

Blacktown City Netball Association



Representative Handbook 2023/2024

Program

The Blacktown City Netball Association Representative Program provides a training environment for players to access quality development opportunities. This program is a pathway to future representative opportunities in netball, including BCNA Metro League, GWS Fury Premier League, Netball NSW State teams and beyond.

The program develops:

- Netball skills
- On court decision making
- Netball specific fitness
- Knowledge and understanding of the requirements of representation
- Game specific strategies and tactics

This program will also include opportunities for players to:

- Understand the responsibilities and commitment of a representative program
- Compete against other associations at representative carnivals
- Develop in all areas of netball

Nominations

Players that are interested and eligible for the program should nominate for the trials. Nominations Open July 29, 2023 Close on October 01, 2023 at 5:00pm

Selection trials

Players must attend all trials, except in extenuating circumstances and with written permission of the Representative Coordinator or HPM

Late applications may not be accepted

1st phase trials on the dates below.

11 years	29 October 2023
12 and 13 years	8 October 2023
14 and 15 years	15 October 2023
17 years Opens and Metro	21 November 2023

Dates and venues are subject to change. Any changes will be notified via email

*2023 State team members will be exempt from Phase 1 trials, but attendance will be mandatory at all other trials.

Condition of Selection

- Players nominating for selection must be a financial registered member of Netball NSW.
- Junior players must play for the BCNA Club that is listed on their nomination form. Players wishing to change clubs must complete relevant import paperwork. Club teams may only register 1 import per team per season. (please see the Rep By-Laws for more information)
- Undergo a medical examination, if required, with a doctor or physiotherapist approved by the Association, at the expense of the Player/Parent
- Carry out training set by the coach and attend coaching sessions approved by the Association.
- Pay by the date set down all expenses as decided by the Association
- Give active service to their nominated Club for a minimum of one season
- Immediately if the player is aware of any condition which may affect their play, report the condition to the Manager or Coach.
- Wear the prescribed uniform
- All conditions including these can be found in the BCNA Representative By-Laws.

Phase Selections

Junior

Phase 1 Squads for junior teams will be announced on the association's social media.

Phase 2 trial will occur after 4 weeks of preseason training.

Phase 3 trials will occur in late February.

Senior

Trial format will depend on number of triallists.

Preseason Training

Junior

Squad training will take place at the BCNA courts at International Peace Park over 1 or 2 nights a week, breaking over the holidays, before recommencing in late January until Phase 3 trials.

Senior

Training will take place at the Stanhope Leisure Centre courts during early December and late January. (note 15s will train at both BCNA courts and Stanhope a schedule will be released by managers)

Program Commitment - State/Development and Metro

11 years to 15 years training returns **30 January 2024** for training.

Phase 3 Trials (Final Team Selections) will take place after selection carnivals in February.

Junior State Teams 12-14yrs

- Training will be a minimum of 2 nights a week on both Tuesday and Thursday nights from 6pm – 8pm. Goalers may be required to complete extra training from 5:30pm on scheduled training nights.
- Wear the prescribed uniform
- Extra training sessions may be scheduled in line with the representative coaching program.
- 5 to 6 Carnivals at various locations on Sundays during the rep season. Arrival time at a carnival is between 7am and 7.30am. Parents transporting tents will need to be onsite at 6.30am.
- Teams may play in the BCNA winter competition in a higher age group pending the suitability and availability of club competition.
- Players must fulfill their club responsibilities before playing representative netball.
- Junior State Titles to be held 6th - 8th July 2024 at Penrith District Netball Association
- 100% attendance is required at all of the above unless prior approval from the coach and High Performance Manager

Junior Development Teams (11years- 14years)

- Training will be a minimum of 1 and maximum of 2 nights a week on either or both Tuesday and Thursday nights from 6pm – 8pm. Goalers may be required to complete extra training from 5:30pm on scheduled training nights.
- Wear the prescribed uniform.
- Extra training sessions may be scheduled in line with the representative coaching program.
- 4-5 Carnivals at various locations on Sundays during the rep season. Arrival time at a carnival is between 7am and 7.30am. Parents transporting tents will need to be onsite at 6.30am.
- Teams may play in the BCNA winter competition in a higher age group pending the suitability and availability of club competition
- Players must fulfill club responsibilities before playing representative netball.
- 100% attendance is required at all of the above unless prior approval from the coach and High-Performance Manager

Senior State Teams (15 Years)

- Training will be a minimum of 2 nights a week on both Tuesday and Thursday nights. Thursday training may take place at Blacktown Leisure Centre Stanhope with the BCNA Metro League teams. Goalers may be required to complete extra training from 5:30pm on scheduled training nights.
- Wear prescribed uniform
- Extra training sessions may be scheduled in line with the representative coaching program.

