



Players Handbook

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EXCELLENCE



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ABOUT OUR CLUB

Metro Jets Netball Club, founded in 1995, participates in South Australia's elite netball competitions: The State Premier League Netball Competition; the Adelaide Metropolitan Netball Division and the City Night Division, all of which are hosted at Netball SA Stadium, home of the Adelaide Thunderbirds.

Despite being the youngest of the eight Premier League Clubs to compete at the highest level in South Australia, Metro Jets are extremely proud of the growth and development achieved in their short history. The Club has developed a strong, supportive and professional environment of exceptional standards that aims to inspire and promote players, coaches and officials to reach their full potential.

Today, the Metro Jets proudly field over 30 teams in Netball SA's elite competitions, making us one of the largest and most popular clubs in South Australia.

Go Jets!

VISION

To provide a professional, successful, and inclusive Premier League club in the local community, both on and off the court.

MISSION

We will inspire players through the application of club TRUE values: trust, relentless, united and excellence. We will foster a caring, community environment that commits to providing pathway opportunities, development, and education for all club members in a safe and supportive manner.

WE ARE COMMITTED TO:

Our commitments that underpin our Vision are to:

- Promote and actively encourage fair play from all involved with the Club.
- To be viewed as an inclusive and progressive netball organization, distinguished for engaging, supporting and developing Club players; coaches; and umpires within our netball community.
- Always act with integrity and transparency and provide best business practices for all our stakeholders.

PLAYERS HANDBOOK/RESOURCES

This handbook contains information related to playing Netball at the Metro Jets Netball Club. The handbook is here to assist you, however additional support and resources can be found



on our website. The website provides very useful information to support you as a player, please visit www.metrojets.com.au



METRO JETS OFFICE BEARERS 2025

EXECUTIVE COMMITTEE

President Judith Dingwall presidentmetrojets@gmail.com	Vice President Jason O'Sullivan vicepresidentmetrojets@gmail.com	Secretary Rachael Droegemueller secretarymetrojets@gmail.com	Treasurer Wendy Bartel treasurermetrojets@gmail.com
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CLUB OFFICERS

Public Officer Judith Dingwall presidentmetrojets@gmail.com	Premier League Head Coach Trudy Barker leaguemetrojets@gmail.com	Coaching Administrator Amanda Kelly coachingmetrojets@gmail.com	Coaching Mentor Julie Wakefield jwakey@bigpond.com	AMND Coordinator Amy Henry walks92557@gmail.com	Trial Coordinator Judith Dingwall presidentmetrojets@gmail.com	Umpire Coordinator Lucy Carr umpiremetrojets@gmail.com
Inclusion Coordinator Emily Mahney inclusionmetrojets@gmail.com	Sponsorship Coordinator Jason O'Sullivan sponsorshipmetrojets@gmail.com	Merchandise/Uniforms Petra Ritchie merchandisemetrojets@gmail.com	Registrations Officer Katrina Wood Registrar2metrojets@gmail.com	Social Media Officers Sarah Hausler Olivia Massey socialmediametrojets@gmail.com	Equipment Manager Brayden Lyle bandplye@bigpond.com	Committee Members Jason Delfos Rebecca Gordon Donna Noone



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WEBSITE INFORMATION

Visit the Metro Jet's Website at www.metrojets.com.au for the following information:

- Metro Jets news
- Premier league coaching and playing appointments, alumni and player sponsors
- Metro Jets whole club events and trials information
- Our club history
- Our club awards
- Honor list
- Information about umpiring at Metro Jets
- Governance including all our policies and procedures
- Club sponsors
- Contact information to our umpire coordinator, president, vice president or secretary
- Merchandise information and sales

STAYING CONNECTED

Want to stay connected? Metro Jets are very active on our social media platforms, sharing club news, important messages and celebrating our successes!

You can follow us at [Metro Jets Netball Club | Facebook](#) and [Metro Jets Netball Club \(@metrojets\) • Instagram](#) to get all the latest Metro Jets Netball Club updates

Metro Jets use the **Stack Team App** for communicating with parents, players and families throughout the season. Download the App onto your mobile devices via to the [Apple Store](#) or [Google Play](#).

