



MACKAY NETBALL ASSOCIATION INC

REPRESENTATIVE

INFORMATION

2024



Established 1972

Email: rep@mackaynetball.com

Website: www.mackaynetball.com

"CLEAN FAIR SPORT"

Welcome to Mackay Netball Associations Representative program for 2024. This information pack is to provide you with information about next year's program. Mackay Netball will be entering teams in the following State Events in 2024.

EVENT	COMPETITION DATES (not inc travel)	VENUE/ACCOMMODATION	APPROX COST
Senior Nissan State Age Championships (SSA) <ul style="list-style-type: none">• 15 Years• 16 Years• 18 Years	6-9 April, 2024	Western Districts Netball Association Faulkner Park, Waratah Avenue Graceville Accommodation Oaks Mews 141 Campbell St, Bowen Hills	\$900
Junior Nissan State Age Championships (JSA) <ul style="list-style-type: none">• 12Years• 13 Years• 14 Years	28 June – 2 July 2024	Downey Park Netball Association Accommodation Oaks Istay River City 79 Albert St, Brisbane City	\$830

Parents/Guardians are requested to check the above date. If your child is unavailable for these dates, please advise immediately.

2023 TEAM OFFICIALS

12A Coach: Cynthia Simpson and Tennille Swart
12B Coach: Michelle Hendrie and Ruth Stevenson
13A Coach: Tracey Zeller
13B Coach: Anna Townsend
14A Coach: Rebecca Hagenbach and Tina Kirkwood
14B Coach: Merryl Wheaton
15A Coach: Marnie Walsh and Maddi Freeman
15B Coach: Cerise Elbourne and Sophie Baynton
16A Coach: Chelsea Moohin and Jess Christie
18A Coach: Jayden Taylor
Boys Coach: Naomi Uriarte

Managers and Umpires to be advised.

CONTACTS:

Rep Board Member: email: rep@mackaynetball.com

MNA Treasurer: email: treasurer@mackaynetball.com

Operations Manager email: operations@mackaynetball.com

SQUAD and SELECTION

All squad training and selections are compulsory. If a player is unable to attend any training session, the Rep Coordinator must be notified via email stating the reason why.

Email: rep@mackaynetball.com

All players will be allocated a number upon registration. Players will be numbered on their right arm and left leg for both squad and trial.

Selection of a player who is absent from final selection will be at the discretion of the selection panel and selection shall not be automatically assumed

Senior State Age- Thursday	Junior State Age- Thursday
<p>Phase 1 – Skills and Drills Workshop Saturday 21 October 8:30am -11:30am</p> <p>Trial Sunday 22 October 9:00am -11:30am</p> <p>Teams Announced Sunday 22 October at 6.00pm on Facebook</p> <p>*Players will be given a home program to complete</p>	<p>Phase 1 – 4 Weeks Thursday 5:00pm -7:00pm 12, 19, 26 October 2 November</p> <p>Trial Thursday 5:00pm -7:30pm 9 November</p> <p>Squads Announced Sunday 11 November at 6.00pm on Facebook</p> <p>*Players will be given a home program to complete</p> <p>Phase 2 – Skills and Drills Workshop Saturday 8:30am -11:00am 3 February</p> <p>Trial 2 Thursday 5:00pm -7:30pm 8 February</p> <p>Teams Announced Friday 9 February 6.00pm</p>

For those selected into a team, a payment of \$250 must be received by the MNA Treasurer 7 days after the announcement to secure your spot on the team. If the deposit is not received by the set date your spot is no longer assured and may be offered to another player.

Payment due

- **Senior: Saturday 28 October 2023**
- **Junior: Thursday 15 February 2024**

TEAM TRAINING and STRENGTH & CONDITIONING

Team training will consist of one session per week with a maximum of 2.5 hours per session, the duration will be age appropriate. It is preferred that this is held on Thursdays but will ultimately be at the discretion of the head coach. Training will be held at the MNA courts.

For teams 13 years and up; Strength and Conditioning sessions will be outsourced. It is strongly encouraged that all players attend at least 1 session per week, however these are not compulsory. These teams will also have 2 sessions at Base Recovery. Further information will be emailed upon team selection.

12 years teams will have 2 sessions per week. 1 skills, drills and strategy and 1 strength and conditioning.

