



CACNC
COOMERA ANGLICAN COLLEGE
NETBALL CLUB



Player Handbook

2018

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1. WELCOME

Welcome to Coomera Anglican College Netball Club's tenth season in the NGCNA (Northern Gold Coast Netball Association) competition.

The handbook provides information on everything from CACNC's codes of conduct and fee structure to our rules of competition and general health and well-being guidelines.

CACNC caters for all athletes from the year they turn 7 through to, and including, the year they turn 18. The aim is to cater for beginners and social players, through to those looking to further their netball careers through representative honours.

CACNC is also very aware of its responsibilities to ensure players enjoy a safe environment and as such, all coaches, umpires and officials are accredited or in the process of being accredited; and all officials and volunteers are required to hold Blue Cards.

In addition, Coomera Anglican College Netball Club has adopted the *Play by the Rules* model to further add to our commitment of providing an inclusive, safe, fair and enjoyable atmosphere for our members.

Netball is a great way of staying fit and healthy, having fun, making new friends, doing something new and learning new skills. We value integrity, respect, fun and responsibility. We want everyone to enjoy our sport and have a great experience, socially and competitively.

All correspondence or questions can be addressed to netball@cac.qld.edu.au.

Best wishes for the 2018 season.

2. CACNC CONTACT DETAILS

2.1 General Club Contact and Information

In the first instance, all general enquires should be directed through club email address netball@cac.qld.edu.au. All enquires will then be directed to the appropriate committee member for actioning.

General club information is also available on the website:

<https://www.cac.qld.edu.au/our-college/specialised-sports-programmes/netball-club>

2.2 CACNC Management Committee

Position	Name	Contact Details	Email
President	Anna Young	07 5585 9960	ayoung@cac.qld.edu.au
Vice President	Tania Carlson		netball@cac.qld.edu.au
Secretary	Jenny Suhr		
NetSetGO Coordinator	Dawn Holder		
Coaching Coordinator	Anna Young		
Umpire Coordinator	Kylie Everson		
Registrar	Kirsty Pevitt		

2.3 CACNC Sub-Committee

Position	Name	Contact Details	Email
Uniform Coordinator	Nicole Sprott		netball@cac.qld.edu.au
Fundraising Coordinator	Kelly Brauer		
Events Coordinator	Megan Watson		

3. CACNC DIVISIONS

Players are divided into divisions based on their birth year and the age that they will turn during the period 1st January to 31st December of each year. The CACNC age divisions are as follows:

3.1 Group A – 10 Years to 18 Years

Born 2008 - Players turning 10

10 Years

Modified Game – 4 x 12 min quarters

Games will be on grass and/or hard courts

NetSetGO skills & drills program completed during club training.

Born 2007 - Players turning 11

11 Years, first year of competition – full rules apply

Teams graded by NGCNA into divisions based on skill level

Born 2006 - Players turning 12

12 Years - Full rules apply

Teams graded by NGCNA into divisions based on skill level

Born 2005 - Players turning 13

13 years - Full rules apply

Teams graded by NGCNA into divisions based on skill level

Born 2004 and 2003 - Players turning 14 and 15

Junior Intermediate - Full rules apply

Teams graded by NGCNA into divisions based on skill level

Born 2000 to 2002 – Players turning 16, 17 and 18

Senior Intermediate - Full rules apply

Teams graded by NGCNA into divisions based on skill level

3.2 Group B – 7 Years to 9 Years

Born 2009, 2010 and 2011 – Players turning 7, 8 and 9

7 Years, 8 Years and 9 Years – players to stay in their age groups.

Modified Game – 4 x 12 min quarters

NetSetGO skills & drills program completed during club training

The NetSetGO Coordinator and Coaching Coordinator, in consultation with the NGCNA grading committee, reserved the right to grade an individual to an out of age group division.

4. CACNC REGISTRATIONS AND FEE STRUCTURE

Registrations to play for the CAC Netball Club in the Northern Gold Coast Netball Association competition in 2018 will be completed on-line through MyNetball.

