

COACHES WELCOME PACK



Thank you for taking on the role as Coach with Montrose Netball Club! We highly value the work of the volunteers at our club. Along with the committee and team managers of the club, your role is crucial to our players enjoying their netball.

It is important here to emphasise the environment we wish to create for all members. Netball should enable all members to:

- Learn and develop the skills and ethics of netball.
- Have fun and create friendships with peers that share a common sporting interest.
- Accept coaching from experienced netball players.
- Be supported and encouraged by the club, peers, coaches, team managers & parents.
- Be guided by the club to reach their potential.

As a coach your main role is to support the club's ethos, plan and run your team's weekly training and game. It is a very rewarding role.

ROLE OF THE COACH

Season beginning

- Email/contact all players to welcome them to the season and set any expectations as necessary. Your club secretary will provide you with contact email addresses.
- As we have a limited number of courts to train on, please contact the Coaches Convenor to let her know which day and time you prefer your team to be training on (preference is for a maximum of 4 teams at any one time to ensure the safety of our players). The committee will coordinate then distribute a schedule of training session across the week to all coaches.
- The Committee will maintain the equipment and first aid supplies at the training courts. The room attached to the public toilet block near the Montrose adventure playground and tennis courts contains a number of training bins with various training equipment for your team to utilise at training. *Please ensure all training equipment is returned to the storage room after use. Please also ensure that all items are returned to their correct place on the shelves and not just left in the green bins.*
- Each coach will be provided and sign for a key to access the storage room, if enough keys are available (if you are sharing your training night and time with another team, you may not be allocated a key). Please return the key to the Club at the end of the season.
- All coaches are appointed by the MNC committee. Coaches do not form part of the official committee. The committee will be the point of contact for all grievances. Any complaints or concerns you have regarding your team or parents may raise with you are to be communicated through the correct channels. i.e. in writing through the Montrose Netball Club email and support can also come from the Coaches Convenor or Committee of Management.
- Please also note that it is not the role of the player's parents, spectators, team managers or coaches to deal directly with LYVNA. Under no circumstances are you to contact the Association direct as this is against the Associations procedures that we are to abide by. Any grievances during game day regarding umpire standards, other club's behaviour etc. should be directed in writing to the club committee via email

in the first instance. Only MNC committee members shall approach LYVNA officials on game day. Please contact a committee member should you have any queries about rules, policies, behaviour etc.

- Get to know your players early so you get a sense of their personalities, strengths and weaknesses and how you might plan for their development.
- Communicate to your player's parents in regard to the weekly captain roster, bringing fruit and scoring etc. If they know what is expected of them at the beginning of the season, it makes things much easier on game day.
- Uniform ordering can be arranged by contacting our Uniform Co-ordinator.

During the season

- Discuss with your team the time you would like them to arrive at the court to warm-up. Ensure that you are an appropriate role model by arriving prior to that time yourself.
- Keep thorough documentation of each game so that you have a record of your substitutions and court positions. In this way, you can ensure that you are adopting fair practice in keeping with club policy. Junior sport at Montrose Netball Club is about ensuring equal court time for all players. Winning should be de-emphasised and personal and team improvement highlighted.
- Attempt to instil fair play, sportsmanship and a love of the game at all costs. Your role includes modelling these behaviours so ensure that you do not question umpires' decisions. If you have concerns during a game, please follow LYVNA protocol at all times.
- It is preferable to share the captaincy amongst your players, particularly at U/17 and below. Each girl then has responsibility for leading their team and signing the scoresheet. You might like to build in other responsibilities such as leading the warm-up.
- Occasionally coaches will be invited to participate in committee meetings where issues of relevance to individual teams will be raised. These will particularly occur at selection time prior to a new season.

Season end

- Provide the committee with a completed grading sheet, which will be emailed to you prior to the end of the season.
- Return the store room key and equipment bag to a specified member of the committee.

