



FDNA

FRANKSTON DISTRICT NETBALL ASSOCIATION

2026

Representative Squad Guidelines

WELCOME TO FDNA SQUAD

A position within the Frankston & District Netball Association Representative Squad is an achievement in a player's netball journey, reflecting the time and effort that a player has put into their netball development.

Representative Squad netball gives those players fortunate enough to be selected, an opportunity to gain additional coaching and guidance, the opportunity to compete against other associations within Victoria and avenues to be talent identified by Netball Victoria for various Pathway programs. 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 also 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 always. 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. In 2026 we will continue to compete in a weekly competition at FDNA on Monday evenings. We will also compete in approximately four tournaments over the year to be selected by the squad coaching coordinator and the FDNA administration based on suitability of competition, location and accessibility.

- To be eligible to play in 11U, 13U, 15U age groups all players must be a registered & financially affiliated club member and regularly playing in the FDNA Saturday outdoor competition.
- To be eligible to play in 17U age groups all players must be a registered club member and regularly playing in the FDNA Saturday outdoor competition, OR
 - Participate in any FDNA conducted competition on any other day for the duration of the season, OR
 - Have been a registered member of a Club for a minimum of 4 consecutive Winter Saturday seasons in accordance with the Qualification Policy for each season of those seasons.

It is an expectation that Squad tournaments on Sundays take priority over other club sports. Failure to do so may result in court time being reduced for future games and tournaments.

All players in Squad will generally remain a member for that year.

COMMUNICATION

In 2026, our communication tool will continue to be Team App. All communication is to be kept here, rather than texting, emailing, etc so we can keep all information in one place and comply with Child Safety requirements

Team lists, tournament reports, any info about changes to training, arrival times etc. will be via this app.

Please download the app and request to join FDNA Squad 2026 – please request to join both - All Parents and Players and your age group. Please ensure the players use first and last names when registering and parents use the players name with your name in brackets e.g. Player name (Parent/Guardian name) That will make it easier for us to link you in the app as parent/guardian and child.

- FDNA Website - <https://frankstonnetball.com.au/>

- Email: Squad@fdna.com.au or call 0397765155 if urgent

- Please note this app meets the Safeguarding Children & Young People Policy Child Safe Practices - [Child Safe Practices](#)

EXPECTATIONS

Squad players are expected to train at the level set by our coaching staff. Players' attitude at training is integral to tournament and mid-week selection.

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

The health and wellbeing of all squad players is of the utmost importance. If there are any health problems or other important information we need to know, please don't hesitate to get in contact. Confidentiality is guaranteed always.

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. Programs are to be completed at home over the summer break.

This year we are holding 3 **compulsory sessions** prior to Christmas. (all details TBC)

COMPULSORY TRAINING SESSIONS for 2026

Tuesday 25th November 6pm to 7.30pm

Tuesday 2nd December 6pm to 7.30pm

Tuesday 9th December 6pm to 7.30pm

TRAINING

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

ENTIRE SQUAD TRAINING TIME – 6pm to 7.30pm

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 injured.

All players must RSVP to all training sessions via Team App. Please do not use messenger, email, text. Keeping conversations in one place will assist our coaching team greatly and meets the Child Safety requirements. Inability to attend training is only acceptable for a compulsory school event or where a player has gastro /cold-flu symptoms/migraines etc

Injured players are required to attend training in weather appropriate squad uniform unless physically unable to do so. Players must always be dropped off and picked up from training at the entrance to the courts. Players are not permitted to walk home or be picked up at the entrance of the car park. Parents/guardians are responsible for transporting their children to and from training and tournaments. The health and wellbeing and safety of all children is of the utmost importance.

TRAINING ABSENCES

Coaches must be notified of illness, injury or unavoidable events as soon as possible, prior to training, games and tournaments. Should a player miss training in the week leading up to a tournament/game for reasons other than illness/injury, players will be selected at the discretion and choice of the coach. This may mean being named as an emergency 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 their coach 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.

If an injury occurs, we recommend seeing a physio at Langwarrin Sports Medicine to get a recommendation on the best way to manage that injury. [PSM Group | Lifecare](https://www.lifecare.com.au/psm-group/) - <https://www.lifecare.com.au/psm-group/>

Langwarrin Sports Medicine have been sponsoring FDNA and our Peninsula Waves for more than 25 years. Having a team of physios that understand your bodies from the beginning of your career will be very well worth it as you grow. Make sure you let the team know you're from FDNA when you book in.

Langwarrin Sports Medicine Centre: (03) 9789 1233

SELECTION OF TOURNAMENT TEAMS

It is expected that all players will be available for all tournament days. The only exceptions for unavailability will be injury, illness or family circumstances.

TOURNAMENT DAY ROTATION POLICY

11&U teams: Players will be rotated fairly throughout the day.

13, 15 and 17&U 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.

PARENT RESPONSIBILITIES

All parents are required to abide by the Child Safety framework and relevant Codes of Behaviour: <https://vic.netball.com.au/code-of-conduct>

We expect you to be supportive & positive but **leave the coaching to the coaches.** Players need to follow a team game plan and do what their coach has asked of them. Please do not confuse the athletes.

If a parent/guardian 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 the Code of Behaviour may result in an official complaint which will be referred to FDNA Squad Coordinator, who will apply Netball Victoria's Disciplinary & Grievance Procedure(s).

