# **2024** Non-training Registration Information

Welcome to Venetians Netball Club for the 2024 Winter season. We would ask that you please take the time to read the information provided as it will assist you with the registration process and provide other information about our club.

Please note: this year registrations will be completed in multiple stages using PlayHQ.

# Existing and previous members

Registrations will open on the 1<sup>st</sup> January and close on the 14<sup>th</sup> January for players who played during the 2023 Winter Season.

If you have previously played for the club but did not play during the 2023 Winter season you must email <u>president@venetiansnetballclub.com.au</u> to notify the club that you would like to return prior to the **14<sup>th</sup> January**.

## New members

Expression of interests for new members will commence on the 1<sup>st</sup> December and they will be contacted after the 14<sup>th</sup> January to discuss available positions in the club.

**Prior to registering**, all members are required to read and agree to the Membership Agreement, Medical Disclaimer, Venetian's Code of Conduct and WDNA Code of Behaviour. If you are intending on applying for **Kid Sport** this must be done prior to registration as well.



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# Our Gold Sponsors





Our Silver Sponsors





Our Bronze Sponsors



# **Summary of information**

## Changes for 2024

- No 11 & Under division
- New 21 & Under division
- Non training members must pay the fundraising levy.

#### Registration

- Existing members are invited to register between 1<sup>st</sup> 14<sup>th</sup> January
- Fee payable at registration to secure spot for 2024
- Anyone who does not register by the 14<sup>th</sup> January will go on a wait list
- New members are invited to complete an expression of interest from the 1<sup>st</sup> January
- New members will be contacted regarding availability after the 14<sup>th</sup> January

## Information night

- 31<sup>st</sup> January 6.30pm start
- Uniforms can be purchased on the night

## Grading

- All registered players (new and existing) will be graded into teams across three grading nights commencing on the 4<sup>th</sup> February
- Detailed information is sent out to registered members prior to the first date

#### Purchasing uniforms

- Compulsory items: Dress, compression shorts, socks and training singlet.
- Can be purchased online or via appointment with Victory Athletic
- Appointments can be arranged by phone or email

# **INFORMATION NIGHT AND ANNUAL GENERAL MEETING**

We invite all members (new and existing) to attend our information night on the 31st of January 2024. The purpose of this event is to provide all members with information regarding the club which includes information on grading and training. We will also have our Gold Sponsor Mandy Hopper from MH
 Performance speaking about strength and conditioning and Silver Sponsor Darch Physio providing information on injury prevention and their services. Bronze Sponsor and uniform supplier Victory Athletic will also be in attendance for uniform purchases.

We will hold our annual general meeting at the beginning of the information night and 2023 financial members and new financial members for 2024 will be able to vote to elect our new committee.

There will also be door prizes which include free memberships for the season.

When: Wednesday 31<sup>st</sup> January 2024 Where: Wanneroo Districts Netball Association clubrooms Time: 6.30pm start









# **VENETIANS SPIRIT OF PLAY**

## **MEMBERSHIP AGREEMENT**

Below are the expectations that all members should have of Venetians Netball Club, and those which Venetians Netball Club has of its members. This document presents a clear understanding of the culture that our club wishes to maintain, and how this will be achieved.

#### **Our Mission Statement**

The club's mission is to provide equal opportunities within the community by leading effective management, support and development within the spirit of the game. We have established club values with the aim to provide an opportunity for everyone to participate in the game of netball from the social participant to the elite athlete. We want to attract and retain people from the community who support our values and wish to foster the strong identity of our club culture for many years to come.

#### What Venetians Netball Club will do for you

We will continue to give all our members the opportunity to participate in the game of netball; whether that be as a player, coach, umpire, manager, parent or committee member. We will continue to offer high quality development opportunities for all members and will support netballers of all abilities. We will continue to grow a positive culture that attracts like-minded people who share a common passion. We will promote our club values of inclusion, development, integrity, respect, family, friendship and fun. By ensuring that all members live our club culture we will guarantee you will feel at home at Venetians Netball Club and continue to be a part of our family for many years to come.