TEAM SELECTION AND ROTATION POLICY

Montrose Netball Club committee do not take team selection lightly and always attempt to attain the best mix of girls in each team to ensure a balance of ability, friendship and skill. LYVNA's age policies also help to determine team selection and placement. Occasionally the decision will be made to play younger players up an age division. This decision will only be made in the best interests of the player and their team and in discussion with the player and/or parent/s. The committee's decisions regarding team placement are final.

As per the Club's Constitution, from 9 & Under age, team rotations should be planned by the coach to ensure that the team remains balanced but importantly should offer the players the opportunity to play in different positions. Throughout the season it is essential for players to understand every position on the court so that player absences or rotations won't affect overall team performance. Multi-skilling will also aid in increasing a team's depth. After all, a good defender also requires strong attacking skills and vice versa.

As the player's progress to 13/U, players tend to demonstrate strengths in specific positions, although experience in all positions should still be encouraged. Many factors, including physical development, speed and height will sometimes dictate a player's positional strength, however it is hoped that the experienced gained from earlier netball years will enable players to fill any role on the court.

EMERGENCY CONTACT DETAILS

You and your Team Manager will be provided with a team sheet containing all your player's names, contact details (including emergency contact details) and any medical information to note. Please ensure this is with you at every training session and game day and ensure this information is kept confidential and shredded at the end of each season.

EMAIL PRIVACY

Please ensure that you protect the privacy of MNC members by placing email addresses in the 'bcc field' and not the 'to field' when sending email messages out to your players.

JUNIOR COACHES

Coaches under the age of 18 are very welcomed at our Club. An adult, age 18 and over must be in attendance during any training sessions or functions.

OFFICIAL COACHES TRAINING

There are many resources available to you as a coach in order to improve your familiarity with the role and develop your skills. Netball Victoria run an online Foundation Coaching course which is highly recommended. Even an experienced coach can gain from attempting this course. At completion of the course you will be able to print a certificate of completion. It is also the stepping stone for further coaches training.

You are welcome to contact our Coaches Convenor at any time if you would like any training ideas or help with your team.

You can also get many ideas and drills from the Sportplan website. <https://www.sportplan.net/drills/Netball>

Drills can also be found on our website.

WORKING WITH CHILDREN CHECK

Effective from Winter 2014 season, we implemented that all coaches will require a Working With Children Check. An application can be completed online at the link below and is free of charge for organisations. Please ensure our Club is listed on your form so that we receive a confirmation copy. If you already have a current working with children check, please make sure you add Montrose Netball Club to your list of volunteer organisations so that we receive a copy of your check.

<http://www.workingwithchildren.vic.gov.au/>

CODES OF BEHAVIOUR/CONDUCT

As a representative of Montrose Netball Club, it is expected that you will support the club ethos and encourage others to do so. Montrose Netball club publish Codes of Behaviour/Conduct relevant to players, coaches, umpires, administrators and parents/spectators on our website. It is particularly important that these codes are adhered to and as a nominated representative of our club, it is anticipated that you will take necessary action in accordance with these codes. Montrose Netball Club codes can be found in the 'Members Zone' at

<http://montrosenc.vic.netball.com.au/files/45387/files/MNC-Codes%20of%20Conduct-13Nov2017.pdf>

It is worthwhile familiarising yourself with these codes so that you can act appropriately if required.

BYLAWS

Montrose Netball Club follow the LYVNA bylaws. Please ensure you are familiar with the content, paying particular attention to the areas of eligibility of players filling in for other teams; grading rules; dress code; and forfeits. If you would like a copy of the full version, follow the link below.

<http://montrosenc.vic.netball.com.au/files/45387/files/ly%20valley%20netball%20bylaws%20current.pdf>

COMMUNICATIONS

If you have an issue with a player or parent, the first course of action would be to try and sort it out between yourself and the player/parent. If this is not possible, please notify the Club via email. The Coaches Convenor is also a support who can advise of the appropriate action and/or take the issue to the committee.

CONTACT DETAILS

Please ensure you keep the Club Secretary informed of your current contact details and advise of any changes during the course of the season. From time to time the Club will be sending you emails, please add the Club's email address to your contacts to ensure the emails do not get lost in the spam or junk mail folders.

