



MONA VALE COMMODORES NETBALL CLUB INC.

2023 Information Pack

Thank you to our Sponsors.



1. WELCOME AND CLUB HISTORY

Welcome to the 2023 netball season and thank you for being a part of our Club.

Mona Vale Commodores Netball Club has been operating on the Northern Beaches for over 50 years, having been established in 1969 by a group of women wanting to play in a Masters competition in Papua New Guinea.

The Club is named after Commodore Heights, which is an area near West Head. "Mona Vale" was added to the Club name in 2016, to give the Club a home location and because the Club operates out of Mona Vale and largely draws players from Mona Vale Public School and Sacred Heart Primary School in Mona Vale.

The Club caters for girls and boys of all ages and abilities, from NetSetGo (5-7 Years) to Seniors aged 18+ years.

The Club is run by a group of friendly, dedicated and passionate volunteers who are happy to answer any queries you may have during the season. We are always looking for new volunteers to help run our Club so if you've got some spare time and would love to give back to our Club and the local community please don't hesitate to reach out. The best place to reach us is at monavalecommodores@gmail.com.

We hope you have a fun filled and successful season, and we look forward to seeing you on or around the courts.

Kind regards,

MVC Committee

2. OUR COMMITTEE

Role	Name	Email
President	Robyn Armsworth-Brack	Robyn.armsworthbrack@gmail.com
Vice President	VACANT	
Secretary	Jane Tod	monavalecommodores@gmail.com
Treasurer	Jen Fitzpatrick	Jenfitzy0873@outlook.com
Registrar	VACANT	
Umpire Convenor	Cassie Burdon	burdon@optusnet.com.au
Coaching Convenor	Talia Burdon	Coaching.mvcommodores@gmail.com
Equipment Coordinator	David Chaffers-Welsh	dcwelsh@inet.net.au
Uniform Coordinator	VACANT	mvuniforms@gmail.com
NetSetGo Coordinators	VACANT	
Website	David Chaffers-Welsh	dcwelsh@inet.net.au
Social Media	Jen Fitzpatrick	Jenfitzy0873@outlook.com

3. REGISTRATION

a. Registration Process

Registrations are done online via a platform called PlayHQ. To register for our Club please go to our website (www.monavalecommodores.com.au), click on the "Competition Info" tab, then select Registration and then click on the Register Here button.

There are 4 main categories of Registration:

1. NetSetGo – Players turning 5 to 9 years (see NetSetGo section below for more details)
2. Juniors and Cadets – Saturday competition for players turning 10 to 18 Years
3. Seniors – Saturday competition for players aged 18+ Years
4. Non-Players – all volunteers including committee members, coaches, managers, umpires

Please note that registration is based on the age the player is turning in the current year. For example, if your child is turning 10 this year (any date from 1st January to December 31st) they would register in the 10 Years team.

For our youngest members, our Club offers the NetSetGo program which is a beginner program and is split into three tiers based on your child's age and netball experience, per below:

"Net"	Skills program for children aged 5 to 8 Years. This program runs on an afternoon (usually Friday) for 8 weeks during Term 2.
"Set"	Saturday competition for players turning 7 & 8 Years (child born in 2015 & 2016)
"Go"	Saturday competition for players turning 9 Years (child born in 2014)

All Club volunteers (coaches, managers, umpires and committee members) must register their involvement with the Club to ensure they are covered by insurance. Registration for Club volunteers is free and can be done by clicking on PlayHQ.

b. Registration Costs

Registration costs are based on the age group of the player in 2023:

- NetSetGo Skills Program (5-8 Years) \$100.00
- NetSetGo Saturday Competition \$200.00
- Juniors (10-15 Years) \$205.00
- Cadets (16-18 Years) \$205.00
- Seniors (18+ Years) \$210.00

Mona Vale Commodores accepts Active Kids Vouchers. Please ensure you register for your voucher prior to registering with the Club. Apply online using the link below:

<https://sport.nsw.gov.au/sectordevelopment/activekids>

c. Birth Certificates

All NEW players aged 5-17 Years are required to submit a copy of their birth certificate to the Registrar at monavalecommodores@gmail.com.