- [11 Years to Senior Intermediate](#)
- [7 Years to 10 Years](#)

Each existing player will have a MyNetball Login ID and Password. New players can create an account during the login process.

Passwords can be reset on-line or contact us at netball@cac.qld.edu.au to request a password reset.

All payments will be made at time of registration. Registration costs are as follows:

Birth Year	2018 Division	Cost
2007 to 2000	11 Years to Senior Intermediate	\$280
2008	10 Years	\$265
2009 to 2011	7 Years, 8 Years and 9 Years	\$240

The CACNC fee structure includes insurance, club fees and a fundraising levy as shown below:

- **Insurance and capitation:** Fees set by CACNC's parent body, Netball Queensland, which the association must pay for each registered player and official. Each club must pay nominated fee per player for Netball QLD affiliation and insurance and NGCNA fee.
- **Club Fees:** Club fees are used for fixture running expenses, balls/equipment, coach/umpire costs/education, first aid equipment etc.
- **Fundraising Levy:** A fundraising levy will be the major fundraising activity for the CACNC and has been included to alleviate the requirement for continual chocolate drives, raffles etc.

All registration fees must be paid when registering.

Fees are the same for the entire season, regardless of when a player joins the club.

Club fees or any portion of the club fees will not be refunded once final CAPITATION payment is made to the NGCNA.

5. UNIFORMS

5.1 Game Day

Each player will be required to wear the club playing uniform to all games. Uniforms are not included in the playing fees. The club uniform can be purchased at the time of registration or by contacting the CACNC Uniform Convenor netball@cac.qld.edu.au.

Item	Cost
Playing Uniform	\$66

5.2 Training

Training singlets and bike pants are able to be purchased through pre-order to be worn to CACNC training. The bike pants can also be worn under the playing dresses. The training attire is not compulsory in 2018.

Item	Cost
Training Singlet	\$31
Training Bike Pants	\$33

6. GENERAL

6.1 Training sessions

All Training sessions will be held at the Coomera Anglican College's courts.

Training sessions are **COMPULSORY** for **ALL** junior players. It is during training, not in the games, that players will develop the skills required in netball. Our coaches are volunteers and we do not expect them to give up their time for players who are not committed to turning up to their training sessions.

6.2 Game Days

In 2018, all games will be played on Saturdays at the Northern Gold Coast Netball Association courts located at 1 Sports Drive, Runaway Bay. These are located next to the Runaway Bay Super Sports Centre. Players are expected to be at the venue a minimum of 30 minutes before their games each week.

6.3 Wet Weather Cancellations

In the event of wet weather, NGCNA will post the cancellation on Facebook: <https://www.facebook.com/NGCNA>

If it is raining and there has been no post or communication from your coach then it is still on.

6.4 Collecting your child

With the introduction of Child Protection strategies, it is extremely important that you collect your child from training or games **ON TIME**. Please ensure you check with management or your child's coach what time the session will finish and **BE ON TIME**.

7. RULES AND GUIDELINES

The following are CACNC rules of competition, procedures and general guidelines for both players and parents/spectators.

7.1 Safety

7.1.1 Equipment and Facilities

Goal posts – No player should play or train on a court that does not have post pads on the goal posts.

Courts – Courts and the immediate surrounding areas are checked prior to all training sessions and games, however, if a player or parent/spectator becomes aware of something that may present a risk, please notify your coach or an official immediately.

7.1.2 Players

Shoes – All players must wear the correct footwear or they will not be permitted to play. Converse, Vans and Free Runner style shoes are not appropriate for netball.

Jewellery – Players are not permitted to wear jewellery of any kind during games or training. Players must REMOVE ALL JEWELLERY to play and train. This includes all piercings. Taping will not be permitted under any circumstances. Players who refuse to remove any type of piercing will not be permitted to take the court. PARENTS – please be aware that if your child has her ears pierced during the netball season, she will have to remove her earrings to train and play. This is not a CACNC condition, but a rule of the game and as such we are bound to enforce it.

Parents are also asked to ensure that their child does not wear jewellery to the courts as CACNC will not be responsible for any loss that may occur.

