

**ANGLESEA NETBALL CLUB**  
**SENIOR COACHING GUIDELINES**

Seniors:

Senior teams are defined as A, B, C, D and E grades.

Players are selected for one senior team/squad.

Selection trials:

Senior coaches will comprise a Selection Panel for trials.

Team selections for seniors are open to all senior and junior players (over the age of 14 years old).

If the maximum applying to trial for club selection exceeds 40 players, the operations committee in conjunction with coaches will review and approve selection. Selection in conjunction with coaches will always be reviewed and approved by the operations committee and will not be announced prior to this.

A/B squad will be selected of the best players, irrespective of whether they are seniors/juniors. Coaches will select any number of players up to 20 per squad. Any change to this will need to be reviewed and approved by the operations committee. Whilst there will be no "fair rotation policy" there may be endeavours to qualify players.

The C and D grade coach(es) will select any number of players up to 20 per squad. Any change to this will need to be reviewed and approved by the operations committee. There will be no "fair rotation policy" however always endeavouring to qualify all players.

The E grade squad will be selected from those players not yet selected in another senior squad. Where the number of senior players is lower than the places available selection of juniors will be necessary. This should never occur at the expense of a senior player. Priority should be given to players who may not otherwise get a game.

Netball trials are important as they are essential for squad selection. They are compulsory and all players are expected to attend trials. Under extenuating circumstances where players are unable to trial, a letter must be forwarded [angleseanetballclub@gmail.com](mailto:angleseanetballclub@gmail.com).

Training & Game Day:

Training is compulsory. All players who are unable to train or play must personally let their coach know.

All players must ensure that they have current VNA and club membership, and have contacted their player rep and coach to ensure they are correctly registered. No player can take the court unless they have VNA and Club membership.

Any player showing disrespect for their fellow team members, opposing teams, umpires or coaches will be immediately removed from the Court.

Finals:

The best combination as selected by the coach will take the court at all times.

Captains: Coach to select captain and vice-captain.

If there are any issues arising or anyone feels that these guidelines are not being enforced correctly, concerns should be directed to your coach (through your player representative or coaching coordinator), at training. If you feel that this has not been resolved, further concerns should be directed to your player representative/coaching coordinator and then finally, to the operations committee (in writing).

A Grade

All players will be selected on their ability.

A squad will be selected to make up the A & B Grade teams on match day. However, at the coach's discretion and in consultation and approval of the operations committee, extra players can be included.

Vacancies will be filled with players of A grade ability (selected from TID squad, seniors or juniors).

The best combination will take the court at all times.

#### B Grade

All players will be selected on their ability.

A squad will be selected to make up the A & B Grade teams on match day. However, at the coach's discretion and in consultation and approval of the committee, extra players can be included.

Vacancies will be filled with players of B grade ability (selected from TID squad, seniors or juniors).

The best combination will take the court at all times.

#### C and D Grade

All players will be selected on their ability.

Vacancies will be filled with players of C and D grade ability (selected from TID squad, seniors or juniors).

The best combination will then take the court at all times.

#### E Grade

All players will be selected on their ability.

Vacancies will be filled with players of D grade ability (selected from senior aged players unless minimum numbers are not reached)

The best combination will take the court at all times.

#### TID Squad

Guidelines and requirements for this squad will be reviewed at the commencement of the season and approved by the operations committee.

## General Code of Behaviour

As a person required to comply with this General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held or sanctioned by Netball Australia, Member Organisations or Affiliates.

1. Respect the rights, dignity and worth of others.
2. Be fair, considerate and honest in all dealings with others.
3. Make a commitment to providing quality service.
4. Be aware of, and maintain an uncompromising adherence to Netball Australia's standards, rules, regulations and policies.
5. Operate within the rules of the sport including national and state guidelines which govern Netball Australia, Member Organisations and Affiliates.
6. Do not use your involvement with netball to promote your own beliefs, behaviours or practices where these are inconsistent with those of Netball Australia, Member Organisations or Affiliates.
7. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.
8. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
9. Refrain from any behaviour that may bring Netball Australia, Member Organisations or Affiliates into disrepute.
10. Provide a safe environment for the conduct of the activity.
11. Show concern and caution towards others who may be sick or injured.
12. Be a positive role model.
13. Understand the repercussions if you breach, or are aware of any breaches of this Code of Behaviour

## Junior team guidelines

### 13/Under

*Position Statement: At this level, the focus is on fun, with players encouraged to improve and further develop their skills throughout the season, with the opportunity to play in different positions. Players will be encouraged to develop further knowledge of rules and game play. To achieve this outcome, coaches are guided by the following:*

- Section 1 and 2 teams/squad will be selected according to ability for team balance, at coach(es) discretion.
- Coaches will select any number of players, up to 12 players per team.
- A fair and equal roster system for the season will be developed by the coach, ensuring that each player takes the court for a minimum of two quarters per rostered match day (pursuant to “Team Selection” policy as outlined on page one).
- Any vacancies throughout the season will be filled by an eligible player of the required ability (in consultation with coach(es), player and their parents and reviewed and approved by the committee).
- Boys: The Anglesea Netball Club will adhere to the Netball Victoria Policy and Football Netball Geelong bylaws.
- Captain: All players will be given the opportunity to be appointed captain for the day.

