



Representative Team Manual

**Information for players &
parents/guardians**


Table of Contents

Welcome to LNA Representative Netball	3
Pre-requisites for LNA Rep Netball.....	3
Coaches & Team Managers.....	4
Training	5
Registration	6
Fee Structure	6
Uniforms	7
Championship Events.....	8
Association Championships	9
South West Regional Championships.....	12
Recommendations – what to take.....	14
Code of Conduct	15
How you can help.....	15



Achieving goals through fun and friendship!

Welcome to LNA Representative Netball

Congratulations on earning a place in the Leschenault Netball Association (LNA) Representative (Rep) Program. Playing at Rep level is the first stage of the development pathway for junior netballers, and it is a privilege to be a part of this playing group. Players are encouraged to fully participate at training and during competitions to gain the most benefit from this opportunity. Parent/Guardian assistance to communicate this to players is appreciated by Rep coaches. Rep Team Policy can be found [here](#). 



Pre-requisites for LNA Rep Netball

To be eligible to participate in the Rep program at LNA, participants in U11, U12, U13 & U14 age groups must be playing at LNA within the domestic competition in either a club or entity team. If you are not playing at LNA this year, please advise us as soon as possible.

LNA understands that U16 & U20 players may not be playing in the domestic competition due to South West Netball/Football team commitments. LNA may therefore have different pre-requisites for these players, provided they have played within an LNA Rep team in past years. Please refer to the current Representative Policy for clarification or discuss your situation with the Association Development Officer (ADO).

For all age groups from U12-U20, participants must be available to play in both Championship Competitions (carnivals) in the same year. Association Championships are usually held in Perth on the June long weekend each year. This competition runs from Saturday through to the Monday Public Holiday. South West & Peel Regional Championships are usually held in late July over a Saturday and Sunday in Bunbury or Busselton. Further information regarding these Championship events will be detailed later in this booklet.

Coaches & Team Managers



Coaches

Your squad/team will be appointed with a Head Coach who has a current Development Coaching Accreditation. The coach has been appointed due to their skills and experience in coaching players at this level. Where possible, coaches will have an assistant coach appointed to assist them. Assistant Coaches must have a minimum Foundation Coach Accreditation, but it is preferred (wherever possible) that a Development Coaching Accreditation is held.

The role of the coach is to:


- ✓ Know, understand and ensure compliance to LNA Bylaws, Code of Conduct and other relevant governance documents,
- ✓ work with other coaches in their assigned age group to ensure all players receive the same level of coaching,
- ✓ divide squads into teams (in consultation with the original selectors for that age group),
- ✓ pre-plan and prepare training sessions based on the participant's age and skill level,
- ✓ facilitate training sessions, demonstrate drills, correct players techniques and offer constructive feedback to players,
- ✓ encourage sportsmanship
- ✓ coach players at Championships events and ensure fair court time for all players for fixtured games and finals
- ✓ appoint a team manager

Team Managers

Following the announcement of team splits, Team Manager nominations are requested and appointed by coaches.

The Team Manager assists the coaches by:

- ✓ arranging uniforms and equipment in consultation with the coach and LNA's Property & Equipment Manager
- ✓ communicate contact details of coaches & themselves to parents/guardians
- ✓ communicate training, carnival and other details to players/parents/guardians in consultation with the coach
- ✓ ensure game bags are fully stocked as required and taken to each game
- ✓ attending team manager meetings on carnival commencement days as per guidelines
- ✓ collecting and submitting carnival score sheets
- ✓ scoring & timing (or appointing competent scorers/timers) at events

Please consider taking on the team manager role and helping where you can. Full Team Management Procedures can be found [here](#). 

Training

Training days and times will be determined by the Coach of your squad/team and these are not negotiable. Our Rep Coaches traditionally coach other club/entity teams and their availability is limited, thus Rep players must be available to attend on the allocated day/times. If you have conflicting schedules, please discuss these directly with your coach. Younger age groups (U12/U13) usually start training earlier (March/April) where possible, whilst older age groups traditionally commence training later (late April/May).

Training usually commences with all age group players training together as a squad. Squad training usually continues until the announcement of the team splits to Blue & Yellow Teams. Following this announcement, team coaches may choose to train their own team to focus on specific areas, or they may continue to train the group as a squad. This decision is at the discretion of the coaches.