TRAINING PARTNERS

2-4 training partners will be selected for each age group. Those selected will train with the B team. Should a selected player from either team have to withdraw, a training partner shall be elevated to the B team. An outline of training partner expectations will be emailed out upon selection. Training partners will be charged a fee of \$100 and will be invoiced upon selection. Payment will be required 7 days after team announcement.

CLOTHING FOR SQUAD, SELECTIONS & TEAM TRAINING

It is a requirement of Mackay Netball Association that all players wishing to be a part of the MNA representative program be dressed in suitable attire for training and selections.

SQUAD - Any colour t-shirt and any colour shorts or tights.

SELECTIONS – Any colour plain t-shirt and any colour shorts or tights.

TEAM TRAINING – MNA rep training singlet or polo, shorts or plain black shorts.

NO CLUB APPAREL IS TO BE WORN AT ANY STAGE – SQUAD, SELECTIONS, TEAM TRAINING

UNIFORMS

The playing dress/singlet is available for hire for \$25. The dress/singlet will remain in the possession of the team manager prior to carnivals and must be given to the team manager prior to the conclusion of the carnival.

COMPULSORY

Backpack	\$Nil – provided by MNA
Bucket Hat	\$Nil – provided by MNA
Laundry Bag	\$Nil – provided by MNA
Travel Polo	\$TBC
Training Singlet	\$TBC
Bummers	\$TBC
Jersey/Hoodie	\$TBC

OPTIONAL

Socks	\$9.00
MNA Travel Bag	\$50.00

REP PLAYERS MUST WEAR THE MNA TRAVEL SHIRT WHILE TRAVELLING AND DURING THE CARNIVAL.

Uniforms will be supplied by Game clothing. Uniforms will be ordered via Game Clothing Portal. Further information and relevant links will be emailed upon selection. Supporter shirts and Hoodies are also available via the portal.

FEES

To participate in Squad a fee of \$50 is charged to register. A payment of **\$250.00** is required to be paid within 7 days of your child's selection to secure their position in the team. A payment plan will be outlined for the remainder of the fee.

If your child has been selected to represent MNA at the State Age Championships and withdraws without providing a Medical Certificate, the **\$250.00** deposit is **NOT REFUNDABLE**.

Total fees will include:

- Accommodation
- Travel from accommodation to the courts daily
- Playing uniform- dress/playing singlet hire fee
- Breakfast, dinner – does not include dinner on the last day
- Lunch & snacks - does not include lunch on the first travel day
- Backpack, laundry bag, hat for those players new to Rep in 2024

Does NOT include -

- Flights
- Money for food on travel days
- MNA Apparel

PAYMENT PROCEDURE

- Selection deposit \$250 payable within 7 days of your child's selection
- Your invoices for the total carnival fees will be emailed to your designated email address.
- Payments are **NOT** to be paid to the team manager or coach.

You might be asking why payment is required now. Mackay Netball has paid deposits towards all accommodation already booked for the locations where players will be staying for the nominated carnivals as well as travel arrangements.

If a player withdraws without providing a Medical Certificate the Association will not refund the \$250.00 selection payment.

MNA PREFERRED PAYMENT METHOD IS BY BANK TRANSFER TO:

Account Name - Mackay Netball Association Inc
BSB – 654 000
Account Number – 4160 8089
REFERENCE: **Players Surname, Age Division**

**Please forward remittance note by email - treasurer@mackaynetball.com*

ETFPOS and VISA options are available on request or by making prior arrangements with Rep Co-ordinator.

ALL PAYMENTS MUST BE FINALISED TWO WEEKS BEFORE TRAVEL DATE

Senior: Friday 22 March 2024

Junior: Friday 14 June 2024

A payment schedule will be provided with your initial invoice upon selection. The payment schedule is the minimum required. You can pay more at any time. Failure to pay by the above date may mean automatic removal from your team and \$250 selection payment will not be returned.

MACKAY NETBALL IS MORE THAN HAPPY TO WORK WITH PARENTS TO PROVIDE A PAYMENT PLAN BUT IT IS YOUR RESPONSIBILITY TO CONTACT THE TREASURER VIA EMAIL AS SOON AS POSSIBLE.

