



Sacred Heart
Girls' College
HAMILTON

SACRED HEART GIRLS' COLLEGE

NETBALL PROGRAMME

2015



Information for Students and Parents

Vision & Values

- Empowering the girls to pursue netball excellence.
- Working with them to develop a supportive but challenging environment.
- Providing quality player-centred coaching, which maximises the potential of each girl, and progressively moulds that potential into competitive, winning teams.

Philosophy

- Develop and maintain a team culture and environment, which supports and encourages every girl to do their best; be punctual and professional; be tolerant, have a positive attitude and be a team player.
- Develop in each girl the qualities needed to succeed including discipline, commitment, self belief and self motivation.
- Reinforce to the girls a culture of respect and dignity – respect for themselves, respect for one another, respect for the College, respect for the coaches and their decisions, respect for the competition, respect for the parents and supporters, respect for accommodation, respect for people's property and respect for all equipment and facilities.
- Offer all girls equal opportunities to develop and improve through a well-planned training programme. Provide competitive opportunities that encourage each girl to strive to achieve her personal best, and to foster the desire to always seek the competitive edge.
- Adopt a holistic player-centred approach to netball by educating the girls on the importance of diet, hydration, rest and mental preparation, in addition to specific training.

The Committee

- SHGC Netball Committee are proud supporters of the Sacred Heart Girls College, Hamilton school community.
- At any school tournaments (Mission Cup, College Cup, Hamilton City Netball, North Island & New Zealand Secondary School Champs), the girls wear the school netball uniform which is either a maroon and black netball dress or the maroon and grey netball dress.

Season Camp & Tournament Timetable

The following table outlines the tournaments/camps we intend to attend this season and the dates of training camps we have booked. Dates for camps may alter slightly. Sample below TBC:

	Location	Dates
Pre-season Netball Information Evening	SHGC Hall	22/04/15 at 6.00pm
Pre-season one/two day camp	TBC	TBC
NISS pre-tournament camp	TBC	TBC
Post-season camp	TBC	TBC
Other	TBC	TBC

Contacts

Duty	Name	Cellphone
Chairperson/Secretary	Alva Tohovaka-Staples	021 024 09110 Or: Email alva.jon@xtra.co.nz
Head Coach – Senior Premiers	Shannon Taylor	<u>All enquiries to:</u> Tracey Blake, Team Manager, 021 581 436
Teacher in Charge for all Trial Selection & Fees Queries	Whaea Gina, Sports Co-ordinator	07 856 7874 Extn 2837
Funding	Tami Laird	027 636 0837
Uniform, Equipment, First Aid	Margaret Takitimu	027 471 2418

Parent's Role

- To be constant support for your daughter/s.
- Be an active member of the SHGC Netball Programme.

As parents you will often assume the role as motivator, facilitator and even coach (e.g. during holiday training). For a parent, this can be quite a challenge. You will be providing the emotional and physical support and encouragement that your daughter needs away from netball. This need will increase throughout the season as pressure mounts towards tournaments and national tournaments. We see your support and positive encouragement as critical in the development of not only your daughter/s netball but to the team environment as a whole.

Netballer's Role

- Complete ALL training that is set by the Coach.
- Always put maximum effort into your training.
- Be punctual (30 minutes early).
- Advise the Team Manager 24 hours ahead of the games/training sessions if you are unable to attend with very good reason.
- Always wear the correct training/competition uniform – be proud of who you are and what you represent.
- Notify the Team Manager immediately if you have sustained an injury or illness that will affect your ability to train. Seek immediate diagnoses and treatment from a registered practitioner.
- Any injuries during netball to be reported to Margaret Takitimu, Netball Committee Health & Safety Co-ordinator.

Coach's Role

- The Coach sets out the netball programme for the season. This will include training sessions (and the locations), training camps, netball tournaments, nutrition and clothing. Your Team Manager should be in contact with you shortly after the team is named to initiate training sessions etc.
- The Coach leads, instructs, inspires and trains the girls to acquire the technical, physical and mental attributes to be successful in their school netball careers.
- The Coach will provide and recommend netballers for higher honour opportunities such as Premier, North Island and NZ Secondary School events.
- Student Coaches will receive coaching lessons as arranged by the Sports Co-ordinator. Mentoring of these student coaches will be supported by the Committee.

Netball coaching is a challenging endeavour. The Coach has a player-centred philosophy and must get the girls into great shape both physically and mentally. The Coach will often hold tactical discussions identifying both individual and team strengths and weaknesses. The Coach will ask for feedback and facilitate goal setting. The Coach will challenge teams and individuals constantly throughout a season to better their best and always test their limits.

