



TRAINING AND COACHING POLICY

PURPOSE OF POLICY

The purpose of the TRAINING AND COACHING POLICY is to ensure that the team functions as a unit; and individually and as a team achieve the objective of playing.

1. TRAINING SESSIONS

- 1.1 Players are to commit to team activities for the registered season. This includes:
 - Play netball for the entire 2016 winter season.
 - Attend weekly training sessions on time, in appropriate training clothing and footwear.
- 1.2 Notify the Coach or Manager as soon as possible should the player not be able to attend a training session or game. This is important information to reach the coach as soon as possible to enable the coach to plan relevant activities for the players who do attend.
- 1.3 Parents and players accept responsibility for their own belongings and themselves. Kinross Netball Club does not accept responsibility for loss of clothing and jewellery or personal injury to players.
- 1.4 Parents and Players accept that the Club Coaches and Managers are all volunteers and not paid employees – instructions during training and team activities need to be adhered to by players and parents.
- 1.5 Players are notified of training and team activities via the main contact email and main contact mobile provided to the club, as well as the app that can be downloaded on your phone. It is the player's responsibility to ensure messages are read and responded to.
- 1.6 The club officially has one training day in the week over the winter season with a break over the July school holidays. Every team has team training of at least 1 hour on this day.
- 1.7 The training day once a week will be communicated at registration time with the specific team training time on the relevant training day once grading has been completed and the teams and number of teams known.
- 1.8 The club's main training venue is the Arena Courts in Joondalup. The venue is not owned by Kinross Netball Club and the club is therefore dependent on the acceptance by the owner of the relevant booking day and time.
- 1.9 Training attire need to be suitable for training and team activities. No jewellery, no jeans and wear appropriate footwear with enough support. Hair is to be tied back and nails short. Coaches may request players to remove jewellery and may refuse players to take part in certain activities if attire and appearance is deemed by the coach to put the player at risk.
- 1.10 The club and coaches are not responsible for supplying water/drinks at training and team activities.
- 1.11 The club and coaches are not responsible to supply and apply strapping for players.
- 1.12 Coaches and Managers need to advise the Coaching coordinator and Secretary in writing when team practices are cancelled as soon as it becomes known. When the club and Coaching



coordinator make this decision and message that to teams, there is no need to do this notification.

- 1.13 A bag of training equipment is provided to each coach who is responsible for this on behalf of the team. Coaches are to take care of equipment and hand it all back at end of season as per instruction of the Equipment Coordinator. All damage to equipment needs to be reported to the Equipment Coordinator as soon as possible when it happens. The Equipment coordinator in liaison with the rest of the club committee decides when and how damaged or worn down items are discarded if needed.
- 1.14 The Coaching coordinator is the first point of liaison for coaches regarding coaching issues.
- 1.15 No alcohol and smoking is allowed at training.
- 1.16 Police will be called in if any behavior requires that.

2. COMPETITION/MATCH TIME

- 2.1 Teams consist of 9 players, a Coach and a Manager. ALL Coaches and Managers are volunteers.
- 2.2 Players to arrive at the game court at least 15 minutes prior to the start of the game, dressed in Club uniform with suitable footwear, hair tied back, nails short/covered and not wearing any jewellery.
- 2.3 It is the player's responsibility to contact the coach as soon as it is known by the player if they won't be able to attend the match/running late and provide reason for that so that a suitable replacement can be arranged and enable the rest of the team to have a game.
- 2.4 The team position selection at match time is at the discretion of the Coach and to be adhered to by players and parents.
- 2.5 The club focuses on player technique and development for players up to the age of 11 years and as such players will be equally rotated through all positions.
- 2.6 Players are to cooperate with coaches and team mates.
- 2.7 Parents/guardians of players are to make themselves available throughout the season to score or time at matches. A roster system rotates across the season.
- 2.8 Parents/guardians when scoring or timing are to adhere to manager instructions with regard to performing these official duties as fines can be imposed to the team by the competition coordinator.
- 2.9 If some issue arises during the match, coaches and managers need to call upon the competition coordinator and assistants to resolve things during the match. The competition/matches are not convened and organized by Kinross Netball Club, the club is a participant at the competition.
- 2.10 Kinross players, parents and affiliated family members and friends attending matches are to adhere to competition managers/coordinators regulations and procedures.
- 2.11 Coaches and manager are not to discuss issues with Umpires or other opponent coaches and if these officials engage in discussion or action with Kinross coaches and managers, the competition coordinator needs to be called to the relevant court. The manager and coach may request a parent to go and call the competition coordinator if the court is further away or they can't leave the court.
- 2.12 Players, coaches and parents are to act with sportsmanship and thank the opponents and umpire for the game afterwards.
- 2.13 Photography at matches is a sensitive issue at most netball competition venues. In all cases request permission from the competition coordinator prior to taking photographs.



- 2.14 The club has the right to pass fines received during competition time which are player specific, on to the relevant player and parent.

3. UNIFORMS

- 3.1 The official club uniform which are to be worn at all matches are the following:
- Kinross Netball Club dress;
 - Booty shorts – not to be longer than the dress;
 - Kinross Netball Club socks; and
 - Footwear with enough support.
- 3.2 Any fines imposed by the competition coordinator on match day for the non-compliance with regard to uniforms, will be passed on to the relevant player/parent/team.
- 3.3 Other official club merchandise and requirements are also arranged by the uniform coordinator. This includes jackets, hoodies, skins, training singlet.
- 3.4 Club uniform items are to be ordered from the Uniform coordinator. It is the player (parent) responsibility to order uniform well ahead of the first match day.
- 3.5 Return of uniforms are not accepted – the club does not hold stock as it is not financially viable. The club does not hold second hand stock either.
- 3.6 Swapping of sizes is not desirable and should not be needed, but if possible is up to the discretion of the Uniform Coordinator.
- 3.7 Payment of uniforms takes place when the order is placed with the Uniform coordinator. Various payment methods are available and communicated on the website – it is the player (parent) responsibility to provide proof of payment when an electronic transfer is made.
- 3.8 Uniforms are not distributed to members prior to the club receiving payment.
- 3.9 If uniforms are ordered and a player decides to leave the club, the club is under no obligation to refund the order to the player. Refunds will be at the discretion of the Uniform coordinator and requests for a refund are to be done in writing to the Uniform coordinator with reason stated.