“Unity is strength..... When there is teamwork, collaboration and great



preparation, wonderful things can be achieved"

PLAYING NETBALL FOR METRO JETS

Netball is a great way of staying fit and healthy, having fun, making new friends and learning new skills whilst playing competitive sport. The Metro Jets take great pride in our Club, and we encourage all players, coaches, parents and spectators to represent our Club in a positive manner.

TRIALS

The **Metro Jets Trial Selection Policy** outlines the terms and conditions of our trial process for both Winter and Summer seasons

Information about trial dates and relevant hyperlinks to Play HQ for player registration will be available on Metro Jets social media, website and through direct email to existing/past club members by the Secretary.

A trial fee must be paid prior to completing your registration. This payment must be made if you have an intent to play for the club. You can contact the club treasurer treasurermetrojets@gmail.com for any financial difficulties, or to put a payment plan in place by direct deposit. Players who decline any placement offered will forfeit their trial fee.

Players are expected to attend all trials. If unable to attend any absence may affect the players final placement. If you are unable to attend a trial, a written explanation must be sent to the Club Secretary at secretarymetrojets@gmail.com prior to the commencement of the trial process where possible.

SELECTION PROCESS

Team selection will occur every season, independent of previous player placement. Selections are based on a player's nominated preferred positions with consideration to game knowledge, previous performance, demonstrated skills and attitudes, as well as game day behaviours.

The best athlete for each position is selected first and the remaining 2 or 3 players are based on the positions or combinations of players. The selection committee endeavours to balance each team with an appropriate combination of positions.

TALENT IDENTIFIED RECRUITMENT



Talent Identification Players (TID) are players that have been selected as a potential pathway player. This means that they have skills and abilities to progress through the player pathway. They have been identified, nominated and discussed by the Selection panel and Executive Committee.

- Pathway Teams refers to the Division 1 teams in all age groups.
- Pathway teams have a higher training expectation and frequency than other Metro Jets teams. Players are required to attend a minimum of two trainings per week.
- At the discretion of the Head Coach there may be other training or development requirements.
- Extenuating circumstances prohibiting a player from complying with the training requirements will be considered at the discretion of the Executive Committee and Head Coach.

TID players can be identified through Metro Jets team selections or externally, using talent scouts (namely, Metro Jets Premier League/Reserves coaches).

TID recruitment may include where players are invited to attend trials outside their appropriate age group (when an opportunity presents itself) prior to and or after the trials process. A player identified to trial above their age group must be deemed by the Selectors of the above age group to be suitable for the starting seven of the division one team of that grade; otherwise, the player must return to their age group.

Sub Primary players can trial and play in the Primary age group at the MJNC Executive Committee's discretion.

JOIN A JET INITIATIVE

If a family/player refers a new player to "Join the Jets", and that player is offered a position, the referring family will receive \$50 off their first daughter's fees for the following Winter season.

The offer is limited to one new "Join a Jet " player per existing Jet player.

If a second "Join a Jet" recruit registers, pays registration and trials, you can receive a \$50 amount off your second daughter's fees for the subsequent Winter season.

Any family that wishes to take up the offer to "Join a Jet" must contact the secretary in writing to confirm player eligibility. For all terms and conditions, please contact the secretary at secretarymetrojets@gmail.com.

DUTY OF CARE

All players are entitled to feel safe and protected within our netball community and so in line with our Child safe Policy and as a duty of care, we expect that all junior players be escorted to and from their allocated training courts each Tuesday night. Junior players

cannot wait outside Netball SA stadium (including the foyer or verandah) without the presence of a responsible adult. If a player is being collected or transported by another family, the guardian/parent must notify the coach prior.

CHANGES TO TRAINING

Training may be cancelled when criteria is met on the **Extreme Weather policy**. Parents/guardians or players will be notified by their coach, along with announcements made via Metro Jets social media platforms and STACK App.

PLAYER EXPECTATIONS

TRAINING

- Players are expected to attend all training sessions.
- In exceptional circumstances, where illness, injury or work/study commitments prevent attendance, the player must contact the Coach prior to training. Injured players are expected to attend training and matches to provide additional support to the team.
- Players who regularly miss training without acceptable reasons or notification will be subject to disciplinary action and may not be part of the starting line-up for the match.
- Players are expected to treat training seriously and give full commitment and intensity.
- Players will cooperate with their Coach at all times.
- Appropriate training clothing and footwear must be worn for all sessions.
- Players should ensure they have drinking water available at all times.
- Players in pathway teams may be required to attend additional training sessions.