4. COACHING A TEAM

Each year our Club requires new coaches to support our players during the winter competition.

Coaches are responsible for:

- planning and running training sessions
- teaching players the skills of the game and work to continually improve these skills
- teaching players the rules of the game
- determining positions on game day
- teaching good sportsmanship
- providing a safe and fun environment for all players.

Coaches are provided with access to resources such as a Coaching Diary and access to thenetballcoach.com. Mentoring is available during the season from both Mona Vale Commodores and Manly Warringah Netball Association.

Coaches do not need to hold a Coaching Certification, just a positive, patient and friendly attitude and great communication skills.

Any coaches wanting to go through the Netball Australia Certification process can apply to be financially supported by the Club.

MWNA require all coaches that are coaching players under 18, to have a current Working With Children Check (WWCC). This is free for any volunteers and can be applied for at Service NSW using the below link.

<https://www.service.nsw.gov.au/transaction/apply-working-children-check>

They also must be a current, registered, financial member of Netball NSW.

If you would like to volunteer to coach a team, or if you have any questions regarding coaching, please contact our Coaching Convenor, Talia Burdon.

5. MANAGING A TEAM

The role of the manager is to support the team coach by taking away some of the administration and communication with parents.

Areas where the Team Manager can assist are:

- Acting as a liaison between the Club and the team
- Setting up a WhatsApp Group for the team to ensure efficient communication with parents
- Rostering parent scorers and snack responsibility for each game
- Notifying the coach if any child is unable to attend training or a game
- Notifying parents of the game time and court number each week
- Ensuring players are wearing the correct uniform at games and that all jewellery is removed

- Encouraging positive and friendly cheering from the sidelines
- Ensure the first aid kit is fully stocked and all players have their own drink bottle
- Alert the team if there are any changes to training or games due to cancellation or wet weather

On game day the manager is required to:

- Collect the score sheet if the Home Team (first team on draw)
- Collect the netball rings from the Admin Centre, if managing a NetSetGo team, and are Home Team
- Ensure all players, team captain, scorer and umpires sign the score sheet before the game
- Correctly complete the score sheet
- Collect bibs at the end of the game and return to the kit bag
- Score the game or organise a representative from the team to score the game (scorers should stand together for the duration of the game)
- Return the score sheet to the Admin Centre (or relevant area) at the end of the game if your team is the Home Team
- Inform the Club Secretary in case of a forfeit, by 5pm Friday night (email Jane Tod at monavalecommodores@gmail.com)

We require all of our team managers who are aged over 18 years, to have completed a Working With Children Check (WWCC). This is free for any volunteers, and you can apply at Service NSW using the below link.

<https://www.service.nsw.gov.au/transaction/apply-working-children-check>

6. TRAINING AND TEAM COMMUNICATION

Each team usually trains once per week, for an hour, with training day and time being organised once teams are finalised and coaches are assigned.

Training is held at either Boondah Rd at Warriewood (hardcourts or grass courts) or at John Fisher Park at Curl Curl. The location will depend on what suits each team.

For those teams training later in the evening, you may need to get access to operate the lights at Boondah Rd, Warriewood (depending on what time you are training). Please contact Jen Fitzpatrick to organise access to turn on the lights.

For those teams training on the hardcourts at Boondah, Mona Vale Commodores is usually allocated one of the four courts for our training. The other courts are used by other Clubs. We will advise which court number is ours, once the allocation has been done by Northern Beaches Council.

7. UMPIRING

Manly Warringah Netball Association operates under a “Umpire Your Own” system which means that each Club must organise their own umpires for each of their teams.

All players from 12 years and above will have allocated umpiring to complete during the season. Each player is usually only required to umpire 1-2 games each season and our Umpire Convenor, Cassie Burdon, organises the umpiring roster.

If you are not available to do your allocated umpiring, please organise to swap with another player in your team and let Cassie know of the change.

Please note that clubs are penalised and fined if umpires do not turn up for their umpiring, so it is important that the roster is adhered to.

Umpiring Mentor Program

Mona Vale Commodores runs an Umpire Mentor Program, for players turning 12 Years and for any new umpires.

Further information will be provided in the coming weeks.

For any queries regarding umpiring please contact Cassie Burdon.

