



**FDNA**  
FRANKSTON DISTRICT NETBALL ASSOCIATION

# **Representative Squad Guidelines**

## **2019**

# **WELCOME TO THE FDNA SQUAD 2019**

A position within the Frankston & District Netball Association Representative Squad is a significant achievement in a player's netball career reflecting the extensive time and effort that a player has put in to their netball development.

Representative Squad netball gives those players fortunate enough to be selected, an opportunity to gain expert netball coaching and guidance, the opportunity to compete against many other associations within Victoria and avenues to be talent identified by Netball Victoria for various netball state teams and academies.

It is a position that should be taken with an understanding that through hard work and discipline comes success.

Squad is about more than just netball; it's about being a valued member of a team, making new friendships and being actively involved in the community.

In being chosen to represent FDNA we expect that you will always be proud and passionate; showing those around you and yourself respect and care at all times.

At FDNA squad we are a team; from players to coaches, officials to parents. By committing to working together as a team to achieve common goals we will be promoting both an enjoyable and successful squad season.

## **REPRESENTATION**

Squad players represent the Frankston & District Netball Association:

- At approximately 8 tournaments for under 13's, 15's & 17's throughout the year, including Mildura.
- Under 11's compete in a minimum 6 tournaments throughout the year.
- 11 Development will compete in three tournaments
- To be eligible to play, all players must be a registered club member and regularly playing in the FDNA Saturday outdoor competition.
- By-laws allow 17U players to represent FDNA if they are a registered club member in a team which plays in a Ladies Night competition at FDNA. The player must be a regular participant of this team.

All players in Squad will remain a member for that year, unless:

- they no longer participate in FDNA's Saturday (or weekday for u/17) competition
- they are in breach of the codes of behaviour

# COMMUNICATION

The majority of our communication occurs via the FDNA Squad Facebook page, FDNA Squad Facebook group and email.

- FDNA Website: <http://www.fdna.com.au/squad.html>
- Please 'Like' our Facebook page: <http://www.facebook.com/pages/Frankston-Squad/197713843579912>
- Email: [squad@fdna.com.au](mailto:squad@fdna.com.au)
- Facebook group: Please search in Facebook and ask to join the private group: <https://www.facebook.com/groups/2219849834957198/>

Almost all communication occurs via this page. Team lists, tournament reports, any info about changes to training, arrival times etc. will be via this group. We ask that both parents and players (if they have Facebook) join the group.

# PRE-SEASON TRAINING

In addition to the physical advantages gained; a successful pre-season strength & conditioning program prevents short & long term injury whilst allowing the squad to bond and get to know each other before the squad season starts. All players will be issued with a 'pre-season training program' at the Welcome to Squad 2019 meeting (December 11<sup>th</sup> 2018). Programs are to be completed at home over the summer break. Fitness testing will occur pre and post the break to ensure workouts have been completed

This year we are holding **2 compulsory sessions** prior to Christmas.

## COMPULSORY TRAINING SESSIONS for 2018

### There are 2 compulsory training sessions to be held pre-christmas:

Tuesday 11th December 2018; 6.00pm - 7.00pm

Tuesday 18<sup>th</sup> December 2017; 6.00pm – 7.00pm

Commitment to the pre-season training program is a must. Only by working hard in the pre-season will our bodies be physically up to the challenges representative netball provides us with.

# TRAINING

Representative Squad training is on Tuesday nights with the format as follows:

## **ENTIRE SQUAD TRAINING TIMES:**

**6PM TILL 7.30PM**

## **UNEXPLAINED ABSENCE AT 2 OR MORE CONSECUTIVE TRAINING SESSIONS MAY RESULT IN AUTOMATIC EXPULSION FROM THE SQUAD**

Training is about listening and learning; this involves showing respect to all of those around you, concentrating, giving it everything you've got and having a go at all that is asked of you.

## **Players are expected to attend training whilst they are unwell or injured.**

All players must notify Kelly Andrews 0408 704 219 if unable to train during pre-season. Once teams are decided please notify coaches of training absence. PLEASE DO NOT POST ON FACEBOOK PAGE

## **Inability to attend training is only permitted for a compulsory school event or where a player has gastro or a viral or contagious condition.**

Injured players are required to attend training in weather appropriate squad uniform.

Beanie/scarf/blankets for winter are a must.

Players must always be dropped off and picked up from training **inside the pavilion.** Players are not permitted to walk home or be picked up from outside of the pavilion.

Parents are responsible for transporting their children to and from training and tournaments.

The health and wellbeing of all Squad players is of the utmost importance. If there are any health problems or other important information that may impact your child please make time to speak with One4All Coaches. **Confidentiality & sensitivity will be maintained.**

## **TRAINING ABSENCES**

Players unable to train due to sickness or injury in the week leading up to a tournament will not be considered available for that tournament. Tournaments are very physically and mentally demanding, with players participating in between 6-12 games in one day. Sick and injured players do not have the strength to contribute for that many games, and if injured, the risk of worsening injury is substantial.