Communication

As a parent involved in the SHGC Netball programme you have the right to understand what the expectations and communication processes are for you and your daughter.

- All **training** related queries should be directly between your daughter and the Team Manager in the first instance.
- **All** other queries/incidents should be directed at the Netball Committee Chairperson/Secretary.

Please note that there are times that are set aside solely for communication between coach(es) and athlete(s) and these times are inappropriate for parental interruption. Some examples of these are;

- The time prior to or immediately after a training session.
- The time prior to or immediately after a game.
- During tournaments, the girls will be purposely kept separate (usually with the coach(es)). At these times the coaches and the netball teams are focused on tournaments and therefore any interruptions or discussion with the girls or coaches are inappropriate. Parents are advised to stay away (unless they are helping on the day) and the girls will come to the Parent as they finish their games. If it is urgent, please approach your Team Manager.

Training

Training is held at the SHGC Netball Courts (directly opposite the School Quad) for most of the season. However there will be occasions where training will be held inside the gym/out of school – these exceptions will be advised to you via your Team Manager.

Training is usually held before or after school, depending on the training programme set by your coach. As the season progresses, the physical training will become gradually more intense. Physical conditioning is a vital aspect of netball and any interruption to this process will impair the girls' chances of success.

- Training timetables are set by the coach. The timetable is given to the teams in advance.
- Training sessions may involve both indoor and outdoor training.
- There may be compulsory training camps (weekends or during school holidays).
- Initially early morning trainings are scheduled for 7.00am but closer to tournaments they may start as early as 6.30am.
- Pre-season training is often 2-3 times per week (will include 1 or 2 indoor sessions)
- Early season training increases to 3-5 times per week plus tournaments.
- School Holidays: training continues through the holidays and the girls are expected to follow a programme given to them by the coaches.
- Indoor trainings can include aerobics, running, rowing machine, cycling, swimming, boxing and circuit training.

Please note that training is NOT optional and girls are expected at every session. ***If girls are injured or cannot train for any reason they are still required to attend trainings.***

Injuries

Unfortunately injuries are a part of sport and can be expected. If girls are suffering from an injury they need to advise the coach immediately and secondly, make an appointment within 48 hours to see a physio (unless the injury seems serious in which case a Doctor or a visit to A & E). When seeing a physio it is important that they understand your daughter needs to be back in the team as quickly as possible.

SHGC Netball strongly advises that your daughter see one of the following physiotherapists:

In Hamilton visit **Fiona Goddard: 838 3262**

Training Camps - TBC

Enormous gains are made at training camps. These intensive periods of physical and mental training are always taxing but incredibly valuable. It is also a good time to build the sense of team and foster the key elements of a strong sporting culture.

A pre-season training camp will be held in April and/or throughout the season (the dates are set by the Head Coach at the beginning of every season). Dates, times, venues to be confirmed.

Players and parent help stay in a purpose built netball lodge facility (TBC):

- Training camps are **compulsory** for all coaches, players and umpires.
- The girls are required to pay for the training camp prior to leaving.

Tournaments

As part of the continuing growth and development of the netball programme, attendance at netball tournaments is essential and compulsory. Girls will be exposed to the level of competition in both the Waikato region and from further afar. This can be a unique but daunting experience for the novice netballers. At any one tournament, there can be as many as **6 (TBC)** games a day – each game takes up to 6-12 minutes per quarter; that makes for a lot of netball. The majority of the tournaments are held at Minogue Park, Hamilton. It is protected and has a pavilion for escaping the cold or enjoying a hot cup of coffee. It has 21 courts.

Parent Help at Tournaments

Tournaments are enjoyable events where the families of the netballers come together to support their daughters. However the success of these events are totally reliant on parent help. Without parents these events just cannot occur. There are plenty of opportunities for parents to come along and participate as valued members of the SHGC Netball community.

Hint: You will be approached by your daughter's Team Manager if support is needed

When you attend these tournaments it is strongly advised that you bring weather appropriate clothing, sun screen, umbrellas, foldaway chairs and your own food.

SHGC Netball Premier/Captains

- The Captains are appointed by the Head Coach/Premier/Coaches and Managers named each season.
- The netball captains ensure that the girls are informed of events such as tournaments, camps and training sessions. This is especially important if training takes place away from SHGC netball courts. The Captain is the communication nexus between the Team Manager/Coach and the team players – therefore your daughter should be able to text her Team Captain to confirm a tournament event if need be.

