



## ***POLICIES & GUIDELINES***

**Park Orchards Netball Club**

**Last reviewed: May 2022**

### ***OUR VISION:***

To provide a positive and caring environment that encourages participation and enjoyment of netball within our local community.

### ***OUR MISSION STATEMENT:***

To create the opportunity for PONC players, umpires and coaches to excel, via the support of a strong and transparent management framework.

### ***CLUB POLICY/GUIDELINES:***

#### **TEAM SELECTION:**

- Park Orchards Netball Club (PONC) aims to have teams of 9 players, a maximum being 10 players. However depending on circumstances including registration numbers and individual team circumstances this may vary.
- Where possible PONC aims to provide multiple teams in each age group.
- PONC aims to place each player into a team that meets the needs of the team and player for the season.
- Team selection for age groups 11&U and above is done by a grading process. Grading occurs via Club Grading Day and a combination of observations made throughout the previous season by PONC committee members and consultation with team coaches.



# PARK ORCHARDS NETBALL CLUB

- In the case of 9&U teams, it is common for individuals to commence playing netball with their peers. PONC makes every effort to accommodate such arrangements during the team selection process.
- PONC teams entered to play within the Melbourne Eastern Netball Association (MENA) competition will be allocated a division within each respective age group in which to participate by MENA, with consideration to requests/advice from the PONC committee. MENA conducts its final grading process over the first 3-4 weeks of each season, whereby any team noticeably in the incorrect division will be re-graded by MENA. With 9&U's, MENA continually review grading's throughout the season and make changes accordingly.
- Registration deadlines are set by MENA and are coordinated by PONC committee
- Cancellation of registration after two weeks from the closing date of PONC registration will result in forfeit of full Club registration fees.
- Where a cancellation of Registration occurs within two weeks from the closing date of PONC registration, Club fees will be credited in full less a \$50 non-refundable fee ( to cover administration fees). The remaining balance will be refunded within a 2 week period of notification of withdrawal.
- Any refund requests will be reviewed by the Executive Committee and be handled at their discretion.
- Members will need to contact Netball Victoria direct to discuss refund of any Netball Victoria Insurance.
- All cancellations are required to be put forward in writing to the Committee at [parkorchardsnc@gmail.com](mailto:parkorchardsnc@gmail.com).

## **PARTICIPATION:**

### **Regular Season**

- Where a team has more than 7 players, coaches are to rotate players on and off the court ensuring players have equal court time and development opportunity throughout the course of the season.



# PARK ORCHARDS NETBALL CLUB

- The following factors may impact equal court time; behaviour, injury, illness, non attendance at training.
- For teams that have greater than 9 players, it may be necessary for coaches to consider rotating 1 player out each week.
- Player rotations, court time and positions played should be recorded and retained by coaches for the duration of a season.

## **Finals**

- With the MENA Saturday competition, finals are played in the 11&U, 13&U, 15&U, 17&U and Open age groups.
- In the spirit of community netball, it is important that all players who contributed to the team's regular season success have the opportunity to participate in finals
- The following court time applies as a minimum. Additional quarters are at the discretion of the coach;
  - for teams with less than 8 players, each player is to play at least 2 quarters
  - for teams with 9 or more players, each player is to play a minimum of 1 quarter.

## **Training**

- PONC will assign each team a time and venue for training.
- Players are to attend training at the allotted time for their team. If a player is unable to attend training, contact should be made with the coach so as plans can be made in advance for training and match days.
- Players not attending or positively participating in training may receive less court time or will be excluded from the coming match.
- Due to their age and extra-curricular activities, teams in the Open sections generally don't train. However arrangements can be made for Open team training by the coach with the PONC committee.



# PARK ORCHARDS NETBALL CLUB

## **Game Day**

Players are required to meet their Coach prior to commencement of the game, at a time specified by the Coach. A minimum of 10 minutes is required to ensure appropriate warm up and organisation of player positions.

Each match will be allocated a Captain and it is expected that the Captains parent will undertake scoring of that game. This requires completion of score sheet when PONC is the home team and to supervise the scoring when the opposition is the home team.

## **LONG TERM ABSENCES (INJURY & ILLNESS)**

- At all times PONC and the coach will be guided by medical advice and manage training and match day workload in accordance with that advice.
- Where practicable players should continue to attend training to assist the coach and remain informed of developing team strategies, etc.
- Players typically should participate in training prior to recommencing playing.
- Comebacks are most difficult at finals time and the coach in consultation with the PONC committee, if need be, will make the best decision for the team.

## **HOLIDAYS**

- Where known, dates of travel for planned trips should be communicated to the coach at the commencement of the season.
- It is understood that travel arrangements also occur with a short lead time. Again, when these dates are known, they should also be communicated to the coach as soon as possible. However, given the short lead time, such factors are likely to impact on the coaches scheduled rotations and associated court time for a player.

