



SACRED HEART NETBALL CLUB INFORMATION

This booklet is designed to give you an insight into how the club operates. Included are sections for parents, players, coaches and supporters on codes of conduct and what we expect of each other.

First and foremost, our club is a junior netball club that is family orientated, with encouragement given to all family members and friends to take part in some way. It is run by a voluntary committee elected at the Annual General Meeting (AGM) held in October each year. The club's objectives are:

- a. Encourage children to participate in and enjoy an active sport and develop good sportsmanship.
- b. Encourage children to develop new friendships.
- c. Ensure that each child is treated fairly.
- d. Ensure that costs remain as affordable as possible.
- e. Try to expose players to a range of coaches and training opportunities.

1. Club Expectations

Team sports develop self-confidence, responsibility, social skills, general good health and most importantly, fun and friendship. The Sacred Heart Netball Club (SHNC) exists to encourage our children to participate in a healthy team sport environment. At SHNC we pride ourselves on our conduct, supporting all involved in our netball community, ensuring [Fair Play Code's](#) five core values of integrity, respect, responsibility, fairness and safety are met. Furthermore, as an affiliate of Netball Victoria, SHNC follows [Netball Victoria's Codes of Conduct](#).

2. Role of the Committee

The positions on the committee are voluntary and are voted for at our AGM. The function of the committee is to provide for the smooth running of the club, ensure our legal and financial obligations are met and primarily, to create a supporting environment that will encourage our children to enjoy sport and each other. Positions include President, Secretary, Treasurer, Team & Coach Co-ordinator, Registrations Coordinator, Uniform Coordinator, Social Media Coordinator and general committee members.

3. Saturday Competition

The club competes in the Nillumbik Force Netball Association (NFNA), which is affiliated with Netball Victoria, and as such this booklet is to be read in conjunction with the [NFNA's by-laws](#).

The age groups catered for range from U/9 to U/17-19. Games are played at the Nillumbik Regional Netball Centre in Diamond Street, Diamond Creek on Saturdays.

U/9s and U/11s

Both U/9s and U/11s participate in no-finals competition. This is a Netball Victoria ruling introduced to enable children of these age groups to learn and build their skills in a less competitive environment. It also enables the coach more flexibility to give the children the opportunity to try out lots of different skills and positions on the court. This is reinforced by our coaches in playing children in varying positions throughout their matches.

4. Requirements for Game Day

All competition games are played on Saturdays with regular times scheduled for each section and age group. Fixtures can be accessed through Netball Connect. Players are required to arrive no less than fifteen minutes before the game to enable the coach to organise the team and conduct a quick warm up. All players are required to bring their own water bottle to matches. **In the event that you are unable to play a particular match could you please advise your coach and/or team manager as soon as possible to enable the coach enough time to seek a substitute player if necessary.** Where a team is 5 minutes late for a game, a forfeit will be awarded against the team as well as a fine.

5. Players

The players are expected to attend training and game days as much as practicable, show respect for coaches, teammates, umpires, opposition players and officials at all times.

Players not only represent themselves, but their team and the club, and as a consequence are expected to conduct themselves in a sportsmanlike manner at all times. Verbal abuse, bad language or physical threats will not be tolerated ([Player Code of Conduct](#)). No player should criticise a fellow team member during a game. To do so creates disharmony and can affect confidence. Encouragement towards your teammates will help to bring out the best in them and will assist to build their confidence.

6. Coaches

The coaches are volunteers selected by the committee. These people give up their time to help develop our children's basic fundamental skills in netball as well as develop a love of the sport. The coach is responsible for the team selections, positions, discipline and training sessions. Whilst the job requires commitment, it is also a very satisfying and rewarding experience. Please assist the coach by providing your support to them.

The club would welcome any person who would be willing to offer him or herself for a coaching role. Ideally the person should understand the basic rudiments of ball sports but the real qualities we are looking for is positive involvement and someone who is prepared to ensure that each player receives a fair go regardless of ability. A coach who encourages, gives praise, enjoys the role, makes the game fun for the children and improves the children's basic skill level is our ideal candidate. A coach would

also be encouraged to develop good sportsmanlike conduct throughout the team ([Coach Code of Conduct](#)).

7. Parents

It is vital for our children to enjoy the game for what it is - a game! The positive involvement and encouragement of parents on game day or getting your child to training or scoring all helps in this process.

At all times on game day, we expect our parents to supply positive encouragement and feedback to your child and his/her teammates ([Parent Code of Conduct](#)). At no stage will negative responses or criticism of our players, the opposition, umpires or coaches be tolerated. Remember that players learn best by example - applaud good play by players of both teams.

8. Child Safety

All children who come to SHNC have a right to feel and be safe. The welfare of the children in our care will always be our first priority. We commit to providing a safe environment for children in netball and follow the principles of [Netball Victoria's Child Safety in Netball policy](#) and the [11 Child Safety Standards](#). To report a concern, please contact our Child Safety Officer or a Committee member.

9. Training

Unless otherwise instructed by your coach, training occurs every Tuesday afternoon with the time depending on coach and team. In the event of temperature reaching over 32° C at 4:00pm, training will not be held. However, teams should always assume they are training unless otherwise notified.

