

Welcome to 2021!

As we close out a challenging year, we look forward to the 2021 winter season. COVID-safe requirements – including, potentially, restrictions on spectator numbers – will likely continue for the 2021 season. However, the scheduled 2021 season returns to the traditional 14 week format (plus 3 week final series for 10s+), commencing on **Saturday 24 April 2021** for 7 - 8s NetSetGo (NSG) and 10s - Seniors teams and **Thursday 29 April 2021** for 9s teams. All 9s games will be played on Thursday evenings. The deferral of the first competition games of the 2021 winter season to term 2 allows for a number of exciting pre-season programs and events, commencing in late January 2021. Grading for all age groups other than Seniors and NSG will take place in February 2021; teams will be announced by March 2021.

Registration: 2021 Winter Season

Online registration* will open on **1 January 2021** and will close on **31 January 2021 at 8.00pm**. To register, please use the following links for [7 – 10 years](#) and for [11 years+ \(including Seniors\)](#).

* As part of the registration process all parents/guardians will be required to:

- confirm that you agree to abide by the [Netball NSW Member Protection Policy](#) and [Code of Behaviour](#) (see pages 4-5);
- confirm that you have noted the relevant grading dates applicable to your player and agree to the [St Ives Netball Club Grading Policy](#) (see page 2);
- confirm that you have noted the anticipated training day for your player and agree to the St Ives Netball Club Training Policy (see page 3); and
- indicate the capacity in which you plan to volunteer during the 2021 winter season.

Interest in umpiring (for 12 years+), Junior Assistant Coaching (JAC) (for 13 years+) and Junior Coaching (for 15 years+ with minimum 1 year of JAC experience) is also indicated through the registration process.

Please be sure to register before the deadline to play in the 2021 winter season. Late registrations will only be accepted if team numbers are short.

Registration Fees: 2021 Winter Season

Registration fees are dependent on those set by Netball NSW, the Ku-ring-gai Netball Association and St Ives Netball Club. Registration fees for the 2021 winter season include an adjustment reflecting increased facility fees, consistent with the decision to put player safety first by holding all February 2021 grading sessions indoors:

Age of player as at 31 December 2021	St Ives Registration Fee	Reflecting Active Kids voucher*
Seniors (18 years+)	\$290	N/A
9 – 17 years	\$290	\$190
7 – 8 years	\$280	\$180

* Parents/guardians can apply for an Active Kids voucher from the Service NSW website. See <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

We need you!

We are one of the largest clubs in the Ku-ring-gai Netball Association and depend on parent and community volunteers. All parents/guardians and senior players are required to volunteer in one of the following capacities:

- Level 1 – grounds/canteen duty, scoring, supplying fruit *and* supervising training;
- Level 2 – coaching or managing a team; or
- Level 3 – St Ives Netball Management Committee or Ku-ring-gai Netball Association Executive.

Several key St Ives Netball Club Management Committee roles remain vacant and must be filled urgently. Position descriptions for the following key roles are included on the club website:

- Treasurer;
- Managers Coordinator;
- Uniform Coordinator; and
- NetSetGo Coordinator.

Please contact Laura Sheridan Mouton at president@stivesnetball.com.au if you are able to undertake one of these roles.

Grading Dates

Grading at St Ives Netball Club is a thorough process to ensure that players are reviewed on several occasions across a variety of situations. Written reports are provided on each player and grading days are used to confirm our paper-graded teams and allow for any new players to trial.

At grading, players will take the court at least twice in the positions identified by their previous coach. They may also be trialed in other positions. Please refer to the [St Ives Netball Club Grading Policy](#) on the club website for further information.

There is no grading for players who will turn 7 or 8 years by 31 December 2021 or Seniors. Please note that, for all other players, grading is compulsory. If you are unable to attend grading, please contact the Dale Winckel at grading@stivesnetball.com.au.