### 15/Under

*Position Statement: At this level, players will be given the opportunity to consolidate, refine and specialize their skills in a competitive environment. To achieve this outcome, coaches are guided by the following:*

- Section 1 and 2 teams/squad will be selected according to ability for team balance, at coach(es) discretion.
  - Coaches will select any number of players, up to 12 players per team.
  - A fair and equal roster system for the season will be developed by the coach, endeavouring to provide each player with two quarters per rostered match day (pursuant to “Team Selection” policy as outlined on page one).
  - Any vacancies throughout the season will be filled by an eligible player of the required ability (in consultation with coach(es), player and their parents and reviewed and approved by the committee).
- Coach(es) will decide on selection process when appointing captains and vice-captains.

### 17/Under

*Position Statement: At this level there is greater competition for fewer positions. Players will continue to further specialize and refine their skills, in a more competitive environment. To achieve this outcome, coaches are guided by the following:*

- Section 1 and 2 teams/squad will be selected according to ability for team balance, at coach(es) discretion.
- Coaches will select any number of players, up to 12 players per team.
- Any vacancies throughout the season will be filled by an eligible player of the required ability (in consultation with coach(es), player and their parents and reviewed and approved by the

committee).

Coach(es) will decide on selection process when appointing captains and vice-captains.

### 19/Under

· *Position Statement: At this level there is greater competition for fewer positions. Players will continue to further specialize and refine their skills, in a more competitive environment. To achieve this outcome, coaches are guided by the following:*

· The 19/under team/squad will be selected according to ability for team balance, at coach(es) discretion,.

· Coaches will select any number of players, up to 12 players per team

· Any vacancies throughout the season will be filled by an eligible player of the required ability in consultation with coach(es), player and their parents and reviewed and approved by the committee).

Coach(es) will decide on selection process when appointing captains and vice-captains.

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### · Development Squad

*Position Statement: The aim of the Development Squad is to provide the opportunity for less skilled players to develop and improve, through training with their relevant age group, even if not selected in the team. This provides the opportunity for individuals to train and enjoy physical activity and the social aspects of belonging to a team. Players will be required to attend training each week, where they will be encouraged to strive for team selection throughout the season.*

## Junior Player code of behaviour

In addition to 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 Australia, Member Organisations or Affiliates 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. Co-operate 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 (alcohol, tobacco and drug use).
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

In addition to 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 Australia, Member Organisations or Affiliates 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. Be frank and honest with your coach concerning illness and injury and your ability to train and play fully.
6. Conduct yourself in a responsible manner relating to language, temper and punctuality.
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 (alcohol, tobacco and drug use).

## Mentoring Program

Why: A goal of the Anglesea Netball Club is to focus on the encouragement and development of junior players. This not only develops the skills of the junior players but creates unity within the club culture and allows us to look towards the future of the club.

What: *"Mentoring is to support and encourage people to manage their own learning in order that they may maximise their potential, develop their skills, improve their performance and become the person they want to be."* Eric Parsloe. The Oxford School of Coaching & Mentoring . Mentoring is a powerful personal development and empowerment tool. It is an effective way of helping people to progress in their skill and pursuits. It is a partnership between two people or teams (mentor and mentee) with a common interest and experiences. It is a helpful and productive relationship based upon mutual trust and respect.

Who is a mentor: *an influential senior sponsor or supporter.* A mentor is a guide who can help the mentee/ team to find the right direction and who can help them to develop skills and solutions to issues. Mentors rely upon having had similar experiences to gain an empathy with the mentee and an understanding of their issues. Mentoring provides the mentee with an opportunity to think about options and progress, not just leaving it to chance.

HOW: A mentor should help the mentee / team to believe in herself/ themselves and boost their confidence. A mentor should ask questions and challenge, while providing guidance and encouragement. Mentoring allows the mentee to explore new ideas. It is a chance to look more closely at their netball, opportunities and development. Mentoring is about becoming more self-aware, taking responsibility for your game play, team play and bettering your skills in a purposeful way.

- Each senior team will be responsible for the mentoring of a junior age level.
- There will be at least one member of that senior team at each game and at least three training sessions throughout the year. Notes and information can be taken during the game that can be used for encouragement guidance and skill development and given to the team or coach of the team. The goal of the senior team is to support the coach of the junior team with training and throughout the year
- Mentors are not to talk to individual players, alone or without their parents or the coach present, as a working with children's card is needed, to be able to do this. This is also to protect the senior player from any misunderstandings.
- It is the responsibility of the senior team manager and coach to ensure there are available team members at the junior game

Mentor Program Co-ordinator: Sophie Baker 0400 538 834

## Coach code of behaviour

In addition to 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 Australia, Member Organisations or Affiliates in your role as a coach.