GAME DAYS

CLASH BIBS

As advised by LYVNA due to our uniform being very similar to Wonga Park our Club is required to wear our Pink clash bibs when we are playing against Wonga Park. If you are playing against another Montrose team, then the away Montrose team is required to wear the clash bib also.

Please speak to a committee member at the courts on a Saturday if you need to borrow the clash bibs for use. Please ensure that the clash bibs are returned to a committee member upon completion of your match. The clash bibs are not to be used under normal match circumstances.

NEW PLAYER REGISTRATION BOOK

Any player who registers after the season starts are to be listed in the new player registration book at the LYVNA office and are only to be entered by either the Secretary or President of our Club.

SCORESHEET

For instructions on how to correctly fill out a score sheet, please follow the link. Please ensure an adult is completing the scoresheet correctly. Incomplete scoresheets will incur loss of premiership points. An Adult from each team are to be at the score bench with Home team marking the sheet, overseen by the Away team who updates the score on the flip board See Bylaws for further clarification also. Player positions are to be updated at each quarter.

<http://montrosenc.vic.netball.com.au/files/45387/files/Scoring%20guide.pdf>

INJURIES

Coaches need to remember to have the team list with emergency contact details and players medical details to all training and game day in case of an emergency. Ensure you have the first aid kit from the store room courtside whilst you are training. All injuries are to be reported to a committee member including any player who stops playing during the season due to injury.

Injury and blood rule on game day

In the event of blood/injury/illness, the players have up to 30 seconds to leave the court. The injured player must leave the court and the position either left vacant or replaced.

Please advise your players that they themselves need to call injury time at any stage of the game if they are injured and need to come off the court. Umpires at their discretion may also call injury time on behalf of the players usually judged by the severity and common sense.

Primary Care person/s may advise the umpire if the player cannot be removed safely within 30 seconds and umpires will extend the stoppage time.

If the position is left vacant, a player or substitute may take the court during an interval, during another stoppage for injury/illness/blood or after a goal is scored (in this last case the player must play in the vacant position).

Injury Reporting on game day

All Clubs are responsible for recording all injuries at the discretion of the injured player (or players' guardian for players under 18) on the Injury Reporting Sheets provided at LYVNA. If any significant injuries requiring first aid from LYVNA occur, this should also be reported to MNC Committee in writing.

FILLING IN FOR OTHER MNC TEAMS

The Club and LYVNA have a rule where players may only fill in for two age groups higher than the age the player is registered in (even if they play in age group above their age). Players may fill in for a higher age group for an unrestricted number of games throughout the season.

Players may fill in twice only in a higher section of their own age group after the grading period. If the player takes the court a third time, she/he is to remain in the higher sectioned team.

Players filling in for a higher age section can only fill in for one team if there are two teams in the same section after the grading period.

A player may play no more than two matches on the same day.

Please ensure you get clearance through the fill in players' coach before asking a player to fill in.

SUNSCREEN

Players are responsible for applying sunscreen before they arrive at the courts on match day.

WEATHER

The following are the weather rules as outlined by the LYVNA and can also be applied to your training sessions.

Wet Weather Rules

- We do play in rain
- We do not play in lightning
- We do not play in hail

Each round is assessed individually, and the safety of the courts and the weather conditions are assessed continuously. Cancelling training due to wet weather is up to the coaches' discretion, unless of course there is lightning and hail.

Hot Weather Rules

LYVNA and Netball Victoria abide by guidelines set by Sports Medicine Australia during hot weather periods on match days. These guidelines are also to be used for your training sessions. The hot weather policy can be located at:

<http://lyvna.vic.netball.com.au/Weather.aspx?rw=c>

Below is a table to help work out if you should be training/playing netball:

Ambient temperature	Relative humidity	Risk of Heat Illness	Possible management for sustained physical activity
15 - 20		Low	Heat illness can occur in distance running. Caution over-motivation.
21 - 25	Exceeds 70%	Low - moderate	Increase vigilance. Caution over-motivation.
26 - 30	Exceeds 60%	Moderate	Moderate early pre-season training. Reduce intensity and duration of play/training. Take more breaks.
31 - 35	Exceeds 50%	High - very high	Uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 60 minutes per session.
36 and above	Exceeds 30%	Extreme	Very stressful for most people. Postpone to a cooler conditions (or cooler part of the day) or cancellation.

