

# Five Dock All Saints Netball Club



Est.: July 2005

## 2015 Season Handbook



**Website:** [www.fivedockallsaints.org.au](http://www.fivedockallsaints.org.au)  
**Email:** [fdallsaints@optusnet.com.au](mailto:fdallsaints@optusnet.com.au)



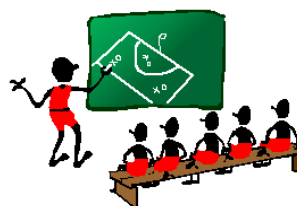
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## AIMS & OBJECTIVES

- To provide a friendly competition for all netballers.
- To provide a healthy basis for the enjoyment of the sport.
- To foster a sportsmanlike attitude to the sport.
- To provide an environment for parents and carers to be involved with their children.

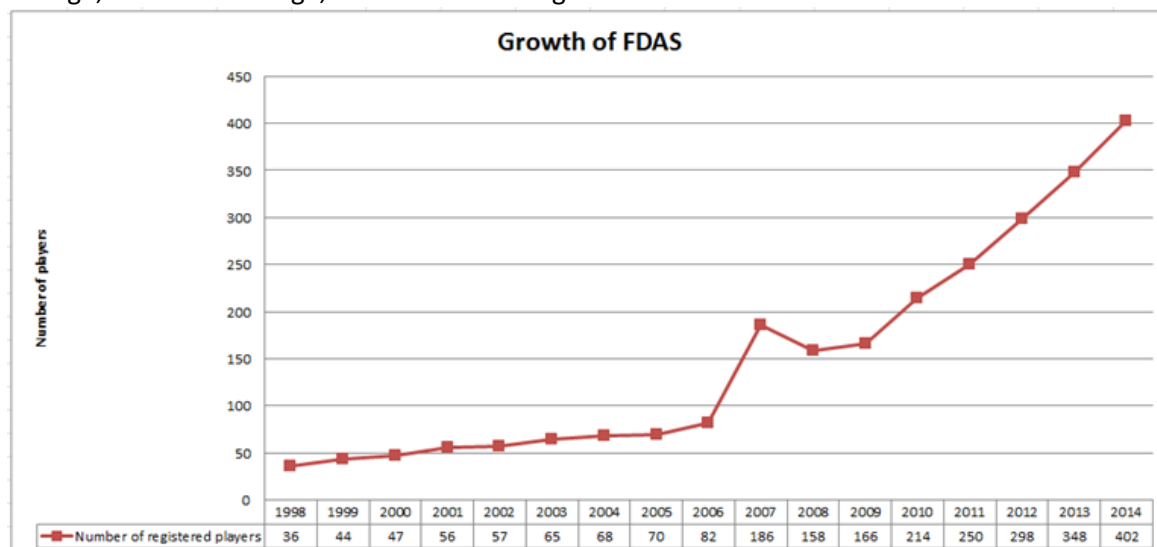


## CLUB HISTORY

Our Club was formed in July 2005 from the amalgamation of the All Hallows and St Mark's Netball clubs, and 2006 was our first year of competition at IWSNA.



Although we are only 10 years young we are one of the largest junior clubs in the Inner Western Suburbs Netball Association. Our Club has enjoyed strong support from the communities at All Hallows Primary School and St Mark's Primary School to build a united Club with players from local schools including Abbotsford, Five Dock and Drummoine Public Schools as well as Domremy College, Rosebank College, Santa Sabina College and PLC.



## 2015 EXECUTIVE COMMITTEE

<b>PRESIDENT</b>	Darryl Stuart	Mob: 0425 255 846 Email: <a href="mailto:darryl.stuart@hotmail.com">darryl.stuart@hotmail.com</a>
<b>REGISTRAR (Senior Teams)</b>	Darryl Stuart	Mob: 0425 255 846 Email: <a href="mailto:darryl.stuart@hotmail.com">darryl.stuart@hotmail.com</a>
<b>ASSISTANT REGISTRAR</b>	Bruno Lorizio	Mob: 0400 522 415 Email: <a href="mailto:lorizio@bigpond.net.au">lorizio@bigpond.net.au</a>
<b>REGISTRAR (Junior Teams)</b>	Andrew Russell	Mob: 0410 326 272 Email: <a href="mailto:amrussell@bigpond.com">amrussell@bigpond.com</a>
<b>ASSISTANT REGISTRAR</b>	Bruno Lorizio	Mob: 0400 522 415 Email: <a href="mailto:lorizio@bigpond.net.au">lorizio@bigpond.net.au</a>
<b>SECRETARY</b>	Mark Petrucco	Mob: 0419 316 917 Email: <a href="mailto:petrucco@optusnet.com.au">petrucco@optusnet.com.au</a>
<b>ASSISTANT SECRETARY</b>	Jane Dunne	Mob: 0438 240 765 Email: <a href="mailto:jane.dunne@yahoo.com.au">jane.dunne@yahoo.com.au</a>
<b>TREASURER/S</b>	Lida Dal Cin & Donna Antoniou	Mob: 0418 667 904 Email: <a href="mailto:ldalcin@tpg.com.au">ldalcin@tpg.com.au</a> Mob: 0418 479 993 Email: <a href="mailto:dantoniou@bigpond.com">dantoniou@bigpond.com</a>
<b>UMPIRE CO-ORDINATOR</b>	Mark Petrucco	Mob: 0419 316 917 Email: <a href="mailto:petrucco@optusnet.com.au">petrucco@optusnet.com.au</a>
<b>ASSISTANT UMPIRE CO-ORDINATOR</b>	Hannah Lorizio	Mob: 0437 407 254 Email: <a href="mailto:h.lorizio@gmail.com">h.lorizio@gmail.com</a>
<b>UNIFORM/EQUIPMENT OFFICER</b>	Jane Dunne	Mob: 0438 240 765 Email: <a href="mailto:jane.dunne@yahoo.com.au">jane.dunne@yahoo.com.au</a>
<b>FUNDRAISING &amp; SPONSORSHIP CO-ORDINATOR</b>	Enzo Baldacci	Mob: Email: <a href="mailto:enzo_baldacci@paramount.com">enzo_baldacci@paramount.com</a>
<b>ASSISTANT FUNDRAISING &amp; SPONSORSHIP CO-ORDINATOR</b>	Michelle McDowell	Mob: 0418 273 627 Email: <a href="mailto:michelle@alliedexpress.com.au">michelle@alliedexpress.com.au</a> Email: <a href="mailto:michmcd@tpg.com.au">michmcd@tpg.com.au</a>
<b>DEVELOPMENT CO-ORDINATOR</b>	Rachel Digiglio	Mob: 0419 015 019 Email: <a href="mailto:diggasplumbing@optusnet.com.au">diggasplumbing@optusnet.com.au</a>
<b>ASSISTANT DEVELOPMENT CO-ORDINATORS</b>	Monique Coleman  Maria Stuart	Mob: 0409 388 324 Email: <a href="mailto:aligator.ent@bigpond.com">aligator.ent@bigpond.com</a> Mob: 0412 114 994 Email: <a href="mailto:mar1959@bigpond.net.au">mar1959@bigpond.net.au</a>