Alternately, should a player miss training in the week leading up to a tournament for reasons other than illness, players will be selected at the discretion and choice of the coach. This may mean being named as an emergency for the tournament and playing only if there is further injury or illness within the teams.

Any player who receives an injury or becomes ill between the Tuesday training session and the tournament must notify Kelly immediately so that they can be replaced. It is not fair on your team or yourself if you are unfit to play and fail to notify the squad.

## **EXPECTATIONS**

All players are expected to train at the level set by our coaching staff. Players' attitude at training is an integral part of tournament selection.

If players attend training, we assume unless otherwise notified, that they are fit, well and able to train at 100% effort.

## **SELECTION OF TOURNAMENT TEAMS**

The team selections for each tournament will be posted on the Facebook page on the Friday prior to each tournament. Team selection is based on performance and attitude so always do your best and give your all when training and playing. Players not selected for a particular tournament are always encouraged to attend. Bring along your uniform in case of injury or illness.

## **TOURNAMENT DAY ROTATION POLICY**

### **Under 11 teams:**

Players will be rotated fairly throughout the day.

### **Under 13, 15 & 17 teams:**

Player rotation will be at the coaches' discretion. Whilst our coaches will make every attempt to ensure equal game time, there may be instances where it is not appropriate to rotate players off the court.

## **SOLVING PROBLEMS**

Problems/complaints/issues should be resolved in a timely manner, so that they don't become a major issue. If you have any queries/problems/issues please raise them directly with Kelly Andrews (Squad Leader). Please don't let your concern reach us via the grapevine where it can become both exaggerated and distorted. All discussions will be held privately and not in front of teams, other parents, on the sidelines during games or during training.

Please approach us before or after training with any issues, concerns or queries. Strict confidentiality will always be maintained and upheld. It is important that we all work together to ensure your child's FDNA Squad experience is a happy & successful one.

## **DISCIPLINE & CODES OF BEHAVIOUR**

Coaches and players participating under the FDNA banner are to be self-disciplined and respectful toward all officials, team mates, opposition players, opposing coaches and spectators. All members are expected to comply with Netball Victoria Codes of Behaviour. Players and coaches are representing our Association and our expectations of behaviour, both on and off the court, is of the highest standard.

We have provided you with the Netball Victoria Codes of Behaviour for Players and it is a condition of accepting your position to adhere to this code.

A breach in these guidelines and/or Codes of Behaviour will result in Netball Victoria Disciplinary & Grievance Procedures being initiated. Breaches may jeopardise the player's position within the FDNA Representative Squad.

Any discussion about Squad on social media platforms etc. should always be positive.

We expect that communication is always respectful & constructive. If you need help with a difficult conversation or topic please speak with your Coach or other Squad Official to ensure you follow the appropriate channels described in these guidelines.

## **PARENT RESPONSIBILITIES**

All parents are required to abide by Codes of Behaviour provided & be supportive & positive.

If a parent is reported or observed to be behaving in an unacceptable and/or unsportsmanlike manner including, but not limited to, degrading or negative comments about/to a coach, official or player-including their own child, they may face restriction from training and tournaments.

Any breach of Code of Behaviour may result in an official complaint which will be referred to FDNA Hearings Officer; who will apply Netball Victoria's Disciplinary & Grievance Procedure(s).

## **TENT ROSTER**

Prior to each tournament a specific team will be allocated to **either** tent set up or pack up. Many hands make light work; it is expected that each member of the allocated team have a parent present to assist with either the setting up or packing up of the tents for the designated tournament.

FDNA Squad has a 6x4m box trailer which houses all tents & equipment for tournaments. We will be seeking assistance from a family with space & a vehicle to store/transport the trailer, for the duration of the tournament season. Please contact the Kelly or FDNA Office if you can assist in this role.

## **SCORING ROSTER**

Tournament days are chaotic and bustling for our players and their coaches. To ease the stress placed on our coaches and to allow them to focus on the team and their games each parent is requested to be available to be the scorer for at least one of their child's games on tournament days.

## **UNIFORM**

It is expected that **full** training uniform be worn to all training sessions, and that **full** playing uniform be worn to tournament days.

Uniform night will be held on **Tuesday 4<sup>th</sup> December**. All uniform orders must be placed on this night so that delivery can be arranged before our first tournament day.

Polo shirts are required at training and on tournament days.

## **SPONSORSHIP**

FDNA welcome any expression of interest in sponsor partnerships. If you own a business or know someone who might be interested in aligning yourself with our Association please email [trish@fdna.com.au](mailto:trish@fdna.com.au)

### **Fee Payment options**

You will be provided with an invoice of all squad associated costs. Direct Credit is the preferred method of payment. Bank details are shown below & on the bottom of your invoice

**Direct bank deposit or internet transfer: please reference player's full name & age group**

**Acc:** Frankston and District Netball Assoc. Inc. **Bank:** Bendigo Bank **BSB:** 633-000 **Acc Number:** 149358541

**Without the support of families our Squad could not operate – welcome and thank-you!**