



AQUINAS COLLEGE

NETBALL

INFORMATION

2019



WELCOME

A very warm welcome to the 2019 Aquinas College Netball season.

In anticipation of another successful season, we would like to thank all Coaches, Managers, Umpires, parent helpers and players for the time and commitment you show throughout the year. Also, a big thank you to the Aquinas College Netball Committee who have put in a lot of time and effort to ensure the success of the season.

We acknowledge the team involved in the Waikato Bay of Plenty Zone Netball and at Sport BOP and look forward to working closely with these experts in our sport. Also, our thanks goes to the team at Harbourside Netball Centre who continue to help our College as we strive for excellence in Netball.

We appreciate all your help and support and without it Aquinas College netball would not be the success that it is.

AQUINAS COLLEGE TOUCH STONES

PRAYER	Valuing prayer in its many forms
TRUTH	A continual search for truth and integrity in our lives and relationships
SCHOLARSHIP	A determination to see and attain excellence in all we do, realising that hard work is necessary
SERVICE	A commitment to use our talents for the good of others as part of our Christian heritage
JOY	A positive outlook to others, and to our environment
FAMILY	Enrolling and working with families, not only students

If you would like to view our Selection Procedures, please [click here](#).

Competition

Weekly competitions are organised by Harbourside Netball Club and will run over Term 2 and 3.

Please note there will be no Saturday games prior to the school holidays nor during the school holidays. No games will be played on Anzac Day or Queens Birthday Weekend or the day in between Easter and Anzac day.

Year 7/8 teams will play on Saturdays at Harbourside Netball Centre. Grading for all teams will occur on Saturday 11 May, with round one starting on Saturday 18 May 2019.

Year 9 – 13 teams will all play on Friday evenings at Harbourside Netball Centre- please note this is a new change for 2019. Grading will occur on Saturday 4 May for all teams, with round one starting on Friday 10 May 2019.

Trainings

We encourage teams to train outside of lunchtime trainings ie afterschool, due to students being held in class Period 4, other commitments and students being late to Period 5.

Any team considering cancelling an after school training session must be decided by the Team Coach/es. Team Managers are to arrange a suitable system to communicate this to their team **before 1.00pm** so that transport arrangements can be made by players.

Draw and Cancellations

You can access the draw each week on the [Harbourside Netball Website](#) by clicking on the Draws and Results tab along the top and then selecting the applicable age group.

Cancellations will be decided on the day. These will be uploaded to the website and their [facebook page](#).

Can Coaches/Managers please set up a phone tree system to notify team members of any cancellations or postponements.

End of Season Thank You Gifts

A small token of 'thanks' for each Coach and Manager is appropriate and should be organised by the team. Umpires will receive a small gift at the Prizegiving to thank them for their service to the school. It is customary for extra services (eg umpiring at tournaments, etc) to be acknowledged by the team (approximately \$50 per day tournament).



AQUINAS COLLEGE

CODES OF CONDUCT

GENERAL CODES FOR ALL TO FOLLOW

- Represent Aquinas College in a positive manner befitting a Catholic School
- Play by the rules and play fair.
- Ensure communication between team members and officials is clear, considerate and appropriate.
- Attend & be punctual at meetings, training sessions and matches and notify appropriate personnel of non-attendance.
- Respect the rights, dignity and worth of all participants regardless of their age, gender, ability, cultural background or religion.
- Refrain from verbal and physical abuse of officials, players, spectators & team-mates.

PARTICIPANTS

- Attend all meetings, training sessions and matches and notify the coach prior to any session if unable to attend.
- Once selected in a team, everyone is committed for the duration of the season.
- Ensure you are well prepared for all activities
- Work equally hard for yourself and your team in trainings and games. Your team's performance will benefit and so will you.
- Be a good sport. Praise all good work by both team-mates and opposition.
- Never argue with an umpire, referee, coach, manager or official.
- Treat all participants as you like to be treated. Do not interfere with, bully or take unfair advantage of another person.
- Co-operate with your coach, team-mates and opponents.
- Participate for your own enjoyment and benefit, not to please others.

