

Valley Representative Teams

2024 Information Guide



Congratulations on being selected to represent Lilydale and Yarra Valley Netball Association in the 2024 Valley Representative Teams. It is a great honor to be selected to represent Valley Netball and we hope you all have an enjoyable year.

The following information guide provides all the important information and answers to many questions that may arise throughout the season. Also included in this guide are our standards and expectations for all Valley Representative players and parents.

PRE-SEASON:

Training

Training for all squads starts on Monday, 15th January 2024 and is held at Pinks Reserve. (Please note this date may change and will be advised via email)

Squad Training Day

ALL squad players from **11U through to U17's** are required to attend the Squad Training Day on **Sunday, 26th November 2024, from 9.30am to 1.30pm** at Pinks Reserve and **Sunday 3rd December 2024 from 9.30am-11.30am.**

These sessions are for players only, we request that parents drop off players 15 minutes prior to the session and players can be picked up at the end of the session at 1.30pm.

This day is a great opportunity for players to get to know their squad mates, coach and committee members.

COACHES:

Head Coaches:

Kate Upton
Ella Bayliss

11-1:	Sophie Morgan
11-2:	Chelsea Nobile
13-1:	Mick Priestley
13-2:	Georgia Enright
13-3:	TBC
15-1:	Belinda Morse
15-2:	Tracey Morgan
15-3:	TBC
17-1:	Nicole Schoch

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CODES OF BEHAVIOUR:

All players, coaches, parents and spectators are to abide by all Netball Victoria Guidelines and Codes of Behavior. These can be found on the Netball Victoria website.

Players

- Participate because you enjoy it, not to please parents and coaches.
- Be a responsible team member. Attend and actively participate in training sessions and bring appropriate uniform and equipment to all training sessions and matches.
- Treat all players as you would like to be treated and ensure that at all times your behaviour is fair.
- Applaud all good play, by your own team and opponents.
- Conduct yourself in a responsible manner relating to language, temper and punctuality.
- Respect the talent, potential and development of fellow players and competitors.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
- Be frank and honest with your coach concerning illness and injury and your ability to train and play fully.
- Respect and acknowledge the contribution of those who create the opportunity for you to play, volunteer coaches, team managers, umpires, scorers, timekeepers and administrators.
- Know and abide by the rules and respect the decision of the umpires, without argument or bad temper.
- Verbal abuse of officials or other players, deliberately contacting or provoking an opponent and throwing/damaging equipment is not acceptable or permitted.
- Captains have the right to approach an umpire during an interval or after the game for clarification of any rule. Be courteous and polite.
- 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).

Parents/Guardians

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Teach your child that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility, violence or verbal abuse.
- Never ridicule or yell at a child for making a mistake.
- Remember that children learn best by example. Appreciate good performances and skillful plays by all participants.
- If you disagree with an umpire or coach raise the issue through the appropriate channels rather than question their judgment and honesty in public.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Be a model of good sports behaviour for children to copy.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Be courteous in communication with administrators, coaches, players, umpires and other parents. Teach children to do likewise.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

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COMMITMENT:

- Players are selected in a Representative Team for the complete calendar year;
- Players must be available and punctual for all training sessions, matches, tournaments and any other specified activities;
- Players must display commitment and positive attitude to all training and playing sessions;
- Players must wear appropriate footwear and full uniform to games, training and tournaments;
- Players should remember that they are representing Valley and are expected to show good sportsmanship at all times, and show respect to coaches, teammates, officials and other participants;
- The team must remain a unit. All players must remain from the start of training / playing session to the end;
- Players not on court must remain on the bench with their coach and support the team;
- Players must attend and support all Valley events, including Presentation Night, Fundraising, etc
- If due to **unavoidable** circumstances you cannot attend an event, the coach / manager must be notified at the earliest possible time.

COMMUNICATION:

Communication will be via email and the Valley Rep teams Facebook page. Posts to our Valley Rep teams Facebook page can be read even if you do not have a Facebook account.

We will look to having a Facebook page dedicated to each of the squads.

Important forms and information concerning Rep teams can be found under the Rep teams tab on the Valley website – for example, updated tournament list.

Each team will have a team manager who will be your principal point of contact. Parents should inform the team manager when their child is unable to train or play because of illness or injury.

If you have any complaint with team selection or court time you should raise it with our Representative Teams Coordinator, by email at repteams@lyvna.com.au, who will respond after discussing your complaint with the Head Coach and Coach. You should not attempt to make any complaint to the coach or team manager during or immediately after a game.

COURT TIME:

17U teams

Court time and the allocation of player positions are up to the discretion of the Coach.