- 5 to 6 Carnivals at various locations on Sundays during the rep season. Arrival time at a carnival is between 7am and 7.30am. Parent transporting tents will need to be onsite at 6.30am.
- Teams may play in the BCNA winter competition in a higher age group pending the suitability and availability of club competition
- Players must fulfill club responsibilities before playing representative netball.
- Senior State Titles to be held 8th – 10th June 2024 at Campbelltown District Netball Association.
- 100% attendance is required at all of the above unless prior approval from the coach and High-Performance Manager

Senior State Teams (U/17s and Opens)

- Training will be advised by the coaches, and will be scheduled with regard to Metro League commitments.
- Wear the prescribed uniform.
- Extra training sessions may be scheduled in line with the representative coaching program.
- Carnivals will be held at various locations on Sundays during the rep season. Parents transporting tents will need to be onsite at 6.30am
- Opens will participate in 1-2 carnivals.
- U/17s will participate in 2-4 carnivals (pending Metro League commitments).
- Senior State Titles to be held 8th – 10th June 2024 at Campbelltown District Netball Association
- 100% attendance is required at all of the above unless prior approval from the coach and High-Performance Manager

Metro League Teams

- Training will be a minimum of 1 night a week on a day TBA.
- Wear the prescribed uniform
- Extra training sessions may be scheduled in line with the representative coaching program.
- Metro League competition will commence in late March and conclude in August/September.
- 100% attendance is required at all of the above unless prior approval from the coach and High-Performance Manager

Carnivals

- Players will be required to arrive at carnivals at the time set by team officials.
- Teams are also responsible for transport and setting up/taking down of the team tent. Managers will ask for a different group of parents to assist in this for each carnival .
- Parents will be asked to drop players off at the team tent in the morning with everything they need for the day. Team Managers will be responsible for all players. Parents will only return to the tent to collect the players at the end of the day

Player Fees

The following fees will be charged to players during this program. Selection will be deducted off fees if selected into teams

Selection Fee -	\$50.00	to be paid on selection into the squad
11 years Development Squad -	\$140.00	
Development Team Fee -	\$230.00	
Junior State Team Fee -	\$480.00	
Senior State Team Fee	\$150.00	(existing Metro Player)
Metro League Team 1 -	\$550.00	
Metro League Teams 2 and 3 -	\$530.00	

All fees and expenses are required to be completely paid by the date set down on invoice. These fees cover and are not limited to:

Carnival Entry Fees, Carnival Umpires Payments. ASSA – Strength and Conditioning sessions
Physio – Testing. Physio – At state, State Tent Hire, Court Hire. Team Registration, NNSW Fees

Players will be sent an invoice once selections are finalised and teams announced.

All fees will be due by the date on the invoice. Player's status will be unfinancial until all fees owing are paid in full. Unfinancial players will not be permitted to compete at carnivals and state titles if fees are not up to date.

Payment Plans are available upon consultation with the BCNA Treasurer.
treasurer@blacktownnetball.com.au

Uniforms

The BCNA uniform forms part of the BCNA brand and is an important element in our public image. Below are the guidelines for the provision and wearing of the apparel.

All players upon selection into the phase 2 squad will be fitted for all compulsory uniform items and any additional chosen items. This will be on the 12th or 14th December. After final selections players will be invoiced for the relevant uniform for their team. This will be supplied to players upon payment confirmation. **All items MUST be paid for before they will be supplied.** Players will not be able to attend training, carnivals or any other team function if they do not have the correct uniform.

	State Teams 12yrs - Opens	11yrs - 15 yrs Development squad/team	Metro League Teams
Association Shirt	Compulsory	Compulsory	Compulsory
Association Squad Singlet	Compulsory	Compulsory	Compulsory
Association Fitness Shorts	Compulsory	Compulsory	Compulsory
Association Dress	Compulsory	---	Compulsory
Association Boy Leg Pants	Compulsory	---	Compulsory
Association Tracksuit Pants	Compulsory	---	
Association Jacket	Compulsory	---	Compulsory
Association bag/backpack	Compulsory	Compulsory	Compulsory
Association Hoodie	Optional	Compulsory	---
Association Socks	Optional	Optional	Optional
Plain Black Track pants (supplied by player)	---	Compulsory	---

Player Commitment

To play at representative level is an honour and a privilege. The commitment is not only made by the player but by their family due to the large time and financial requirements. The most important commitment, however, is to the other members of the Rep team.