## PLAYING NETBALL WITH FDAS

### REGISTRATION

All **new** players joining the Club will need to provide the following:-

- Birth Certificate (photocopy)
- 1 passport sized photo
- Completed registration forms (2 forms):
  - FDAS "Player & Parent Contract" Form, & IWSNA "Junior or Senior Registration" Form
  - All forms can be downloaded from: [www.fivedockallsaints.org.au](http://www.fivedockallsaints.org.au)
- Fees payable for 2015 (**cash or cheques ONLY** payable to FDAS Netball Club)

**Before registering, please consider if you will be available to play for the whole season.**

**Registration Fees are generally NON-REFUNDABLE.**  
**(Please see Page 18 under "FDAS Club Specific Policies")**

Players will only be refunded their fees and uniform costs if the player is not allocated to a FDAS team.

Most coaching and/or netball clinics are arranged and subsidised by the Club.  
All junior teams must have a coach. If there is no coach then the team will not be registered.

Cadet teams and Open/Senior teams; it is optional to have a coach due to study, work and/or family commitments. But if there is no coach in the Cadet Teams and Open/Senior teams, they must appoint a manager to administer all the paper work and check/sight ID cards.

Mini Magpie Helpers: A condition of entry of your child is that the parents must offer to assist on Saturday mornings otherwise we cannot register a Mini team with the Association. Currently one parent helper is required for every ten minis registered.

Late registration will only be accepted if a position is available in the appropriate age team.

### FEES FOR 2015 SEASON

The following fees will apply for the 2015 Season.  
Please note fees are to be paid IN FULL at the time of registration.  
The fees are:-

#### **"Junior Registration Form" to be used (players under 16 years of age)**

- |               |                 |              |              |
|---------------|-----------------|--------------|--------------|
| • Mini Magpie | (5yrs - 7yrs)   | Registration | \$ 95.00     |
| • Net Set Go  | (8yrs - 9yrs)   | Registration | \$ 150.00 ** |
| • Junior      | (10yrs – 15yrs) | Registration | \$ 150.00 ** |

#### **"Senior Registration Form" to be used (players 16 years & older)**

- |                   |                 |                                       |             |
|-------------------|-----------------|---------------------------------------|-------------|
| • Cadets          | (16yrs – 17yrs) | Registration                          | \$180.00 ** |
| • Senior          | (18yrs +)       | Registration                          | \$180.00 ** |
| • Non-players     | (Coaches)       | \$45.00 – <b>cost covered by FDAS</b> |             |
| • Netball Clinics |                 | \$TBA when clinics are organised      |             |



**\*\* Above registration fee INCLUDES \$20.00 umpire fee for players competing in the NetSetGo, Junior, Cadet, and Senior grades**

**NOTE:** If a player is playing up a Grade (i.e. “junior” 15 year old playing in cadets for the whole season) the fees applicable are for the higher age group.

## UNIFORM

Except for “Mini Magpies”, our Netball uniforms are to be worn as follows:-

### COMPULSORY

**DRESS: (as below)** FDAS A-line Royal Blue & Red Dress  
**SOCKS:** FDAS Club issued socks only  
**BRIEFS:** Royal Blue Boyleg shorts

**\*\* Please note: the above items must be worn to take the court \*\***



### OPTIONAL

**CLUB JACKET:** Royal Blue, Red and White  
**SUN VISOR:** Red  
**RUGBY TOP (as above):** Royal Blue, Red and White  
**CAP (as above):** Royal Blue, Red and White

**\*\* Please note: the above items are optional \*\***

### General Uniform Information:-

All items of uniform will be available to try on, purchase and collect at FDAS Registration Days. The dress, boyleg shorts or scungies, jacket, sun visor, FDAS socks and FDAS rugby tops and FDAS cap are available for purchase only through the FDAS Club – (Contact the Uniform Coordinator or visit the website [www.fivedockallsaints.org.au](http://www.fivedockallsaints.org.au))

Mini Magpie T-shirts may be provided by IWSNA and distributed by the FDAS Club.



## COMPETITION

The Club competes in the Inner Western Suburbs Netball Association Competition.

Competition dates are set by the Association and dates are advised at the start of the year. The 2015 Winter Competition is to commence on **Saturday 21 March 2015** and concludes late August 2015 with Semi Finals and the **Grand Final Day in September (dates to be announced)**.

Visit our website: [www.fivedockallsaints.org.au](http://www.fivedockallsaints.org.au) to download Season Calendar (when it becomes available from the Association).

## CANCELLATION OF GAMES

Games cancelled due to inclement weather will be confirmed by the Association to the Club's Secretary around 7:30am on the day of play for morning games, and midday for afternoon games.

The Club Secretary is contacted by the Association who in turn will place a notice on the website and coaches/managers will be notified.

The team coach/manager will then contact their team advising of any cancellations. Each team is encouraged to develop their own call procedure (i.e. 1 player calls the next player on the team list, who then places the call to the next player and so on).

**ADDITIONALLY – CANCELLED GAMES WILL BE POSTED ON THE WEBSITE AS SOON AS THE SECRETARY RECEIVES CONFIRMATION FROM ASSOCIATION. The Website is:**  
[www.fivedockallsaints.org.au](http://www.fivedockallsaints.org.au)