8. UNIFORMS

Our Club holds two uniform days in the pre-season where you can try on and purchase new uniforms.

Date	Time	Event	Location
Sunday 5th February	9:00-12:00pm	Registration & Uniform Day	Mona Vale Memorial Hall
Saturday 11th February	3:30-5:00pm	Come & Try Netball Day & Uniform Day	New Life Gymnasium, 10 Jubilee Ave, Warriewood

If you are unable to get to either of these days, please contact our Uniform Coordinator at mvcuniforms@gmail.com to arrange another time to pick up your uniform.

Uniform prices are below:

Dress	\$70.00
Briefs	\$25.00
Dress & Briefs	\$90.00
Unisex Shirt	\$55.00
Hoodies	\$55.00
Socks	\$12.00

Some second-hand dresses are available for sale for \$30.00.

9. IMPORTANT DATES

Below is a list of important dates for your diary:

February

Feb 5 th	Registration & Uniform Day at Mona Vale Memorial Hall (9-12pm)
Feb 11 th	Come & Try Netball Day at New Life Gymnasium (3:30-5:00pm)
Feb 14 th	Mona Vale Club Registrations close at 11pm
End Feb	Team Lists Distributed

March

Mar 11 th	MWNA 10 Years Round Robin at John Fisher Park
Mar 21 st	Late registrations accepted by MWNA
Mar 24 th	Final Team Gradings emailed to Clubs from MWNA
Mar 27 th	MWNA Gala Day – NSG to 11 Years

April

April 1	GAME 1
<i>April 8</i>	<i>Easter Weekend - no games</i>
<i>April 15</i>	<i>School holidays - no games</i>
April 22	GAME 2
April 29	GAME 3

May

May 6	GAME 4
May 13	GAME 5
May 20	GAME 6
May 27	GAME 7

June

June 3	GAME 8
<i>Jun 10</i>	<i>Long weekend & Senior State Titles – no games</i>
June 17	GAME 9
June 24	GAME 10

July

<i>July 1</i>	<i>No games (& Junior State Titles)</i>
<i>July 8</i>	<i>School holidays – no games</i>
<i>July 15</i>	<i>School holidays - no games</i>
July 22	GAME 11
July 29	GAME 12
July 30	MWNA Club Gala Day

August

Aug 5	GAME 13
Aug 12	GAME 14
Aug 19	SEMI FINALS
Aug 26	FINALS

September

Sep 2	GRAND FINALS
Sep 24	Club Presentation Day and AGM at Pittwater RSL (TBC)

October

Oct 10	Spring Comp commences
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10. GAME DAY INFORMATION

