

# Victoria Avenue School Netball

## Background

VAS netball teams from year 3 to 6 compete in a Future Ferns league run by AMI Auckland Netball over the winter season. Games are held on Thursday afternoons for year 3-5 teams and Tuesday afternoons for year 6 teams. College Rifles and Auckland Netball offer options for Year 2 children who wish to play netball.

The school arranges trials, organises teams and provides uniforms and equipment. Overall co-ordination of the sport and coaching and management of teams depend upon volunteers from our school community. VAS has Player, Manager and Coach Codes of Conduct (see Appendix 1) to which all participants in the sport are expected to adhere.

Pre-season netball training can be sourced from College Rifles or ANC and is at the discretion of parents. Some people also choose to participate in the ANC Summer League which is organised by parents independent of the school.

## VAS Philosophy

We wish to encourage participation in netball recognising that players in years 3 to 5 are starting out in the sport and have a large amount to learn. By year 6 players have established a basic skill level and are beginning to specialise in positions as indicated by relaxation of ANC's rotation policy.

Sparc state that *"Enjoyment and fun are key drivers for children participating in sport with performance, challenge and improvement also being key motivators"*. At VAS we encourage our players at all levels to do their best, play hard for themselves and their team and enjoy their netball. The emphasis is on taking what is taught at team practices and exhibiting those skills at games. Results are important to players but all involved need to keep in mind that this is beginner netball and the degree of competitiveness and pressure on players should be commensurate to their age. A team or individual that gives their best and does all that their coach asks should be considered a success irrespective of the end of game scores.

Coaches and umpires need to know and abide by the rules relating to Future Ferns netball to ensure enjoyment and development of young players. The rotation policy for years 3 to 5 should be applied as specified by ANC and to allow fair allocation of positions to all players, even if this may not result in the strongest team combination for any given game. This allows players to develop knowledge and skills in all playing positions or areas of the court which is necessary to allow for the changing and variable growth patterns of young players.

**Team sizes** will ideally be a minimum of 8 and maximum of 9 players in years 5 and 6 and a minimum of 8 and maximum of 10 players in years 3 and 4, but final numbers will depend on registrations received. These target numbers allow cover for illness and injury while allowing players sufficient court time. Once registrations are complete at the beginning of each season and before trials commence the netball co-ordinators will endeavour to encourage extra players where required to make enough teams to cater for registered players.

**Boys** are encouraged to join VAS teams at all levels if they wish.

**End of Season Feedback** At the end of each season coaches from Year 3, 4 and 5 teams will be required to provide confidential individual player feedback. This will be held by the school and used as part of the trial process for the following season.

**Trials** will be conducted by the school. After trials are complete and initial views recorded, feedback from previous year coaches (per above) will be reviewed by the trial team. Any gross discrepancies will be addressed and teams will then be finalised.

**Coaches** will be allocated to teams after trials recognising that they usually wish to coach their own child's team. Each team needs at least a coach (and preferably a manager) and we rely on parent volunteers to fulfil these roles. We strive to find people to fill these roles but in the absence of volunteers we may have to refund registration fees to players and recommend alternative avenues for netball.

VAS will run a general session for sports' coaches early each year and all coaches from all codes will be expected to attend. We will also provide coaching sessions for anyone who wishes to attend. In addition Auckland Netball offers a range of coaching and umpiring skills sessions for all abilities that coaches may choose to attend.

**Managers** will be arranged by each coach (if desired). The netball co-ordinators will provide details of any volunteers and can assist coaches in identifying a manager if they wish.

**Practices** Coaches will arrange one weekly practice before or after school in consultation with netball co-ordinators to achieve a workable timetable for all teams. Regular lunch-time practices cannot be accommodated due to space constraints. Coaches who wish to practice more than once per week should consult with parents of their players before making a decision.

**Uniform and Gear** The school will provide uniforms direct to players and these need to be returned clean to the netball co-ordinators at the end of the season on the date specified. Each coach will be supplied a gear bag containing netball, practice bibs, first aid kit, match bibs and a future ferns manual all of which must be returned at the end of the season.

## **Selection of Teams and Year Specific Philosophy**

Auckland Netball has instructed that where we enter more than one team in a year, one team must be nominated as "higher" than the other. Further, they recommend that we do not enter mixed ability teams. Therefore, VAS players from years 4 to 6 will be graded via pre-season trials with greatest emphasis on the grading in Year 6. Players need to understand that they are responsible for how they perform at trials which incorporates readiness, having the appropriate gear and their attitude as well as their netball related skills.

### **Year 3 Netball**

This is usually the first season of netball and players begin with few specialised skills. Coaches are required to umpire games and are encouraged to talk to their team as they play. Goal posts are set to the lower height, rules are significantly relaxed and players have to rotate through all positions throughout the season.

**Year 3 Grading:** Year 3 players will be allocated to teams after a brief skills based session.

**Year 3 Focus:** Learning fundamental netball rules, understanding team philosophy, enjoying achieving personal and team goals, learning principles of fair play.

### **Year 4 Netball**

Coaches are required to umpire games and are encouraged to talk to their team as they play. Goal posts are set to the lower height, rules are relaxed and players have to rotate through all positions throughout the season.

**Year 4 Grading:** Year 4 players will be viewed by trial assessors while undertaking some basic drills and in game mode using more than one session if required. Assessors will be ranking players in order to group like capabilities.