Training is an important part of a player's development, and all players are expected to make every effort to attend each session. Please bring a water bottle along to training to avoid time being wasted going to the taps. Please ensure that you wear suitable footwear to training, as school shoes etc. are more likely to cause injuries and are not acceptable.

10. Team Selections

The teams are selected prior to the beginning of each season by the committee. It is one of the more difficult tasks with some difficult decisions having to be made at times. We try to place each child into a team that best reflects their skill and ability level.

Teams need to be selected with the best interest of the club in mind, not just individual teams or players; and will be undertaken in accordance with the following points.

- Teams will be selected by SHNC sub-Committee led by the Team and Coach Coordinator and including as a minimum the President and Registrations Coordinator, considering information provided by coaches.

- Subject to numbers in each age group, teams will have 8 to 10 players.
- Players will be placed into teams according to their ability and skill level.
- Players will play in their age group unless they demonstrate exceptional ability & skills. Consideration will also be given to players upon request, to play higher than their age group where they wish to play with players of their year level at school, as long as the player matches the ability level.
- In the 9/U age group, where two teams from our club will be in the same grade then these teams should be of equal strength and ability where possible.
- Requests to be in a team with one friend in the U9 and U11 age groups will be considered depending on ability & skill levels and team balance.
- New players coming into the club will be placed into a team according to their ability and skill level. Where the player's ability is unknown the Team and Coach coordinator and/or a nominated committee member or members will assess the player at a training session. Where this is not possible, the player will be placed in a team in the lowest grade of their age group.
- No coach or committee member has the power to make changes to the teams or bring in new players without consulting the Team and Coach Coordinator.

11. Court Time Policy

Court time is undertaken in accordance with the following points:

- a) Coaches need to ensure that each child receives equal time on the court throughout the season regardless of ability.
- b) Players in teams competing in finals should receive at least half a game for each final for which they are available.
- c) Players arriving later than 10 minutes prior to their game run the risk of missing the first quarter of the game where the coach has had to arrange for a substitute.
- d) Players not informing a coach of an absence at a game or training will be subject to a forfeit of court time at their next game at the discretion of the coach.

12. Player Safety

Safety of our players is our number one priority.

Concussion Policy

We comply with the [Netball Australia Concussion Guidelines](#). Parents / guardians are required to notify the club in writing at sacredheartnetballclub@gmail.com if your child sustains a concussion. This is regardless of whether the concussion was sustained while playing for our club or in any other capacity.

13. Uniforms

Our uniform consists of:

- SHNC dress with matching or black underwear; **OR**
- SHNC playing t-shirt with black shorts/ leggings/ skort (no pockets)

Uniform can be purchased through NetballConnect.

The NFNA requires that no jewellery apart from small stud type earrings is allowed, which must be taped. That is, no sleepers, necklaces, watches, bracelets, or large hair clips. Hats with soft flexible brims are allowed. Players are permitted to wear a plain white long sleeve top and/or black full length leggings under their playing dress. We are required to register these as part of the SHNC uniform with NFNA so they must be only these items and colour. All age groups are able to wear them, however we encourage our U/13 and above age group not to wear additional clothing, if possible, as players can get hot during the game.

Nails are to be short (below the level of your fingertips) or must be taped.

14. Fees & Registration

All registrations and fee payments are completed through NetballConnect. They are reviewed and set by the SHNC Committee each year ahead of the registration process opening for the following year.

SHNC's fees have two components:

- VNA, which is set by Netball Victoria and covers player insurance. This is an annual fee; and
- Season fees, which comprises of:
 - Club Fee, which goes toward equipment, team registration, social functions and other ongoing running costs; and
 - Match fees, which pay for weekly matches and are set by the NFNA.

Fees are non-refundable. No refund is available without consultation with the SHNC Committee.

15. Weather

Teams should always assume they are playing unless otherwise notified. Matches are still played in circumstances of light rain or hot weather, so it is important that each player attends at their scheduled time unless informed by the Association via Netball Connect and / or contacted by their coach or team manager. Coaches or Team Managers will make every effort to contact you as soon as we are aware of matches being cancelled.

16. Presentation Day

At the end of each spring season a presentation day is held to acknowledge the participation of all players who competed in the autumn and/or spring seasons. You will be notified formally of the location and date later in the year. The cost of presentation day is included in registration.

17. Other Events

Coaches and umpires' courses are sometimes arranged by NFNA and members from Sacred Heart Netball Club are encouraged to participate.

The club usually participates in the Diamond Creek Town Fair parade which is normally held in September.

Tryouts for the NFNA Rep teams are held towards the end of the year.

Further details of the above events as well as other events will be announced as required.

18. Social Media Policy

SHNC uses Facebook as a quick, inexpensive and highly effective way to communicate with players and parents. We use Facebook to promote positive stories about the club and its' players; to promote businesses that support SHNC; share photos; market club merchandise; promote club events; and to share information from the club or the NFNA. As part of the registration process we ask if you, as a parent, give permission for your child's image to be used on social media. Team managers and the Social Media Coordinator are made aware of who, and who has not, given permission.

Reviewed	June 2025	Sacred Heart Netball Club Committee
Next Review	June 2026	Sacred Heart Netball Club Committee