You must attend the majority (50%+ yellow team, or 70%+ blue team) training sessions to keep your position in the squad/team. If you are injured, you are still expected to attend training sessions to observe and partake in sessions where possible (depending on your injury). Please advise your coach of your injury and they will cater training to your injury where possible, or you will observe training only. If you are unwell, please advise your coach ASAP, you will be excused from training whilst unwell.

Attendance at training is compulsory and expected, and Rep training takes precedence over Club training. Club coaches should understand that Rep training needs to take priority, but if you have any issues or concerns, please discuss these with your Rep Coach.

Registration



LNA's Representative Policy states that all players must register and pay their full fees prior to coaches announcing team splits. Registration is also imperative to ensure that all players are covered by insurance, both at training, and at championship events, so we recommend that you register and pay your fees as soon as possible following the communication of the provided registration link.

Fee Structure

LNA's Representative fee structure changes each year, based on Netball WA & Netball Australia fees, and the costs required to attend competition events.

Below is a summary of the fee structure for 2023 as a guideline:

U12 – U16 LNA Rep Participants

LNA Fees:	\$178.00
Netball WA/Australia	\$ 96.32*
TOTAL	\$274.32

***Please note that participants only pay the Netball WA/Australia fees once season. If you have already registered for your club/domestic competition, then the \$96.32 does not apply and only the LNA Fees will be charged at the checkout point.**

The fees include the cost for training, team costs for carnivals (including umpires), insurance, equipment, dress hire and any other associated administrative costs.

Uniforms



All players will be sized for their uniform (dress) which they borrow to wear at carnivals. Players will also be issued with one pair of LNA socks, which they get to keep. If your child has had a growth spurt since their initial fitting, please contact the LNA's Property & Equipment Manager, Liz Boccia ASAP to arrange a second fitting. You can contact Liz via email – lizboccia@hotmail.com or call her mobile 0438 661 031.

Dresses will usually be handed out in the week prior to the carnival by your team manager or coach. Spare uniforms are taken to carnivals, however we **strongly recommend** that you do not rely on having access to a spare uniform as sizes are limited.

Your team manager will collect uniforms at the conclusion of the carnival. We recommend that you bring a change of clothes on the final day of competition and hand your dress back to your team manager on this day. This ensures that uniforms stay together in the equipment bag until the next carnival.

LNA provided uniforms (dresses) must not be modified and must be returned in the same condition that they are issued in. If uniforms are not returned or they are returned damaged, the player will be charged the full replacement cost of the uniform.

Players have the option to purchase other LNA uniform items at an additional cost as detailed below (*prices shown are 2023 prices):

LNA Polo Shirt	\$41.00*	With or without name personalisation
LNA Hoodie	\$48.00*	With or without name personalisation
LNA Socks	\$11.00*	

We recommend that you order additional uniform items at the time of registration to ensure that orders are received prior to the Association Championships Event.



Championship Events

Rep players will **usually** play at both of the following carnivals (unless otherwise advised):

Association Championships (aka Members)

Matthews Netball Centre

200 Selby Street, Jolimont WA

2023 Dates: Saturday 3rd June to Monday 5th June 2023

South West & Peel Regional Championships

Lois Hannay Netball Courts

Dorset Street, Busselton

2023 Dates: Saturday 28th July & Sunday 29th July 2023

LNA reserves the right to conduct re-trials and appoint new teams/squads following the first Championship event.

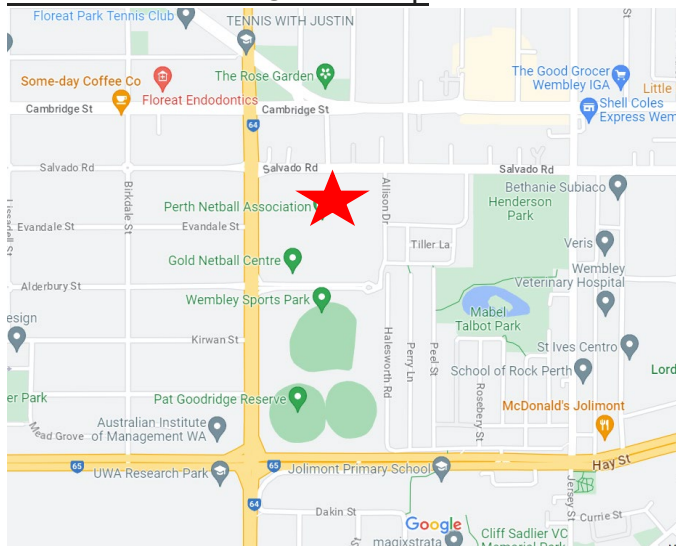
Association Championships

This event was formerly known as the “Members Carnival” and is now known as the ‘Fuel to Go & Play Association Championships’. It usually runs for the entire June long weekend, commencing early on Saturday and concluding on the Monday public holiday.