**Please do not phone the Club Secretary.  
The team coach/manager will be notified.**

## IN THE EVENT OF INJURY

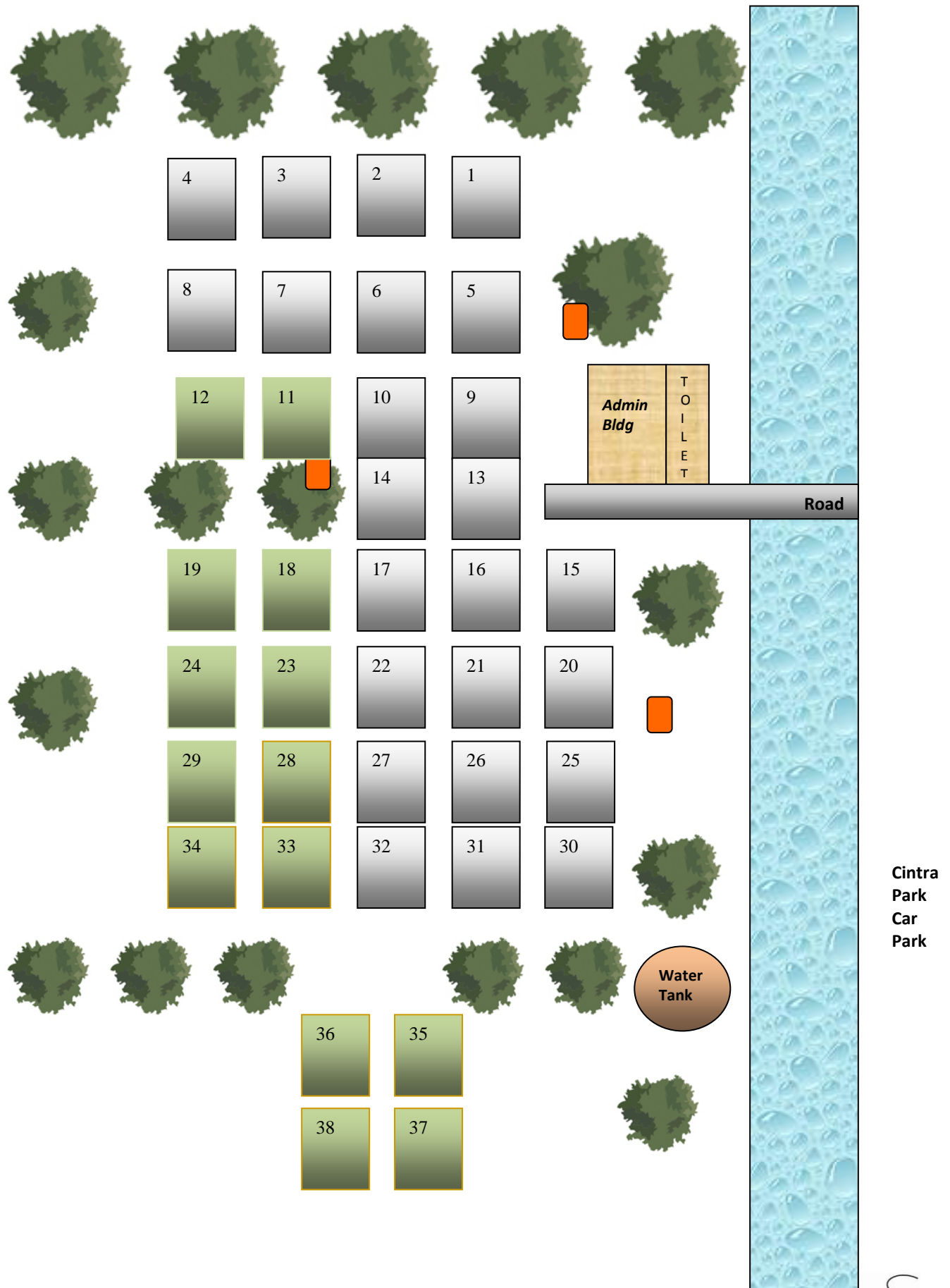
The Association physiotherapist is on duty every Saturday in the room in the mid-section of the Administration Building. The physio will offer first aid and give instructions as necessary.

All registered members are insured; please contact Club /Registrar/Secretary if the injury requires further medical attention and for details of the policy of insurance.





# IWSNA COURT PLAN





## HANDY INFORMATION

Five Dock All Saints Netball Club		Website: <a href="http://www.fivedockallsaints.org.au/">www.fivedockallsaints.org.au/</a> Email: <a href="mailto:fdallsaints@optusnet.com.au">fdallsaints@optusnet.com.au</a>
Inner Western Suburbs Netball Association (IWSNA)	Cintra Park Crane Street Concord, PO Box 1012 FIVE DOCK NSW 2046	Ph.: 9744 0587 Fax: 9745 6051 Mobile: 0419 434 982 Website: <a href="http://innerwestna.nsw.netball.com.au/">http://innerwestna.nsw.netball.com.au/</a>
Insurer: Calliden Insurance Limited	c/- Sports Underwriting of Australia	Ph.: 1300 945 547 Email: <a href="mailto:netball@vinsurancegroup.com">netball@vinsurancegroup.com</a>
Netball NSW	Anne Clark Netball Centre Church Street Lidcombe NSW 2141 PO Box 396 Lidcombe NSW 1825	Ph.: 9951 5000 Fax: 9951 5099 Email: <a href="mailto:netballnsw@netballnsw.com.au">netballnsw@netballnsw.com.au</a> Website: <a href="http://www.netballnsw.com.au">www.netballnsw.com.au</a>

Please show consideration and courtesy when making phone calls to any of the Netball Executive – late night calls are not appropriate and can usually wait until the morning.



## COACHES & MANAGERS INFORMATION

### COACHES

Each team must have a Coach (except Cadet and Senior Teams).

All Coaches of teams under the age of 18 years and Mini Magpie helpers must complete a **Child Protection Form and an FDAS Senior Registration Form** as well as comply with all legislated policies, relevant NSW Netball Association policies that the Club has adopted, as well as the FDAS Club policies.

**PLAY SAFE. PLAY WELL. AND MOST IMPORTANTLY HAVE FUN!**

**REMINDER:**

**FINES ISSUED BY INNER WESTERN SUBURBS NETBALL  
ASSOCIATION ARE NOT PAID BY THE CLUB.  
FINES WILL BE PAID BY THE OFFENDING TEAM.**



### THE ROLE OF THE COACH

- All Coaches must complete the Beginning Coaching General Principles On-Line Course.
- All new Coaches are to attend the IWSNA Beginners' Coaching Course.
- NetSetGo coaches are to attend the IWSNA Net Set Go Coaches evening.
- Compulsory after 2 years of coaching, to attain Foundation Coaching Course Certificate (our Club sponsors its coaches to complete the course). See page 24
- Train the team on the day, time and venue at the coach's discretion.
- The Coach shall keep up to date with any new rules, techniques, drills, training equipment and opportunities for the development of the players in their charge.
- The Coach shall plan a training program for the team that is appropriate to the grade and capabilities of the team so no time is wasted.
- Coaches should follow a session plan/training but be aware that it may not always go according to plan but at least the coach has an idea of game play drills that can be achieved.
- In consultation with the manager, decides whether training is rescheduled or cancelled.
- Selects the player positions for each game and may consult with the manager.
- Coach and Managers must ensure each player is wearing the correct and full Club uniform before they take the court.
- Coaches, unless there are injured players that cannot compete or are away on holidays, may not take a player from another team when there is a reserve on hand in your team.