**Year 4 Focus:** Learning netball specific skills, fine tuning understanding of rules, developing understanding of game play, continued focus on fair play and enjoyment.

### **Year 5 Netball**

Coaches may umpire if they wish but teams can also arrange independent umpires from ANC (for a fee payable by the team) or other volunteer sources. Goal posts are set to the standard height, rules are reasonably enforced and players have to rotate through all positions throughout the season.

**Year 5 Grading:** Year 5 players will be viewed by trial assessors undertaking more advanced skills and in game mode playing a variety of positions. Assessors will be ranking players over at least two trial sessions.

**Year 5 Focus:** Developing an understanding of positional play, learning new skills, continued focus on fair play and enjoyment.

### **Year 6 Netball**

Coaches may umpire if they wish or the VAS netball co-ordinators will arrange for an independent team umpire paid for by the school. Goal posts are set to the standard height, rules are fully enforced and players no longer have to rotate through positions.

**Year 6 Team Selection:** Year 6 players will be asked to indicate their position preference for trials. They will also be viewed playing positions as recommended by their previous year coach. Provisional teams will be drawn up by trial assessors then a further trial consisting of short games played before the teams are finalised. Trial assessors will give feedback to coaches about recommended positions, but final position allocation to be determined by coaches throughout the season.

**Year 6 Focus:** Fine tuning position specific skills in preparation for competitive intermediate school netball. Fair play and enjoyment of the game continue to be critical.

## Appendix 1 – VAS Player, Coach and Manager Codes of Conduct

### Player Code of Conduct

As a player for a team of Victoria Avenue School, I agree to:

- Play according to the rules of the sport and the principles of fair play.
- Never argue with an umpire but instead talk to my coach if I'm concerned.
- Take responsibility for my performance on and off the court.
- Treat all players as I would like to be treated. Not bully or take unfair advantage of another player.
- Appreciate and co-operate with my coach, team-mates and officials, as I understand there would be no game without them.
- Play my best for my team and myself as my team's performance will benefit and so will I.
- Attend all training and matches.
- Wear the correct sports gear.
- Encourage other members of my team.
- Follow the coach's instruction and be a valuable team member.
- Be on time to training and matches.

SIGNED BY \_\_\_\_\_

DATE \_\_\_\_\_

## Coach Code of Conduct

As a coach of a team of Victoria Avenue School, I agree to:

- Treat everyone equally and cater for individual differences
- Attend all trainings, meetings and matches.
- Be a good role model for the principles of fair play and ensure players display the same qualities.
- Be aware of the process and protocols for the sport.
- Be committed to being the best coach that I can.
- Display a professional manner with regard to language, preparation, planning and presentation.
- Be enthusiastic and encourage effort and skill. This will increase self-esteem and self-confidence.
- Commit to increasing my own knowledge of sound coaching principles and developmental stages of young players.
- Make expectations clear to the children and parents.
- Ensure players enjoy and develop their skills and play by using positive, specific and constructive feedback.
- Encourage players to show respect for opponents, team-mates, umpires, officials and spectators.
- Remember children's main reason for playing is for fun!

SIGNED BY \_\_\_\_\_

DATE \_\_\_\_\_

## Manager Code of Conduct

As a manager of a team of Victoria Avenue School, I agree to:

- Provide information to parents efficiently and correctly.
- Provide moral support and feedback to the coach.
- Organise team social events to build team spirit.
- Be approachable and provide players and parents with an alternative means of communication to the coach.

SIGNED BY \_\_\_\_\_ DATE \_\_\_\_\_

*NB: Information to be communicated by the manager includes:*

- *Administration*
- *Game times and venues*
- *Player availability and eligibility*
- *Uniform requirements*

*Actions to be performed by the manager include:*

- *Liaison with sports administration – subs, etc*
- *Organisation of support people as required (scorer, referees, gear collection, after game food, etc)*
- *Organisation of team photos*

## **Appendix 2 – Relevant Excerpts from ANC Philosophy as detailed in Future Ferns Pack 2010**

*Future Ferns is a modified netball competition for school years 1-6. Its aims are:*

- *To encourage participation and skill development*
- *To promote enjoyable and challenging competition, discouraging the “win at all costs” attitude*
- *To promote principles of fair play*

*Recommended guidelines for organising your school’s teams:*

- *No more than 12 players can be registered in a Team. (9 or 10 is better as it will give more opportunities for game time)*
- *AMI Auckland Netball recommends that if you are entering more than one team in each Year level that your teams are graded rather than entering two ‘Mixed Ability’ teams. Independent graders are available for hire. Teams should be registered as Team 1 and 2, rather than Red and Blue. One of your teams must be designated a higher level than the other.*

*Rotation*

- *For Years 1-5, players do not change ends at half time – the umpires change ends instead. Players are required to move to their next position at half-time, following a specific rotation around the court, this is detailed in the Coaches Handbook given to every team and is pre-printed on the Rotation Cards you complete before each game and is displayed on the notices around the courts.*
- *Coaches/Managers are also required to ensure that all players play each position evenly and to keep a log of ‘Positions Played’ in their Coaches Handbook up-to date and with them court-side for random inspection. Further explanation on half-time rotation and the ‘Positions Played’ log is provided at the Compulsory Rules and Rotation Clinic.*
- *Year 6 team players may specialise their playing positions and do not have to rotate positions at half-time.*