Location

Matthews Netball Centre (MNC) is the base of Perth Netball Association and it sits within the Wembley Sports Park on the corner of Salvado Road & Selby Street in Jolimont WA. It contains 46 courts, including 4 indoor courts and 813 parking bays!

Matthews Netball Centre Map



Accommodation

Participants and their families are responsible for finding their own accommodation (if required) for Championship Events. There are many options available within reasonable distances from Jolimont.

The competition runs from Saturday to Monday inclusive, but due to potential early morning starts on the Saturday, players may choose to stay in Perth overnight on the Friday.

Parking

The permanent car parking facilities are expanded into grassed areas during peak times such as Association Championship events etc. It is recommended that you allow plenty of time for parking due to the volume of traffic in the area.

The below information sheet has some important information pertaining to traffic and parking information at MNC.


[MNC Traffic & Parking Information Sheet](#)

Court Plan

The court plan at MNC is below. Courts are clearly numbered for ease of reference.

[MNC Court Plan](#)

Weather Conditions

Netball WA recommends that all events proceed, where possible, unless the weather conditions are considered unsafe. The [Netball WA Weather Policy](#)  outlines the guidelines to determine whether events will be cancelled or postponed.

Participants and spectators should be adequately prepared for the forecasted weather.



Supporting other LNA Teams

During off-court time (after following instructions from your coach) players and spectators are encouraged to support other LNA teams. The Leschenault No Limits Legends usually play on the Sunday of this event, and they would love your support if you see them on court!

Other Information

Consider the volume of people who attend this event. Waiting lines for the canteen and toilet facilities are often long, so expect a possible wait and plan ahead, allowing plenty of time to utilise the facilities in your down time.

There are canteen facilities at MNC, offering drinks, lunch, and morning/afternoon tea menu items. We recommend bringing your own food and drinks with you to the event, sensible choices include fruit, veggie sticks, crackers, sandwiches or other light snacks ie 'Fuel to Go & Play! Heavy or spicy food choices are not recommended due to the amount of playing time involved on competition days. Beverage (coffee etc) vendors in mobile vans may also be present over the weekend to keep parents/guardians satisfied!



Rules & Regulations

Bring your own chairs as seating is not provided. Officials (scorers and team benches) have allocated space on one side of the court, and spectators should be seated on the opposite side.

Each event will have it's own rules and regulations. These are contained within a guide for use by Officials, ADO's, Coaches, Team Managers, parents & guardians. We recommend that you read the guidelines prior to the event, which is usually available on the Netball WA website. The 2023 guidelines are below.

[FTG&P Association Championship Rules & Regulations V2](#) 

Further information specific to your team will be communicated from your coach or team manager prior to the competition. Please ensure that you have contact numbers for both the coach and team manager. Please inform them ASAP if your circumstances have changed in the lead up to the event (ie injury or illness).

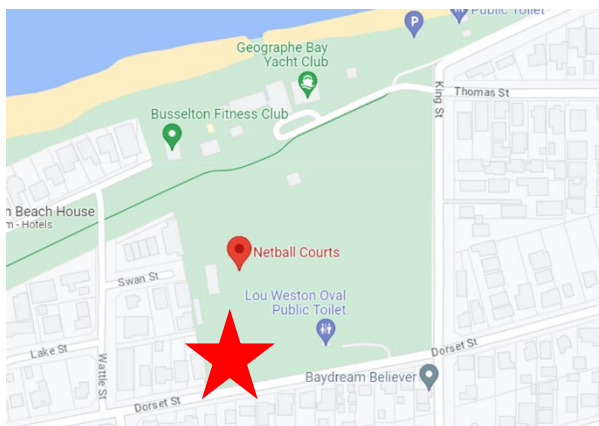
South West & Peel Regional Championships

This event is usually held in late July in Bunbury or Busselton. It usually runs over the Saturday and Sunday, but depending on player numbers, may also run on Friday evening. Friday playing fixtures are not generally known until the week leading up to the event, so be prepared for this when planning your schedules for July.

This event provides opportunities for players aged U13 and upwards the chance to be 'talent identified' for South West Academy positions. Interested players will have a number marked on their leg during the selection phases and approved selectors will assess players throughout the competition.