- Training during the school holidays is at the discretion of the Coach.
- Players participating in the 8 years modified netball must rotate each position throughout the entire season.
- Be responsible for the team sports bag and first aid kit.
- The coach is to nominate the Captain, and if applicable, Vice Captain of the team.
- Coaches are encouraged, where possible, to attire themselves in the Club's shirt.
- The Coach shall at all times represent the Club in a dignified and sportsmanlike manner.
- The Coach shall respect the players in their charge at all times.
- All Coaches will abide by the "Code of Conduct for Coaches".
- Please refer to page 16 for Coach Code of Conduct/Behaviour and page 14 & 22 for FDAS Club Policies.



## MANAGERS

Each team must have a Manager.

The Manager of teams under the age of 18 years must complete a **Child Protection Form** as well as comply with all legislated policies, relevant NSW Netball Association policies that the Club has adopted, as well as the FDAS Club policies.

The Manager assists the coach throughout the season and does the administration work.

**PLAY SAFE. PLAY WELL. AND MOST IMPORTANTLY HAVE FUN**

**REMINDER:**

**FINES ISSUED BY INNER WESTERN SUBURBS NETBALL  
ASSOCIATION ARE NOT PAID BY THE CLUB.  
FINES WILL BE PAID BY THE OFFENDING TEAM**

## THE ROLE OF THE MANAGER

- Prepare and distribute a team contact list to all members of the team.
- Distribute to the team messages and notices from the Executive Committee.
- Distribute reminders to the team members when they are rostered on to do certain jobs i.e. Umpire duty, Canteen Duty and BBQ Duty.
- If notified by the coach, inform the team if training is rescheduled or cancelled.
- If notified by the Executive Committee to inform the team that the competition game is cancelled (due to wet weather or forfeit).
- On game days, sight the opposing teams registration cards and complete the game score sheet. **Failure to do so will result in a fine not paid for by the Club.**
- Ensure that the team members register themselves for Umpire Duty i.e.: sign in at the Umpire's Window.
- The manager is required to arrange the team's umpire roster.
- If you are not the official scorer, keep your own record of the teams results.
- Managers must ensure each player is wearing the full Club uniform before they take the court.
- Keep a spare stop watch for injury time (if necessary).
- Sign and return the IWSNA Score sheet to the Administration building.
- Assist the coach when required.
- Please refer to page 14 & 22 for FDAS Club Policies.



# UMPIRES INFORMATION

## UMPIRING

Inner Western Suburbs Netball Association competition has an  
**"Umpire Your Own" rule.**

**FDAS must provide an umpire for all our Clubs games**

Umpires for 9 Years Modified games are required to sign the umpire's sheet at the Administration Building.

Umpires for Junior, Cadet and Senior games are still required to sign the umpire sheet at the Administration Building.

**REMINDER TO UMPIRES:** All umpires must sign in 15 minutes prior to the start of the game at the Administration Block Umpires Window. Failure to supply an umpire will result in **point's loss to the FDAS team that is playing plus a fine.**

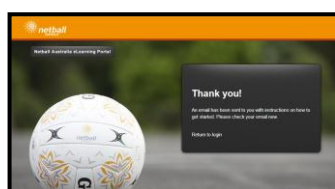
Managers please ensure that you organise your Umpires each week.

It is compulsory for players competing in the 12 y's competitions to umpire games. The Manager is required to arrange the team's umpire roster.

### UMPIRES THEORY EXAM NOW AVAILABLE ON-LINE

Here is the link to the online exam:

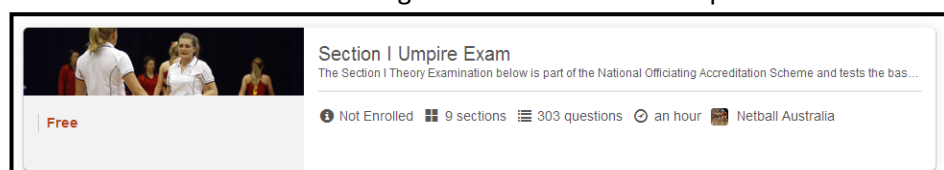
<http://netball.com.au/get-involved/umpiring/online-officiating-course-2/>



Click on the "click here" noted on the web page. If you haven't already created an account, create one here. You will be sent back an email confirmation your details with a link to either click on or paste into your browser.



Once in click on "Browse Learning" and then select the Umpire's Exam.



Anyone can sit the exam at any time there is no need to apply to Netball NSW or IWSNA. There is no limit to the number of times one can sit the exam, it can be repeated as necessary until you achieve the pass mark.

Participants will be able to print a certificate if they obtain 70% or over. If a participant does not choose a response for a question, it will be marked as incorrect. If the participant passes the exam they will be provided their score and information about what question they got correct / incorrect.

Please provide a copy of your passing certificate to the Umpire Coordinator for our records. Please refer to page 25 for the FDAS Umpire Policies and page 22 for FDAS Club Policies.

## CLUB POLICIES

### IWSNA/NETBALL NSW POLICIES

Following are extracts of policy statements that apply directly to you from the Association:

*As part of your affiliation with IWSNA all Clubs/Members are expected to comply with these policies and procedures and it is an expectation that all members throughout the Association will play a vital role in supporting their development and implementation.*

*The Association is ever aware and continually seeking to adopt legislative Netball NSW and all Australian Netball requirements and best practice standards in its business practices.*

*For full details of the following policies please see your Club Secretary or visit the website: [www.fivedockallsaints.org.au](http://www.fivedockallsaints.org.au).*

*If you have any concerns please contact and discuss directly with IWSNA Secretary.*

#### **Following are policy statements from the IWSNA by-Laws regarding Club Duty Rosters and Umpiring**

*Clubs failing to attend on time and/or complete their rostered duties will be fined \$50.00 per occurrence. This includes Canteen duties, control duties and other duties as may be set by the Association from time to time. Failure to attend any rostered duty during the final series, including umpiring duties, shall incur a fine of \$100.00.*

*Any senior team failing to fulfill rostered umpiring duties will be fined \$50.00 per umpire and will lose two (2) points (from the team that is playing the game).*

*Any junior team failing to fulfill rostered umpiring duties will be fined \$10.00 per umpire and will lose two competition (2) points.*

*When a Club is required to provide umpires at any game, it is that Club's responsibility to ensure that such umpires are capable of controlling the game. Penalties apply if umpires are not provided.*

*All umpires are to wear either white, registered club playing uniform, tracksuit or approved shorts.*



## FDAS CODE OF CONDUCT

Five Dock All Saints encourages all participants – coaches, players, officials, parents and spectators – to enjoy the game of netball.

The majority of people involved in this sport, whether at Club level or Association level, are all volunteers and as such errors may occur so please be understanding and co-operative as it is not the end of the world when an error occurs.

The Club will take firm action against any unacceptable behavior. Netball is predominately played for enjoyment and poor behavior takes away that enjoyment from that are involved.

FDAS aims to improve:

- The environment of all participants
- The quality and standard of all coaches, players and umpires through courses provide by the Club or Association or online via Netball NSW and/or Netball Australia.