Fingernails – Fingernails must be cut short, not taped. Please ensure nails are cut before coming to the games.

Hair – Long hair must be tied back. Ornate hair bands/clips are not permitted as they can pose a safety risk.

7.1.3 Off-limit areas/off-court safety:

Between courts – No-one (spectators, players, coaches etc.) is to sit between the courts during games. The NGCNA has a strict no chair policy between courts.

Spectators – Spectators are to sit well back from the edge of the court and are not to walk between courts during games. Please move back when instructed to.

Children – It is the parents/guardians' responsibility to keep young children away from the edge of the courts at all times.

Bikes/scooters/skates – Bikes/scooters/rollerblades etc. are not permitted on or near the courts during fixtures or training sessions.

Dogs/pets – All dogs/pets should be left at home.

Mobile Phones - Players should switch mobile phones off during games, training sessions and when undertaking other duties. Players will be asked to turn phones off as soon as they arrive at the courts for training or games to remove the distractions of making/receiving calls or text messages.

CACNC will not be responsible for any loss of mobile phones which may occur.

7.2 Health, first aid and injuries

7.2.1 Health and fitness

Warm ups – All players should warm up at every training session and game. Players should turn up at least 30 minutes before their games to do a proper warm up.

Water – All players should bring their own water bottles (labelled with name) to all training sessions and games. Coaches will provide plenty of drink stops during training sessions and players should have a drink of water during each break in a game.

Medication – Players with specific health requirements or medication needs relevant to their netball participation will be asked to complete a health form upon registration.

These forms are covered by privacy laws. Parents should also make their child's coach aware of any condition/medication requirements. Whilst this policy will be policed by committee members, association members are asked to assist by making visitors aware of the policy.

7.2.2 First aid

Courtside first aid kits are provided to each team. NGCNA have a First Aid Officer/Sports Trainer onsite. Ice packs can be accessed from the Rod Lane Sport Centre when training at the College.

7.2.3 Infectious diseases

Blood rule – The All Australia Netball blood policy dictates that play must stop if a player is found to be bleeding from an injury during a game. The same applies for blood-related injuries which occur during training. In addition to treatment:

- the wound must be cleaned and adequately covered;
- blood stained clothing must be removed or cleaned;
- the ball and court must be cleaned if necessary.

During a game, play must stop to allow the wound to be addressed with normal injury time and procedures to apply. Injury time/stoppages rulings may differ in carnival situations.

7.2.4 Injuries

Procedure – In the event of an injury, the appropriate first aid procedure must be applied. If the injury occurs during a game, the game will be stopped with injury time and procedures to apply. During a training session, it is the responsibility of the coach to follow correct first aid procedure.

Recording injury – Injuries incurred during a game should be recorded on the incident sheet on the scoreboard at the first opportunity during or after the game.

The incident report is then used to register the injury/incident in an incident logbook in the clubhouse for future reference if necessary.

Injuries occurring during training sessions will be recorded by the coach and logged in the injury/incident logbook at the earliest opportunity.

Returning from injury – A player returning from injury MUST provide his/her coach with a doctor's certificate stating that he/she is fit to play. The player must not take part in training sessions or games until the certificate has been provided.

7.2.5 Insurance

Coverage – All players registered with NGCNA are insured under the Australian Netball Insurance Program, Willis.

7.3 Behaviour

7.3.1 Players

In continuing our efforts to provide an inclusive, safe, fair and enjoyable atmosphere for our members and officials, Coomera Anglican College Netball Club has adopted the principles of Play By The Rules. Our club values integrity, respect, fun and responsibility.

All players registered with Coomera Anglican College Netball Club, regardless of age, are expected to adhere to the General and Players' Codes of Behaviour as outlined in this handbook. All players agreed to uphold these codes when completing their member registration. Please read these codes carefully.

Please remember that this club is run by volunteers and that all coaches, umpires and officials are volunteers.