Busselton Location

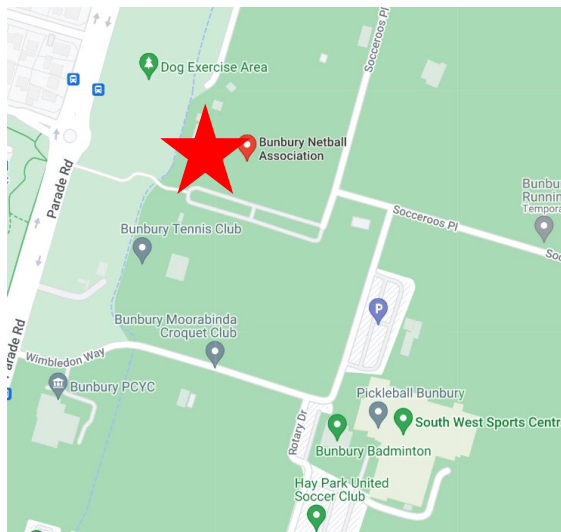
When held in Busselton, the competition is held at the Lois Hannay Netball Courts alongside the Lou Weston Oval. Limited parking is available and accessed via Dorset Street.



There are 12 courts at this location, with toilet and changeroom facilities also available. Canteen facilities are available during events. There is room for gazebo type shelters, and BYO chairs.

Bunbury Location

Most carnivals are held at the Bunbury Netball Courts, Hay Park Sporting Complex, Withers, which is the home of Bunbury Netball Association.



There are multiple courts at this location, with toilet and changeroom facilities also available. Canteen facilities are available during events. There is room for gazebo type shelters, and LNA will usually erect a gazebo for player comfort. BYO chairs.

Weather Conditions

Netball WA recommends that all events proceed, where possible, unless the weather conditions are considered unsafe. The [Netball WA Weather Policy](#) outlines the guidelines to determine whether events will be cancelled or postponed.

Participants and spectators should be adequately prepared for the forecasted weather.

Recommendations – what to take

It is imperative that players (and spectators) are fully prepared for each carnival.

Recommendations on what to take on game day are as follows:

Players

- ✓ 2 x full water bottles
- ✓ Lunch/snacks
- ✓ Towel/s
- ✓ Spare socks
- ✓ Change of clothes (in large zip lock bags)
- ✓ Small blanket
- ✓ Umbrella
- ✓ Rain jacket
- ✓ Chair/rug to sit on
- ✓ Hat/cap & Sunscreen
- ✓ Sports bracing or strapping tape



Spectators

- ✓ Refreshments & snacks
- ✓ Rain jacket
- ✓ Umbrella
- ✓ Chair
- ✓ Phone
- ✓ Hat/cap & Sunscreen
- ✓ Copy of fixtures (or use PlayHQ app)
- ✓ Gazebo/shade tent
- ✓ Warm clothes/blankets



Code of Conduct

Coaches, players and spectators are expected to adhere to LNA's Rep team Code of Conduct, which can be found below.

[Rep Team Code of Conduct Policy.pdf](#)

It is imperative that players understand that participation as a Rep player is a privilege which is not afforded to all players. Our coaches volunteer their time to develop, train, coach, and mentor the participants and in return they expect effort and respect.

Attending Championship Competitions are not possible without the efforts of a wide group of people (ie Committee members, Development Officer, Coaches, Team Managers & Umpires). Please give them your support and ["Play by the Rules"](#).

REMINDER - Parents/Guardians/Spectators - please do not coach from the sidelines on game day, as this undermines the Coach's directions and instructions.

This is an exciting time for the participants and their supporters, and they will make memories during their training and playing days that they will treasure forever.

How you can help

There are many ways that you can help throughout the Rep process

- ✓ assist on trial days and at training sessions
- ✓ reinforce the code of conduct to your child/ren
- ✓ consider completing your Development Coach Accreditation
- ✓ volunteer as Team Manager for your child's team
- ✓ share the experience with friends and family



Contact Details

Our website is a valuable source of information, including policies and procedures.



[LNA Website](#)



Our social media pages have reminders and last-minute information contained within their pages.



[LNA Facebook Page](#)



[LNA Instagram Page](#)



All email correspondence should go to our Administrator, if they cannot answer your query, they will forward your email onto our Association Development Officer (ADO).



leschenaultnetball@gmail.com

Other Resources

Click on the logos below for links to Netball WA, Netball Australia & Netball Australia Learning Centre.