Please find available on the FDAS website Code of Conduct policies for:

- Spectators
- Coaches
- Players
- Parents/Carers
- Umpires

## SPECTATORS

### SPECTATOR CODE OF BEHAVIOUR

Last Updated: November 2013

In addition to Netball NSW's General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of Netball NSW or a District Association, in your role as a spectator.

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 individuals and teams. When watching a game congratulate all participants on 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 young people to do likewise.
4. Never ridicule or scold a young player for making a mistake during a competition. Positive comments are motivational.
5. Show respect for your team's coach, the umpire and opponents. Without them there would be no game.





6. Condemn the use of violence in any form, be it by coaches, players, umpires, administrators or other parents/guardians.
7. Encourage players to play according to the rules and official decisions, and develop your own knowledge of the rules.
8. Demonstrate appropriate social behaviour by refraining from using foul language and harassing administrators, coaches, players or umpires.
9. Support the use of age appropriate development activities and modified rules.
10. Do not interfere with the progress and/or conduct of a game.

## COACHES

### COACH CODE OF BEHAVIOUR

Last Updated: November 2013

In addition to Netball NSW'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 NSW or a District Association, in your role as a coach.

1. Operate within the rules and spirit of netball, promoting fair play over winning at any cost.
2. Encourage and support opportunities for people to learn appropriate behaviours and skills.
3. Support opportunities for participation in all aspects of the sport.
4. Treat each person as an individual.
5. Display control and courtesy to all involved with the sport
6. Respect the rights and worth of every person regardless of their gender, ability, cultural background or religion.
7. Respect the decisions of umpires, officials, coaches and administrators in the conduct of the sport.
8. Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance will exist) with people under the age of 18 years.
9. Act with integrity and objectivity, and accept responsibility for your decisions and actions.
10. Ensure your decisions and actions contribute to a safe environment.
11. Ensure your decisions and actions contribute to a harassment free environment.
12. Do not tolerate harmful or abusive behaviours.
13. Place the safety and welfare of the athletes above all else.



14. Help each person (athlete, umpire etc.) reach their potential - respect the talent, developmental stage and goals of each person and compliment and encourage with positive and supportive feedback.

15. Any physical contact with a person should be appropriate to the situation and necessary for the person's skill development.

16. Be honest and do not allow your qualifications to be misrepresented.

## PLAYERS

### JUNIOR PLAYER CODE OF BEHAVIOUR

Last Updated: November 2013

In addition to Netball NSW's General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of Netball NSW or a District Association, in your role as a player.

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.
  - 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.
9. Respect and acknowledge the contribution of those who create the opportunity for you to play.
  - Volunteers (scorers, coaches, timekeepers, administrators and umpires).



## **SENIOR PLAYER CODE OF BEHAVIOUR**

Last Updated: November 2013

In addition to Netball NSW's General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of Netball NSW or a District Association, in your role as a player.

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. Conduct yourself in a responsible manner relating to language, temper and punctuality.
6. Be frank and honest with your coach concerning illness and injury and your ability to train and play fully.
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. Co-operate with coaches and staff in relation to programs that adequately prepare you for competition.
11. Do not engage in practices that affect sporting performance.

## **PARENTS/GUARDIANS**

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

Last Updated: November 2013

In addition to Netball NSW's General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of Netball NSW or a District Association, in your role as a parent/guardian.

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 organised 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.
13. Do not interfere with the progress and/or conduct of a game.
14. Acknowledge that a breach of this Code of Behaviour may result in disciplinary action concerning your child. This may include expulsion from game(s), suspension or termination of membership.



## UMPIRES



### UMPIRE CODE OF BEHAVIOUR

Last Updated: November 2013

In addition to Netball NSW's General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of Netball NSW or a District Association, in your role as an umpire.

1. Umpire in accordance with the Official Rules of the Game.
2. Treat all players, coaches, match officials and other umpires with respect.
3. Place the safety and welfare of the players above all else.
  - Ensure the court and its surrounds are compliant with the rules.
  - Take appropriate action to manage dangerous play.
4. Maintain a high standard of personal behaviour at all times.
5. Be a positive role model through behaviour and personal appearance projecting a favourable image of netball and umpiring at all times.
6. Be courteous, respectful and open to discussion and interaction.
7. Maintain or improve your current performance level and seek continual improvement.

## Child Protection and Intervention Policy – Policy Statement

Netball NSW is committed to ensuring that the safety, welfare and wellbeing of children are maintained at all times during their participation in activities run by Netball NSW and its member bodies.

Netball NSW aims to promote a safe environment for all children and to assist all staff, officials, coaches, members and volunteers to recognise child abuse and neglect and follow the appropriate notification procedures when reporting alleged abuse.

The focus of the policy and guidelines is the prevention of child abuse in the sporting environment

This policy and guidelines promote the care and protection of children participating in Netball NSW and provide information and direction for employees, officials, coaches, volunteers and members of the organisation.



## Anti-Harassment Policy – Policy Statement

The Netball NSW is committed to providing a sport and work environment free of harassment.

Anyone who works for or represents Netball NSW, and everyone with whom Netball NSW deals, has the right to be treated with respect and dignity.

Netball NSW will not tolerate harassment in the organisation or anyone associated with it

Netball NSW will take all complaints confidentially and shall discreetly investigate such complaint.

Disciplinary action can be taken against a person who is found in breach of this policy.

## Environment, Health and Safety - Policy Statement

Netball NSW is committed to the Environmental Health and Safety of all members of the Association, all affiliated members of the Netball NSW, and those visiting the Associations

Netball NSW will actively support and maintain high standards of Environmental Health and Safety whilst recognising our operation constraints.

We will continue in our endeavours to be national leaders in providing an environment that is safe and without risk to health.

All Netball NSW personnel, contractors, agents and affiliates are hereby given notice that no process in any of our daily operation is more important than providing an environment that is safe and healthy for all.

You are empowered and obliged to seek out a solution or report any situation that may pose a threat to the Policy.

You shall not hinder nor interfere with any person or process that has been provided in the interests of the environment, life safety or for health reasons.

Whilst compliance with the applicable Legislation & Standards are recognised as the minimum standard we will pursue the avenues of continuous improvement and risk minimisation in environmental, health and safety practices across all areas of Netball NSW operations.

We promote to all of our vested associates the importance we place on this policy.

## Child Protection, Anti-Harassment Policy, Code of Conduct

Our Club complies with the Child Protection, Anti-Harassment and Code of Conduct policies as set out by the NSW Netball Association and the Association – visit the website: [www.fivedockallsaints.org.au](http://www.fivedockallsaints.org.au) and follow the relevant links.

Do not interfere with the progress and/or conduct of the game unless called to do so by another official

Abide by the officials' decisions.



