 2014 @ 5.00pm |

TRAINING REQUIREMENTS

Training for Net Set Go will be advised once the season is underway.
For all other age groups training will be held at:

Rumbalara Football Netball Club, Netball Courts, Mercury Drive, Shepparton

Every Tuesday and Thursday or at the Team Coaches discretion:

Tuesday

5.00 pm – 6.00 pm 11 's, 12's, 13's, 15's & 17's

6.00 pm – 8.00 pm A, B, C & C reserve

Thursday

5.00 pm – 6.00 pm 11 's, 12's, 13's, 15's & 17's

6.00 pm – 8.00 pm A, B, C & C reserve

Note: Training sessions are compulsory. If a player is ill or injured, they must notify their coach. Players who do not attend training without advising their coach may not be considered to start in that week's match.

DRESS CODE

Rumbalara Football Netball Club – Netball Dress Code

- No jewellery to be worn (wedding rings that cannot be removed and medical alert bracelets must be securely taped with strapping tape)
- No gloves may be worn (unless required for a medical condition)
- Hats and sunscreen required when outdoors. Appropriate sport sunglasses may be worn if required.
- Hair must be tied back if long
- Players must bring their own drink bottle

During the season polo shirts will be available and can be ordered / purchased but are not compulsory for players.

MATCHES

Players must be at the courts and ready to start at least ½ hour prior to their match start time or upon instruction from the Team Coach or Team Manager. This allows players to warm up appropriately and for coaches and team managers to organize teams.

If a player is unable to attend a game, please let the coach or team manager know as soon as possible. Contact details will be forwarded to players with team lists.

REGISTRATION FEES

A \$65 deposit is required upon registration and full payment of membership must be paid prior to the first match, unless otherwise negotiated with the Finance Manager. If a player does not make payment or arrangement on or before this date then they will not be permitted to play for the club until they have done so. This is a directive from the AFLV under its affiliation and will not be compromised due to their insurance cover.

GAME FEES

All players must pay \$3 on game days for each game played. This must be handed to your Team Manager/Coach.

Introduction

The Rumbalara Football Netball Club was formed in 1997. The Rumbalara Football Netball Club's vision is, ***“To be Nationally recognised as the leading Aboriginal Sporting club for its success on and off the field and court, strong cultural identity, expression and celebration, and contribution to equal life opportunities for all Australians”.***

RFNC has the following aims:

- * to develop and strengthen the skill level of Aboriginal footballers and netballers;
- * to become one of the leading sporting clubs in Australia, providing both sporting and social opportunities for the Goulburn Valley Indigenous communities;
- * to strengthen the emotional and spiritual well-being of the Indigenous community by promoting recreation and enhancing public understanding of and reconciliation with the Indigenous culture;
- * to build and improve links with non-Indigenous businesses, organisations and the broader community in the name of reconciliation;
- * to bring communities together through a positive identity for Indigenous people.

The Rumbalara Football Netball Club is affiliated with the Murray League Inc. and Netball Victoria and therefore follows their policies and guidelines such as Junior Policy, Risk Management and Member Protection; including Codes of Behaviour. Copies of these documents can be obtained from Netball Victoria's website www.netballvic.com.au Each player will be required to sign a code of conduct with their team/coach.

PHILOSOPHY

“Success is not reaching the end, it is the determined achievements of goals along the journey”.

General Philosophy

To provide an environment where participants can:

- Learn and develop the skills and ethics of netball
- Receive coaching from appropriately trained coaches
- Have fun and form long-lasting friendships with peers sharing similar goals
- Be supported by the club, their peers, coaches and parents
- Be provided with a pathway enabling them to achieve their potential

AGE GROUP STATEMENTS

Net Set Go

NET SET GO is a great new netball development program for children aged **5 to 11 years** that develops skills and playing experience while enjoying netball in a positive environment.

NET SET GO incorporates the modified junior programs FunNet and Netta into a fun and safe series of activities, minor games and modified matches coordinated by accredited coaches to ensure a quality experience for all participants. **NET SET GO** provides a program appropriate to the age and ability of the players in a fun and competitive environment.

Netta – 11 and under

- Netta Netball is a modified game of Netball for 8 – 11 year olds
- The modified rules of Netta takes into account the age, maturity and skill levels of the players
- The rules and equipments are designed to align the game with the psychological and physical capabilities of children
- Players are being prepared for the adult game with skill developments activities and age appropriate competitive experiences
- All players should receive equal court time during the season and have the opportunity to play different playing positions

No ladders are kept and no finals matches are played.

12 and under

- Training focuses on skill development
- Matches used as a learning experience
- Enjoyment of training and matches
- Goals are performance based (not outcome based)
- Develop a sense of team/club
- All players should receive fair court time during the season and have the opportunity to play different playing positions whilst ensuring their readiness for the next level of junior netball

13 and under

- Training focuses on skill development
- Matches used as a learning experience
- Enjoyment of training and matches
- Goals are performance based (not outcome based)
- Develop a sense of team/club
- All players should receive fair court time during the season and have the opportunity to play different playing positions whilst ensuring their readiness for the next level of junior netball

15 and under

- Training focuses on skill development
- Enjoyment of training and matches
- Develop a sense of team/club
- Matches used as a learning experience
- Goals are performance based (not outcome based)
- Implement simple team strategies and tactics
- Introduce the concept of weekly team selection whilst ensuring that all players have a reasonable chance to acquire skills and develop confidence in a match situation.

17 and under and Open

- Training focuses on skill acquisition
- Enjoyment of training and matches
- Desire for personal improvement
- Demonstrate a sense of team/club
- Goals are both performance and outcome based
- Team strategy/tactics and mental skills are refined
- Understanding the competitive nature of weekly team selection
- To take responsibility both collectively and individually for performance outcomes

PROGRAMS / COMPETITIONS OFFERED IN 2014

Junior

Net Set Go – 10 week program that introduces netball skills in a play based program
11 and under – (Netta) – modified netball designed to develop children's skill levels. Weekly matches with no finals.

12& under, 13 & under, 15 & under, 17 and under Grades

Senior

Open sections including A, B, C and C Reserve Grades. Netball Victoria Age Limit Guidelines will apply.

GAME DURATIONS

11 and under- 4 x 12 minute quarters or as agreed between competing teams
Junior Netball - 4 x 12 minute quarters
Senior Netball - 4 x 15 minute quarters

ACCEPTANCE IN COMPETITION/TEAM

All players must complete a Medical Indemnity/Consent Form and must attend their individual teams meeting.