#### What you can do for Venetians Netball Club

Everything that we can and will do for you, requires the support of volunteers. You can help support the club by becoming a volunteer in a number of different ways. You can help welcome new members at our annual club day and social events. You can learn to coach, umpire or manage a team. You can join a sub-committee or take lots of photos and tag us on social media. You can help organise equipment, hand out fundraising chocolates or assist with the WDNA BBQ roster. There are many ways you can help our club improve, all you need to do is put up your hand. We want you to become a familiar face around the club and a proud member of our family.

#### Our Agreement

By applying for membership with Venetians Netball Club the individual is agreeing to become a part of the environment and culture described above. In doing so they also agree to support the club and continue its improvement.

## **MEDICAL DISCLAIMER**

In consideration of Venetians Netball Club Inc. (hereinafter called "Venetians") accepting myself/my child as a playing member and registering myself/my child and keeping myself/my child registered, I, the undersigned, hereby agree to myself/my child attending and participating in all netball activities and agree to and do indemnify Venetians, its committee, coaches and team managers, in so far as to the extent to which Venetians, its committee, coaches and team managers are not entitled to be indemnified under any policy of insurance whatsoever from and against any claims, damages or compensation which may befall or occur to myself/my child during participation in a netball activity or function connected with Venetians or when travelling to or from such activity or function.

I further authorise any officers, coaches and team managers of Venetians in the event of such an accident, injury, disease or illness to obtain the necessary medical assistance or treatment and for this purpose engage any medical, ambulance and nursing assistance and/or hospital treatment and in this event, I agree to pay all such fees and expenses and any fees and expenses incurred by Venetians, these said fees to be paid to Venetians on demand.



## SUMMARY OF WDNA AND VENETIAN'S CODE OF CONDUCT

#### The Player Code

- Play for the "fun of it" and play by the rules. Never argue with an official. If you disagree, have your Captain, Coach or Manager approach the official during a break or after the match.
- Control your temper. Verbal abuse of committee members, spectators, officials or other players is not acceptable or permitted in any sport.
- Work equally hard for yourself and your team. Your team's performance will benefit and so will you.
- Be a good sport. Applaud all good plays whether they are by your team or the opposition.
- Treat all players as you would be treated. Do not interfere with, bully or take unfair advantage of another player.
- Avoid using derogatory language.
- Co-operate with your coach, team-mates, opponents and umpires. Without them there would be no competition.
- Training or playing under the influence of alcohol is not permitted.
- Players who are ill (within reason) and or injured must notify coaches and attend training and games (this is however at the discretion of you/your child's coach).
- Players must wear the Venetians training singlet to all training sessions.

#### The Parent and Spectator Code

- Encourage children to play by the rules.
- Focus on your child's effort and development rather than the overall outcome of the game.
- Any commentary should be positive in nature and you should recognise and encourage good play or efforts.
- Respect the efforts and decisions of volunteer coaches and do not publicly question an official's decision.
- Do not approach a player during the breaks or team huddles unless instructed by the coach or team manager.
- Refrain from coaching your child or other players during games and practices.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
- Show respect for your team's opponents and umpires. Without them there would be no game.
- Encourage players to follow the rules and the officials' decisions.
- Respect and support the decisions of our parent bodies (WDNA, Netball WA, Netball Australia).

#### The full codes of conduct must be read prior to registration and can be found on our website.

# **FEE STRUCTURE**

Please find below a breakdown of our fee structure for 2024. If you opt to pay the fundraising levy, this will be added on to the total below.

#### Due at Registration:

Player Age Group	18 years +
DOB	2006 & earlier
Club fees	\$56.12
Award Event ticket	\$45.92
Fundraising Levy*	\$30.61
Total	\$132.65

\* All Non-training players will be required to pay the \$30.61 fundraising levy.

#### Due in February:

Player Age Group	18 years +
DOB	2006 & earlier
Umpiring	\$63.26
Netball WA	\$101.01
Netball Aus	\$4.49
WDNA	\$82
Total	\$250.76

\*There is a 2.03% transaction fee that has been applied to fees listed above.

NB: There is an additional 1.49% service fee that will be charged to all participants on all transactions at the time of checkout.