## NETBALL NSW PREGNANCY POLICY

Netball is a contact and collision sport and is not recommended for pregnant athletes. All persons participating in Netball should seek medical and legal advice on this issue.

Further information is available from the Australian Sports Commission and Sport Medicine Australia.

## FDAS - CLUB SPECIFIC POLICIES

**Our Club has adopted all the relevant legislated policies required by the New South Wales Netball Association and the Inner Western Suburbs Netball Association, including:-**

- Child Protection & Intervention Policy
- Anti Harassment Policy
- Environment, Health, Safety Policy
- Netball NSW Pregnancy Policy

**FDAS has adopted the following codes, including:-**

- Code of Conduct for Players
- Code of Conduct for Parents
- Code of Conduct for Spectators
- Code of Conduct for Coaches
- Code of Ethics for Administrators

**The Executive can exercise discretion to re-grade year on year on a case by case basis as specified in the grading policy section.**

- Junior Teams are to be made up of a maximum of 9 players, but the final number of players in a team is at the discretion of the Executive Committee.
- If a team has more than 9 players and another team in that same age division has a deficient number of players, the Executive Committee may exercise its absolute discretion in the final make-up of the team. The Committee's decision will be final.
- The Club will only grade players competing in the 10 years competition when there is more than one team in the same age division. Any team registering in 11 years as a complete team may be "paper graded" by the Club or regraded as per grading policy.
- Before registering, please consider if you will be available to play for the whole season. All registration fees once paid are **non-refundable**, (except where a team cannot be formed due to insufficient players i.e.: less than 7 players).





**The above policies can be viewed in more detail and are available for download by visiting the below websites:**

Five Dock All Saints Netball Club:	<a href="http://www.fivedockallsaints.org.au">www.fivedockallsaints.org.au</a>
Netball NSW website:	<a href="http://nsw.netball.com.au/">http://nsw.netball.com.au/</a>
Netball Australia:	<a href="http://netball.com.au/">http://netball.com.au/</a>
Inner Western Suburbs Netball Association:	<a href="http://innerwestna.nsw.netball.com.au/">http://innerwestna.nsw.netball.com.au/</a>

## **FDAS: COACHES POLICY**

**Note: Coaches under the age of 18 years must be supported by an adult manager or adult assistant coach. The assistant coach is to be present on game days and training sessions.**

To give our coaches the technical skills to competently and safely coach our teams, where ever possible the Club will provide courses to our coaches, whether these are run by FDAS or the Association.

The role of the coach is important and it is imperative that the coach have the necessary skills and technical ability to coach and guide the team.

### **Mini Magpie and Netta Coaches Information Night (organized by IWSNA)**

An information night is held before the winter competition season starts in the Administration building at Cintra Park. It is extremely important for all mini magpie and Netta coaches to attend. There will be paper hand-outs given to the coaches.

### **Umpire Theory Examination – Highly Recommended**

The umpire theory examination can be done at any time online (pass 70%)

The Completion certificate is to be handed to the Umpire Coordinator.

**Link:** <http://netball.com.au/get-involved/umpiring/online-officiating-course-2/>  
<https://learning.netball.asn.au/Auth/Login?ReturnUrl=%2f>

### **(A) Beginning Coaching General Principle Courses – Compulsory**

#### **Beginning Coaching General Principles (Online course)**

As a minimum all FDAS coaches are to complete the “*Beginning Coaching General Principles*” course provided FREE OF CHARGE from the Australian Sports Commission. It is an easy online course that can be done at any time of day in the comfort of your own home. There is no fail on this online course. Please print off your certificate once you have successfully completed the course and hand it into the FDAS Secretary.

**Link:** <http://www.ausport.gov.au/participating/coaches/education/onlinecoach>

### **(B) Foundation & Development Coaching Courses –**

- The Foundation Coaching Course (accredited) – 5 hours in-course work
- The Development Coaching Course (accredited) – 7 hours in-course work



- Attendance at Beginners, Intermediate, Advanced coaching courses which may be offered by the IWSNA

These courses will be made available via the Inner Western Suburbs Netball Association. All FDAS coaches will be notified when this course becomes available. The Club will meet the cost of the courses.

#### **Foundation Coaching Course** (As player's abilities and needs progress)

This course is designed to enhance the knowledge of coaches who are coaching at Club level. It is an accredited course under the Netball Australia Coaching Accreditation Scheme and provides training to the large numbers of coaches who are actively involved in netball. Completion of this course will also result in Foundation Coaching Accreditation with the National Coaching Accreditation Scheme (NCAS) as administered by the Australian Sports Commission (ASC).

#### **Enrolment Pre-requisites**

- Participants must be at least 14 years of age on completion of the Foundation Course to be eligible for accreditation.
- All Foundation Coaching Course participants must be registered members of their local State/Territory Netball Association prior to accreditation being granted to ensure adequate insurance cover. All FDAS coaches are registered.

#### **Course Pre-requisites**

The Australian Sports Commission (ASC) Beginning Coaching General Principles is a prerequisite for the Foundation Coaching Course. The course covers the theory component of the Foundation Coaching Course, enabling the course to be particularly focused.

#### **Development Coaching Course** (As player's abilities and needs progress)

This course is designed to enhance the knowledge of coaches who are coaching at Club, Association and Regional level. It is an accredited course under the Netball Australia Coaching Accreditation Scheme and provides training to the large numbers of coaches who are actively involved in netball. Completion of this course will also result in Development Coaching Accreditation with the National Coaching Accreditation Scheme (NCAS) as administered by the Australian Sports Commission (ASC).

#### **Enrolment Pre-requisites**

- Participants must be at least 15 years of age on completion of the Development Course to be eligible for accreditation.
- All Development Coaching Course participants must be registered members of their local State/Territory Netball Association prior to accreditation being granted to ensure adequate insurance cover. All FDAS coaches are registered.

#### **Course Pre-requisites**

Participants must have completed the following prerequisites:

- Completion of a Netball Australia Foundation Coaching Course.
- Current Section 1 Umpire Theory Examination (pass 70% or above).
- Coaches must have had at least one year/season coaching experience after completion of the Netball Australia Foundation Coaching Course.



## FDAS: UMPIRE'S POLICY

The Inner Western Suburbs Netball Association competition has an “umpire your own” rule. FDAS must provide an umpire for all their Club games.

All umpires must sign in 15 minutes prior to the start of the game at the Administration Block Umpires Window. Failure to supply an umpire will result in **competition points loss to the FDAS team that is playing plus a fine.**

It is compulsory for players competing in the 12 years and over competitions to umpire games. The Manager is required to arrange the team's umpire roster.

Umpires will be allocated games via an email by the FDAS Umpire Convener. Association Junior Umpire badging will be conducted twice during the season.