Due to the deferral of the first competition games of the 2021 winter season postponement, certain grading dates and times* for 2021 have been revised and are now as follows:

9s	Sunday 7 February 2021 8.00am – noon
10s	Sunday 7 February 2021 1.00pm – 5.00pm
Cadets**	Sunday 14 February 2021 Spread across AM and PM timeslots
Inters	Sunday 21 February 2021 Spread across AM and PM timeslots
11s	Sunday 28 February 2021 8.00am – noon
12s	Sunday 28 February 2021 1.00pm – 5.00pm

All grading will take place at Abbotsleigh Indoor Courts.

* Grading times may be changed slightly due to the number of registrations and allocated times will be communicated and finalised closer to the grading day.

** If a Cadet player is 17 and is wanting to play socially as a Senior in 2021 please notify the Grading Coordinator. Please note that Cadets of any Cadet age can also play socially in the Cadet 3 or lower grade.

Our NSG 7s and 8s teams are based on friendship groups and comprise of 8 – 9 players per team. If you have a full team that you want to register, please send the team list to Nikki Lindsay at vicepresident@stivesnetball.com.au.

Senior Players

If you are a Senior player looking for a team, or you know a Senior player looking for a team, please email Sophie Madgwick at registrar@stivesnetball.com.au with your details. All attempts will be made to find all players a team. This will be dependent on team vacancies.

Uniform

Club uniform is mandatory for all age groups playing in the winter competition, including NSG teams. Uniforms are strictly enforced by Ku-ring-gai Netball Association and players may be prevented from taking the court if they are not in the correct uniform. St Ives netball uniform consists of the A line dress, white ankle socks and navy shorts. Please note that any white ankle socks and navy shorts can be worn but we have some St Ives branded socks and navy Gilbert shorts available for purchase on the webstore. There is an alternative uniform available on request for boys.

New uniforms should be ordered and paid for via our webstore

<http://www.stivesnetball.com.au/uniform-store/>.

Uniforms ordered before noon the day prior to your grading day will generally be available for collection at grading. Alternatively, items must be collected from the Uniform Coordinator at a mutually convenient time. **We strongly encourage you to place uniform orders at the time of registration as we cannot guarantee that preferred sizes will be available for late orders.**

The club has also set up a Facebook group to assist members in selling and purchasing second-hand uniforms. You can list second-hand uniforms for sale in the St Ives Netball Buy and Sell Facebook group at

<https://www.facebook.com/groups/793605314098951/>.

The St Ives Netball Club Management Committee welcomes the recommendations of the independent State of the Game Review into netball in Australia, available at

<https://netballvoice.com.au/sites/netballvoice/files/2020-12/SOTG-Review-Report-Dec10-Final.pdf>.

We intend to survey our membership, including in relation to uniform preferences, and to work with the Ku-ring-gai Netball Association during the 2021 winter season to explore how flexibility may potentially be introduced in future seasons to allow players greater choice in uniform options.

Training Days for 2021

NSG – 12 years are allocated specific training days, allowing coaches to work together to develop effective coaching strategies and enabling players to play training games against club teams of comparable grade. Inters and Cadet teams will train across a number of days. The anticipated training days for 2021 are:

Monday	9 years 12 years
Tuesday	NSG
Wednesday	10 years
Thursday	11 years
Friday	NSG (if required)

Inters and Cadets will be invited to indicate any constraints in relation to training days as part of the registration process; however, please note that teams will be formed based on grading and training day preferences may not be able to be accommodated.

As we share the courts at the St Ives Village Green with other netball clubs, trainings may need to be scheduled around other clubs' requirements, so certain teams may need to be rescheduled to alternative days. Where relevant, training days will also be scheduled taking into account KNA rep training requirements.

Training Requirements

In line with our club values and fairness to your team members and coach, it is mandatory that all players to attend 90% of all training sessions for their 60 minute duration.

If a player fails to comply with the St Ives Netball Club Training Policy, the player will either be withdrawn from the team or have their court time reduced for Saturday games on a weekly basis.

Full commitment to your team from both players and parents is a condition of registration with St Ives. Before registering your child, please ensure that your child is able to arrive at training not later than 5 minutes prior to commencement and remain until the conclusion of the session.