MATCHES

- Players should make themselves available for all scheduled matches throughout the season.
- In the event of illness or injury, the Coach must be contacted immediately when the player becomes unavailable.
- All injured players are encouraged to attend matches, even if not taking part to provide support to their team mates and fill additional roles.
- Players are expected to arrive at court no later than 30 minutes prior to their game. Players who are late for warm up may start on the substitute bench.

- Any player who represents Metro Jets will conduct themselves in a manner that positively promotes the Club. Players who display unacceptable behaviour may be disciplined.
- Players must wear full uniform and the team sponsor warm up tops to all matches.

INTERACTION WITH UMPIRES

- Umpires are a necessary part of the game and must be treated with respect at all times. Umpires are developing through various levels of competencies and are supported by club development programs, online learning mentoring and self-reflection.
- Comments directed towards umpires or their decisions will not be tolerated and game management sanctions may be taken.
- Players who have any queries on decisions during a game should approach their Captain at breaks and only the Captain may approach the Umpire, who will give an explanation. They must ask a question about the Rules of Netball.
- Players are encouraged to work with their coach to understand how to change their playing style should they be unhappy with umpire decisions. Alternatively, coaches are able to phone the Duty Supervisor for additional support.

PROMOTION OF PLAYERS

- Players should be aware that they may be promoted to a team in a higher grade based on performance.
- Promotion may occur due to injury, illness or unavailability of other players.
- If a player in a lower grade is performing better than a similar positioned player in a higher grade, Coaches may confer and decide on the exchange of players. This would be done in consultation with both players. This player movement would also be discussed with the Metro Jets Coaching Sub Committee and Executive Committee.

MEDICAL CONDITIONS/CLEARANCES

The medical condition of all players is of prime concern to the Club to ensure the players safety and minimise the risk of injury. In the case of injury or other medical conditions, the Club and coach requires the following:

- All Coaches to enquire as to the medical condition of their players to understand the risks, injury and any treatment plans in place – as guided by the player's medical or allied health team.
- All players have a responsibility to declare any medical condition to their Coach.
- A parent or guardian of a Junior player with a medical condition is expected to attend training & matches on game day.
- A player returning from injury or illness that required medical attention is to provide the Coach with a written clearance to resume training or playing. Such clearance is to be provided by either the player's doctor, physiotherapist or parent / guardian.

Note: Registered players and umpires are insured for injury.

GRIEVANCES

At times a player or parents may face conflict with a Coach, another player, or a Club member. Metro Jets encourages informal, low key resolution of grievance issues wherever possible. If the complainant feels the situation is serious enough to warrant a formal complaint, or communication between the parties fails to produce a satisfactory resolution, then the member may formally state their case in writing to the Club Secretary.

Metro Jets will ensure that Club members with formal complaints are supported, and their issues are treated promptly, fairly and sensitively.

Formal complaints regarding grievance issues will be addressed by the Executive Committee with the Club Secretary responsible for facilitating the grievance procedure outcome. For further assistance please refer to the Metro Jets Netball Club Grievance Policy on our website www.metrojets.com.au or contact the Club Secretary at secretarymetrojets@gmail.com.

ROLES & RESPONSIBILITIES

One of the key factors in the success of a sporting Club is the willingness of players and supporters to get involved and strengthen the Club. Spectators are encouraged to

support Club functions, assist with fundraising and sponsorship, encourage teams other than their own, and where appropriate help with Umpiring and Coaching duties.

Furthermore, spectators are asked to consider supporting their teams, by getting involved in the following roles:

Team Manager

- The role of the Team Manager is to work with the coach to create a roster for scoring and timing, organise the Scorer and Timer for match days, centralise all drink bottles, and deliver them to the team during breaks. The team manager may also hand out Club notices to players on training nights or work to encourage volunteers for roles within the club. The team manager may take photos on allocated photo weeks and ensure that the First Aid Kit is properly stocked.

Scorer

- The role of the Scorer is to mark all players' names on the scorecard prior to the commencement of the match (if they take the court), record the goals scored and record the centre passes, check and record each quarter and the final score with the other scorer and confirm agreement with the Umpires. At the end of the game, they must obtain the names of the Coaches and Umpires and deliver the scorecard to the office.