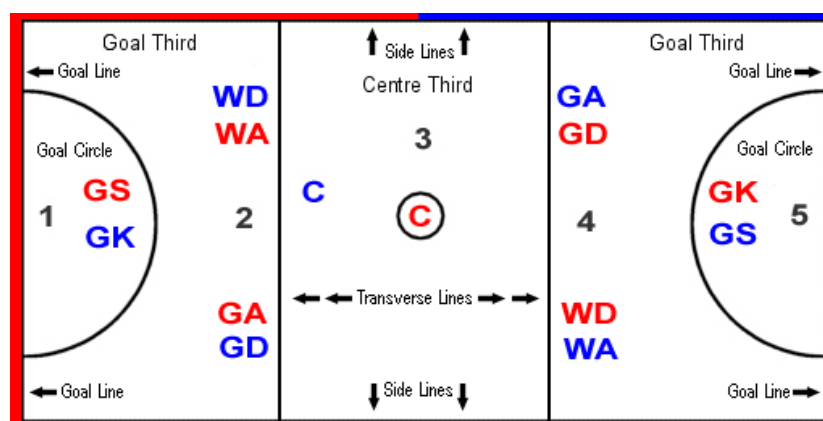
### Pre-requisites IWNSA Association Junior Umpire Badge “B” and “A”

- This will be for girls who have umpired on a regular basis and have had at least umpired a minimum of 4 games unassisted.
- Completion certificate from the online Umpires Theory exam (details of the link are on our website), please hand this certificate into the FDAS Umpire convener.
- Umpire at least one, preferably two, Association Representative Carnivals.

For senior umpires who have attained their Association Junior A Badge, you will be eligible to be assessed for the National C, B, and/or A badge. Please see the FDAS Umpire Coordinator for more information.

### Pre-requisites for National Badge C, B, and A Badge (see attached table)

- Attend the Level One Umpires Course – this course is provided by the Inner Western Suburbs Netball Association. Details will be made available when they come to hand.
- Completion certificate from the online Umpires Theory exam (details of the link are on our website), please hand this certificate into the FDAS Umpire convener.
  - National C requires 70% +
  - National B requires 80% +
  - National A requires 90% + (and other criteria)



- Umpires, shall at all times, represent the Club with dignity and sportsmanlike behaviour.
- Umpires are required to provide their own equipment for officiating at matches.
- Umpires shall at all times present themselves punctually for matches.
- Umpires shall continue to keep up to date with rule changes and interpretations as directed by Netball Australia.
- Umpires shall ensure their current grading is updated as required by Netball Australia.
- Umpires shall remain detached and neutral from team issues and sideline issues when officiating at matches.
- All Umpires will abide by the “Umpires” policy.
- Umpires must attend umpires clinics conducted by the Club and/or the Association.
- As a prerequisite to Association Badge Awards Umpires must attend at least one, preferably two, representative carnivals to umpire at the games.

PRE-REQUISITES	PATHWAYS	ASSESSMENT		QUALIFICATIONS (refer to KPI's)
		Theory Examination	Practical Test	
<b>Level 1 Course</b> (integrated with Introductory Level Officiating General Principles)	Participating in Rules Discussion workshops	<b>Section I (Online)</b> 70-79%	Local Game (4x15minutes quarters)	<b>C Badge</b>
	Attending Rules in Action course(s)	<b>Section I (Online)</b> 80-89%	Local Game (4x15minutes quarters)	<b>B Badge</b>
	Mentoring			
<b>Rules In Action</b> (2 Parts) + <b>Level 2 Course</b> (includes Advanced Level Officiating General Principles)	Practice umpiring at appropriate level	<b>Section I (Online)</b> 90-100%	State League Game ( 4x15 minutes quarters)	<b>A Badge</b>
	Attend Umpire Development Programmes			
	Self Reflection		2 quarters of 2 State League games in one of the following MOs - NSW; SA; VIC	<b>All Australia Badge (AA)</b>
	Individual Development	<b>Section II</b> 90-100%	1 game at Highest Level of National Competition	
	Screening for AA			
	Introductory Level Officiating General Principles course (available online)	<b>International Umpire Theory Examination</b> (when introduced)	Highest Level of Competition in the Country with International Experience	<b>International Umpire Award (IUA)</b>
	Advanced Level Officiating General Principles			



## FDAS: PLAYERS POLICY

- All players are required to attire themselves for games in the complete official playing uniform of the Club.
- All players are required to treat their team mates, coach, manager, officials and opponents with dignity and respect.
- Any misconduct by players (i.e.: swearing, abusive behavior, umpires etc) will not be tolerated by the Club.
- All players in the intermediate grades and in the last years of the junior grades are encouraged to undertake and pass the online Umpire Theory Examination.
- Players are to be aware that netball is a team sport and to treat team mates and opposition players respectfully.
- All players are to abide by the “Code of Conduct for Players” policy.

## FDAS: GRADING POLICY

### **When did the Club introduce grading?**

The Club historically graded from 12 years but it became increasingly apparent that our girls were being out played by other teams from the other clubs that graded their 10 years players.

After much deliberation, and to also stay in touch with the other clubs, it was agreed that our Club would also commence grading from 10 years in order to give our girls a fairer competition. Grading from 10 years commenced in 2009.

### **Why do we grade?**

“Netball” is a graded and competitive sport from the age of 10 years with representative opportunities.

The reason we grade our 10 years is to ensure that all players of all varying abilities get to play with, and against, players of similar skill level. It is important to keep in mind that our teams are playing against highly competitive and well skilled opponents, these teams have all gone through the grading process at their own clubs.

Stronger players always enjoy the challenge of harder, faster competition – they do not develop to their potential if graded to a lower team just to be kept with a friend. Similarly, players who are placed in teams above their ability will also not develop to their potential when being constantly overshadowed by more talented players around them.

In this environment these players may become disheartened and lose self-esteem. All this helps to produce a fairer level of competition, a better fit within a team, more individual confidence and a more constructive learning experience.

NB: It may become apparent that players may need to be re-graded. The club re-grades players as a case by case basis. Re-grading could take place for players older than 10 years. It is certainly not meant to offend any players or parents. It is not a personal judgment of any child or family. Although winning is part of being competitive it is not the sole objective, but neither is losing each week by an uncompetitive margin.

### **Grading Personnel**

Our grading team is made up of a mix of experienced coaches/players within our Club and/or qualified as per Netball NSW Selectors course certification. They bring their



knowledge and impartiality when assessing the skills of our players. From time to time the Club will invite independent graders from other clubs or associations to assist with the grading process.

Where a conflict of interest exists (for example, the grading session involving a child of the grader/s) that member shall stand down for that particular grading session.