UNIFORM

- No track pants are to be worn underneath the dresses unless it is tucked in
- During the colder days players are given the option to wear a navy blue singlet **only**, under the dress
- Navy blue or black underwear only and white socks
- Hair must be neatly tied back or clipped off the face. Finger nails must be short. No finger nail polish. No jewellery, this is best left at home

Checklist before walking out the door:

- ✓ Appropriate netball shoes and socks
- ✓ Dress and warmup shirt
- ✓ Aquinas hoodie or tracksuit and a warm change of clothes
- ✓ Hair tied (if applicable) and nails cut short
- ✓ Water bottle

COACHES:

- Be punctual and ensure clear communication between players, officials, parents and support people.
- Encourage enjoyment of sport & make people aware of the positive benefits of participation in sport.
- Cater for varying levels of ability so that all participants have a 'fair go' (in practice and competition).
- Provide equal encouragement to all participants to acquire skills and develop confidence. Encourage participation in administration, coaching and umpiring / refereeing as well as playing.
- Create opportunities to teach appropriate sports behaviour as well as basic skill.
- Recognise exceptionally talented participants and give them the opportunity to develop their full potential through supporting them into higher representative levels.
- Prepare and conduct sessions based on safe and sensible coaching principles.
- Set realistic standards and objectives for participants.
- Help participants understand that playing by the rules is their responsibility.
- Emphasise good work ethic in training and playing to help achieve positive outcomes.
- Provide safe playing conditions. Ensure equipment and facilities meet safety standards and are appropriate to the age and ability of participants.
- Educate all participants involved on health and safety in sport and the benefits of sequential development of skills and games.
- Ensure that the consequences of inappropriate behaviour are clearly understood.
- Keep up to date on sport specific coaching developments.
- Set an example of good sporting behaviours.
- Keep a record of the time played by each athlete and the positions played.
- Keep a record of attendance at training sessions.
- At the end of the season, notify the TiC of the Most outstanding player and Most improved player prior to prizegiving

MANAGERS AND ADMINISTRATORS

- Involved participants in the planning, leadership, evaluation and decision making.
- Ensure that everyone involved in your sport emphasises the importance of fair play, & not winning at all costs.
- Support & encourage the implementation of the Codes of Conduct information to players, parents, umpires, referees, administrators, coaches, spectators.
- Remember that you set an example. Your behaviour should be positive & supportive.
- Highlight that abuse of any participant in sport is unacceptable behaviour and communicate with the Teacher in Charge of Sport if you have any concerns.
- Respect the rights, dignity & worth of every person regardless of age, ability, cultural background or religion.

SPECIFIC TASKS:

1. Attend training sessions (if possible) and games
2. Communicate with the coach/parents/players each week regarding game time, court, etc.
3. Organise transport for players as appropriate
4. Pick up the score card from the Control office 30 minutes before the game and fill in the player names.
5. Create a roster for parents to score each week.
6. Organise a roster for lollies/oranges for during/after games.
7. In case of player injury, administer first aid.
8. Organise a gift for the coach at the end of the season.
9. Support student coaches as they learn their craft.
10. Encourage full team attendance at the Aquinas Netball Prizegiving.

UMPIRES & REFEREES

- Umpires & referees have an important influence on the enjoyment of sport and the continued participation of all players.
- Be conversant with the rules as they pertain to the specific sport.
- Use simple language ~ compliment and encourage all participants.
- Be consistent, courteous and helpful to all participants.
- Be a role model of good sports behaviour for participants to copy. Actions speak louder than words.
- Keep informed of sound officiating principles that take into account participants' growth, development, skill and ability levels.
- Use common sense to ensure that the spirit of the game is not lost by the strict application of rules and the over-calling of violations.
- Discourage unsporting behaviour & promote respect for opponents.
- Place the safety & welfare of the participants above all else.

PARENTS, CAREGIVERS AND SUPPORTERS

- Focus on the child's efforts and performance rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Encourage children to always play according to the rules.
- Never ridicule or shout at a child for making a mistake or losing a game.
- Remember that children participate in sport for their enjoyment, not yours.
- Remember that children learn best from example. Applaud good plays by both teams.
- Support all efforts to remove verbal and physical abuse from the playing arena.
- Recognise the value and importance of volunteer coaches, umpires / referees and administrators. They give their time and resources to provide recreational activities for the children and deserve your support.
- Respect the decisions made by coaches and of the umpire / referee and teach children to do likewise.
- Respect the rights, dignity and worth of every person regardless of their age, gender, ability, cultural background or religion.
- Arrange a time to meet and talk with the coach about any concerns you have via the Team Manager.

HEALTH & WELLNESS

- All participants must have their own clearly named drink bottles to bring to all training sessions and games.
- Drink bottles must not be shared!
- All teams will be issued with a first aid kit, which has basic supplies in it. Please be aware of the importance of using gloves whenever blood is involved.
- Individual participants are responsible for providing their own strapping and any injury prevention equipment eg. ankle braces, as they are required.
- Major Injuries – the Coach or Manager must notify the school if any injuries occur during school sport that require further intervention.

TRANSPORT

- The safe transportation of students to and from school, and the collection of students following trainings or games is the responsibility of parents / caregivers.

SUMMARY

- Aquinas College recognises the importance of sport for all.
- We aim to provide opportunities for all students to be involved in sport.
- We adhere to Fair Play, and expect all people associated with sport in Aquinas College to do the same.
- We extend our thanks to all our volunteers who assist us in sport.