



NETBALL DIVISION

PLAYERS HANDBOOK

2017





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FROM OUR SENIOR COACH

Hello & welcome players, parents, officials & the broader SJFNC community, to season 2017!

I am personally very excited to be involved in a club with such a proud tradition for togetherness and a well-established pathway for junior netballers to move through the senior ranks. I would personally like to take this opportunity to thank everyone who has been so welcoming to me since my arrival.

Preparation for the 2017 is already in full swing, with selections being finalised in both junior and senior grades, and a fantastic amount of numbers at both levels. All coaches have been impressed with the level of skill displayed during selections, and are extremely happy with the strength of our teams.

The senior squad continues their bi-weekly pre-season regime, and are working hard to ensure their bodies are as match-ready as possible for Round 1 on April 8th.

I would also like to take this opportunity to thank our parents and volunteers within the Joey's community; country football and netball clubs are maintained by people putting their hand up to work so that others have the opportunity to enjoy the game. These people are fundamental to the success and culture of our club, and deserve recognition and respect. Similarly, parents ensuring their children are at training and match days, kitted out and fed properly, you play an equally important role in ensuring that your children get to have fun and participate in a sport that has so many physical and social benefits.

In the meantime, I want to wish all of our teams good luck for the 2017 season. I believe our brand of #TJW will continue to strengthen this year, and I look forward to seeing all our players embodying our values of Welcoming, Improvement, Reliability and Respect. Train hard, have fun, and enjoy the opportunity to wear the red, black and gold each week.

Yours,

Riley Richardson, Premier Division Coach



GENERAL INFORMATION

COMMUNICATION

Our main form of general communication is via Team App. Download the App and search for St Joeys Netball, or access via www.teamapp.com.

COMPETITIONS

We play in the following competitions:

- U11s GJN Competition at Kardinia Park on Tuesday Nights
- U13s, U15s and U17s Div 3, 4 & 5 GJN Competition at Kardinia Park on Friday Nights
- U13s, U15s and U17s Div 1 & 2 and Senior Competition following GFNL Fixture on Saturdays

	Season Commences	Finals	Byes
Tues -11	Tuesday 11 April	n/a, season concludes Tuesday 1st Aug	4 July
Fri - 13, 15, 17	Friday 31 st March	SF 25 Aug, PF 1 st Sept, GF 8 th Sept	14 April, 19 May, 2 June, 4 August
Sat - 13, 15, 17, 19, Seniors	Saturday 8 April	QF/EF 2/3Sept, SF 9/10 Sep, PF 16 Sep, GF 23 Sep	13 May (interleague), 8 July

GRADING

Starting from U13 we focus on grading players into the most appropriate team for their skill level and to balance the positions in a team. This may mean you play Friday night one year, Saturday the next. It can vary from year to year. The grading is done by a team of people.

TRAINING NIGHTS

13S & 15S Friday Teams – Wednesday

13s, 15s, 17s Div 1, 2 & 3, Seniors – Thursday

CAPTAINS

It is at the Coach's discretion as to how a Captain is selected. This may be:

- Coach's choice
- Team/Player vote
- Rotation



QUALIFYING QUARTERS

There are a minimum number of quarters needed for a player to qualify for finals:

- Friday Night Teams – 20 quarters
- Saturday Teams – 24 quarters
- Tuesday Night Teams – N/A

Therefore if you know you will be unavailable for any reason during the season/finals eg. going on holidays, please notify your coach ASAP. Refer to fixture section.

COURT TIME

We will endeavour to share court time relatively evenly amongst players during the home and away season. The coach and the player have an obligation to develop skills to the best of their ability throughout the home and away season always having the team's best interests in mind.

Court time depends upon players commitment, fitness and availability for games and training, e.g. if players are absent through injury, illness or holidays, this may result in less court time overall. Court time can also be impacted by opposition match ups.

Numbers of quarters in any one game will be at the discretion of the coach, after each player has had a minimum of one quarter on the court, with the exception of 17 Division 1 finals where court time is not guaranteed.

NETBALL RULES

Introduced in 2016:

- Injury stoppages
- Centre passes

Refer to Netball Australia Netball Rules <http://netball.com.au/wp-content/uploads/2014/07/netball-rules-2016-english.pdf>

DRESS CODE

- Joeys Netball Dress
- Black bike shorts
- White or Black Socks
- Fingernails short – no taping
- Reminder: *no jewellery* may be worn under any circumstances and this applies to game and training. This includes newly pierced ears.

U11s may wear black leggings and long sleeve top under dress if weather is bad.



TIME KEEPING – end of quarters now signalled by a horn.

