

Two light grey silhouettes of netball players are shown in the background. The player on the left is standing with arms raised, while the player on the right is in a jumping or lunging pose with arms raised.

**WELCOME
HANDBOOK**

May 2020

**Promoting Participation, Commitment,
Friendships, Enjoyment & Fun**

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Welcome

Welcome to the Montrose Netball Club. The information contained in this handbook attempts to answer many of the questions players, parents and guardians have when starting with a new club. If you have any further questions please don't hesitate to contact one of our Committee members.

The club's website www.montrosenc.vic.netball.com.au and clubs Facebook page www.facebook.com/MontroseNetballClub provides contact details and up to date information on what is currently happening at our club. We hope you have many enjoyable seasons with the club.

Club History

The Montrose Netball Club Inc ("MNC") is a local 'not for profit' sporting club which held its first inaugural meeting on 9th October 1974. The club first participated in a home and away style competition with the Mountain District Netball Association. In the early stages of formation we had around 6 teams competing.

Due to the increased interest in netball, the Lilydale and Yarra Valley Netball Association ("LYVNA") was formed in 1979 and MNC was one of the founding clubs to join this competition. Our club has grown into a position where each season the club has around 25 teams competing in the winter and spring competitions at LYVNA in Kilsyth (Pinks Reserve Regional Netball Facility).

We have a reputation for being known as a very friendly and family orientated, local community based club. Our dedicated team of volunteers aim to develop everyone's skill and knowledge of the game whilst maintaining a sense of fun and enjoyment. Having a large members list enables us to enter multiple teams of differing strengths and experiences in age groups ranging from under 9's through to the open section. There is also a NetSetGo program for the 10 and under age group.

Suncorp NetSetGo is Netball Australia's only junior entry netball program. This program is a fun, safe, social and active program for girls and boys aged 5 to 10. It gives kids of all abilities a positive introduction to netball and teaches them the basic skills of the sport. The program is divided into three tiers: Net, Set and Go, meaning that your child will learn at a pace that's right for their age and ability. All participants receive a NetSetGo participant pack. Your child will take part in skill based activities, minor games and modified matches that will help them develop fundamental movement skills, as well as important social skills like team work. Each session is lead by accredited coaches, using modified equipment to ensure all participants have an enjoyable experience.

Children are from a wide area and attend many different local schools. Netball is a great way to make friends outside the school grounds.

Our club is excited to announce that our new All Abilities netball program has been running since 2018. All Abilities netball provides the chance for people with a physical or intellectual disability to participate directly or indirectly in local clubs and associations. More details regarding our club Promoting Disability Inclusion In Sport can be found on our website under the 'All Abilities Program' menu tab.

As stated in our mission statement the aim is to **promote** players to **participate** in a team sport where they develop **commitment** and new **friendships**, whilst having **enjoyment** and **fun**.

Court Location

Training

MNC training courts are located on Mt Dandenong Tourist Road, Montrose (next to the Montrose Football Ground / Tennis Courts). The club requires a couple of parents from the under 9 and under 11 age group to stay at their allocated training sessions to assist with any players requiring a toilet break. Player safety is important to us and the coach cannot supervise players both on the training courts and at the toilet block at the same time.

All training sessions will be held here unless otherwise advised.

Competition Matches

All matches are played on a Saturday at Pinks Reserve Regional Netball Facility, 123 Liverpool Road, Kilsyth (behind the Kilsyth Basketball Stadium).

The competition seasons run as follows:

- Winter Season – March to September (with finals running, except under 9s)
- Spring Season – October to December

Uniform

Montrose Netball Club uniform consists of:

- Montrose Netball Club A-line dress
- Montrose Netball Club hoodie (not compulsory, optional item)
- Montrose Netball Club training top (not compulsory, optional item)
- Black or Navy blue bloomers / boy legs sports briefs (note: bike shorts are not permitted)
- White sporting socks (note: black socks are not part of our uniform)
- Sporting shoes (note: no volleys or canvas shoes are allowed)
- U9 only – can wear black full length leggings and/or top underneath the dresses in cooler weather
- U11, U 13, U15, U17, Open only – can wear a black top underneath the dresses in cooler weather
- Male uniform requirements - club training top (Velcro to be attached to the top) and navy shorts.