## **EXTRA CURRICULAR ACTIVITIES**



# PARK ORCHARDS NETBALL CLUB

- PONC acknowledges that players have commitments other than netball. Every effort will be made to accommodate such activities, however diligent communication is required on behalf of the player/players parents with the PONC committee and the team coach.
- Where due to such circumstances a player is unable to commit fully to their allocated team, that player is to understand that rotations, court time, etc is unlikely to be even with other players and ultimately at the discretion of the coach.

## **COACHING GUIDELINES:**

All coaches are required to have a current working with children license.

Coaches will be fully supported by PONC committee; PONC acknowledges the time, effort and commitment this role entails. PONC aims to foster an open working relationship with any issues arising.

The PONC committee will liaise with all coaches throughout the season to assist in the progress of the team.

PONC is committed to quality coaching and encourages coaches to attend MENA clinics throughout the season.

PONC has access to sportplan website ([www.sportplan.com](http://www.sportplan.com)) and all coaches will be given login and passwords.

PONC encourages players 15&U and above to take on Assistant Coaching Roles, This is part of a comprehensive development plan to provide young players with essential skill sets to be effective coaches on their own. During the transition from assistant to sole coach the PONC committee will monitor progress at both training and games to assess when and how this transition occurs.

## **TRAINING**

- PONC will assign each coach a time and venue for training.
- Coaches are to manage their training so as to coincide with their allotted time as a courtesy to all teams.



# PARK ORCHARDS NETBALL CLUB

- Training should be informative, motivating and organised.
- Training should aim to incorporate the following;
  - Warm up –
    - Stretching; legs, torso, arms, etc
    - Fitness; shuttle runs group run, etc
  - Skills –
    - Passing; bounce, chest, shoulder, overhead
    - Shooting; technique focused
    - Defense / Attack
    - Circle work; positioning, rebounding.
  - Drills & Strategies –
    - Numerous drills and strategies are available on the internet tailored to developing the various netball skills, eg passing, footwork, positioning, etc relevant to the age and ability of the team and specific player.
    - Coaches are encouraged to use or rotate through a variety of drills to keep challenging and inspiring their players.
  - Match Practice –
    - Match practice is a useful method of entrenching skill development and various strategies in a game like situation.
    - Where two teams of similar age and skill level are sharing a court for training, coaches are encouraged to organise a full court practice match.
    - Where only one team is training on a court and has 8 players a half court practice match can be played.
    - Where only one team is training on a court and has 10 players, a game of fast 5's (no WA or WD) can be played.
  - Match Day Planning –
    - Assign a captain for the weekend game.
    - The captain/captains parents supply half time oranges and, if desired, after game lollies.
    - The captain's parents undertake match day scoring duties.



# PARK ORCHARDS NETBALL CLUB

- As of 11&U's the captain's parents may also be allocated voting of player performance on match day.
- Voting is based on best and fairest player on ground (given 3 votes), 2<sup>nd</sup> best player on ground (2 votes) and 3<sup>rd</sup> best player on ground (1 vote). These votes are tallied at the end of season for presentation night. Best and Fairest player awarded. Coach award is also given to the player most improved/deserving as deemed by the coach.

## **MATCH DAY**

- In addition to aforementioned factors such as rotations, etc as stated within Club Guidelines in the 'Participation' subsection the following is applicable.
- 9&U & 11&U players should be exposed and rotated through the various areas or positions on the court, i.e. defence, mid court and goaler.
- Such position rotations, particularly during the early stages of a players development, enables players the opportunity to experience the differing skill requirements of the various positions and areas of the court.
- By exposing 9&U & 11&U players to a wide range of positions, this creates the foundations of a well rounded netballer, who can confidently diversify to differing roles and positions throughout the various stages of development and maturity.
- 13&U & 15&U players are typically showing an indication of positions on the court to which they are best suited and where they can best assist the team.
- Effort can be made to develop specific skills sets as relevant to specific positions for 13&U & 15&U players. Such initiatives may also occur in concert with MENA representative player development processes, where applicable.
- Nonetheless, where match day opportunity presents and player interest in continued exposure to the various court areas or positions has been appropriately communicated to the coach; coaches are encouraged to promote such rotations where practicable.
- Open age teams where registration numbers enable, selection will occur with consideration to players preferred position, skill level, etc. It remains important to



# PARK ORCHARDS NETBALL CLUB

encourage a breadth of skills across the team and the ability to move between positions so as to cover for absences, etc.

- In the event of only 1 Open team, players are advised to communicate appropriately with the coach, so as preferred positions are known, particularly in the absence of team training, so as any match day rotations, etc can be planned in advance.