It is paramount that your daughter/s know and communicate with their Captain; this establishes an understanding of what is expected from your daughter. This empowers identification with the team and prevents any potential conflict.

The SHGC Netball Committee

SHGC Netball Committee (the Committee) is run entirely by volunteers. The Committee is elected at the Annual General Meeting in February each year. The Committee consists of a Chairperson, Secretary and other Committee Co-ordinators. The Committee is always in need of assistance and therefore we are happy to see new faces on the Committee. If you want to be involved in the running of the netball programme – please consider being a part of the Committee. The Committee's number one priority lies in driving a player-centred netball philosophy and driving funding applications for events involving the entire netball programme.

Your Committee are:

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|--------------------------------|--|
| • Alva Tohovaka-Staples | Chairperson/Secretary (PHM 021 024 09110) |
| • Vince Tuioti | Selection/Development Co-ordinator (Players) |
| • Kate Van der Hulst | Selection/Development Co-ordinator (Coaches) |
| • Tracey Blake | Communications Co-ordinator |
| • Tami Laird | Funding Co-ordinator |
| • Margaret Takitimu | Uniform/Equipment/Health & Safety Co-ordinator |
| • Andrea Hall | Umpires Co-ordinator (off-site) |
| • Debbie Pennell | Committee Member |
| • Fleur Bethel | Committee Member |
| • Gillian Meadows | Committee Member |
| • Pania Rutherford | Committee Member |
| • Leanne Wallace | Head Mentor |
| • Shannon Taylor | Premier Coach and Head Coach of SHGC Netball |
| • Whaea Gina | Teacher in Charge and Sports Co-ordinator |
| | ▪ Trials Process |
| | ▪ Selection/Development – Players/Coaches |
| | ▪ Fees |
| • Kathryn Numa | Advisor |

Mentoring

The Committee is also available to mentor coaches, managers and teams and will make themselves known to you so that you can utilise their expertise and knowledge regarding netball.

The Committee will also support your Saturday games and if needed, be available to assist you with weekly/season/off season training programmes and the like. Please contact your Head Mentor Leanne Wallace if you are unable to get hold of your Team Mentor. Leanne has a vast knowledge of coaching, managing, umpiring and netball in general. Email: leanne.wallace@xtra.co.nz.

Your Saturday Mentors are:

Year 9:	A1 & B1	Alva Tohovaka-Staples
	A2 & B2	Gillian Meadows
	C1 & C2 & D1	Leanne Wallace
Year 10:	A1 & B1	Margaret Takitimu
	A2 & B2	Fleur Bethel
Seniors:	A1 & B1	Leanne Wallace
	A2, B2 & C1	Gillian Meadows
Premiers:	Junior Premier	Alva Tohovaka-Staples
	Senior Reserves	Vince Tuioti
	Premier	Whaea Gina

Please contact your Mentors at the following email addresses:

Alva	alva.jon@xtra.co.nz	or PHM 021 024 09110
Fleur	fleurandpaul@xtra.co.nz	
Gillian	gillian.meadows@police.govt.nz	or PHM 027 444 4375
Leanne	leanne.wallace@xtra.co.nz	or PHM 027 543 6742
Margaret	wptakitimu@xtra.co.nz	or PHM 027 471 2418
Vince	Vincent.tuioti@acc.co.nz	or PHM 027 230 3691
Whaea Gina	gmarcum@shgcham.school.nz	or PHW 856 7874

Fee Structure

The Committee aims to make netball accessible, affordable and fun. The fees cover the costs of running the netball programme while capital purchases for equipment are generally funded by sponsorship, grants and any profit made from fundraising events. For most of the year the girls will play for the school (and adhere to the school's sports policy).

Membership fees are set by the Sports Co-ordinator and the SHGC Netball Chairperson and/or SHGC Netball Committee each year at the Annual General Meeting.

The fee comprises of three components:

- Hamilton Netball (set by Hamilton City Netball)
- SHGC Premier Coaching fee
- SHGC subscription fee incl. first aid/equipment/player levy.

There are additional costs that are NOT included in the SHGC Netball fees that parents need to be aware of.

These include the following:

- Purchase of SHGC premier netball uniform
- Purchase of SHGC tracksuits
- Purchase of training/tournament uniforms (Prem teams only - TBC by Head Coach)
- Training camps
- If selected, NISS/NZSS costs.