11U – 15U teams

Weekly Games:

- All players from 13U - 15U will be given at least two quarters at each match if they have met training criteria.

Finals:

- All Players from 13U - 15U level will be given at least one quarter at the match.

Tournaments:

- Players from 11U - 15U level will be given as equal court time as possible.

Tournament Finals:

- Players from 11U - 15U will be given at least half a game.

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EXPECTATIONS:

If you are selected in a Valley representative team, you will be expected to maintain certain standards. No player, regardless of her/his skill and/or status, is any more or less important than another. Failure to adhere to our expectations will result in removal from the squad.

If you are committed to other activities which will interfere with your training and match commitments, please be prepared to either “re-prioritize” or withdraw from selections.

Please do not participate in our selections unless you are prepared to commit and adhere to the following expectations:

- Total respect and support of your coach
- Respect and support of your team members
- Respect for umpiring decisions, regardless of your opinion
- Commitment to attend every training session. Exception for illness. Players that do not attend training should not expect to be part of the starting seven.
- Commitment to maintain fitness.
- Prompt payment of fees by the due date – unless prior arrangements have been made.
- Support of all Valley teams which includes supporting our other teams in finals.
- Support of relevant fundraising activities
- Wearing of correct Uniform.
- If you have any grievance, have the courage to put it in writing and send to repteams@lyvna.com.au for the appropriate action by the committee.

FEES:

Fees are to be paid by the due date unless payment arrangement made with our treasurer, Jackie Church. If using direct credit, please use name or invoice number as reference and advise us of the deposit by email to Jackie at treasurer@lyvna.com.au.

Netball Victoria Membership and Player Acceptance Fee

2024 Netball Victoria Membership (NVM – Snr \$86, Jnr \$66) and the \$100 player deposit (non-refundable) is to be paid online **by all players** via the link that is emailed to you.

All the fees below include GST.

11U

\$100 Player Deposit and Valley fee per year

\$440 Tournament and training costs per year

\$\$ TBC – U11 Team Bonding Camp (February)

Total Fees: \$540 per year + NVM + uniform* as ordered

13U

\$100 Player Deposit and Valley fee per year

\$425 Waverley, tournament and training costs (Autumn Season)

\$460 Waverley, tournament and training costs (Spring Season)

Total Fees: \$985 per year + NVM + uniform* as ordered

15U

\$100 Player Deposit and Valley fee per year

\$445 Waverley, tournament and training costs (Autumn Season)

\$460 Waverley, tournament and training costs (Spring Season)

Total Fees: \$1005 per year + NVM + uniform* as ordered

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17U

\$100 Player Deposit and Valley fee per year

\$425 Waverley, tournament and training costs (Autumn Season)

\$470 Waverley, tournament and training costs (Spring Season)

Total Fees: \$995 per year + NVM + uniform* as ordered

Mildura Carnival September

\$280.00

Please note this is subject to change.

*Uniform - See Valley website for prices.

FUNDRAISING:

It is the responsibility of players and parents to support any Valley fundraising events that may be arranged during the season. Without your help, we will not be able to raise the funds to run the many events that make our association successful. The costs of events involving our representative teams would double without our fundraising.

BBQ roster

Our Saturday BBQ is a major fundraiser for our Association and underpins your low fees (our fees are much lower than similar Associations). You are expected to assist on the BBQ at least twice during the year. If you cannot attend, you **must** arrange a swap with another parent.

Parents of our 11U players will also be rostered on for BBQ and canteen duty for our 11U Round Robin tournaments that are held at Pinks during the year. Last year there were 4 tournaments. We expect there will be the same number next year.

GAMES:

- Players are expected to make themselves available for ALL games throughout the year
- It is the responsibility of every player to inform your coach, via text message or a phone call if you are unable to attend a game at Waverley or a tournament as early as possible.
- **Any player who, without notification, is absent from 2 or more games or tournaments may be removed from the squad.**

11U: Teams 1 & 2

- 8-10 Sunday tournaments in Melbourne and country Victoria

13U Teams 1, 2 & 3:

- 4-6 Sunday tournaments in Melbourne and country Victoria
- Thursday night games between 4:45pm - 7:30pm, 2 seasons February - December at Waverley Netball Centre

15U: Teams 1, 2 & 3:

- 3-4 Sunday tournaments in Melbourne and country Victoria
- Thursday night games between 6pm - 9:45pm, 2 seasons February - December at Waverley Netball Centre

17U: Teams 1:

- 2-3 Sunday tournaments in Melbourne and country Victoria
- Wednesday night games between 5pm - 7:00pm, 2 seasons February - December at Waverley Netball Centre

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INJURIES/ILLNESS:

Any player who sustains an injury or becomes ill must notify their coach immediately.