## *CODES OF CONDUCT;*

To protect the health, safety and well being of all people participating in the activities of Netball Victoria, Regions, Affiliated Associations and Affiliated Clubs, Netball Victoria has developed and issued the following Codes of Behaviour that PONC supports.

The Codes of Behaviour form one part of Netball Victoria's Member Protection Regulations (MPR).

It is important that all Association & Club Administrators, Coaches, Umpires, Players, Parents and Spectators read and understand the Codes of Behaviour because breaches could result in:

- Disciplinary action under Netball Victoria's Member Protection Regulations, or
- Disciplinary action under the Association's Statement of Rules

*Note: Some of the Codes make reference to other policies, guidelines, etc. All of these policies can be found on the Netball Victoria website [www.netballvic.com.au](http://www.netballvic.com.au) and downloaded from the Frequently Asked Questions Infonet area, or alternatively ask an Association official to provide the information.*

PONC expects coaches, players and parents to be familiar and sign agreements to abide by codes of conduct prior to commencement of season.

## **GENERAL CODE OF BEHAVIOUR**





## PARK ORCHARDS NETBALL CLUB

As a person required to comply with this Regulation, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Netball Victoria, a Region, an Affiliated Association or an Affiliated Club:

1. Respect the rights, dignity and worth of others.
2. Be fair, considerate and honest in all dealings with others.
3. Be professional in, and accept responsibility for your actions.
4. Make a commitment to providing quality service.
5. Be aware of, and maintain an uncompromising adherence to Netball Victoria's standards, rules, regulations and policies.
6. Operate within the rules of the sport including state guidelines which govern Netball Victoria, the Regions, the Affiliated Associations and the Affiliated Clubs.
7. Do not use your involvement with Netball Victoria, a Region, an Affiliated Association or an Affiliated Club to promote your own beliefs, behaviours or practices where these are inconsistent with those of Netball Victoria, a Region, an Affiliated Association or an Affiliated Club.
8. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.
9. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
10. Refrain from any behaviour that may bring Netball Victoria, a Region, an Affiliated Association or an Affiliated Club into disrepute.
11. Provide a safe environment for the conduct of the activity.
12. Show concern and caution towards others who may be sick or injured.
13. Be a positive role model.



14. Understand the repercussions if you breach, or are aware of any breaches of this Code of Behaviour.

## **JUNIOR PLAYER CODE OF BEHAVIOUR**

In addition to Netball Victoria's General Code of Behaviour, as a player in any activity held by or under the auspices of Netball Victoria, a Region, an Affiliated Association or an Affiliated Club you must meet the following requirements in regard to your conduct during any such activity or event:

1. Participate because you enjoy it, not just to please parents and coaches.
2. Play by the rules:
  - Know the rules
3. Participate fairly and safely.
4. Abide by decisions, without argument or bad temper.
  - Captains have the right to approach an umpire during an interval or after the game for clarification of any rule.
  - Approach the umpire in a courteous and polite way.
5. Cooperate with your coach, and other players.
  - Verbal abuse of officials or other players, deliberately fouling or provoking an opponent and throwing/damaging equipment is not acceptable or permitted.
  - Treat all players as you would like to be treated.
  - Ensure that at all times your behaviour is fair.
  - Be a patient and enthusiastic supporter of fellow players.
6. Applaud all good play, by your own team and opponents.
7. Be a responsible team member.
  - Always be on time.
  - Encourage and assist all players.



# PARK ORCHARDS NETBALL CLUB

- Attend all training sessions.
  - Ensure you always bring the appropriate uniform and equipment to training and/or matches.
8. Do not engage in practices that affect sporting performance (alcohol, tobacco and drug use.)
  9. Respect and acknowledge the contribution of those who create the opportunity for you to play.
    - Volunteers (scorers, coaches, timekeepers, administrators and umpires)

## **PARENT/GUARDIAN CODE OF BEHAVIOUR**

In addition to Netball Victoria's General Code of Behaviour, as a parent/guardian of a player in any activity held by or under the auspices of Netball Victoria, a Region, an Affiliated Association or an Affiliated Club, you must meet the following requirements in regard to your conduct during any such activity or event:

1. 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 organized activity for their enjoyment, not yours.
2. 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.
3. Teach your child that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.
4. Encourage your child to always play according to the rules.
5. Never ridicule or yell at a child for making a mistake or losing a game.
6. Remember that children learn best from example. Applaud good play by all players.
7. If you disagree with an umpire or coach raise the issue through the appropriate channels rather than question their judgement and honesty in public.



8. Support all efforts to remove verbal and physical abuse.
9. 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.
10. Be a model of good sports behaviour for children to copy.
11. Be courteous in communication with administrators, coaches, players and umpires. Teach children to do likewise.
12. Support the use of age appropriate development activities and modified rules.