HELP REQUIRED

The club relies on a large number of volunteers to ensure games run smoothly. There's an expectation that players and their families will assist in the following areas:

Saturday Players and Families

- Team Managers
- Primary Carers
- Equipment setup e.g. marquees, pads etc.
- BBQs setup and cook
- Canteen helpers
- Equipment Pack up e.g. marquees, pads etc.
- Cleaning Courts
- Scoring, including finals and away games

Tuesday & Friday Players and Families

- Canteen helpers for Saturday Home Games at our Clubrooms
- Scoring, including finals

CARE MONKEY

CareMonkey – used for emergency contacts, medical information – shared with team manager, coach and primary carer – very important to keep information up to date. If you're new to CareMonkey, we'll send a request soon to set up a profile, if you already have a profile, please ensure details are up to date.

AGE GROUPS

The cut off for age groups is 31st December e.g. if you have turned 13 by the 31st December 2016, you will be playing U15s.

Juniors are eligible to play seniors in the year that they turn 15.

All players playing in the U11 Comp must be 8 on or before 31st December 2016.



OUR SOCIAL MEDIA

My Team App: <https://stjoeynetball.teamapp.com/>

Facebook: <https://www.facebook.com/St-Josephs-Football-Netball-Club-220309077999071/>

Instagram: <http://instagram.com/st.josephsfnc>

Website: <http://www.stjoey.com/>

Apparel: <http://www.ghanda.com/st-josephs-fnc>

Twitter: <https://twitter.com/stjoeyFNC>



FIXTURES

SATURDAY COMPETITION – GFNL HOME & AWAY

8/04/2017	Bell Park	Home
15/04/17	Bye Easter	
Tuesday 25/04/2017	South Barwon	Home
Sunday 30/04/2017	Geelong West	Away
6/05/2017	Grovedale	Away
13/05/2017	Bye	
20/05/2017	St Mary's	Home
27/05/2017	St. Alban's*	Away
3/06/2017	Lara	Away
10/06/2017	Leopold	Home
17/06/2017	Colac	Home

17/06/2017	Colac	Home
24/06/2017	South Barwon	Away
1/07/2017	Grovedale	Home
8/07/2017	Bye	
15/7/2017	Newtown	Away
22/07/2017	North Shore	Home
29/07/2017	Bell Park	Away
5/08/2017	Lara	Away
12/08/2017	Leopold	Away
19/08/2017	St Mary's	Away
26/08/2017	Geelong West	Home

FINALS

2/9/2017	Qualifying Final
9/9/2017	Semi Final
16/9/2017	Preliminary Final
23/9/2017	Grand Final

- DIVISION 4 - TBC

Games played at same courts as above, other than:

Rd 2 22/4/17 vs Barwon Heads HOME

Rd 6 27/5/17 vs Barwon Heads AWAY

Rd 9 17/6/17 vs Geelong Amateurs AWAY

Rd 10 24/6/17 vs Barwon Heads AWAY



COURT LOCATIONS

Club	Address
Barwon Heads	Barwon heads Foreshore Reserve, Bluff road, Barwon Heads (Div 4 only)
Bell Park	Hamlyn Park, Calvert Street, Hamlyn Heights
Colac	Central Reserve, Gravesend Street, Colac
Geelong Amateurs	Queens Park, Scenic Road, Highton (Div 4 only)
GWSP	Cnr Weddell Road and Church Street, Geelong West
Grovedale	Burdoo Reserve, Wingara Drive, Grovedale
Lara	Waverley Road, Lara
Leopold	Leopold Memorial Park, Memorial Drive, Leopold
Newtown & Chillwell	Elderslie Recreation Reserve, Raith Terrace, Newtown
North Shore	Windsor Park, Rose Avenue, Norlane
St Albans	St Albans Reserve, St Albans Road, East Geelong
South Barwon	McDonalds Reserve, Reynolds Road, Belmont
St Mary's	Kardinia Park, Latrobe Terrace Geelong



GAME TIMES

8:15am	13s Div 1 & 2
9:10am	15s Div 1 & 2
10:05am	Senior Div 3 & 17s Div 1
11:00am	Senior Div 2 & 17s Div 2
12.00pm	Senior Div 1 & 19s
1.30pm	Senior Div 4
1:35pm	Premier

ANZAC DAY	COURT 1	COURT 2
11.00am	U13s Div 1	U13s Div 2
11.50am	U15s Div 1 & 2	U15s Div 2
1.20pm	Premier	-
2.40pm	Senior Div1	U19s
4pm	Senior Div 2	U17s Div 2
5pm	U17s Div 1	Senior Div 3