Injured players are expected to attend training sessions, tournaments and Waverley.

A letter from the primary care giver/doctor stating that they can resume training may be required.

Any player sidelined by injury over 4 weeks may need to return via a lower section team for the remainder of the season. This will be at the Head Coach, Coach and Representative Coordinators discretion.

PARENT/GUARDIAN MISCONDUCT:

The following steps will be followed should there be a breach of the Spectator Code of Behaviour by a parent/guardian:

- A warning letter will be sent to the parent/guardian identifying the breach and reinforcing the Association's Code of Behaviour.
- If a further breach occurs a meeting between the player, parent/guardian and Rep Team Coordinator will be arranged to mediate a satisfactory outcome at the next training or match.
- A subsequent breach in the code will result in immediate suspension of the player for a time to be determined by a panel appointed by the committee, either short term, long term and possible non-selection for the following year.

PUBLIC AND SCHOOL TERM HOLIDAYS:

Players are required to attend training sessions in these times. However, a coach may elect to notify his/her players otherwise.

SUB-COMMITTEE:

We are looking for enthusiastic parents to join our Representative Teams Sub-Committee. We need volunteers to help organize and run events throughout the year, including Saturday BBQs, Sunday tournaments, raffles and presentation night.

SUPERVISION:

No player is to be dropped off to training prior to 6pm. Every player must be escorted to and from the training facility by an adult.

We ask that parents make sure there is a member of the coaching staff at the courts before leaving their children at the facility.

Players need to be picked up by an adult after training. No player is to leave the courts to walk to the carpark without adult supervision.

TEAM SELECTION:

The selections of teams in each squad will be finalized during the first three to four training sessions. Players will be notified of their team by the coach of the team in which they have been selected. Some movement between teams may be required during the year.

Training partner requirements:

- Attend all Monday night training sessions, training with the squad.
- Participate in the Introduction day/weekend.
- If there are any injuries or a player is unable to play, you may be called on to play a game/tournament. This may be a one off, temporary or permanent.
- There are no fees required to be paid, besides the Netball Vic Membership. If the player becomes a permanent player a pro-rata fee will be calculated.
- Attend social events, presentations etc.

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TENT DUTY:

Most parents will be rostered on for tent duty. It is a vital part of keeping the players comfortable at tournaments.

The tents can be picked up at the courts on the Saturday afternoon before the tournament. More details can be found on the website.

TOURNAMENTS:

- Tournaments are played on Sundays in various locations around Melbourne (and possibly country Victoria). Games usually consist of 2 x 7min halves and teams can expect to play approx. 5 - 9 games throughout the day.
 - Tournaments will be selected by the Lilydale and Yarra Valley Netball Association committee as they become advertised. A schedule will be available online and posted on the Valley Rep Facebook page. It is important to note that this is an unconfirmed schedule and may change at the last moment due to cancellations outside our control.
- Be prepared.
 - o Ensure you are well hydrated and that the appropriate food has been eaten the day before.
 - o Arrive at least 1 hour before match start time, or as advised by coach.
 - o No jewellery to be worn at tournaments (or training).
 - o Nails are to be cut short and smooth.
 - o BYO drink bottles.
 - o Hair must be tied back
 - o Bring warm clothing and be prepared for wet weather/sunscreen for hot weather.
- All players are expected to support our other association teams in finals.
- Sports energy drinks, fruit, jelly snacks, sandwiches are an important part of maintaining energy levels throughout the day

TRAINING:

Attendance at all training sessions is compulsory. It is the responsibility of every player to inform your coach, via text message or a phone call if you are unable to attend training as early as possible. **Any player, who, without notification, is absent from training for 2 sessions may be removed from the squad.**

TRAINING TIMES AND LOCATION:

Training is at Pinks Reserve for all age groups.

Training commences on **Monday, 15th January 2024.**

If, for any reason, a training session is cancelled for a team or squad, players will be notified of the cancellation by their team managers and via social media.

UNIFORM:

Uniform sizing for all squad members who need uniforms will be carried out following the information session.

Compulsory uniform consists of A-Line Dress, socks, training top and hoodie. Singlet and game bag are optional.

Second-hand uniform items may be available. See the Valley Rep Facebook page Second Hand uniform post where parents post items for sale and connect with buyers.

TRAINING UNIFORM:

Training uniform (sports shorts/skins and Valley training top) is compulsory attire at all sessions.

Dresses are only to be worn for match play.

Bring a drink bottle, skipping rope and towel or yoga mat, and remember to have your hair tied back and no jewellery.

TRANSPORT:

Parents are responsible for arranging transport to and from games and tournaments for their children.