Coaches and Managers

Parent coaches and managers are essential to the operation of our club. Parent coaches are supported by our Coaching Coordinators and are encouraged to participate in coaching clinics and the Foundation Coaching Accreditation course administered by Netball NSW.

Please consider volunteering for a coach or manager role. Volunteering as a coach or manager will not impact your child's team selection. Players are placed in teams based on the determination of the grading committee – not based on parents' availability to coach or manage a team.

Junior Coaching Program

St Ives Netball Club is focussed on continuously improving the quality of our coaching, including through our Junior Coaching Policy. This policy covers our Inters and Cadets players who wish to become involved in coaching.

The Junior Coaching Program was developed to utilise the amazing talent we have in our teenage players and to build them into high quality, knowledgeable and enthusiastic coaches. Interested players will be required to initially work as a Junior Assistant Coach (under the oversight of an experienced coach) for a minimum of 1 year, depending on their age. All Junior Coaches are required to keep an updated portfolio of netball drills and core skills and to prepare a lesson plan for each weekly training session. All Junior Assistant Coaches and Junior Coaches are required to attend their team's weekly training session and weekend game. Junior Coaches are paid on a sliding scale of experience.

To ensure the continued very high quality of coaching at St Ives Netball Club, Junior Assistant Coaches and Junior Coaches will need to re-apply each year in order to continue their coaching development. It will be considered a privilege to be re-offered a coaching position and each coach will need to strive hard to remain in the program as we have so many interested players.

Further information in relation to the Junior Coaching Program is available on the club website. Please register your interest as part of the registration process.

Want to start umpiring?

Players can start umpiring from 12 years+ (as at 31 December 2021). Umpiring presents a fantastic opportunity to build confidence, strengthen your technical knowledge of netball and contribute to the development of other players and umpires. Umpiring is a paid role with a scale of payment based on the 'badge' of the umpire. New umpires start as 'unbadged'.

New umpires umpire in the Thursday evening and 8.00am Saturday morning timeslots.

We have a strong focus on supporting our umpires. This includes a more experienced umpire buddying new umpires. Umpires who are badged Mid D and above are strongly encouraged to be part of the buddy program.

Please register your interest as part of the registration process.

Get Fit with St Ives Net-HIT (High Intensity Pre-season Fitness Training)

St Ives Netball Club is excited to offer the opportunity for players aged 12 years+ (as at 31 December 2021) to complete a 5-week pre-season strength and conditioning program focusing on re-engaging and activating muscles after the summer break. Pre-season fitness training is a great way to quickly build overall fitness, minimise risk of injury and improve skills. These group fitness training sessions will be led by experienced personal trainers (and netball coaches) Jane Deck and Lisa Genna, and held at St Ives Village Green on the following dates:

- Thursday 28 January 2021
- Thursday 4 February 2021
- Thursday 11 February 2021
- Thursday 18 February 2021
- Thursday 25 February 2021

Each weekly afternoon session will consist of a fun, high energy, 45-minute workout incorporating all areas of fitness: **Strength, Endurance, Speed, Agility and Flexibility.**



The cost for the program is \$65* (only \$13 per session). Places will be strictly limited. Registration information for the program will be emailed to all 2021 registered 12+ players on 11 January 2021. Timeslots (either 4.00pm or 5.00pm) will be confirmed upon registration.

* Unfortunately, no make-up sessions can be offered for player absence or illness. Up to 1 make-up session may be offered in the case of extreme weather conditions.

NetSetGo Summer Holiday Clinic

St Ives Netball Club is planning a summer holiday clinic specifically for our NetSetGo players (turning 7 – 9 in 2021) at St Ives Village Courts from 9.00am – 1.00pm on Thursday 22 January 2021. This clinic is a great opportunity for our previous NSG players to further develop their skills and for our new NSG players (and those interested in giving netball a try before registering) to come see how much fun netball is! The cost for the clinic is \$60. Places will be strictly limited in accordance with NSW Health requirements and filled on a first come, first served basis. Please email Nikki Lindsay at vicepresident@stivesnetball.com.au for further information and to register your interest.