New Items

Uniform items may be purchased or ordered by contacting our Uniform Coordinator or completing the uniform order form which can be located on our club website. Please refer to the uniform order form for further details, including prices.

Second Hand Items

For 2020 our club will be trialling a new system for selling and buying second hand uniform items. Please go to our second hand uniform Facebook site:

<https://www.facebook.com/Montrose-Netball-Club-Second-hand-uniforms-BuySell-106607164168165/>

Note - any of the uniform items posted on this site are between the buyer and seller direct. Please only contact our club if you are unsuccessful in finding or selling a uniform item and require a new one instead. Facebook Admin can be contacted via messenger for any issues / questions.

For any uniform enquiries please contact our Uniform Coordinator (Sue Fraser) on 0430 800 490.

Training

The training night and time will be advised by the coach. Please ensure appropriate shoes and clothing are worn and please bring a drink bottle. Note: school shoes, volleys, slip on shoes etc. are not allowed.

If a player is unable to attend training, he / she must contact the coach as soon as possible. If a player does not attend training without a good reason, or a player misbehaves while at training, at the discretion of the coach, they may be stood off for the first quarter of the next game.

Online Registrations

All players wishing to participate in either the winter or spring competitions are required to register online. Each member (new and existing to our club) will be responsible for registering themselves through the MyNetball Payment Service. Each registration must be completed one at a time by logging into the existing record for that player or creating a new record if a player is new to netball. The under 9 age group have a separate link (for the competition program) which needs to be used as the registration needs to go through our NetSetGo program. More details about when registration links are open will be announced on our website and / or Facebook page.

Fees

Fees must be paid by the due date set for each season. Fees are made up of:

| | |
|-----------|---|
| Club Fees | Payable for each season played. <i>Club fees go towards team registration, umpire payments, canteen levy, equipment maintenance, first aid, trophies, presentation expenses, improvements to our training facilities and other miscellaneous costs incurred by the club. All efforts are made to keep these costs to a minimum.</i> |
| NVM | Payable once per calendar year. Is a Netball Victoria Membership (“NVM”). In order to participate in a Netball affiliated Association / Competition you must be a member of Netball Victoria. This membership covers you with injury insurance. All players, coaches and umpires require this insurance. Registration and payment are processed through our clubs online registration system using the MyNetball platform. The NVM fee payment is now required when you register online with a valid credit card or credit debit card which has been instigated by Netball Victoria. |

Players will not be allowed to take the court if fees have not been paid or previous arrangements have not been organised with a Committee member for a payment plan.

There are no ongoing weekly team or admittance fees to pay.

Fees can be paid by cash, direct bank deposit or at the time of registering using our online registration form by credit card (a small processing fee is charged). Our club also has a Square Reader set up and available to accept credit card payments (in person only and a 2% transaction fee is applicable).

Medical Information

Medical information must be provided with the online registration paperwork. Committee members / coaches / team managers only will be privy to this information which is collected in the interest of your child.

Committee of Management

MNC is run by a Committee of Management which relies on parents to volunteer their time to help and support our junior and senior players which enables the club to run a very successful local community group.

Positions available each year are:

- President
- Vice President
- Secretary
- Treasurer
- Umpires Convenor
- Coaches Convenor
- Uniform Coordinator
- Communications Coordinator
- General Committee

Coaches / Team Manager

All coaches are volunteers and new coaches are continually required. If you are interested in coaching please let a member of the Committee know. Please remember to give coaches, assistant coaches and team managers the respect they deserve. Teams cannot play without a coach and team managers will be appointed to assist the coach at training and on game day. Coaches will be responsible for the playing positions of players.

Grading

The LYVNA grades teams as follows:

- 9/Under
- 11/Under
- 13/Under
- 15/Under
- 17/Under
- Open

Eligibility is determined by the age a player turns during the playing year, i.e. if a player turns 11 between 1 January and 31 December they will be eligible for 11 and under regardless of when they turn 11 during that year. The minimum age that you are allowed to play is 6 but you must turn 6 prior to the last day of the current season being played.

