

## **Team Coach – Role and Responsibilities**

Thank you for considering the role of a Team Coach for a Parkside Netball Club. Your role is essential in ensuring that our teams receive the skills development and leadership required to develop as players. We appreciate your commitment in helping our children to have a great experience playing netball with Parkside.



This information sheet has been provided to assist you in understanding the role and the key functions of the team coach.

### **Coaching Coordinator and Mentor**

The coaching coordinator and mentor provide ongoing support to all our coaches during the season. Feel free to contact them to discuss any concerns or ideas you may have.

The Coach Coordinator will work with teams to fill any coaching vacancies, ensure coaches are provided with required information and assist with other administrative tasks.

The Coach Mentor will be available for support/ liaison/ development/ queries for coaches and parents of junior coaches.

### **Coaches Code of Conduct**

In addition to this document you will be provided with a Netball Victoria Coaching Code of Conduct. This reminds all coaches to treat all players and families with fairness and respect. To provide support and encouragement and to avoid abuse and blame of players. Remember players never make mistakes deliberately and we need to foster a supportive and encouraging environment for our players to develop their skills as netballers and as people.

### **Team allocation**

The Parkside Committee is responsible for allocating players to teams. We do our very best to find a place for all interested players, as our first and foremost function is to ensure that all kids who want to, get to experience the fun and friendship of netball. In some circumstances, this means that we have allocated up to ten players to a team. We can work with you and the team manager to help manage the number of players (e.g. rostering a player off each week). We may also ask you to include a 'rookie' or training partner – a child in your team's age group who is interested in netball but who we don't yet have a permanent spot for. He/she will train with you until we can find a team for that child. We appreciate your assistance in this regard!

### **Season Start**

#### **Team Manager**

Your team has been allocated a team manager. You will be able to liaise with the team manager during the season to communicate with the players to organise training and to communicate changes or cancellations due to weather or other issues. We recommend setting up a What's App group or like to communicate with parents/players.

#### **VNA Registration and WWC Checks**

All coaches are required to hold their own individual VNA registration for insurance purposes. If you do not have one, please go to [Netball Connect](#).

The club will forward you instructions to assist in processing your annual VNA registration.

***Parkside Netball Club will reimburse you the cost of your VNA registration, so please send through your receipt and bank account details for reimbursement to the treasurer (details at the end)***

To meet child safety requirements all coaches 18 years and older are required to provide the Secretary with a current Working with Children Check. If you do not currently hold one, please go to <http://www.workingwithchildren.vic.gov.au/home/applications/> to submit an application.

*Remember an application for a volunteer is free.*

### **Team List**

You will be provided a team list of players and the key parent/carer contact details. Please ensure that this list is kept confidential. All email/online/phone communication should be between yourself and the key parent/carer contact and not directly with any team members under the age of 18.

### **Team Equipment/ First Aid Kit**

You will be provided with a training kit that includes balls, training bibs and a first aid kit. If you wish to purchase additional items for your kit you may spend up to \$100 and then seek reimbursement from Parkside Netball Club upon the provision of a receipt. Any expenses over \$100 will require prior approval from the Equipment Coordinator.

### **Training**

The club will allocate each team a slot at the designated training site (currently a mix of John Cain Park, Narrandjeri Stadium and Fairfield Primary School). Please communicate with the President in relation to access to these venues and any issues that arise during the season. Please refer to the below rules of use.

### **Junior assistant coaches**

Some coaches take on a Junior assistant coach to provide practical coaching experience and mentoring to support the skills development of our future coaches. These Junior coaches can spend six to twelve months working under an experienced coach before being allocated a team of their own. Please speak to the Coach Coordinator if you would be interested in taking on a junior coach as we have a list of interested and talented juniors.

## **Season**

### **Grading**

The first 4-6 rounds of a new season is the Grading period and at the end DNA will hold a grading meeting. Clubs and coaches are invited to provide their feedback to DNA in writing prior to the meeting. If you think your team has not been placed in the appropriate grade for their ability, we will need to outline a case for change of grade. Please note, that although we can make your case for change, it is the DNA who will make the final decision.

### **Player Rosters**

If your team has 9 or more players, many teams choose to create a playing roster for the season. Initially it is a good idea for the Team Manager to send a request to parents asking if they have a specific date they would like to be rostered off and then fill the remaining dates to ensure a fair allocation of games rostered off between players. This generally means each player would have 1-2 games per season rostered off.