Breakdown of membership fees include:

Tournament Type	Fee
Monday Night League	\$76.00
Open Grade	\$770.00
Points	\$60.00
Points Tournament Transport	\$50.00
SST (Secondary School Tournament)	\$40.00
Monday Night League Secondary School Comp	\$85.00
Secondary School Comp	\$405.00
Tournament	\$40.00
PST (Pre-season Tournament)	\$55.00
Thursday Night League	\$645.00
Umpire Levy – All Premier Teams Only	Standard
Coaches Honorarium - All Premier Teams only	Standard
Player Levy	\$5.00
Equipment	\$100.00
First Aid	\$25.00

The Netball programme includes:

Premier	Premier Reserve Junior Premier	Senior A1/A2 Junior 10 A1/A2 Junior 9 A1/A2	Seniors Juniors
Monday Night League	Points	Secondary School Comp	Secondary School Comp
Open Grade	Secondary School Tournament	Tournament – TBC	
Points (incl. transport)	Secondary School Comp		
SST	Monday Night League Secondary Comp		
Monday Night League Secondary Comp			
<u>Other Tournaments:</u> College Cup (excl. transport) UNISS NZSS			
Season Fees: \$350.00 Premier	Season Fees: \$180.00 Prem Reserve \$180.00 Junior Premier	Season Fees: \$80.00	Season Fees: \$80.00

The fees are expected to be paid in full by the end of the second week of Term 2 or as arranged with the Teacher in Charge of Netball, Whaea Gina. Payments should be made via the school account:

Account Number: **10315 0329900 00**

No cash payments are received. If you would like to discuss a payment option plan, please approach Whaea Gina or call her with any queries you may have regarding fees.

Fundraising and Sponsorship

To offset some of the costs of netball, fundraising activities are an essential part of SHGC Netball. As with all sports it is expected to be self-funding. The fees alone do not cover the SHGC Netball expenses – the shortfall comes from fundraising activities. Successful fundraising needs organisation and therefore parents are encouraged to suggest new money-making ideas to the Committee.

Funding/Donation opportunities – if you know of any individuals, organisations or businesses that may be interested in sponsoring the SHGC Netball Programme please kindly advise our Committee Funding Co-ordinator, Tami Laird.

Planned Events – the players and their families are expected to participate in fundraising activities or planned events during the year to assist in the funding of our netball programme. This year we will be holding:

- Movie Night – TBC – Debbie Pennell
- Quiz Night – 15 May – Tania Ridling
- SHGC Netball Supporters gear – umbrellas etc. – Margaret Takitimu.

Netball Uniforms

SHGC Netball requires all girls to wear the correct uniform at training/tournaments (set by coaches). For new netballers the SHGC PE uniform is acceptable for training.

1. Training: Tidy sportswear, hair up, netball shoes to be worn at all times.
2. Tournament Uniforms: Players will wear their black/maroon SHGC netball uniform, spandex shorts (underneath - not showing), **black ankle socks**, netball shoes (purchase netball uniform at TeamWear NZ).
3. When not playing the girls are to wear the SHGC tracksuits which can be purchased from TeamWear NZ.
4. Secondhand uniforms – may be available from your Sports Co-ordinator. Please contact Margaret Takitimu who will be able to assist you with your uniform query.

**** Maintain professionalism at all times by wearing your uniform with pride ****

Off-season Netball Training

SHGC Netball requires all girls to be undertaking their own training. If you plan to become a Premier player please visit one of the clubs that are affiliated to SHGC:

1. Athletes House.
2. Snap Fitness.

Remember to have your school ID with you when you enquire about training, fitness plans or membership.

Complaints Procedure

Certain situations may require a conference between a parent and the Team Manager/the Committee Chairperson and/or the Committee Secretary/Teacher in Charge. All discussions should focus on your daughter's matters, concerns or questions and each complaint must be received in writing stating the nature of the complaint and the evidence to support the complaint. The performance of other players or any coaching strategies will not be a topic of discussion.

It is important that all parties have a clear understanding of the other's positions and what procedures should be followed:

Trial Selection Process Complaints

- The parent in the first instance should contact the Sports Co-ordinator, Whaea Gina directly and attempt to resolve the complaint.
- The parent must supply evidence in writing to support their complaint.

Netball Season Complaints

- The parent in the first instance should contact the Team Manager and attempt to resolve the complaint. [The parent must supply evidence in writing to support their complaint.]
- If this does not resolve the situation, the parent should contact the Committee Secretary and attempt to resolve the complaint.
- If this does not resolve the situation, an alternative resolution process should be arranged through the Committee Secretary with the Teacher in Charge to resolve the complaint.