***Please note - St Albans only have 1 court. Please note Juniors will likely play Friday night and senior game times revised.**

Also refer to AFL Barwon website for fixtures Fixture links -

<http://www.aflbarwon.com.au/gfnl-fixtures-results/>



TUESDAY & FRIDAY COMPETITION AT KARDINIA PARK

GAME TIMES

11s - Tuesdays	13s, 15s, 17s - Fridays	All Abilities - Fridays
4.30pm, 5.20pm, 6.10pm	4.30pm, 5.20pm, 6.10pm, 7.00pm	5.20pm

For dates & times, please refer to <http://www.aflbarwon.com.au/gjn-fixtures/> .Click the drop box and find your team (you may need to scroll upwards/downwards to selection your team. Headings will change again after grading is finished). Remember to click on 'GO' afterwards.

SEASON FIXTURE

Share: [Twitter](#) [Facebook](#) [LinkedIn](#) [Print](#)
Friendly

AFL Barwon competitions | AFL Barwon participating

Season: 2017 | Grade: -GFNL 13/U Div 1 Kempe Cup | GO

Ladder | Download as PDF

Date/time	Home	Away	Venue	MS	Full Results
Round 1					
8 Apr 17 8:15AM	Lara		Lara Reserve		➔
8 Apr 17 8:15AM	Geelong		West Oval		➔
8 Apr 17 8:15AM	South		McDonalds Reserve		➔
8 Apr 17 8:15AM	Grovedale		Burdoon Reserve		➔
8 Apr 17 8:15AM	St Joseph's		Drew Reserve		➔
8 Apr 17 8:15AM	Leopold		Leopold Memorial Park		➔
Round 2					
22 Apr 17 8:15AM	Bell Park	Leopold	Hamlyn Park		➔



CONTACTS

Netball Director	Fiona Threlfall	0417 485 457
Coaches Coordinator	Sandi Dimasi	0417 559 070
U13s, U15s & U17s Junior Coordinator	Jo Drenovac	0407 561 699
U11s Junior Coordinator	Steph Iacono	0425 800 680
Well Being Officer	Mel Mullen	0488 222 382
First Aid Coordinator	Andrea Waterhouse	0413 076 024
Social Representative	Katie Atkins	0422 868 079
Apparel (Dresses)	Belinda Kelly	0425 781 377
Umpires Coordinator	Jaimee Melotte	0418 271 417
Best & Fairest Votes Social Media Contact	Susan Downie	0438 920 828

Netball Committee Members

Fiona Threlfall

Sandi Dimasi

Mel Mullen

Jodie Pritchard

Susan Downie

Jo Drenovac

Steph Iacono

Email contacts:

Netball Director – sifncnetball@gmail.com

Junior - stjoeysjuniornetball@gmail.com

Senior - stjoeysseniornetball@gmail.com



COACHES

Premier	Riley Richardson	0447 269 690	Riley.Richardson@rch.org.au
Snr Div 1	Emily Post	0447 089 722	emily.post@live.com.au
Snr Div 2	Emily Post	0447 089 722	emily.post@live.com.au
Snr Div 3	Jacqui Dignan	0438 080 970	jacqdignanwilson@live.com.au
	Gabby Hammond	0402 329 399	gabrielle.hammond2@gmail.com
Snr Div 4	Annette Hayward	0407 431 740	aha14649@bigpond.net.au
U 19	Jacqui Dignan	0438 080 970	jacqdignanwilson@live.com.au
	Sandi Dimasi	0417559070	sandileadimasi@bigpond.com
U 17 Div 1	Kirsten Hood	0410 469 887	kirstenlhood@yahoo.com.au
U 17 Div 2	Tanya Melotte	0402 009 897	jimmlm@hotmail.com
U 17 Div 3	Adrian Hooper	0414 535 157	hoops@ncable.net.au
U 15 Div 1	Sandi Dimasi	0417 559 070	sandileadimasi@bigpond.com
U 15 Div 2	Shannyn Leach	0404 042 557	shannyn.leach@geelongcollege.vic.edu.au
U 15 Red	Marcelle Wrigley	0409 704 798	steve.wrigley@bigpond.com
U 15 Gold	Shannyn Leach	0404 042 557	shannyn.leach@geelongcollege.vic.edu.au
U 13 Div 1	Jodie Pritchard	0414 260 046	Jodiepritchard@stagetwo.com.au
U 13 Div 2	Georgia Clark	0401 729 457	gcclark09@gmail.com
U 13 Red	Eliza Summerhayes	0418 212 101	elsummer@shcgeelong.catholic.edu.au
	Meg Threlfall	0488 798 037	methrelf@shcgeelong.catholic.edu.au
U13 Black	Isabel Waterhouse	0424 512 002	iswaterh@shcgeelong.catholic.edu.au
	Mia Kevric	-	mikevric@shcgeelong.catholic.edu.au
U13 Gold	Eliza Abbott	0422 448 551	elabbott@shcgeelong.catholic.edu.au
	Georgia Callow	0491 157 696	callog@kardinia.vic.edu.au
	Chloe Carboon	0499 919 163	carboc@kardinia.vic.edu.au
U11's	Kirsten Hood	0410 469 887	kirstenlhood@yahoo.com.au
All Abilities	Rachel Bell	0408 402 217	bell.rachel.elizabeth@gmail.com