7.3.2 Parents/Guardians

All parents/guardians of players registered with Northern Gold Coast Netball Association and Coomera Anglican College Netball Club are expected to adhere to the General and Parent/Guardian Codes of Behaviour as outlined in this handbook and respective codes of behaviour flyers. Please read these codes carefully.

The role of parents in the Coomera Anglican College Netball Club is to:

- Support and encourage their child to participate in junior netball.
- Allow their child to participate only if they are well and healthy.
- Encourage their child to participate for the enjoyment of junior netball.
- Support their child to develop social and physical skills through junior netball.
- Promote and abide by the Northern Gold Coast Netball Association's codes of behaviours.
- Be courteous when communicating with coaches, officials and administrators.
- Be a positive role model.

Again, remember NGCNA and CACNC is **run by volunteers**, who give their time freely to ensure your child has the opportunity to participate in this sport.

Breaches of the Codes of Behaviour will be dealt with in a three-phase disciplinary action which includes education, suspension and, if necessary removal of membership.

7.3.3 Respect of officials

Northern Gold Coast Netball Association, like many sporting groups, struggles for volunteer helpers, particularly in umpiring roles.

In an attempt to improve our umpiring numbers, we encourage our junior players to learn how to umpire and appreciate their efforts in volunteering. Please remember that our umpires – whether they be juniors, learners or experienced - are important to our club. Give them your full support and understanding.

7.4 Complaints / Queries

Dealing with complaints in a mature and professional manner is an important aspect of any sporting organisation. To ensure the complaint can be dealt with in an efficient manner, the club has adopted the following grievance procedure for players, parents and coaches:

7.4.1 CAC Netball Club – Grievance Procedure.

Step One:

In the first instance, a player/parent who has a grievance will speak with the coach involved and see if the issue can be resolved. If the grievance cannot be resolved, the grievance will be escalated to Step Two.

If an incident/query involving a parent arises which the coach does not feel comfortable dealing with, or does not know how to deal with, the parent should be directed immediately to Step Two.

Step Two:

The grievance will be taken to the management committee which will examine the issue/query and propose a suitable solution. The parent/player with the grievance must put the complaint in writing using the Incident report form. This form can be obtained by contacting the club via email - netball@cac.qld.edu.au.

The management committee will then decide on the best solution to the issue and inform both parties of their decision.

7.4.2 Harassment

No form of harassment will be permitted under any circumstances. If a player or parent believes some form of harassment is occurring, they should:

- approach their coach (if another player is involved);
- approach the coaching convenor (if a coach is involved); or address your concerns in writing to the committee;
- approach an executive member (if an official etc is involved); or address your concerns in writing to the committee.

7.4.3 General queries

Inquiries about the general running of the club or requests for information should be addressed to either the relevant committee members or to the President via the club's email netball@cac.qld.edu.au. All attempts will be made to answer any genuine inquiries.

7.5 Parental support

Parents are welcome and encouraged to attend games and cheer on their child and their team. However, please refrain from coaching from the sidelines or during the break. This is not only confusing for the players but can be seen as disrespectful of the coach.

7.5.1 Helping out

CACNC will always be looking for volunteers to help out in a variety of ways – from helping at duty days and fundraising to perhaps becoming an accredited coach or umpire. If you would like to become involved, please do not hesitate to approach one of the committee members.

You will have nominated to participate in a fundraising event as part of your registration. We thank you in advance for your assistance.

8. CODES OF BEHAVIOUR

Codes of behaviour have been developed in the following areas:

- General Code of Behaviour
- Coach Codes of Behaviour
- Junior Player Codes of Behaviour
- Parent/Guardian Codes of Behaviour
- Spectator Codes of Behaviour