9/Under (NetSetGo Program)

Suncorp NetSetGo is Netball Australia's only junior entry netball program. It provides children from 5 to 10 years with a positive introduction to netball, incorporating skill based activities, minor games, music, dance and modified matches. Delivered in a fun and safe environment, the weekly program is coordinated by accredited coaches to ensure all participants have an enjoyable experience, while developing fundamental life skills.

Net (5 to 6 years) – activity / skills program

Set (7 to 8 years) – activity / skills program

Learn netball related fundamental motor skills with fun games and skills sessions

The activity / skills program consists of 2 tiers – “Net” and “Set”. This program is designed for brand new players. The ages indicated for both tiers are a guideline only. The activity

program is designed to teach children fundamental motor skills, which serve as the basis for skill development in netball.

Go (6 to 10 years) – competition program

Be a part of modified netball games with a focus on fun and teamwork

The competition program consists of 1 tier – “Go”. This program is designed for brand new or existing players. The ages indicated for this tier is a guideline only. This program is incorporated into the LYVNA 9 and under competition. Entry into this competition is done through local clubs.

This is a non competitive competition. Scores are kept however there are no finals or ladders visible and teams may be swapped between grades (colour system) during the season. At this age the club will endeavour to keep players with their friends. Although adhering to the rules of netball, leeway is given in this age group to allow the girls and boys opportunity to learn as they play.

All participants receive a NetSetGo participant pack. Please refer to our website for more details on how to register for either programs.

11/Under, 13/Under, 15/Under, 17/Under

Players will be graded at the start of each Winter season to determine the level of a player and the best combination of players to make teams of similar skill levels. Teams will also be based on the previous season coach feedback sheets.

Grading will be carried out after registrations close for the winter season only. The dates of registration and grading days will be advised prior to the start of each season. Team placement is at the clubs / selectors discretion.

Game Day

Players are required to arrive at the courts at least 15 minutes prior to their match commencing. They are required to:

- be in full uniform
- have long hair tied up
- remove all loose jewellery
- remove or tape all earrings
- bring their own drink
- cut fingernails (they are not to be visible over the ends of fingers from palm side).

Should a player not be able to play either due to ill health or other commitments please contact the coach as soon as possible. Even if the team has extra players your child may not be the only one unable to play that particular week. Coaches need to be able to plan their team prior to the game.

Any fixed dates of holidays etc need to be given to the coach as early as possible so that replacements can be arranged if necessary.

Matches are played in quarters as follows:

| AGE GROUP | QTRS | QTR TIME BREAK | HALF TIME BREAK | END BREAK |
|-----------|------|-------------------|--------------------|-----------|
| 9U | 0:08 | 0:01 | 0:02 | 0:06 |
| 11U | 0:10 | 0:01 | 0:02 | 0:06 |
| 13U | 0:10 | 0:01 | 0:02 | 0:06 |
| 15U | 0:10 | 0:01 | 0:02 | 0:06 |
| 17U | 0:12 | 0:01 | 0:02 | 0:06 |
| Open | 0:12 | 0:01 | 0:02 | 0:06 |

Weather

As netball is an outdoor sport played through autumn, winter and spring, matches will be played in all weather conditions including heat and rain. In the case of heavy rain, matches may be cancelled should the courts be deemed unsafe, or weather conditions too severe. In the case of bad weather, players will be required to arrive at the courts as usual unless advised otherwise by a coach / team manager. In the case of sunny conditions, please ensure your child(ren) have applied sunscreen before attending the training or match day courts.

LYVNA Wet Weather Rules

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

LYVNA Hot Weather Rules

LYVNA and Netball Victoria abide by the guidelines produced by Sports Medicine Australia. Games may be cancelled or postponed when:

- Ambient temperature reaches 36 degrees celsius or greater, or
- Wet Bulb Globe Temperature (WBGT) reaches 30 or greater

LYVNA uses the Bureau of Meteorology website for information on the Ambient temperature and WBGT.

Non-Play Periods

The competition is not played on long weekends or for selected weeks during the school holidays. Refer to fixtures on the LYVNA website for scheduled dates.