INJURY

Any player who is injured and as a result is unable to participate in 3 consecutive training sessions must provide a medical clearance. This must be emailed to the Rep Coordinator before the injured player can resume training.

If injured, a medical clearance is required no later than 3 weeks prior to departure. If a clearance is not given, the player must withdraw. The selection panel will determine who will replace the injured player. One of the training partners will be elevated to the team.

A partial refund will be given once a medical certificate is received by the Rep Coordinator.

CARNIVALS

The following is a list of North Queensland Carnival Dates. It is at the discretion of each Coaching Staff if the team is to attend. We advise you to please keep these dates free.

The cost to attend is not included in the MNA Rep Fees. There are opportunities to fundraise to attend these.

- Red Rooster Carnival – Rockhampton - 2 & 3 March
 - Bundaberg Carnival – Bundaberg - 16 & 17 March
 - MNA Rep Carnival – Mackay - 20 & 21 April (TBC)
 - NNL - Townsville 4 & 5 May (TBC)
 - Sullies - Rockhampton - 4 & 5 May (TBC)
 - Mackay Winter Carnival - 1 & 2 June (TBC)
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FUNDRAISING

A fundraising committee shall be formed. A member of the Rep Committee will head this, it is preferred that a parent from each team is a part of this. Prior to organising fundraising events, the parent representative is to email the Rep Coordinator and Operations Manager outlining their goals and how the funds will be distributed.

There is to be no fundraising undertaken at the MNA courts.

Fundraising is not compulsory, however, only those who assist will get the financial assistance from the fundraising.

MNA will organise 1 fundraising event per event.

- For senior teams: Chocolate – chocolate drive in February. Boxes of chocolates will be distributed at training.
- For Junior teams: Pie Drive – pie drive for April/May. These sheets will be handed out to teams at training as we get closer.

TEAM COMMUNICATION

Your team Manager is your first point of communication.

Your coach, assistant coach and manager will set up a team Messenger chat for team communication. We require 1 parent or guardian per child to be included in this group chat. Please limit this to team communication only. Parents are welcome to set up their own group chat if needed. Parents or guardians are included for supervision purposes only and not to comment or participate in the chat.

PLAYERS RESPONSIBILITIES & CODE OF BEHAVIOUR

- Commit to and attend all scheduled trainings, games and carnivals as required by the teams Coaching Staff. Be prepared and on time.
- Commit to give complete respect and be attentive to coaching staff and team manager.
- Commit to give complete respect to all MNA officials.
- Strive to work hard and give 100% to each training session, game, home program and strength and conditioning session. Players are expected to attend training sessions while injured.
- Be a good teammate. Be considerate, respectful and supportive. You are responsible for your own actions.
- Be a good sport. Always respect, encourage, support and acknowledge teammates, opponents and umpires. Participate fairly and safely. Know the rules and play by the rules.
- Abide by all decisions, without argument or bad temper.
- Captains have the right to approach an umpire during an interval or after the game for clarification of any rule.
- Approach the umpire in a polite and courteous way.
- Do not engage in practices that affect your sporting performance.
- Respect and acknowledge the contribution of those who create the opportunity for you to play. Volunteers, scorers, timekeepers, administrators, coaches, managers and umpires.
- Return the Players' Information, Players' Medical History, Parental Consent and any other relevant documents to the Manager at the first training.
- Participate in all MNA fundraising associated with the event.
- Be aware of, and maintain an uncompromising adherence to Mackay Netball standards, rules, regulations, policies & procedures.
- Operate within the rules of the sport including state guidelines which govern Netball Australia, Netball Queensland, the Affiliated Associations and the Affiliated Clubs.
- Do not use your involvement with Mackay Netball or an Affiliated Club to promote your own beliefs, behaviours or practices where these are inconsistent with those of Netball Australia, Netball Queensland or Mackay Netball.
- Refrain from any behaviour that may bring the Sport of Netball into disrepute.

