



THE LADYBIRDS' WAY

The Ladybirds' Way is our mantra, our golden rule for how our club functions from 9 and Unders through to Seniors. It is expected that all members of our club adhere to The Ladybirds Way as they focus on supporting our players, coaches, committee and parent network.

APPROACH THROUGH THE GRADES

9 and Unders

Our sole purpose for the 9 and Under grade is for all children who play for us to have fun and learn to play the game of netball. Accordingly, we have adopted the following rules:

- All children will get equal game time.
- Children will be rotated through all positions on court.
- Score are kept but will not be used as a key motivator.
- Best player awards will not be provided.
- Focus is on skill development, understanding of the game of netball and its rules, and the enjoyment of netball.

11 and Unders, 13 and Unders

We recognize that at this level, children are transitioning through netball and normal netball rules are implemented. Premiership points come into the game and players are beginning to find an area (not set position) of the court that they enjoy. The following rules will apply for this level:

- All children will get equal game time (except during finals – see Coaching section of this document) but at the age group, players know how to remain focused and show respect to their coach, therefore their game time can be impacted for non-attendance of training or disciplinary reasons. This is at the discretion of the coach.
- Unavailability of games due to holiday, injury, illness or other commitments does not count toward player equal court time.
- Children will be schooled in areas of the court. A coach may recognize that a player is suited to a certain area which may be different to the view of the player or the parent but it is

important to listen to the coach's recommendation for the development of the player and the team.

- Scores are kept and may be used as a motivator.
- Best player awards are provided and emphasis is on the role of a player, their work ethic, their respect to coaches, umpires, teammates and opposition - not solely on the "Best on Court".

Intermediates

Once children reach this level, the emphasis shifts from players rotating through areas to them gaining a level of competency in set positions.

Our belief is that this grade is a development grade and that premierships, if they come, are a bonus that will be celebrated. We believe that our development process is key to our long-term success as a club and for our players as individuals.

Accordingly, we have adopted the following rules in respect to this grade:

- All children will get equal game time (except during finals – see Coaching section of this document) but their game time can be impacted for non-attendance of training or disciplinary reasons. This is at the discretion of the coach.
- Children will be schooled in their positions but they need to be flexible depending on the need of their team.
- Scores are kept and may be used as a motivator.
- Best player awards are provided and outstanding results and improvements are recognized during the season.

Seniors

Our club offers a range of senior levels, ranging from social teams through to the Senior Development Squad.

The focus of our social teams is to have fun and enjoy netball with friends. Often these teams will be created by a group who want to play together but we accommodate for anyone looking to play senior netball at Ladybirds.

Accordingly, we have adopted the following rules in respect to this grade:

- Training will be determined by individual team coaches – social teams may or may not train. Higher level and senior development squad will train at least once a week.
- Best player awards are provided and outstanding results and improvements are recognized during the season.

Intermediate Development Squad

The aim of this group is to identify the talent and potential talent in this age group. It runs as a sister program to the senior grade with the end goal being the Intermediates graduating into the Senior Development Program.

Selections for the Intermediate Development Squad takes place at Winter trials, with the squad remaining together for a full year (Winter and Summer seasons).

The program is made up of 16-18 players, making two balanced teams.

A new or returning player who has the potential or experience, and who apply for the program will be assessed by an independent selection panel.

The program is focused on the following objectives:

- Ongoing fitness
- Modified strengthening program
- Skill development
- Player development
- Position education
- Individual and specialized training
- Court play and position
- Team development
- Team bonding
- Leadership group
- Match analysis
- Health eating
- Injury management

The following rules apply to the Intermediate Development Squad:

- The program is an all year-round commitment, with a break over the Christmas period.
- Out of season training is held on Sunday and Thursday nights.
- During season training is held on Thursday nights.
- All trainings are held for the duration of 90 minutes and are compulsory.
- At the beginning of the program each player signs a participation agreement, outlining their commitment to the program.
- Team rules and guidelines are implemented by the coaches and playing group at the beginning of the program.
- Any player facing disciplinary action will be discussed by the coaches and the leadership group, with punishment handed down by the coach and captain to any player that infringes the program rules.
- There is a two-strike policy implemented to all participants of the program.

Senior Development Squad

The aim of this group is to identify the potential top end talent at our club and fast track their development. The program commenced in March 2017 and will be an all year-round training and development team. This program is the sister to the Intermediate Development Program.

The first group have been chosen so by the program director and are players who have the potential to play top end netball (A1, A2, B1).

Future squad members will be selected with up to 16-18 positions available.

A new or returning player who has the potential or experience, and who apply for the program will be assessed by an independent selection panel.

The program is focused on the following objectives:

- Ongoing fitness
- Strengthening program
- Ball skills
- Court play and positioning
- Individual and specialized coaching
- Goal setting (team and individual)
- Leadership group
- Game education
- Match analysis
- Healthy eating
- Team bonding
- Team play
- Court and positional knowledge
- Injury management

The following rules apply to the Senior Development Squad:

- The program is an all year-round commitment, with a break over the Christmas period.
- Out of season training is held on Sunday and Wednesday nights.
- During season training is held on Sunday nights.
- All trainings are held for the duration of 90 minutes and are compulsory.
- If a player misses a training they will make up the session, with guidance from the coaches.
- At the beginning of the program each player signs a participation agreement, outlining their commitment to the program.
- Team rules and guidelines are implemented by the coaches and playing group at the beginning of the program.
- Any player facing disciplinary action will be discussed by the coaches and the leadership group, with punishment handed down by the coach and captain to any player that infringes the program rules.
- There is a two-strike policy implemented to all participants of the program.

COACHING

It is expected at junior levels that:

- Development will be the key component of our approach. Coaches will explain the positional requirements of players when learning to play in different positions, particularly from 11 and Under upwards.
- Whilst clearly looking to win games, we will provide players the opportunity to play a number of positions over the course of the season.
- When the opportunity arises (i.e. When games are lopsided) we will move players around to create a better competition and provide opportunities for players to get involved in the game.
- Players in minor rounds will be on court for at least half a game, except in 9 and Unders when players should be on court for at least three quarters.
- In finals, all players will be on court for at least a quarter of a game, preferably a half.
- Team line ups in during finals is at the discretion of the coach, dependent on match ups, player performance, player teamwork/sportsmanship, training attendance and commitment.

TRAINING TIMES

- All junior teams will train on Thursday evenings, with start times decided by individual coaches.
- Players will meet 5 minutes prior to their training time to ensure training time is used adequately.
- 9 and Under players should not train for longer than one hour. All other levels can train for up to one and a half hours, to be decided by the individual coaches in consultation with team parents.

ALL CLUB MEMBERS – COMMITTEE, COACHES, PLAYERS, PARENTS, SPECTATORS

Our club is aligned with the Netball SA Member Protection Policy which is to be read thoroughly and adhered to by all members.

It can be accessed through the following link -

http://sa.netball.com.au/wp-content/uploads/sites/8/2016/05/MemberProtectionPolicy_FEB2016.pdf

Our club has 'ZERO TOLERANCE' for breaches of this policy. Disciplinary actions are clearly outlined and our club reserves the right to suspend a member short term while any investigation is being undertaken, especially in cases of an extreme or sensitive nature.