#### REFUNDS

WDNA do not offer full fee refunds after the Netball WA registration date has closed on 27<sup>th</sup> May 2024. If an injury occurs, refunds can be applied for in writing to the club President.

(Please note that injury insurance towards some of your treatment costs is available as part of the Netball WA fees.)

Any player that withdraws after WDNA registration, may only receive the club portion, minus an administration charge, pending the reason supplied.

# **NON-TRAINING TEAMS**

We welcome whole non-training teams. You are responsible for organising a minimum of 9 players for a team.

Your team list must be emailed to <u>president@venetiansnetballclub.com.au</u> prior to registration of any members.

It is a requirement that you supply your own manager (non-playing manager preferred) to help you on Saturdays during the games.

Individual players who are wanting to play non-training will be accepted on availability of places and must register their interest by emailing <u>president@venetiansnetballclub.com.au</u>

Please note that non-training players are required to pay the fundraising levy.

# **HOW TO REGISTER**

ALL registrations and expressions of interests must be processed through **PlayHQ**. If this is the first time you are using PlayHQ, you will be required to setup a new account. If you need any assistance with registering via PlayHQ please use their <u>support page</u>.

#### Non- training teams only

- Step 1: Visit playHQ by clicking here.
- Step 2: Log in with your participant ID and password.
- Step 3: Complete the Registration Form

#### Please note:

- 1. Only a portion of fees will be charged at this point. You will be required to fill out a second registration form in February which will be emailed to you.
- 2. There will be no payment plans available.
- 3. You must register prior to the 14<sup>th</sup> January 2024.

# **TROPHY EVENTS**

At the end of the 2024 season we will be holding three events for our teams to get together to celebrate and reflect on the year that has been.

## Dates to remember:

12<sup>th</sup> October – 18 & Under and Open Awards Night

19th October – NetSetGO and 12& under

19<sup>th</sup> October – 13 & under and 15 & under Awards Day

#### What to expect:

The 18 & Under and Open Awards Night will be held in the evening and includes entertainment, food and a bar and is a more formal occasion.

The two Awards Day events will be held separately and will include games, dancing, food and soft drink.

All events are for players, coaches, managers and volunteers only.

Awards are presented at the events for each team and all players in NetSetGO will receive a trophy.

A trophy night ticket for players is included in the overall 2024 fee structure. This is **non-refundable** and payable by all members.

Entertainment, food and soft drink is included in the ticket price and we sometimes have some special guests!





# **PRE-GRADING SKILLS SESSIONS**

These sessions are run by our club coaches and focus on basic skills and dusting off the cobwebs prior to grading. All players are encouraged to attend as many sessions as they like.

It is essential that you register for each session you would like to attend. You can do this by clicking on the links below. Make sure you click the correct link for your age group.

Sessions will run on Sundays at Wanneroo Districts Netball Association at the following times:

Junior: 7 – 15 year olds: 5.30 -7.00 pm Open: 16 years and older: 7.00 -8.30 pm

Dates and links to register: Sunday 14<sup>th</sup> January 2024

- Junior http://thq.fyi/se/d5c41dd43ac4
- Open http://thq.fyi/se/f74f518ef0fd
- Sunday 21<sup>st</sup> January 2024

Junior – <u>http://thq.fyi/se/f8b22e050dda</u>

- Open <u>http://thq.fyi/se/bc7e4701baca</u>
- Sunday 28<sup>th</sup> January 2024
- Junior <u>http://thq.fyi/se/7b6368e782e5</u>
- Open http://thq.fyi/se/5f4380a818fe





# The Venetian's Way - volunteering at Venetians Netball Club

Establishing a culture of volunteering is one of our club goals and there are many different ways that members can give back to the club. We have put together a list of roles that exist that you can choose from. If any of these positions interest you, please get in contact by emailing the relevant committee member or <u>info@venetiansnetballclub.com.au</u>

All players participating in the 15 & under, 18 & under, 21 & under and Open competitions will be expected to give back to the club in some shape or form. There are volunteer roles that players can select in the PlayHQ registration form.