1. Treat all players with respect at all times. Be honest and consistent with them. Honour all promises and commitments, both verbal and written.
2. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
3. Promote a climate of mutual support among your players. Encourage players to respect one another and to expect respect for their worth as individuals regardless of their level of play.
4. Encourage and facilitate players' independence and responsibility for their own behaviour, performance, decisions and actions.
5. Involve the players in decisions that affect them.
6. Determine, in consultation with the players, what information is confidential and respect that confidentiality.
7. Provide feedback to players in a caring sensitive manner to their needs. Avoid overly negative feedback.
8. Refrain from any form of personal abuse towards your players. This includes verbal, physical and emotional abuse. Be alert to any forms of abuse directed toward your players from other sources while they are in your care. (Abide by the Netball Australia Member Protection Policy)
9. Refrain from any form of Harassment towards your players. Treat all players fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status, and other condition. (Abide by the Netball Australia Member Protection Policy)
10. Be acutely aware of the power that you as a coach develop with your players in the coaching relationship and avoid any sexual intimacy with players that could develop as a result.
11. Avoid situations with your players that could be construed as compromising.
12. At all times use appropriate training methods which will benefit the players and avoid those which could be harmful. Ensure that the tasks, trainings, equipment and facilities are safe and suitable for age, experience, ability and physical and psychological conditions of the players.
13. Ensure the players' time spent with you is a positive experience. All players are deserving of equal attention and opportunities. Provide training and game opportunities that ensure everyone has a reasonable chance to succeed and to improve/ acquire skills and develop confidence.
14. Actively discourage the use of performance enhancing drugs, the use of alcohol and tobacco and illegal substance. (Abide by the Netball Australia Anti-Doping Policy).
15. Recognise individual differences in players and always think of the player's long-term best interests.
16. Set challenges for each player which are both achievable and motivating.

17. Respect the fact that your goal as a coach for the player may not always be the same as that of the player. Aim for excellence based upon realistic goals and due consideration for the participant's growth and development.

## **Spectator Code of behaviour**

In addition to the 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 Australia, Member Organisations or Affiliates 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 players. When watching a game congratulate both teams 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 children to do likewise.
4. Never ridicule or scold a player for making a mistake during a competition. Positive comments are motivational.
5. Condemn the use of violence in any form, be it by administrators, coaches, players, umpires or parents/ guardians.
6. Show respect for your team's coach, the umpire and opponents. Without them there would be no game.
7. Encourage players to play according to the rules and the official decisions, and develop your own knowledge of the rules.
8. Demonstrate appropriate social behaviour by refraining from using foul language, harassing administrators, coaches, players or umpires.
9. Support the use of age appropriate development activities and modified rules.

## Parent/guardian code of behaviour

In addition to the 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 Australia, Member Organisations or Affiliates 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 play always 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.

## Cyber Safety Position Statement

*Cybersafety refers to the safe and responsible use of the Internet and ICT equipment/devices, including mobile phones”*

The Internet and Information and Communication Technologies (ICT) devices / equipment bring great benefits to all users and can contribute to the effective operation of the Anglesea Football and Netball Club and its members through the ability to disseminate information, the ability to promote the sport and clubs and to provide members with the ability to connect with others within the organisation.

Anglesea Netball Club (ANC) has an obligation to ensure that affiliated sports clubs and organisations maintain a safe physical and emotional environment for its members and this includes cyber safety and the safe and responsible use of ICT. Individual members also have a responsibility to use ICT in a safe and responsible way.

ANC and its members will create a cybersafe environment by:

- Using ANC name, motto, crest and/or logo only in an appropriate way in line with the organisation’s guidelines
- Using ANC’s or affiliated club’s websites to provide information about competitions, committees, policies, rules, social events or other important sport related issues
- Using SMS and/or email by officials, managers, coaches etc to communicate organisation business and organisation sanctioned social events (via parents in the case of juniors)
- Using ANC’s or affiliated clubs social network pages to promote positive organisation news and events (with permission obtained from featured individual(s) and via parents for juniors)
- Ensuring content of posts or electronic communication doesn’t breach any ANC policies or codes of conduct
- Ensuring content of posts or electronic communication doesn’t breach state or commonwealth law. This includes not engaging in ‘sexting’ where a member sends or is in possession of an inappropriate sexualised image of a person under the age of 18 years – this is a criminal offence and the Police will be informed immediately
- Not engaging in cyber bullying, including but not limited to:
  - harassing, teasing, intimidating or threatening another person via electronic means
  - sending or posting inappropriate digital pictures or images, email /instant / phone / text messages, or website postings (including social network sites ie Facebook or blogs) and is irrespective of whether the page could be viewed by the wider public or not
- Members will remain responsible for and be vigilant of the content and security of their individual accounts such as email, social networking (ie Facebook), micro blogging (ie Twitter), video sharing (ie YouTube), picture sharing (ie Instagram) and mobile phones

*(Members’ refers to administrators, clubs, club members, coaches, officials, registered players, sponsors, support personnel and umpires.)*

*For more information about Cybersafety please refer to Netball Victoria Cybersafety Policy at <http://vic.netball.com.au/wp-content/uploads/>*