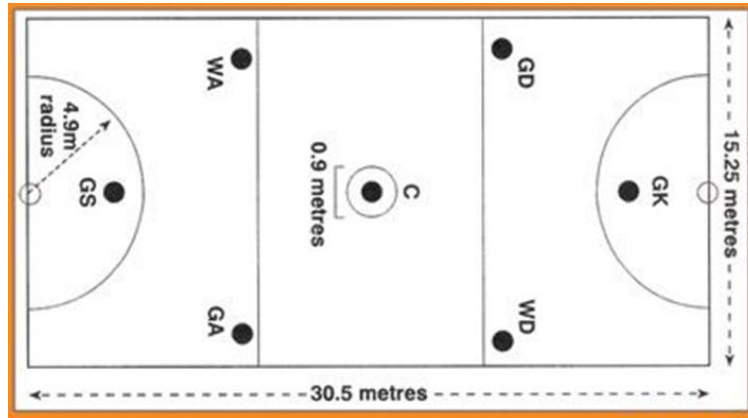
Codes of behaviour can be accessed on the CACNC website:

<https://www.cac.qld.edu.au/our-college/specialised-sports-programmes/netball-club>

9. COURT & GOAL SPECIFICATIONS

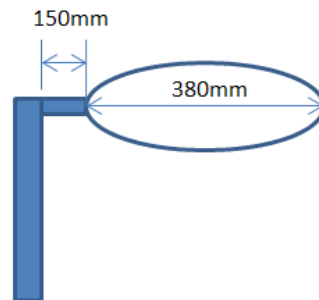
For parents interested in erecting goal posts and marking out distances at home the following dimensions apply:

9.1 Court Layout



9.2 Goal Posts

ITEM	MEASUREMENT
Ring Height:	3.05m (10 ft) or 2.4m (8ft for NSG)
Ring (internal diameter):	380mm
Attachment connecting ring to post:	150mm
Ring thickness:	15mm
Post diameter (standard)	65mm



9.3 Ball Sizes

DIVISION	BALL SIZE
7 Years to 9 Years	Size 4
All other Divisions	Size 5

10. CALENDAR 2018

Event	Date
Get Ready for Netball Day 2018	Saturday 20 January 2018, 8.30am to 3.00pm
11 years (2007) Squad Training	Thursday 25 January 2018, 3.30pm to 4.30pm
11 years (2007) Squad Training	Friday 2 February 2018, 3.30pm to 4.30pm
CACNC Grading Day 12 years and up	Sunday 4 February 2018
CACNC 11 years Grading Day	Thursday 8 February 2018, 3.30pm to 5.30pm
NSG Squad Training	Friday 16 February 2018, 3.30pm to 4.30pm
NSG Squad Training	Friday 23 February 2018, 3.30pm to 4.30pm
NSG Squad Training	Friday 2 March 2018, 3.30pm to 4.30pm
NGCNA Grading Day 1	Friday 2 and Saturday 3 March 2018
NGCNA Grading Day 2	Friday 9 and Saturday 10 March 2018
NETFIT Netball	Sunday 11 March 2018
NGCNA Grading Day 3	Friday 16 and Saturday 17 March 2018
Pink Netball Day	Saturday 24 March 2018, 9.00am to 12.00pm
NGCNA Week 1	Saturday 28 April 2018
NGCNA Week 2 Long weekend	Saturday 5 May 2018
NGCNA Week 3	Saturday 12 May 2018
NGCNA Week 4	Saturday 19 May 2018
NGCNA Week 5	Saturday 26 May 2018
NGCNA Week 6	Saturday 2 June 2018
NGCNA Week 7	Saturday 9 June 2018
NGCNA Week 8 CAC School Holidays	Saturday 16 June 2018
NGCNA Week 9 CAC School Holidays	Saturday 23 June 2018
NGCNA Week 10 CAC School Holidays	Saturday 30 June 2018
NGCNA Week 11	Saturday 14 July 2018
NGCNA Week 12	Saturday 21 July 2018
NGCNA Week 13	Saturday 28 July 2018
NGCNA Week 14	Saturday 4 August 2018
NGCNA Week 15	Saturday 11 August 2018
NGCNA Semi Finals	Saturday 18 August 2018
NetSetGO Nova Carnival	Sunday 19 August 2018
NGCNA Preliminary Finals	Saturday 25 August 2018
NGCNA Grand Finals Long weekend	Saturday 1 September 2018
CACNC Presentation – 10 year Celebration	Friday 7 September 2018

Current as at 14 December 2017