## **Coaching Qualifications and Development Sessions**

Parkside Netball Club requires all coaches to complete the first level Foundation Coaching course. This can be completed online at any time and PNC will fully reimburse you the cost of the course

upon completion. To enrol in the Foundation Online Coach Accreditation Course go to

<https://vic.netball.com.au/find-coaching-or-umpiring-course>

In addition, the club will also fund you to continue your coaching education if you wish to pursue the next level Development Coaching qualification and this is highly encouraged.

Throughout the year we are hoping to be able to arrange face to face coaching courses free of charge to assist you in the development of your knowledge with an experienced coaching instructor from Netball Victoria.

### **Online Resource [thenetballcoach.com](https://www.thenetballcoach.com)**

Parkside also provides to all coaches a free subscription to The Netball Coach.com. You will receive an email early in the year to activate your membership.

*Thenetballcoach.com is your number one netball drills and skills video resource, with a huge library of videos for coaches at every level. Our experts are coaches, players and physiotherapists who are currently involved at the elite level, and have wide-ranging experience working with players of all ages and abilities.*

### **KNEE program**

Please ensure that you are familiar with the Netball Australia KNEE program which is the “Knee injury prevention for Netballers to enhance performance and extend play” and download the warm up guide to conduct at the beginning of every training session and prior to games

<https://knee.netball.com.au/>

[https://cdn-kneeacl.pressidium.com/wp-content/uploads/2016/06/Junior-Program-Manual\\_June2016.pdf](https://cdn-kneeacl.pressidium.com/wp-content/uploads/2016/06/Junior-Program-Manual_June2016.pdf)

[https://cdn-kneeacl.pressidium.com/wp-content/uploads/2015/09/NET5359\\_Netball\\_Aus\\_Junior-Program-Guide\\_LR.pdf](https://cdn-kneeacl.pressidium.com/wp-content/uploads/2015/09/NET5359_Netball_Aus_Junior-Program-Guide_LR.pdf)

### **Other online resources**

There are some useful resources available online to assist you in your coaching; please refer to the following;

Netball Victoria <https://vic.netball.com.au/coaching-resources/>

Netball Australia <https://netball.com.au/coaching/>

The Netball Coach <https://www.thenetballcoach.com/>

## **Game Day**

### **Team list on score sheet**

It is essential that on game day you tick off the players who are playing on the score sheet and add in any fills in. This is particularly essential for U13 to U20 who are required to play a minimum number of games to qualify for finals. If names are not ticked off players may fail to be recorded as playing the minimum number of games.

### **Allocating positions**

In Under 9's it is encouraged that you have a roster of rotating positions to allow all players to gain experience all over the court. Moving into U11's this approach is preferred in Division 2 and teams moving into Division 1 will start to focus on more regular positions with the opportunity to still move around the court during the season. From U13's more regular positions are acceptable, but it is

always preferred that when the opportunity presents that players are encouraged to play around the court.

### **Bibs**

Your team will be provided with two sets of Velcro red and white bibs for the season. Please ensure these are collected from the players immediately after each game. In the event of playing another Parkside team the team **listed second** on the fixture is considered the away team and will be required to provide a clash bib. Many teams have training set of bibs in another colour that they use on these occasions. Alternatively, there are sets of bibs that can be borrowed from the Darebin Netball Association for use on the day.

### **Fill In's**

Occasionally due to illness your team may find it is short of players. A minimum of five players must be present to conduct a game, otherwise the game will be forfeited, and the club is fined. We request that team managers do all they can to avoid a forfeit and find a fill in to play. Unregistered players can play up to three games before they need to be registered with the DNA. Players can also be sourced from other Parkside teams, but they must come from a division or age level **lower** than the game being played. For example, a Division 1 player cannot fill in for a Division 2 team. A player can only fill in for the same team up to three times. If they fill in a fourth time they will be considered to have moved to that team and will no longer be able to play with their own team in a lower division.

### **Weather**

#### **Wet Weather Policy**

If your game is scheduled for an outdoor court in heavy rain games may be cancelled. However, please note that games are usually only cancelled if the conditions are considered dangerous, games **will** be played in rain. All players are expected to be present at the courts at the commencement of play unless a communication has gone out from the DNA earlier. These announcements are posted on the DNA Facebook page and communicated to clubs directly.

If a game scheduled in an earlier timeslot to yours is cancelled conditions may improve so do NOT make the assumptions all outside games will be cancelled.

### **End of Season**

At the end of each season you will be asked to provide feedback to the club about your team's progress. Specifically, the grade you would expect be appropriate for your team to play in the following season.

### **Finals**

If required you can be provided with a list of qualifying players for finals. In exceptional circumstances an application may be made to the DNA for an exemption. Please liaise with the junior/ senior teams manager in this situation.