PLAYERS RESPONSIBILITIES & EXPECTATIONS AT EVENTS & CARNIVALS

- Respect all MNA officials.
- No player shall go anywhere on their own. Even when going to the toilet you must be in the company of another player from your team.
- Do not at any time leave the designated area (generally the tent or the court sideline or accommodation) without ensuring that the Manager is aware of where you are going and how long you shall be.
- Listen to what you are told carefully, do not talk whilst being spoken to. If you have any questions ask them, then follow the instructions given.
- Clean up after yourself:
 - a. Wash your dishes after you have used them and return them to the cupboard.
 - b. Keep your "space" tidy. Do not leave your clothes scattered all over the place.
 - c. Place your towel where it will dry; you will have to reuse it.
 - d. Make your bed.
- Uniforms shall be washed each day. Shirts, dresses, underwear and socks are to be placed in the designated area within the designated time for washing. Please bring your MNA wash bag clearly labelled. ALL ITEMS SHOULD BE CLEARLY NAMED!!!!
- The eating of healthy food and adequate portions is your responsibility. You are playing no less than 12 games of netball during the 4 days. It is no time for food fads or dieting.
- A serious breach of the Code of Behaviour in the opinion of the team officials will result in the player being banned from the remainder of the event, their parents being notified, and the player being sent home by the first available means of transport. Any additional expenses incurred will be the responsibility of the parents. It may also result in the player being suspended from selection for a period of time to be determined by the Board.
- Compete by event competition conditions and rules. Be a good sport. Treat all players as you would like to be treated.
- Never argue with an official. If you disagree, have your Captain approach the official during a break or after the competition.
- Control your temper; verbal abuse of officials or other players is not acceptable or permitted.
- Work equally hard for yourself and your team. Your team's performance will benefit and so will you.
- Remember to play for fun and the enjoyment of netball and not just to please Parents and Coaches.

PARENT – EXPECTATIONS & CODE OF BEHAVIOUR

It is appreciated that all Parents attending Representative Carnivals in a non-official capacity observe the Parental Code of Behaviour, as set down by the Australian Sports Commission, together with the Mackay Netball Association (MNA) Guidelines below:

- Be professional in and accept responsibility for your actions
- Be fair, considerate and honest in all dealings with others.
- Children play sport for their enjoyment, not yours. Encourage children to participate, don't force them.
- Focus on effort and attitude, not winning or losing.
- Be respectful and acknowledge good play by all teams.
- Encourage children to participate according to the rules.
- Never ridicule or yell at a child for making a mistake or their team losing a game.
- Show concern and caution towards others who may be sick or injured.
- Children learn best by example. Be a good role model.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children likewise.
- Show appreciation and respect to all volunteers - coaches, manager, umpires, first aid officials and administrators. Without them, children could not play.
- Be aware of, and maintain an uncompromising adherence to Mackay Netball standards, rules, regulations, policies & procedures.
- Operate within the rules of the sport including state guidelines which govern Netball Australia, Netball Queensland, the Affiliated Associations and the Affiliated Clubs.
- Do not use your involvement with Mackay Netball or an Affiliated Club to promote your own beliefs, behaviour or practices where these are inconsistent with those of Netball Australia, Netball Queensland or Mackay Netball.
- Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.
- Refrain from any behaviour that may bring the Sport of Netball into disrepute.
- Team officials will include any breach of the Parental Code of Behaviour in their Carnival Report to the Board of Mackay Netball.
- Please be aware you have officially signed the care of your child to MNA Officials for the duration of the Event (State Age Carnival). Managers must be permitted to have complete control of all players in their care at all times, this includes administering any medication.

PARENT – EXPECTATIONS & CODE OF BEHAVIOUR continued

- Unless special circumstances apply, and/or official approval has been obtained, no player/s will be released to any family member/s at any time, until the team has completed the Event or returned to Mackay.
- Parents are expected to have all relevant paperwork completed and submitted to the Team Manager by the set date.
- Parents are expected to follow the payment plan set out by the MNA Treasurer.

SPECTATOR – CODE OF BEHAVIOUR

1. Remember children play sport for their enjoyment, not yours.
2. Applaud good performance and efforts from each team. Congratulate all participants on their performance, regardless of the game's outcome.
3. Never ridicule or scold a child for making a mistake. Positive comments are motivational.
4. Condemn the use of violence in any form, be it spectators, coaches, officials or players.
5. Show respect for your team's opponents. Without them there would be no game.
6. Encourage players to follow rules and officials' decisions
7. Respect all MNA officials decisions and teach children to do same.
8. Do not use foul language or harass players, coaches or officials.
9. All Netball Venues are Smoke-Free.

In the interest of Players and Officials, we would appreciate your consideration.