FAIREST & BEST PLAYER VOTES

Montrose Netball Club traditionally does not celebrate a Fairest and Best player in each team as we believe that it is a team sport and in netball one individual can't possibly win the game by themselves. At each game however, LYVNA umpires award 2 votes to the fairest and best player and 1 vote to the second fairest and best player. This may go to anyone in both teams so there will be some games where none of our players are awarded votes and others where both players may be from our team. The association awards trophies to the Fairest and Best player and runner up in each age group and section on grand final day. Montrose Netball Club will announce the team member who has received the most votes from the umpires during the season at our Annual Presentation event.

CLUB CONTACT DETAILS

Web Address: <http://montrosenc.vic.netball.com.au/>
Club Email: montrosenetballclub@gmail.com
President: Marina Jean (0418 352 512)
Secretary: Sue Reynolds (0492 835 755)
Coaches Convenor: Michelle Collyer (0423 636 795)

Please don't hesitate to contact a Montrose Committee member if you have any questions.

COACHING GUIDELINES



The Committee have put together some guidelines for each age group to assist you with training your players.

NETSETGO!

- NetSetGo is a play based motor skills program for 5-7 year olds.
- Focus on development of fundamental motor skills required for Netball (catching, throwing, landing, jumping and movement).
- Emphasis is on learning skills in a fun environment of minor games and activities.
- Develop social skills and positive attitudes to team sport.
- Appropriate to age and ability of the players.

9 UNDER

- 9 & under takes into account the age, maturity and skill levels of the players.
- Players are being prepared for the adult game with skill development activities and age appropriate competitive experiences.
- Matches used as a learning experience.
- Umpires supplied should be experienced badged umpires who act more as a coach than an umpire.
- All players should receive equal court time during the season and have the opportunity to play all different playing positions.
- Enjoyment of training and matches.
- Goals are performance based (not outcome based).
- Develop a sense of team/club.

11 UNDER

- 11 & under takes into account the age, maturity and skill levels of the players.
- Players are being prepared for the adult game with skill development activities and age appropriate competitive experiences.
- Matches used as a learning experience.
- All players should receive equal court time during the season and have the opportunity to play all different playing positions.
- All players should play at least two quarters in any finals match.
- Enjoyment of training and matches.
- Goals are performance based (not outcome based).
- Develop a sense of team/club.

13 UNDER

- Training focuses on skill development.
- Matches used as a learning experience.
- Enjoyment of training and matches.
- Goals are performance based (not outcome based).
- Develop a sense of team/club.
- All players should receive equal court time during the season and have the opportunity to play different playing positions whilst also spending time focusing on and developing their strongest positions.
- All players should play at least two quarters in any finals match.

15 UNDER

- Training focuses on skill development.
- Enjoyment of training and matches.
- Develop a sense of team/club.
- Matches used as a learning experience.
- Goals are performance based (not outcome based).
- Implement simple team strategies and tactics.
- Introduce the concept of team selection whilst ensuring that all players have a reasonable chance to acquire skills and develop confidence in a match situation.
- All players should receive equal court time during the season and have the opportunity to play different playing positions whilst also spending time focusing on and developing their strongest positions.
- All players should play at least two quarters in any finals match.

17 UNDER

- Training focuses on skill acquisition (if training).
- Enjoyment of training and matches.
- Desire for personal improvement.
- Demonstrate a sense of team/club.
- Goals are both performance and outcome based.
- Team strategy/tactics and mental skills are refined.
- Understanding the competitive nature of team selection.
- To take responsibility both collectively and individually for performance outcomes.
- All players should receive equal court time during the season and have the opportunity to play different playing positions whilst also spending time focusing on and developing their strongest positions.
- All players should play at least two quarters in any finals match.