If there is an odd number of teams in a section, one team each week will be rostered a bye and will not play that week. The bye team still receives four points for the bye game. Coaches will advise when a bye has been scheduled, or you can look ahead on the LYVNA website.

Umpires

The club is required to provide one umpire every week for each team playing. This can be a thankless and difficult job so please ensure they are given due respect.

If you are interested in umpiring or learning to umpire, please speak to a Committee member.

Canteen

Each club is required to staff the canteen at the Pinks Reserve Regional Netball Facility on a Saturday once during the spring season and once or twice during the winter season. Before registrations are submitted for each season, the Committee will make a decision as to which system below we will utilise.

Levy System

If using the levy system, the club pays an amount per teams entered for that season which is set by the LYVNA committee and is included for payment on the LYVNA registration paperwork.

Roster System

As soon as the Association advises the allocated canteen dates to each club, a Committee member will then coordinate the roster for each team to ensure the canteen runs smoothly with helpers.

40 minutes of your time will be required either before or after your child's game with two or three volunteers in attendance during each allocated time slot. If you are unable to assist on your allocated time slot, it is your responsibility to find a replacement. The canteen is exceptionally well organised and run and parents have found it very easy to step in and help in the past.

Scoring

Each week each team is required to provide a scorer. This duty may be carried out by a team manager or coaches may choose to roster a parent on each week to fulfil this task.

If Montrose is the first listed team for the match (home team), then the score sheet needs to be collected from the office by ¾ time of the prior match and filled in prior to the commencement of your teams match. As a courtesy please offer the score sheet to the opposition to complete their team prior to the match.

If Montrose is not the first listed team (away team) then it is the duty of the opposition to collect the score sheet and provide a scorer however the Montrose scorer must stand with the opposition scorer for the duration of the game. Both teams scorers are required to sign the bottom of the score sheet at the conclusion of the match.

Note LYVNA are able to penalise any teams whose score sheets are not completed correctly (e.g. positions by the end of the match not marked, player names not written exactly as registered through your Netball Victoria Membership, fill in players from a lower section not marked correctly).

If you would like some assistance / guidance in completing a score sheet, please contact a Committee member or your coach.

Presentation Event

A presentation event is held at the conclusion of the Winter season only (September). This is a fun event and an opportunity for the players to interact with their team mates and friends socially after the season. Presentations will be made to each team and acknowledgements given to those who made the season possible.

Website

The Montrose Netball Club website address is www.montrosenc.vic.netball.com.au

The website contains the following information:

- Montrose Netball Club fixtures, results and ladders
- News (LYVNA and MNC events, notifications for members, ad hoc news / events)
- Contact Us (club details and office bearers)
- Club Details (our committee, club history, uniforms, contact details, life members, honour board and club flyer)
- Registrations (registration link, information paperwork, MyNetball reference guides)
- NetSetGo (information, registration link, modified rules)
- Members Zone (coaches / players / umpires information, club forms, new member information, LYVNA by laws and club policies)
- Our Sponsors
- Photo Gallery
- All Abilities Program

Facebook

The Montrose Netball Club Facebook page is: www.facebook.com/MontroseNetballClub

This page contains all the latest news regarding the club.

LYVNA Website

The LYVNA has a website (www.lyvna.com.au) which has all the fixtures, ladders and results as well as other information in relation to the Association.

Association Representative Teams

LYVNA has representative teams in the 11/U, 13/U, 15/U, 17/U, 21/U and open age group. Association trials are held around November each year if you are interested in trying out for the squad. The representative teams train on a weekly basis and participate in Netball Victoria tournaments which are played on Sundays in varying locations around Melbourne (and possibly an odd country location). Players can expect to play approximately 5 to 9 games throughout each tournament with a game consisting of 2 x 7 minute halves. The number of tournaments varies depending on the age group. The 13/U, 15/U, 17/U and 21/U also play on weeknights at the Waverley Netball Centre at Jells Park.

Our Sponsors

Please support our current sponsors listed below. Further details can be located on our website under the 'Our Sponsors' menu tab.

MAJOR SPONSORS:

Montrose
Community Bank[®] Branch  **Bendigo Bank**



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