OUR PLAN 2017

Vision	Strategic Theme - Ambition	Goal	KPI's
SJF&NC (Netball Division) will be regarded as being the best netball division within the Greater Geelong Region.	Facilities	SJF&NC will have netball facilities as good as any club in the Greater Geelong Region	By the end of the 2017 season we will have funding approved to allow for the construction of change rooms in time for the start of the 2019 season.
			By the start of the 2019 we will have all of the above works completed.
	Sustainable & Clear Structure	We will continue to have an operational model which will be clear and will ensure a sustainable netball division with an emphasis on "spreading the load"	A netball committee will continue to operate as a sub-committee of the club general committee and be reviewed each season.
			All roles and tasks will be reviewed annually along with position descriptions. They will be in a format that can be readily used and modified in perpetuity.
			We will appoint the best people available to undertake the roles.
		We will have a clear culture which is understood by all. All within the Netball Division will "buy into" and commit to our culture.	We will agree to and then commit to our "trademark behaviours" known as "The Joeys Way".
			We will continue to follow and abide by codes of conduct for each of the following: Parents code of conduct; Player code of conduct; - Coaches code of conduct (Junior and Senior); and Spectators code of conduct
			The Handbook will be reviewed annually including details of our: Code of conduct; Team and Club rules and expectations; SJF&NC Policies; and our vision/trademarks
	On Court Success	Our Junior Grade Netball (U15 and below) will be the most successful in the Geelong Region	Any child who wishes to play at the SJF&NC will be provided every opportunity to do so.
			Throughout the home & away season, we will provide development and opportunities for all.
			The best available coaches and training techniques will be adopted. Feedback will be provided regularly to coaches.
			Our coaches will provide honest but empathetic feedback to all players so that players, parents and coaches are aware of team rules and the team direction.
		Senior Grade Netball & U17 will be the most successful in the Geelong Region	Throughout the home & away season, we will provide development and opportunities for all.
			The best available coaches and training techniques will be adopted. Feedback will be provided regularly to coaches.
			Our coaches will provide honest but empathetic feedback to all players so that players, parents and coaches are aware of team rules and the team direction.
		Our all Abilities Team will be the most successful in the Geelong Region	Any person who wishes to play at SJF&NC will be provided the opportunity to do so.
	Our team will be (as much as is practical) included with all club activities and events.		



OUR CODE OF CONDUCT

As members of AFL Barwon, the St Joseph's Football & Netball Club agrees to adhere to and endorses the Codes of Conduct as set out by AFL Barwon. We refer you to the AFL Barwon website www.aflbarwon.com.au which has all of the appropriate policies and codes of conduct which apply. We encourage you to familiarise yourself with these policies as our club expects all of our players, supporters, coaches, officials and members to adhere to these policies and codes of conduct.

The Code requires that every person: spectator, player, club member, official, participant, administrator, coach, parent or member of the community involved with the sport, should work to ensure:

- inclusion of every person regardless of their age, gender or sexual orientation
- inclusion of every person regardless of their race, culture or religion
- opportunities for people of all abilities to participate in the sport and develop to their full potential
- respect is shown towards others, the club and the broader community
- a safe and inclusive environment for all
- elimination of violent and abusive behaviour
- protection from sexual harassment or intimidation

Whilst all of the policies are important we highlight the following:



