**COMMITTEE DETAILS**

All emails to: [possumsnetballclub@gmail.com](mailto:possumsnetballclub@gmail.com)

**President** – Sarah Carroll– 0421 841 800

**Vice President** – Chris Tworek – 0433 312 231

**Secretary** – Gary Kirkpatrick – 0418 317 366

**Treasurer** – Julie Lasry – 0412 589 679

Coaches Coordinator – Lynne Koski – 0409 963 641

Junior Teams coordinator (under 9 and 11) – President and Vice President

Senior Teams representative (under 13, 15 and 17) – President and Vice President

Net set go Co-Ordinator – Sarah Carroll – 0421 841 800

MRNA representative – Belinda Price – 0412 879 124

Registration Officer – Clare Henebery – 0415 582 469

Uniform Co-ordinator – Julie Lasry – 0421 589 679

Equipment Officer – Lynne Koski – 0409 963 641

Duty Day Co-Ordinator – Colleen Sipthorp – 0431 690 514

Presentation Night Co-ordinator – Colleen Sipthorp and Kate Webber

Website and media – Kate Webber – 0422 275 161

General Committee –

\*\*GENERAL MEMBERS ARE ALWAYS WELCOMED\*\*

Calendar of Events and Dates is on the Possums Website

<https://www.possumsnetball.com.au/>

We invite all members to join Possums Netball on Facebook

<https://www.facebook.com/groups/possumsnetball/>

And like Macedon Ranges Netball Association on Facebook (any game cancellations are posted here)

<https://www.facebook.com/Macedon-Ranges-Netball-Association-1453698898183089/>

**COACHES AND TEAM MANAGERS**

As a coach you can do everything yourself or appoint a team Manager to help you out with whatever you need help with. The following are things you could ask your team manager to do for you.

* Create a team captain roster. Captains are responsible for bringing fruit for half time, lollies for full time. They will also be responsible for providing a scorer for the game.
* Communicating with the team regarding games and training.
* Sending reminders for captain etc
* Collect allergy and medical information and share with the coach but keep confidential
* Ensure first aid kit is always stocked and assist with first aid during games if required
* Organise and track any players filling in and notify junior/ senior representative
* Be responsible for collecting game day votes if you chose to do votes
* Be a sounding board for you
* Organising modified rings to be put up in under 9’s
* Communication with parents and committee if required
* Showing captain parents how to score if required
* Organising courts to be swept if required due to debris or water on the court

The team manager is there to help you as much or as little as you need. You are the coach and we want you to be able to focus on coaching during a game not worrying about oranges and scoring or an overly enthusiastic parent!

If you have a team manager, please let the coaching co-ordinator know who they are. They will also need to have a working with children check and we will need the number recorded as well.

MRNA bylaws are available on the MRNA website and the committee have a hard copy. Worth having a quick look over if you are a new coach.

The coaching co-ordinator and the committee are there to support the coaches however possible. We understand how much time, energy and enthusiasm is invested in coaching a team and we want to make it as rewarding as possible not stressful. If there are any problems, or you find yourself needing help or advice please reach out and ask.

All players have given photo consent when registering online. If they have emailed to remove consent the committee will inform you. If they tell you no photos – they need to withdraw photographic consent by emailing the committee as stated in the terms and conditions at the time of registration.

Players are allowed to wear leggings and long sleeves on those super cold days. They must be plain navy or black and no zippers, buttons, or pockets. If they are deemed unsafe by the umpires they must be removed. MRNA have introduced an inclusive uniform policy, in which girls and boys have the option of wearing dresses or t-shirts with shorts. These must be in Possums colours, which are to be purchased from the club. No jewellery or hair ties on wrists, hair must be tied back and nails are to be short and below the fingertip.

Possums have organised some McDonalds vouchers for ‘player of the week” awards. We would love you to take a photo of the player with their award and post on the Facebook group each week, or send to Kate Webber (0422 275 161) for posting.

**END OF SEASON AWARDS** **AND PRESENTATION**

In the older age groups at the end of season, 2 awards are given out to deserving players. Its up to the coach what awards you want to present. Some ideas are:

* Best & Fairest and Runners Up Best & Fairest – needs a 3-2-1 vote recorded each week. This can be from the coach, scorer, the opposing team’s scorer etc. 3 points for the best player on court and so on. They should be sealed and filed until the end of season and then counted with 2 people. You can ask someone from the other team to complete votes for your team as well but they are not under obligation to complete them for you. If you want to do it that way and the other team refuse, perhaps ask a spectator if they will.
* Coaches award – a player who stands out to the coach for whatever reasons are important to you
* Most improved
* Best Team Player
* Encouragement
* Most consistent

They can be whatever you like. You may want to make a short note during or after each game to look back over to decide these awards. If you want to do a best and fairest the coaching Co-Ordinator has a template you can use.

At presentation each coach will give a short speech about their season and present the awards for their team. If you had a team manger its also an opportunity to thank them and present a gift from the team. Please ask each family to contribute to this as the team manager has been there for all of them as much as they have been there for you.