#### UMPIRING

#### Do you like to earn extra money?

Why don't you earn cash on a Saturday umpiring for the club. You can get paid up to \$35.00 per game depending on your badge level and age group. WDNA also have an umpiring program that provides development coaching, courses and badging. If you'd like more information regarding umpiring in 2024 please email <u>umpiring@venetiansnetballclub.com.au</u>.

## MANAGERS

The responsibilities of managers include: distributing club info, team equipment, checking scorecard and creating scoring/refreshment rosters. If you are interested, email Debbie Edwards gdl@venetiansnetballclub.com.au.

## NON-COMMITTEE ROLES

There are other roles which do not have the commitment of being on a committee and can be shared between multiple members. These include assisting with social event, social media, volunteer coordination and player leadership roles. To find out more about these roles visit our website by <u>clicking here.</u>

#### COACHING

If you are keen to take on the rewarding challenge of coaching, please let us know. Development is provided by the club as well as guidance and support through meetings and regular contact. The club covers the cost of obtaining accreditation attendance at workshops. There are also assistant coach and apprentice coach roles for those who would like to give coaching a try.



## COMMITTEE POSITIONS

Joining the committee is rewarding and enjoyable experience. It is a great way to learn about the ins and outs of the club in a supportive role. To find out more about the different roles, visit our position descriptions by <u>clicking here</u> or email <u>info@venetiansnetballclub.com.au</u>.

#### **Playing Times**

Please note these are subject to the number of registrations WDNA receive in each time slot.

<u>Friday Night:</u> NSG Set (Years 2 & 3): 4.30pm NSG Go (Years 4 & 5): 5.30pm

#### <u>Saturday:</u>

12 & Under: 8.30am
13 & Under: 10.00am
15 & Under: 11.30am
18 & Under: 1.00pm
21 & Under: 2.30 & 4.00pm alternating timeslots
Open: 2.30 & 4.00pm alternating timeslots

#### Age group for Winter 2024

NSG Set Year 2 – Born July 1, 2016 – June 30, 2017 NSG Set Year 3 – Born July 1, 2015 – June 30, 2016 NSG Go Year 4 – Born July 1, 2014 – June 30, 2015 NSG Go Year 5 – Born July 1, 2013 – June 30, 2014 12&Under – Born 2013 - 2012 13&Under – Born 2011 15&Under – Born 2009 - 2010 18&Under - Born 2006 – 2008 21&Under – Born 2003 - 2005 Open - Born 2002 and earlier

NB: There is no 11&U age group in 2024 and there is a new 21&U age group. Information on grading for this age group will be made available prior to grading.

#### Storage of personal information on database

Your personal information will be stored on a database which is connected to our website. There is an unavoidable low risk associated with this and the general public will not have access to this information. It is intended to only be available for select committee members.



# **2024 Uniform Information**

# VICTORY ATHLETIC ARE OUR PROUD UNIFORM SUPPLIERS.

Victory Athletic is our apparel partner and as a Bronze sponsor. This partnership has allowed us to streamline the uniform process and offer our club members access to items of apparel and merchandise via a retail space, pop up nights and also through an online website.

Based in Balcatta, Victory Athletic is a proudly 100% West-Australian owned business with a proven record of delivering quality apparel and accessories for teams, businesses, schools and athletes.

We are excited to welcome Victory Athletic back to the Venetians Netball Club for season 2024! www.victoryathletic.com.au

# PURCHASING UNIFORMS IN 2024

All our club uniform items will be able to be purchased before the 2024 season starts from Victory Athletic (Unit 4/12 Mumford Place, Balcatta) and will also be available online via their website.

The first opportunity to purchase uniforms will be at our information night on the 31<sup>st</sup> January 2024. This will also be the LAST day that you can order a customised warm up top.

Victory Athletic will offer our club a designated time for uniform purchases, collections and tryons during the 2024 netball season via appointment at their Balcatta premises. They will also do 'pop-up' uniform events on some training nights during the season.

Compulsory uniform items for all players are the game day dress, club socks and our training singlet. Victory Athletic will stock hold all of our other optional uniform items including the hoodie, sports bags, beanies, scarves, club polos and much, much more!