## **SPECTATOR CODE OF BEHAVIOUR**

In addition to Netball Victoria's General Code of Behaviour, as a spectator in any activity held by or under the auspices of Netball Victoria, a Region, an Affiliated Association or an Affiliated Club, you must meet the following requirements in regard to your conduct during any such activity or event:

1. Most players (in particular children) participate in netball activities for fun. They are not participating for entertainment of spectators only.
2. Applaud good performance and efforts by all players. When watching a game congratulate both teams upon their performance regardless of the game's outcome.
3. Respect the umpires' and coaches decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach children to do likewise.
4. Never ridicule or scold a player for making a mistake during a competition. Positive comments are motivational.
5. Condemn the use of violence in any form, be it by administrators, coaches, players, umpires or parents/guardians.



6. Show respect for your team's coach, the umpire and opponents. Without them there would be no game.
7. Encourage players to play according to the rules and the official decisions, and develop your own knowledge of the rules.
8. Demonstrate appropriate social behaviour by not using foul language, and not harassing administrators, coaches, players or umpires.
9. Support the use of age appropriate development activities and modified rules.

## **COACHES CODE OF BEHAVIOUR**

In addition to Netball Victoria's General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held by or under the auspices of Netball Victoria, a Region, an Affiliated Association or an Affiliated Club and in your role as a coach of Netball Victoria, a Region, an Affiliated Association or an Affiliated Club:

1. Treat all players with respect at all times. Be honest and consistent with them. Honour all promises and commitments, both verbal and written.
2. Promote a climate of mutual support among your players. Encourage players to respect one another and to expect respect for their worth as individuals regardless of their level of play.
3. Encourage and facilitate players' independence and responsibility for their own behaviour, performance, decisions and actions.
4. Involve the players in decisions that affect them.
5. Determine, in consultation with the players, what information is confidential and respect that confidentiality.
6. Provide feedback to players in a caring sensitive manner to their needs. Avoid overly negative feedback.
7. Refrain from any form of personal abuse towards your players. This includes verbal, physical and emotional abuse. Be alert to any forms of abuse directed toward your players



- from other sources while they are in your care. (Abide by Netball Victoria Member Protection Regulation).
- 8 Refrain from any form of harassment towards your players. Treat all players fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status, and other conditions. (Abide by Netball Victoria Member Protection Regulation).
  - 9 Be acutely aware of the power that you as a coach develop with your players in the coaching relationship and avoid any sexual intimacy with players that could develop as a result.
  - 10 Avoid situations with your players that could be construed as compromising.
  - 11 At all times use appropriate training methods which will benefit the players and avoid those which could be harmful. Ensure that the tasks, trainings, equipment and facilities are safe and suitable for age, experience, ability and physical and psychological conditions of the players.
  - 12 Ensure the players time spent with you is a positive experience. All players are deserving of equal attention and opportunities. Provide training and game opportunities that ensure everyone has a reasonable chance to succeed and to improve/acquire skills and develop confidence.
  - 13 Actively discourage the use of performance enhancing drugs, the use of alcohol and tobacco and illegal substances. (Abide by the Netball Australia Anti-Doping Policy).
  - 14 Recognise individual differences in players and always think of the player's long-term best interests.
  - 15 Set challenges for each player which are both achievable and motivating.
  - 16 Respect the fact that your goal as a coach for the player may not always be the same as that of the player. Aim for excellence based upon realistic goals and due consideration for the participant's growth and development.
  - 17 At all times act as a role model that promotes the positive aspects of sport and of netball by maintaining the highest standards of personal conduct and projecting a favourable image of netball and of coaching at all times.



- 18 Recognise your player's rights to consult with other coaches and advisers. Cooperate fully with other specialists (eg. sports scientists, doctors, physiotherapists etc).
- 19 Do not exploit any coaching relationship or information gained through Netball Victoria Programs, to further personal, political, or business interests.
- 20 Encourage players and coaches to develop and maintain integrity in their relationship with others.
- 21 Respect other coaches and always act in a manner characterised by courtesy and good faith.
- 22 When asked to coach, ensure that any previous coach- player relationship has been ended in a professional manner.
- 23 Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules. Know and abide by netball rules, regulations and standards, and encourage players to do likewise. Accept both the letter and the spirit of the rules.
- 24 Be honest and ensure that qualifications are not misrepresented.
- 25 Make a commitment to providing a quality service to your players. Provide a training program which is planned and sequential. Maintain or improve your current NCAS accreditation, seek continual improvement through performance appraisal and ongoing coach education and be open to other people's opinion.

## ***PONC Committee***