All Squad and FDNA officials will work within the state government's child safety framework. Please familiarise yourself with these standards here: [Child Safeguarding Resource Hub - Netball VIC](#)

SET UP & PACK UP 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.

At FDNA tournaments, teams will also be rostered to help with set up and pack up duties, including things like rubbish bins.

TEAM MANAGERS

We will be introducing team managers to each team in each age group. Once teams have been finalised, we will work with the coaches to allocate a suitable parent and/or guardian to manage the team throughout season 2026. We expect the role of the team manager will support the coach with things such as tent and scoring rosters, tournament assistance, Monday night competition support and communication.

SCORING ROSTER

Tournament/game 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 and rotate scorers on Monday Night games.

UNIFORM

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

Uniform fittings will be held on **Wednesday 5th November and Friday 7th November from 4pm to 6pm, at Jubilee Park Stadium in the Elite Change Rooms.**

Compulsory Items (athletes): FDNA playing dress, or playing singlet (Velcro will be added by FDNA to the singlet) Kukri undershorts, ankle and/or mid-calf socks, training singlet, long sleeve top and/or polo (game day) and hoodie and/or fleece jacket

Compulsory Items (training partners): ankle and/or mid-calf socks, training singlet, long sleeve top and/or polo and hoodie and/or fleece jacket

All purchases are made through Kukri directly so it's important you order correctly.

All orders must be made by midnight Friday November 7h. You only need to attend uniform night if you need to try on sizes.

FEES

Following the acceptance email a \$100 deposit is required to secure your child's place in the squad team. A link to Trybooking will be in the acceptance offer email.

You will be provided with an invoice of all squad associated costs; we estimate approximately \$500 - this includes court fees for Monday night games.

Direct Credit is the preferred method of payment. Bank details are shown below and on the bottom of your invoice

For direct bank deposit or internet transfer, please reference the Invoice number & player's full name.

Acc: Frankston and District Netball Assoc. Inc.

Bank: Bendigo Bank

BSB: 633-000

Acc Number: 149358541

PHOTOGRAPHY POLICY

Frankston District Netball Association has a photography policy which we ask all parents/guardians, players and coaches to familiarise themselves with. This Policy seeks to assist FDNA to meet its constitutional and community objects by clarifying issues surrounding photography of persons on both indoor and outdoor courts and the immediate vicinity of those courts/amenities within the Stadium.

We also ask that you please consider this when attending other venues for tournaments.

Link: <https://frankstonnetball.com.au/policies/>

SOLVING PROBLEMS

All squad problems/complaints/issues are best to be sorted out early in a timely manner so that they don't become a major issue. If anybody has any queries/problems/issues, please raise them directly with your coach. If the matter cannot be resolved, please contact Squad Manager Jess Cox. Please don't let your concern reach us via the grapevine where it can become exaggerated and/or distorted. All discussions will be held privately. Please approach us before or after training with any issues, concerns or queries. Strict confidentiality will be maintained and upheld. It is important that we all work together to ensure our FDNA Squad experience is a happy & successful one.

CHILD SAFETY

FDNA is committed to child safety and follows the guidelines, policies and complaints procedures set out by Netball Victoria.

We support and respect all children

We have zero tolerance for child abuse

We have systems in place to protect children

We recognise that children with a disability, and children from diverse cultures may need additional, tailored support

We support and comply with Netball Victoria's Child Safe policies and procedures

The Child Safety in Netball Code of Conduct (Code) outlines the expected behaviour for interactions in netball in Victoria and aligns with the Child Safety in Netball Policy (Policy). The primary aim of this Code is to protect and safeguard children and young people.

Links:

<https://vic.netball.com.au/child-safety-standards>

<https://vic.netball.com.au/sites/vic/files/2020-01/Child-Safety-Policy.pdf>

<https://vic.netball.com.au/sites/vic/files/2020-01/Child-Safety-Code-of-Conduct.pdf>

COMPLAINTS

To make a child safety complaint please use the link below:

<https://frankstonnetball.com.au/child-safety/>

SPONSORSHIP

We could not operate without the generosity of our sponsors. You can show appreciation by using their business, and by following their social media pages, sharing and interacting with their content.

You can find our sponsors here: <https://frankstonnetball.com.au/current-partners/>

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 premium reputation, please email community@fdna.com.au

DISCIPLINE & CODES OF BEHAVIOUR

Players and officials participating under the FDNA banner are to be respectful toward all officials, teammates, opposition players, opposing coaches and spectators. Behaviour deemed to be unsportsmanlike (in breach of Codes of Behaviour) will not be tolerated. Players, coaches, officials and families are representing FDNA and their behaviour, both on and off the court, is to be of the highest standard.

Link: [Netball Vic Junior Player Code of Conduct](#)

Link: [Netball Vic Coach Codes of Conduct](#)

We have provided you with the Netball Victoria Codes of Behaviour for Players, coaches and parents/guardians. By accepting a position with Squad, you are agreeing to adhere to it. With all the communication methods and social media options available today, sometimes the written word can be taken out of context and for that reason we would hope that texting, Facebook, tweeting etc. will not include any discussion around squad. 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.

Congratulations on your selection to FDNA Squad 2026

Lorna Yakopo-Hazelman, and Jessica Cox.

Frankston Squad Leadership Team.