# VENETIANS BUY AND SELL SECOND HAND UNIFORMS

If you have outgrown your uniform and are looking to sell it, we have set up a Venetians buy and sell Facebook page. To view the page click here: <u>Venetians Buy and Sell</u>

Venetians do not take responsibility for items that are purchased or sold on this page.



# Pre-season Strength and Conditioning

Many of you will already be aware of the strength and conditioning program that has been offered in previous years with Mandy Hopper. In 2024 we welcome Mandy and MH Performance back as a new Gold Sponsor.

For those who do not know of Mandy Hopper, she holds a Masters in Sport Science and is a certified strength and conditioning coach who specialises in netball strength and conditioning. She has been running a netball specific strength and conditioning program for 12 – 17 year old netball athletes for many years and assists athletes in improving performance whilst avoiding knee and ankle injuries. Each term Mandy has approximately 50 girls in the program who have drastically improved their overall body strength, power and speed. In fact, across the entire netball academy group virtually ALL of the girls are 100% injury free!

In addition, many have had results like...

- · Increased jump height
- · Improved running speed
- · Increased self-confidence on and off the court
- · Eliminated knee and ankle pain
- Eradicated shin splints

In 2024, there will be sessions held during pre-season training with Mandy to ensure our playing members (12& under – open) and coaches are educated about the importance of strength and conditioning. There will also be further opportunities to participate in a series of 10-week programs in her private facilities that are **exclusive to Venetian's members**. The pre-season court sessions will be provided free of charge and the 10-week program will be subsidised by the club.



#### 10-week strength and conditioning programs

This program is available for any member aged 12 years and older. The cost for each of the programs is \$25 per week (\$250 for 10 weeks) and Venetians Netball Club will be subsidising \$100 per athlete for the Term 1 program. Venetians will then continue to subsidise \$50 per athlete for the Term 2,3 and 4 programs. Participants will be required to pay the gap directly to MH Performance. **Please note this subsidy is different to the subsidy provided in 2023**.

The programs will include pre-testing during the first session to determine the correct program for each athlete and will also involve re-testing athletes at the end of the program to measure their progress. Athletes will attend a 1-hour session once a week at the facility in Wangara. Athletes will have the option to participate in a pre-season program, two in-season programs and one post season program. These will be run at the same time each week.

Term 1 (pre-season): 29<sup>th</sup> January – 29<sup>th</sup> March

Term 2 (in season): 15<sup>th</sup> April – 28<sup>th</sup> June

Term 3 (in season): 15<sup>th</sup> July – 20<sup>th</sup> September

Term 4 (off season): 7<sup>th</sup> October – 13<sup>th</sup> December

We have 30 spots available so you will need to register your interest as soon as possible by emailing <u>hello@mhperformancecoaching.com</u>

If you have any further questions, please do not hesitate to contact our president Sian Geldenhuys on 0400 438 230 or <u>president@venetiansnetballclub.com.au</u> or if you would like more information on Mandy Hopper and her program please visit her website. <u>www.mhperformancecoaching.com</u>.







# **Player and Coach Pathway**

Venetians Netball Club is proud to support netballers and coaches of all abilities from social to elite levels. We encourage all players and coaches to challenge themselves to be their best and this may include trialling and participating in various programs.

The Netball WA pathway is broken into tiers; Foundation, Talent, Elite and Mastery. The foundation tier has 4 levels.

Level 1 – 3: NetSetGO

Level 4: Club netball (Saturday netball) and Association Development Program (TACT at WDNA)

The Talent tier has 4 levels

- Level 1 Fever in Time and Metro League
- Level 2 WA Netball League and state representative teams (17U, 19U, 21U)
- Level 3 National Representation
- Level 4 Australian Netball League

Venetians Netball Club has had players and coaches who have worked at all levels of the Foundation and Talent tiers and will support any athlete wanting to progress through the player pathway. For more information on the other tiers <u>click here.</u>

## TACT TRIALS

The first opportunity to participate in a program is the Talented Athlete and Coach Training (TACT) program at Wanneroo Districts Netball Association. The registration period has opened for players and registration and trial information can be found <u>here</u>.

If you are interested in coaching please <u>click here</u> to download a form or speak to Kahlea Horton-French (<u>development@venetiansnetballclub.com.au</u>) for more information.