



THE LADYBIRDS' WAY

The Ladybirds' Way is our mantra, our golden rule for how our club functions from 9 and under 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 under

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

- All players will get equal game time.
- Players will be rotated through all positions on court.
- Scores 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 under, 13 and under

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 players will get equal game time (except during finals – see coaching section of this document)
- Unavailability of games due to holiday, injury, illness or other commitments does not count toward player equal court time.
- Players will be taught skills in all 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".
- If a player/parent is a repeat non-attendance for training a discussion will be had and they may be penalised with less court time.

Intermediates

Once players 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 guidelines in respect to this grade:

- All players 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.
- Players will be taught skills in their positions but they need to be flexible depending on the needs 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 competition senior teams

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 anyone looking to play senior netball at Ladybirds.

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

- Training times will be determined by individual team coaches – social teams may or may not train. Senior teams will train at least once a week on the clubs allocated night.
- Best player awards are provided and outstanding results and improvements are recognized during the season.

Once players reach this level of competitive competition, the emphasis shifts from players rotating through areas to them gaining and continued development along with competency in set positions

Our belief is that this grade is a continued development 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 guidelines in respect to this grade:

- All players 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.
- Players will be taught skills in their positions but they need to be flexible depending on the needs 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.

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, 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 half of a game.
- 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 the teams will train on the clubs allocated night, 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 and committee.

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 a zero tolerance towards breaches off this policy and will be delt with accordingly