During this time we do ask the girls what positions they enjoy playing but also consult with the coaches to nominate at least 2 positions they feel are the player's strongest positions – this is not to disadvantage but to provide opportunity. Towards the end of the season we ask the coaches for an evaluation of their players in areas such as skills, attendance at training and games, teamwork and attitude. All such reports remain confidential and are viewed only by the Grading Personnel and the Club's Executives.

In assessing the skills of a player the Grading Personnel will take into account:

1. Footwork
2. Speed & Agility
3. Ball handling skills
4. Attacking skills
5. Defending skills
6. Perception/cognition skills
7. Sportsmanship & Attitude

Grading may include a number of activities including various netball training drills but will always include a session of actual on-court play. Players will be formed into teams and trial in up to 2 positions that they have nominated or were nominated by their coach.

Players unable to attend the practical grading session will need to notify the Grading Personnel prior to the grading day. Placement into a team for this player may be based upon Paper Grading taking into account the Coach's evaluation report.

A failure to attend grading may lead to dissatisfaction to the players. All players are strongly encouraged to attend the practical grading as paper grading may result in disappointment.

On occasions, the Grading Personnel may recommend an entire team be nominated for a competition of a higher age group to ensure they are provided with an appropriate level of competition. Such nominations will be made only after consultation with that team's Coach.

At a coach's request the Grading Committee will also assess a player (or players) for allocation to the appropriately skilled team in the future.

### **Aim**

Parents and players are encouraged to enjoy the experience of meeting new friends and playing partners where team changes occur. The support of parents is greatly encouraged for this to occur smoothly. In most case, there is not a great deal of change to the team make-up.



We agree that all our Club members are excellent netballers and we are proud to have them as representatives of our Club. We understand that each player strives to be better and would like some recognition of that effort and achievement.

Please be proud of the team and give it your all when you are at training and playing a game. Look forward to making new friendships. For parents, please be objective and reasonable and make sure your child feels happy and excited about playing netball. Please be aware that we want your child to be successful and that it's not about being in Division 1 or Division 4, it's about being in a team sport, having fun and learning as much as you can, but also being able to be competitive at a similar skill level.

## Things Not to Forget – Coaches and Managers

- You can access coaching information and stat sheets off our website.
- There is also a link to the "Elastoplast" website for videos on taping procedures – under *"Basic Taping Techniques"* and *"Taping Techniques - Taping Preparation & Removal"*.
- Click on the Coaching/Umpiring Menu from the Main Menu.
- Scroll down the page and find: [Click to go to Coaching/Umpiring Downloads...](#)
- The Club also has a Resource Box that can be borrowed over a 2 week period – details are also on the front page of the Club's website.

## SPONSORSHIP & FUNDRAISING

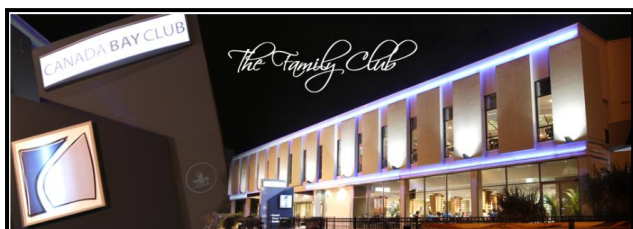
### COMMUNITY GRANTS

Canada Bay Club  
4 William Street  
FIVE DOCK NSW 2046

Ph: 02 9713 4322  
Website: [www.canadabayclub.com.au](http://www.canadabayclub.com.au)

City of Canada Bay Council  
Locked Bag 1470  
DRUMMOYNE NSW 1470

Ph: 02 9911 6550  
Email: [council@canadabay.nsw.gov.au](mailto:council@canadabay.nsw.gov.au)  
Website: [www.canadabay.nsw.gov.au](http://www.canadabay.nsw.gov.au)





## GALA DAYS & BBQS

- During the year FDAS holds a Gala Day pre-season. This is an opportunity to raise some much needed funds to support the Club in the form of equipment.
- We also hold a BBQ and Cake Stall during the Winter Season on 1-2 Saturdays.
- All funds go back to the Club.
- Please support these events when they are scheduled – it all helps.

## CORPORATE SUPPORT

- Sponsor participation is an important part of our Club and our social and competitive calendar. You have the opportunity to promote your business to more than 300 registered FDAS members and their families/supporters **(up to 3500 people)** at Cintra Park from other teams/clubs – **on a weekly basis**.
- There are a number of tailored Sponsorship options available pending your interest level and requirements, as well as many potential benefits to your company/business.



## FDAS WINNERS OF THE 2014 MARCH PAST PARADE

## FDAS SUPPLIERS

### WEB HOSTING

HostZone Internet Services  
8/247A Burwood Road  
CONCORD NSW 2137

**HostZone**  
*HostZone Internet Services*

Ph: 0402 101 444

Website: [www.hostzone.net.au](http://www.hostzone.net.au)

★ Celebrating 10 Years: 2003-2013 ★

### UNIFORM SUPPLIER & EQUIPMENT SUPPLIER

Energetic Apparel  
20/104 Ferntree Gully Road  
OAKLEIGH  
VICTORIA 3166  
Ph.: 03 9543 5466  
[www.energetic.com.au](http://www.energetic.com.au)

Goodbuddy Sports  
PO Box 281  
CARINGBAH  
NSW 1495  
Ph.: 02 9525 1895  
[www.goodbuddy.com.au](http://www.goodbuddy.com.au)

Coast 2 Coast  
35 Uralla Road  
PORT MACQUARIE  
NSW 2444  
Ph.: 02 6581 1558  
[www.coast2coastsports.com.au](http://www.coast2coastsports.com.au)

Headwear Australia  
Ph.: 1300 853 435  
Fax: 07 3102 9247  
[www.headwearaustralia.com.au](http://www.headwearaustralia.com.au)

Athletes Foot  
Shop 118/Westfield  
Shoppingtown Burwood  
100-144 Burwood Rd,  
Burwood NSW 2134  
Ph.: 02 9715 2580  
[theathletesfoot.com.au](http://theathletesfoot.com.au)



### DISCLAIMER

This handbook is a product of Five Dock All Saints Netball Club Inc.

The contents in this handbook are based on or derived from information that is generally available from public sources. The information has been provided solely for your own internal use and information purposes.

All information contained in this handbook was current at time of player registration. Although the information contained in the handbook is believed to be reliable, it may be abbreviated or condensed. For up-to-date information with regards to Inner Western Suburbs Netball Association Rules/Policies, Netball NSW Rules/Policies and Netball Australia Rules/Policies please visit their websites as their policies and rules are subject to change without any notice. We will endeavour to communicate these changes to our members either via an email, and/or newsletter, and/or club website. We encourage our members to visit these websites regularly to keep up to date with any changes.

By registering with our Club you agree to be bound by our club policies and rules.

