



Information Handbook

Our vision is to provide all local children and adults the opportunity to improve their health and well-being by being able to participate in the sport of netball locally.

Our mission is to create a community netball club that allows its members to play netball and develop their netball skills in a fun, safe and fair environment.

Last updated: December 2014

The Laurimar Power Netball Club is proudly sponsored by:



Welcome

We, the committee, extend to you and your child a very warm welcome to the Laurimar Netball Club.

Netball is a great sport to play, watch, coach or umpire and we value and welcome any input or experience you may have. We would like to encourage you to have a hands on approach to your netball and take an active role in the club either as a member or a parent.

Laurimar Power Netball Club was founded in September 2010 to provide an outlet for the local community wishing to play netball as their sport. We have become an integral part of the local & surrounding community as netball provides a wonderful avenue to meet new people, especially for newcomers to the area.

In the Laurimar Power Netball Club's first year, we signed more than 120 members who participated in either competition netball or our NetSetGo program.

Today we have grown to 250 members across NetSetGo, Junior, Senior and NNL teams.

What We Stand For

- Excellent sportsmanship
- Equal opportunity for both boys and girls of any age (competition guidelines)
- Equal court time
- Pride, respect, tolerance, compassion and patience to all
- Fair play
- All inclusive
- Friendly and approachable
- A Club/Team mentality in all that we do



Competition Registration

Registration forms are available on request by emailing lncregistration@hotmail.com.au or via the club's website www.laurimarpowernetball.com. All completed forms must be forwarded as soon as possible to the club in person or via email, **together with payment of membership fees in order to be eligible for team selection** for the upcoming season. Registration is current when the club receives all forms and payment. Players are not covered by insurance until payment is received. **Unless a payment plan has been arranged, all payments must be finalised before the end of the 3rd round.**

Uniforms

It is compulsory that all players purchase the club uniform with the clubs logo. Junior females are to wear the club dress. Senior females wear a black netball skirt & club t'shirt. Males are to wear black shorts that are pocket & buckle free with a club t'shirt.

The club will provide all teams with netball bibs & associated equipment for training and games. Players will be responsible for wearing appropriate sporting shoes and bringing a water bottle to training sessions and competitions. Inadequate footwear will not be permitted.

For further information regarding the club's merchandise, please refer to our website www.laurimarpowernetball.com or email lncomerchandise@hotmail.com.au

Parental Support

The club is always seeking interested people to support their or their child's sport in whatever way they can. The future of this netball club is in your hands.

Please recognise the value and importance of all volunteer help whether it is in the capacity as a coach, committee member, team manager, transporter or scorer etc. Every competitive team is required to have a coach. The coach is responsible for training, implementing the rotation system and game strategy. Every team should have a team manager.

The team manager is responsible, for filling in the scorecard and organising a weekly scorer.

All parents must be prepared to help as without parent involvement, there can be no teams and the Laurimar Power Netball Club could not exist. Please tell a committee member if you are willing to help. Remember this is an ideal opportunity to give back to the club, support your children in their netball and make new friendships.

Please support the club by attending the AGM, committee meetings and other club events. If everyone does their little bit, the Laurimar Power Netball Club will be a great club to be a member of.

Code of Conduct

(Taken from Netball Victoria Code of Behaviour)

All Laurimar Power Netball Club Members have a responsibility to practice good sporting behaviour. Without good sportsmanship from players, parents and spectators, the game of Netball loses the enjoyment for all concerned. As a result the Laurimar Power Netball Club expects all players and parents to abide by the Code of Conduct at all times. All players wishing to become a member of the Laurimar Power Netball Club must sign that they have read and understood the Code of Conduct prior to their membership being accepted.

For Players:

- Participate for your own enjoyment and benefit
- Play by the rules and know or learn the rules.
- Participate fairly and safely. Be honest with your coach concerning illness and injury and your ability to train and play fully.
- Conduct yourself in a responsible manner relating to language, temper, listening and punctuality.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Maintain a high standard of personal behavior. Control your temper. Verbal abuse of officials, sledging other players or deliberately distracting or provoking an opponent is not acceptable or permitted behaviors in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit and so will you.
- Care and respect the uniform and equipment provided to you.
- Be a good sport. Applaud all good plays whether they are on your team or an opposition team.
- Treat all participants in your sport, as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Be a responsible team member. Cooperate with your coach, teammates and opponents. Without them, there would be no competition.
- Respect the rights, dignity and worth of all participants including spectators regardless of their gender, ability, cultural background or religion.
- Refrain from conduct which could be regarded as sexual or other harassment.
- Do not engage in practices that affect sporting performance (alcohol, tobacco and drug use).

For Parents

- Do not approach coaches during a game. It is best that complaints are forwarded to the committee either in person, by phone or email. (please check our website for contact information www.laurimarpowernetball.com)
- Remember that children participate in sport for their own enjoyment. Encourage children to participate, do not force them.
- Focus on your child's efforts and performance rather than whether they win or lose.
- Encourage children to play according to the rules, the official's decisions and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition. Positive comments are motivational.
- Remember that children learn best by example. Applaud good performances and efforts from all individuals and teams.
- Appreciate good performance and skilful plays by all participants.
- Respect officials' decisions and teach children to do likewise. Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- Congratulate all participants on their performance, regardless of the game's outcome.
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players. Support all efforts to remove verbal and physical abuse from sporting activities. Do not use foul language, sledge or harass players, coaches or officials.
- Show respect for your team's opponents. Without them, there would be no game.