**COACHES RESOURCES**

The Committee have purchased a club subscription to Sportsplan. A link will be emailed to each coach to activate their login. Sportsplan has a huge database of warm ups, drills and skills with diagrams, videos, instructions and extensions. You can search a skill you want to work on, choose your drills and create your training plan which you can print or access on your phone to take with you. You can share training plans amongst each other.

There is nothing wrong with showing a video of a drill you want to do if it’s complex to explain, some people will understand straight away if they see it and be able to recreate it a lot easier than trying to compile a lot of instructions to action.

Netball Victoria website has lots of free resources starting at the basics like how to pass a ball.

There are great ideas on Facebook from pages like ‘the netball coach’, Melbourne Vixens, Netball Victoria, netball mentor, nettyheads, NetSpirit, netfit and loads more

Another great space for ideas is YouTube, there are loads of awesome ideas showing either just the drill or how to set it up, implement it, and coach it.

Each other!!!! Bounce ideas of each other, ask for advice, ask questions, discuss what has worked or not worked. Some of our coaches are a wealth of knowledge, and always happy to help.

Coaching is so rewarding and can also be exhausting. We all understand you have families, commitments and lives outside of coaching. If you can’t train, make a game, or just need a break or an assistant so you can focus on specific players or whatever the reason please reach out to the coaching co-ordinator and they will work out a way to help.

**OTHER INFO FOR COACHES**

In under 9s and 11s each player is to be rotated through every position on the court. The MRNA do keep track of this and will check up on it and notify if rotations aren’t happening. It’s up to you how you find it easiest to rotate player positions. You can change them as often as every quarter. When they are just learning, it can be quite overwhelming for a player to play in 3 or 4 completely different positions in a game. It may be easier for them to stick to defence for a game, shooting for a game, mid court for a game and rotate through those positions. Other coaches prefer to rotate every quarter into every area on the court.

Fill ins (U9 & U11) - If you need a fill in, please reach out to the Coach of other Possums teams in your age division as a starting point as they may be able to lend a player. Players are also able to play up in an older division. A non-registered player is also able to fill-in, however they will need to gain a day pass from the netball connect app. In the event that you are out of options for a fill in, please contact the Coaches Co-ordinator for their assistance.

Fill ins (U13 & U15) Please refer to the above and note if utilizing players from lower divisions, no one player is allowed to play up a grade for more than 2 games.

U13 – Only 2 boys are able to be on the court at any one time and must be in separate areas of the court eg. If playing 2 boys, they cannot play GA & GS or GD & WD, they can however play C & GA.

U15 – Only 1 registered boy per team. If that boy is unable to play, their team can not use another boy to fill in.

**Captains**

Teach your players that it is part of the captain’s role to call time in the case of injury or blood during the game.

Coaching /Direction

9 & Under: full direction of play. Coaches may walk up and down the side line of courts instructing payers in the rules and play of netball ensuring Not to obstruct the umpires. No other coaching is recommended as this confuses young players.

11& Under, 13 & Under, 15 & Under and 17 & Under. Coaches must position themselves on a sideline, and cannot walk the court or sideline coach. No other coaching is allowed during game play. It is not appropriate to position multiple coaches at both ends of the court. Direction of play is allowed. No Coach is to heckle the umpires.

All coaches must complete a minimum of the Foundation Coaching Course (online) provided by Netball Victoria, hold a volunteer working with children’s check (unless under 18), and have Victoria Netball Full Membership. Possums Netball club will cover the cost of the Foundation coaching and your VNA.

To apply for a volunteer working with children’s check

<https://www.workingwithchildren.vic.gov.au/individuals/applicants/how-to-apply-1>

Online course for foundation coaching accreditation. Possums will reimburse the cost to you

<https://vic.netball.com.au/how-become-coach-accreditation>

VNA registration if you don’t already have it and are over 18

<https://netball.resultsvault.com/common/pages/reg/welcome.aspx?id=87747&fl=1&entityid=45603&save=0&misc=5hmqBYB534Wfea3JSafqeA7zh85wLH3J7Wt%2fV8pbUq8%3d&redirect=1>

Please make yourself familiar with the MRNA bylaws and VNA codes of conduct that can be found online at:

<http://www.macedonrangesnetball.com.au/documents>

<https://vic.netball.com.au/code-of-conduct>

Feel free to share the code of conduct with players and parents

**2023 Game Day’s**

TBC. Chris and Sarah will update all Coaches and Team Managers when we know more

**RECORD OF PLAYERS PLAYING OUT OF AGE GROUP**

The junior or senior team representative needs to be notified via email and text of any fill-ins during the season prior to the game starting.

This information also needs to be recorded on the back of the scoresheet as well as listing the fill in player on the team list. ALL players must have VNA and if not registered to Possums they must register at the MRNA officials’ box prior to the game.

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| --- | --- | --- | --- | --- |
| **PLAYER NAME** | **DATE PLAYED UP** | **USUAL TEAM** | **TEAM PLAYED** | **QUARTERS PLAYED** |
| *Example - Susan Smith* | *1.1.19* | *Possums 1 U13A* | *Possums 2 U15A* | *3* |
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