Key Season Dates

The full calendar will be published on the club website. Key season dates to note include:

- NetSetGo Orientation Day: Saturday 27 March 2021 (9.00am - 1.00pm)
- 9 year Round Robin: Sunday 28 March 2021 (9.00am - 1.00pm)
- first game for NSG and 10 years – Seniors: Saturday 24 April 2021
- first game for 9 years: Thursday 29 April 2021

We are hoping to hold a St Ives Gala Day for our 10 years – Cadets players in March or April 2021. Age groups may be separated over 2 days. More information to follow.

Member Protection

The [Netball NSW Member Protection Policy](#) seeks to ensure that every person involved in netball is treated with respect and dignity, and is protected from discrimination, harassment and abuse and other inappropriate and unacceptable behaviour.

Child protection is paramount. Netball NSW prohibits all forms of child abuse, which under the Member Protection Policy includes emotional abuse (e.g., humiliation, sarcasm, yelling, negative criticism or placing unrealistic expectations on a child/young person).

The Netball NSW Member Protection Policy applies to all players, umpires, coaches*, managers*, parents, guardians and spectators. All individuals bound by the Member Protection Policy are responsible for (i) complying with the standards of behaviour set out under the Member Protection Policy and (ii) placing the safety and welfare of children above all other considerations.

* While there is an exemption to the Working with Children Check (**WWCC**) requirement for parents or close relatives who coach or manage a team, the Kuring-gai Netball Association has requested that all coaches, managers and other relevant officials supply a WWCC and a Member Protection Declaration under the Netball NSW Member Protection Policy prior to the commencement of the season. WWCCs can be requested via the Office of Children's Guardian website at: <http://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check>. WWCCs expire after 5 years. A Member Protection Declaration should be provided annually.

Thank you to our Management Committee

The 2020 St Ives Netball Club Management Committee worked incredibly hard throughout 2020 to ensure that our players had the opportunity to have fun and to build confidence and friendships through playing as part of a team. Our grateful thanks to the members of the Management Committee who recently retired (in a number of cases, after many years of service): Matt Hillier, Audrey Watt, Sarah Wyatt, Daniel Abrahams, Lewis Khan, Leanne Cunningham and Rachel Quayle. Particular thanks to Avona Cox for continuing in the critical Treasurer role in an Acting capacity for the 2021 season planning cycle. Thank you also to our continuing and incoming team:

President	Laura Sheridan Mouton
Vice President	Nikki Lindsay
Secretary	Kylie Middleton
Treasurer	VACANT Avona Cox (Acting)
Registrar	Sophie Madgwick
Coaching Coordinators	Stephanie Sail Erin McArthur Jane Deck
Grading Coordinator	Dale Winckel
Umpires Coordinators	Monica Bode Clare Hall Mathilde Bode Ella Sheridan Olivia Hooper
Managers Coordinator	VACANT
NetSetGo Coordinator	VACANT
Uniform Coordinator	VACANT
Sponsorship Coordinator/ Website	Jennifer Corcoran
Equipment Coordinator	Stephanie Chan
Spring Comp Convenor	Sophie Madgwick
Member Protection Officer	Stephanie Sail

Sponsorship Opportunities

St Ives Netball Club welcomes sponsorship support for the 2021 season. Please contact Jennifer Corcoran at sponsorship@stivesnetball.com.au to discuss the range of sponsorship options available.

Core9 St Ives

Core9 St Ives is thrilled to once again be sponsoring St Ives Netball Club for 2021. The Core9 program is a revolutionary fitness regime that provides elite training techniques in a fun, fully-flexible 31-minute workout that draws on a range of disciplines. You always stay motivated with a personal trainer keeping you on track throughout the sessions.

To support St Ives Netball Club, Core9 will be opening their doors to team training sessions and also extending their Special Offer Membership to all St Ives Netball families. Trial a session for FREE! Contact Core9 at 0417 445 708 for further details.



Please contact Laura Sheridan Mouton at president@stivesnetball.com.au with any queries regarding matters discussed in this newsletter.

Follow us on:



www.stivesnetball.com.au

Our website has all the information you need on the season calendar, key contacts, policies, uniform purchases etc.