PLAYER OR PARENT CODE OF BEHAVIOUR – JUNIOR

1. Participate because you enjoy it, not just to please parents and coaches.
2. Participate fairly, safely and by the rules.
3. Abide by decisions, without argument or bad temper. If you disagree with an umpire or coach, raise the issue through the appropriate channels rather than question their judgment and honesty in public. Captains have the right to approach an umpire during an interval or after the game for clarification of any rule.
4. Cooperate with your coach, and other players, treating players and officials as you would like to be treated.
5. Be a responsible team member:
 - always be on time.
 - encourage and assist all players.
 - attend all training sessions; and
 - ensure you always bring the appropriate uniform and equipment to training and/or matches.
6. Respect and acknowledge the contribution of those who create the opportunity for you to play; scorers, coaches, timekeepers, administrators and umpires.
7. Focus upon your efforts and performance rather than the overall outcome of the event. This assists in setting realistic goals and reduces the emphasis on winning.
8. Never ridicule a player for making a mistake or losing a game.
9. Remember that players learn best from example. Applaud good play by all players.
10. All club members are expected to be models of good sportsmanship and behaviour.
11. Be courteous in communication with administrators, coaches, players and umpires. Teach children to do likewise.



PLAYER AND PARENT CODE OF BEHAVIOUR – SENIOR

1. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
2. Refrain from conduct which could be regarded as sexual or other harassment.
3. Respect the talent, potential and development of fellow players and competitors.
4. Care and respect the uniform and equipment provided to you.
5. Be frank and honest with your coach concerning illness and injury and your ability to train and play fully.
6. Conduct yourself in a responsible manner relating to language, temper and punctuality.
7. Maintain a high standard of personal behaviour at all times.
8. Abide by the rules and respect the decision of the umpires. Be courteous and use the correct process when seeking a rule clarification.
9. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
10. Cooperate with coaches and staff in relation to programs that adequately prepare you for competition.
11. Do not engage in practises that affect sporting performance (alcohol, tobacco and drug use).

CHILD SAFETY STANDARDS

The club is currently reviewing the requirements of the Child Safety Standards. We are receiving guidance from AFL Barwon and our Well Being team is putting together our policies and processes.



GRIEVANCE POLICY

If a player or parent has a concern or grievance then we encourage the player and/or parent to discuss their concern with the respective coach and or assistant coach. Please remember that concerns should be discussed with the coach at an appropriate time and in an appropriate manner. It is important to remember that some of our junior coaches are also junior players and if this is the case we would encourage those with a grievance to initially contact the Division 1 (and more senior coach) of the age group or the junior coordinator to initially discuss their concern.

Should you feel that your concern has not been appropriately dealt with (or warrants more urgent attention) then you should refer the matter to the Well Being Officer. Again any approaches to the Well Being officer should be done so in a respectful manner and at the appropriate time.

The Well Being officer will then assist in resolving the matter. If in your opinion this fails to satisfy the complainant then the matter will be referred by the Well Being officer to the club's netball committee for an official response/interview.

In the event of any person behaving in an inappropriate or unacceptable manner during any club activity, the matter may be referred to the club committee for review.





PLAYER EXPECTATIONS

CLUB SPIRIT

- Positive support & encouragement to all on and off the court
- Open communication within the club/team
- Please approach Coach or Captain if any concerns to have them sorted out promptly.
- Always notify Coach or if unable to train or play.
- Support Club functions especially as a team.

MATCH DAY/NIGHT

- Warm up top & uniform to be worn every week.
- Must be at court one hour prior to game to support and encourage other teams.
- Must stay to support game after yours.
- Be ready to warm up at ½ time of prior game.
- Friendly & welcoming to the opposition, smile & say hi.
- Seniors, including U19's must make every effort to go into our clubrooms and the opposition club rooms after A Grade each week, as per footballers.

TRAINING

- No Train, No Start. (At Coach's discretion for special circumstances)
- Training exemptions made for players playing at VNL, ANL or State Level.
- If you cannot train due to injury or illness, you still need to attend and help where possible, show respect to your team mates.
- Arrive 5 minutes before start time. Be ready, dressed, no jewelry and stay until end of training. No one leaves the court without talking to the coach first. If the training is hard or you don't understand please speak with the coach first. No excuses.
- Session will run 1-1 ½ hours. Start and finish on time.

GAME DAY EXPECTATIONS (PLAYERS, PARENTS & SPECTATORS)

During games and at breaks in their game, we expect players to stay with their team, either on the bench, or in huddles. To make this easier, please ensure your drink is at the bench.

If you are scoring, time keeping or in any other official bench capacity please keep cheering to a minimum.

It is an AFL Barwon rule that only officials and listed substitute players are permitted to sit on the beach.



TJW

THE JOEYS WAY

United & Proud

We always **follow things through** to an outcome

We provide and receive constructive **feedback**
but never personalise it

We always take the time to **welcome**
and take an interest in others in our community

We always show **respect** for the opportunity
SJFNC provides us

We do whatever we can to make ourselves
and others around us **better**