Social Media Policy

Meaning of Social Media Applications

Social media are interactive online tools that can be used to easily publish content or access information such as blogs, internet forums or pictures. Examples of Social Media Applications are MySpace, Facebook, Youtube, Flickr and Twitter. These tools can be used to submit comments and enter into discussions with others online.

Prohibited Activity

Laurimar Power Netball Club members must not do any of the following:

- Display any LPNC logo on any blog
- Represent or imply that the blog is authorised or sanctioned by the club
- Disclose or publish any confidential information about the club, its members or sponsors.
- Discuss club business
- Display any photographs or other images of club members without their consent
- Ridicule any club member, sponsor, supplier or competitor
- State or display anything that would have a negative impact on the clubs image or reputation

Comments of an Offensive Nature

Laurimar Power Netball Club acknowledges that club members have the right to contribute content to public communications on websites not operated by the club, such as MySpace, Facebook or YouTube. However, inappropriate use of such communication has the potential to cause damage to the club, its members, its suppliers and sponsors.

Club members should be aware that any comments or opinions expressed via Social Media Applications that are defamatory, discriminatory, slanderous, offensive or intimidating about a club member or the Laurimar Power Netball Club could be considered illegal and will be prosecuted accordingly.

Club members must not publish any material that may expose Laurimar Power Netball Club to any possible legal liability. Examples include, but are not limited to, defamation or discrimination of any sort.

Media Communication

Club members, who are contacted by the Media regarding Laurimar Power Netball Club in any way, should contact the club president in the first instance. Unless expressly authorised by the Laurimar Power Netball Club, club members are prohibited from dealing with the media of whatever kind and are not authorised to give details regarding the Laurimar Power Netball Club or its operations.

Team Selection

Laurimar Power Netball Club acknowledges that correct team selection processes are very important in providing positive experiences for children when playing competitive sports. If done properly, children will then develop a lifelong love of sport.

1. Players are selected firstly by DOB. The teams are selected by the Team Selection Committee with recommendations from coaches. The Committee has the last say on team content. We do realise that at times participation numbers may not allow this to occur, and as a result some participants may have to play at an age group higher than is ideal.
2. Where possible we have a maximum number of 9 players per team to ensure that all players have maximum court time whilst allowing sufficient numbers for absences. Adult teams may comprise of more than 9 players on a rotational basis.
3. Eligible and able players will be played up out of their age group (if necessary) to extend and develop their abilities.
4. It is expected that teams will be required to train at least one night a week to develop skills. Times will be organised in liaison with the team coach.
5. Requesting of team changes may occur prior to selection. However once teams are registered with an association they will stay as is and requesting changes will not be an option.
6. We have developed a "Fair Play Policy" that will allow all players to have equal court time during the regular season. Where a team makes finals, the coach may use their discretion with the court time given to players, but all team members must play at least one quarter.
7. Our club will allow both girls & boys the opportunity to play the game of netball in the same team, however some competitions do not allow boys the age of 13 and over to continue.

San Remo NetSetGo

San Remo NetSetGO! is Netball Australia's Junior Netball Program. It has been developed to provide children from the age of 5 years with the best possible learning and playing experience that enables them to develop a positive introduction to netball. The program runs at Laurimar Primary School's gymnasium straight after school on a designated night chosen by the coaches of the program. First-time NetSetGo participants will receive a San Remo Net Set Go pack, which includes their very own netball along with other prizes. The program incorporates skill activities, minor games and modified matches and will be coordinated to ensure a quality experience for all participants.

- Participants must have turned 5 before they are eligible to participate.
- Activities are aimed at learning and developing movement (run, jump etc.); hand eye coordination (catch, throw); and coordination (balance, spatial awareness etc.), development of motor skills
- Participation is in a safe learning environment, it assists in the reduction of social health issues, such as childhood obesity, through physically active involvement & it is fun for all participants, regardless of ability.
- It leads to increased junior participation and lifelong involvement in an active lifestyle

The program will run for approximately fifteen weeks & be conducted during school Terms. Season 1 runs between school terms 1 & 2 and Season 2 between school terms 3 & 4.

Coach Criteria

- Recognise the motivation behind a child's involvement in sport
- Make children feel comfortable and happy with practice sessions and games
- Aim to improve the quality of the experience for each child
- Is concerned about relationships formed with each child and between children
- Provides children with accurate technical information
- Is able to relate to all groups involved in sport (parents, officials, visiting teams)
- Is aware that there are many styles of teaching and that children respond in different ways to different styles
- Appreciates that children have differing ability levels and organises appropriate skill practices to cater for all levels

Fees

Please refer to the club's Registration form for all relevant fees.

The club will maintain the policy of No Pay, No Play! Payment plans are available. Unless a payment plan has been arranged, all payments must be finalised before the end of the 3rd round.

Club Sponsors and Supporters

Without sponsors and supporters, the Laurimar Power Netball Club would not survive. We would like to encourage you to support these businesses just as they are supporting us through our Club.



If you would like to become a sponsor of our club, please contact Ian Incsponsorship@hotmail.com.au Every contribution, big or small, will help make this a great club to be a part of.

**The Laurimar Power Netball Club
needs**

YOU!

Without volunteers the Club could not exist.

Please offer your support!!

Contact Us on laurimarnetballclub@hotmail.com.au or
www.laurimarpowernetball.com