Players nominating for selection must be a financial registered member of Netball NSW.

Junior players must play for the BCNA Club that was nominated on their representative application.

Senior players playing in the BCNA competition, must play for the BCNA Club that was nominated on their representative application form.

Illness or Injury

All illnesses should be reported to the Team Manager as soon as possible.

Players suffering from illness may be excused from attending training following discussion with the Team Manager, based on the nature of their illness.

All injuries should be reported to the Team Manager as soon as possible

Clearance letters from the Doctor or Physio treating any injury that has prevented a player from any training or playing must be given to the team manager before the player can resume training/games.

Injured Players are required to attend all training sessions even if they are unable to participate unless official leave is granted by the Team Manager in consultation with the Head Coach. This is to allow the Player to observe the session, learn team tactics and participate in team discussions.

If a Player is unable to play for their club in an BCNA competition match due to injury or illness then they are also unable to play or train with their representative team on the same day.

Players/Spectator Code of Conduct

ALL players, team officials' parents and spectators agree to abide by the NNSW Codes of Behaviour and all other NNSW and BCNA policy.

<https://nsw.netball.com.au/sites/nsw/files/2022-03/Final%20CLEAN%20-%20NNSW%20Codes%20of%20Behaviours%20-%20091121.pdf>

Player Expectations

What type of teammates do you want to play with? Be that teammate yourself

Have fun and enjoy your netball!

Appropriate behaviour is expected at all times. Lateness to training, games and carnivals will not be tolerated. Inappropriate behaviour during games may warrant your removal from the team.

Respect the rights, talent, and development of your teammates,

Maintain communication with coaches and manager. Ask for feedback, ask questions, and raise any potential issues. Approach the manager privately with any comments, conflicts or grievances, and respect that the coach's decision in all such matters is final.

Wear correct BCNA uniform with pride at all times.

Be honest with your coach concerning illness and injury and your ability to train and play.

You are an athlete – take care of your body with good nutrition and recovery.

Always compete in the spirit of fair play; and to both win and lose gracefully.

Be honest in your attitude and preparation to training and matches. Work equally hard for yourself and your team.

Abide by the relevant Netball NSW Codes of Behaviour and understand the consequences of breaching these codes.

Parent Expectations

Remember that most players (in particular children) participate in netball for fun. They are not participating for the entertainment of spectators.

Do not coach from the sideline. Allow players to make their own decisions – it may not be the right decision, but they will never learn to think for themselves if we constantly give them the answer. Our goal is to get the players self-aware, self-managing, with the ability to effectively scan and make decisions, and then execute with intent.

Focus upon a player's efforts and performance rather than the overall outcome of the event. This assists players in setting realistic goals related to their ability.

Encourage players to always play by the rules

Be a model of good sports behaviour for players to copy.

Never ridicule or yell at a player for making a mistake or losing a game

Respect the decisions of the umpires.

Be courteous in communication with administrators, coaches, and players. Approach the Manager privately with any comments, conflicts or grievances etc, and respect that the coach's decision in all such matters is final.

Abide by the relevant Netball NSW Codes of Behaviour and understand the consequences of breaching these codes.

Contacts

Any questions for the senior program should be directed to the Senior Representative Coordinator. snrrepcoordinator@blacktownnetball.com.au

Any questions for the junior program should be directed to the Junior Representative Coordinator. jnrrepcoordinator@blacktownnetball.com.au

Any questions not able to be directed to the Representative Coordinator should be directed to the High Performance Manager. hpm@blacktownnetball.com.au

Association contact

admin@blacktownnetball.com.au or secretary@blacktownnetball.com.au

Quick Links

Blacktown City Netball Association Website

<https://www.blacktownnetball.com.au/>

Blacktown City Netball Association social media

<https://www.facebook.com/Blacktownnetball>

BCNA representative By Laws

https://www.blacktownnetball.com.au/_files/ugd/298dbe_24f5f65207da40e096b6d94630352fc2.pdf

Netball NSW Members Protection Policies and Codes of Behaviour

<https://nsw.netball.com.au/member-protection-framework>

<https://nsw.netball.com.au/sites/nsw/files/2020-02/Netball-NSW-Code-of-Behaviour-Policy-V5.pdf>