Timer

- The role of the Timer is to time each quarter (home team) or time each break in play, including quarters and injury time (away team). Scorers and Timers from each team, are required to sit together in a central position on the side of the court, during the game.

Primary carer

- Each team must have a Primary Carer, preferably with some form of first aid training knowledge. The Primary Carer must position themselves in the coach's box throughout the game, and attend to any injury time that is called on court. They can provide medical care as appropriate to their role, and refer to the First Aid Office when required.

Spectator code of conduct:

- Remember children learn by example; applaud good performances regardless of the game outcome.
- Encourage players through positive comments, never ridicule or scold a player for a mistake.

- Remember that under Netball SA rules, coaching from the sidelines is not permitted.
- Encourage children to participate within the rules; respect the decisions of officials and teach children to do the same.
- Condemn the use of violence in any form, be it from spectators, Coaches, officials or players.
- Never use foul or profane language towards players, Coaches or officials.
- Show appreciation for the time and dedication given by volunteer Coaches and officials.
- Allow the Coach to do their job; do not offer advice or encourage players to depart from the Coach's match day routine.

FEES

A fee applies for each season, including the Club fee, Netball SA fee and Play HQ fee.

Payment plans are available and must be organised prior to registering by emailing the treasurer on treasurermetrojets@gmail.com.

Metro Jets has developed their fee policy after careful consideration. Non-payment of fees places a financial burden on the Club, which impacts on our ability to undertake activities to benefit our players.

The Fee Policy applies to all members of Metro Jets:

- All players are required to complete a player registration form accompanied by the trial fee set by the Committee, via Play HQ.
- Failure to pay a trial fee may result in the player being unable to participate in trials as their registration would be incomplete.
- The trial fee will be non-refundable if the player chooses not to play for the Club.
- Season fees will be reduced by the amount of the trial fee if the player is selected in a team.
- If the Club is unable to place the player in a team, the trial fee will be refunded in full after the 1st game of the season.
- The balance of season fees is to be paid by the 1st game of the season. If fees remain unpaid by this date and a payment plan has not been negotiated with the Treasurer, the player will be unable to take the court until all fees are finalised.
- No player can participate in finals unless they are financial, that means all fees fully paid.
- Payment plans must be completed by the end of the minor rounds.



- In the event of unpaid fees being put in the hands of our Debt Collectors, any additional costs associated with this will be the responsibility of the player.

UNIFORMS AND MERCHANDISE

Players must wear the appropriate uniform when playing matches or training for Metro Jets. No adjustments can be made to the uniform, including the Club bike shorts, which are part of the official uniform registered with the Adelaide Metropolitan Netball Division (AMND).

Please direct all enquiries about uniforms or merchandise to merchandisemetrojets@gmail.com.

ANNUAL GENERAL MEETING (AGM)

The Club's Annual General Meeting (AGM) will be conducted before the 31st of August each year. The AGM will include brief reports on all aspects of running the Metro Jets Netball Club. Please consider contributing your time for the benefit of the Club.

Players/Parents are encouraged to attend and nominate for positions should they be interested.

More information on dates and a call for nominations will be distributed closer to the date.

PLAYER DEVELOPMENT

The Metro Jets Netball Club has a structured program of support aimed at enhancing the development of players. The Pathway Program provides players with opportunities to advance from beginner to the high-performance level.

We offer several tiers of player development at Metro Jets, ensuring that all players are offered opportunities to further develop their netball skills. These include:

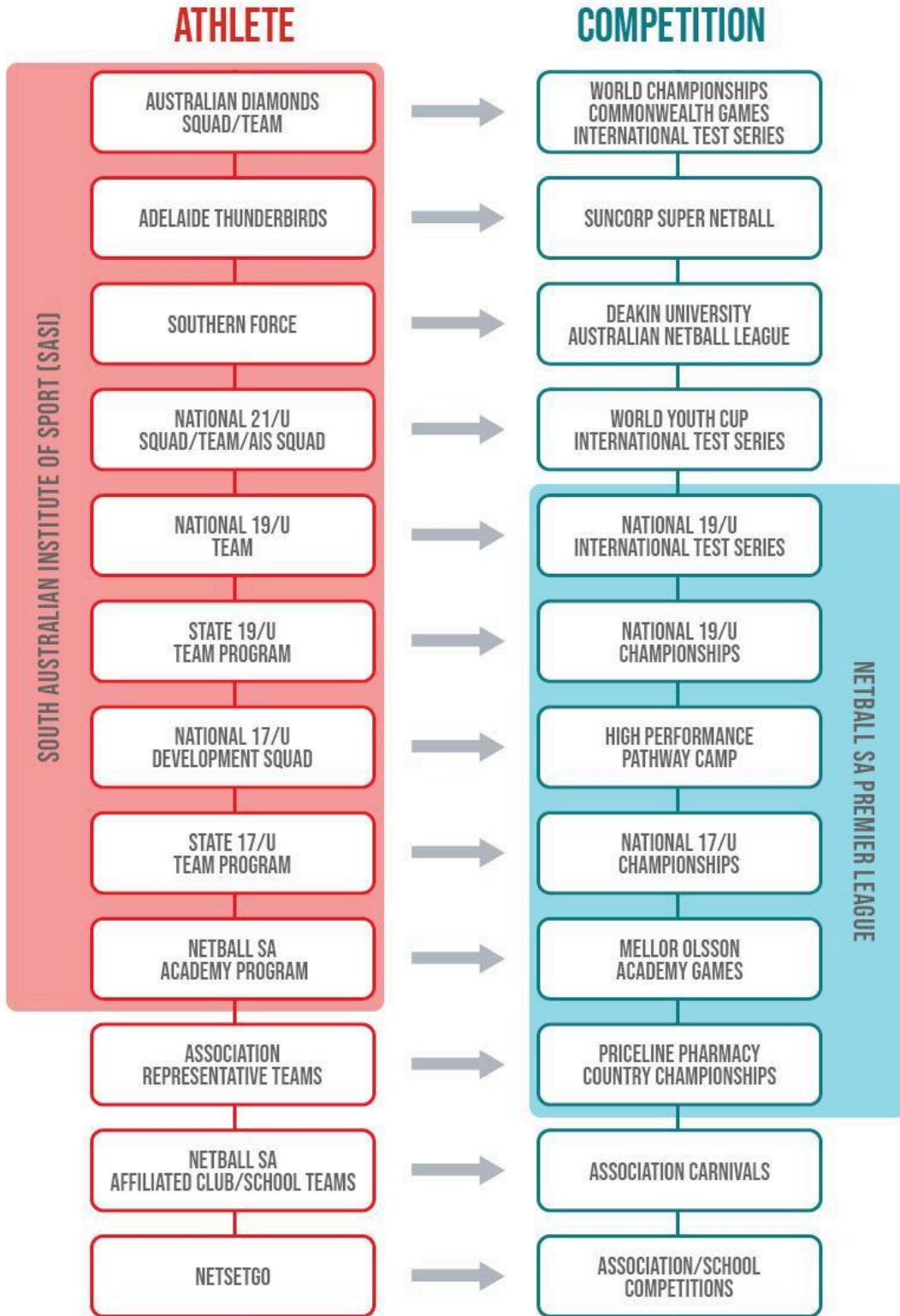
[MJNC Skill Development Program](#) focuses on developing the skills of our junior players across all facets of the game including fitness, game day warm up, ball skills, attacking/defending, match play strategies and most importantly, working as a team.

[MJNC Elevate Performance Program](#) ensures the continued development and pathway of our talented Junior, Sub Junior and Primary players. It provides specialist coaching from our qualified club coaches, Premier League players, fitness experts and club support staff in areas that includes development of netball skills, fitness, communication and leadership.

[MJNC High Performance Program](#) is aimed at our identified Inter and provides our athletes with access to qualified coaches and appropriate education workshops such as injury prevention, game sense and skill development in an environment where they can develop the necessary technical and physiological skills required for high performance netball.



We support player development through Netball SA. Netball SA has player pathways that are designed for passionate netballers looking to further develop their skills and take the next step in their netball career. Refer to the diagram below to work out what would be the next step for you:





POLICIES

All policies and procedures relating to team selections, trials, extreme weather and grievances are located on the Metro Jets website – www.metrojets.com.au.

Players are encouraged to be familiar with these policies.