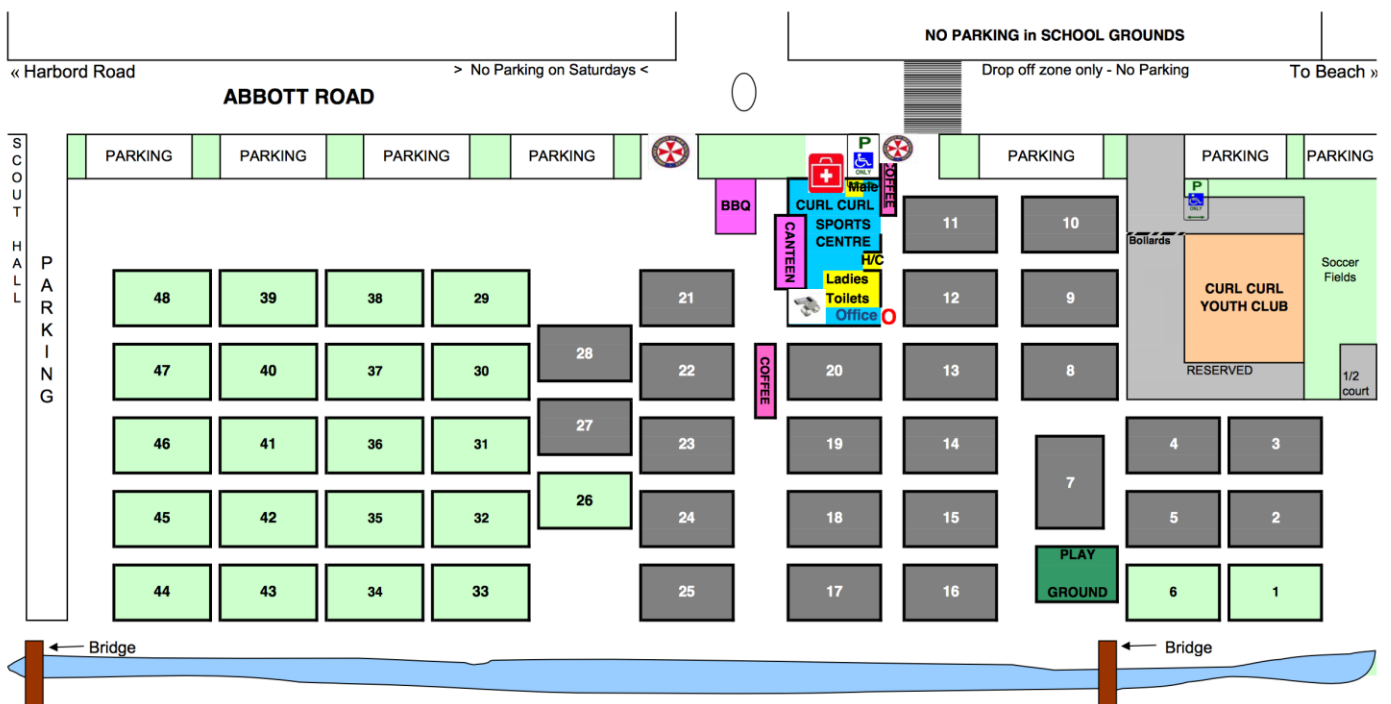
10.1 Location

All games are played at John Fisher Park Netball Courts, Abbott Rd, North Curl Curl each Saturday.

Parking around John Fisher Park can be challenging at times so please allow enough time to find a park and walk to your court.

There is a Drop off zone, so it may be easier for parents to drop off children there so they can join their team and warm up whilst parents find parking in the surrounding streets.

John Fisher Park Map



10.2 Game Times

NSG and Junior games are played at the same time each week. Cadets and Senior teams operate on a rotating timeslot.

Times for the 2023 Winter Competition have not yet been finalised but below are indicative times that are currently being reviewed by MWNA Council

- 7:50am NetSetGo U8 and U9
- 9:00am NetSetGo U7, U7/8 and U10
- 10:25am U12 and U13
- 11:50am U11 and U15
- 1:15pm U14, Cadet 2 and Cadet 3
- 2:35/3:55pm Cadet 4, 5 & 6 plus Seniors and Over 35's

10.3 Draw

Each team's draw can be found on the MWNA Website which is <https://www.mwna.com.au>.

The draw isn't usually available until around a week before Game 1.

As soon as the Winter draw is available, we will let team coaches and managers know.

10.4 Wet weather

If rain has developed overnight on Friday or Saturday morning, a decision on game cancellations for Saturdays will be posted on the MWNA Facebook page:

7:00am	for timeslots 7:50am and 9:00am
9:00am	for timeslots 10.25am and 11.50am
11:45am	for timeslot 1.15pm
1:15pm	for Senior timeslots 2.35pm and 3:55pm.

The Mona Vale Commodores Facebook page and Instagram will be updated shortly after this.

Cancellation times for Tuesday Spring Comp will be **4:00 pm**.

If Wet weather occurs during the Finals series, please refer to the Calendar on the MWNA Website as Wet Weather make up days are scheduled for Sundays.

10.5 Borrowing Players and Forfeits

A team must have five (5) registered members of their own team before they can take the court to play. A maximum of two (2) on court players only may be borrowed from a lower graded team from the same club.

During the school holidays only, in the case of teams not being able to field a team, this number will may be extended on application to MWNA Executive Committee.

If a team is not able to field enough players and needs to forfeit, then **an email must be sent to the Mona Vale Commodores Club Secretary as soon as possible on the Friday before the game**, so that the opposing team can be notified. **The opposing team needs to be notified before 5pm on the Friday evening.**

Please email Jane Tod at monavalecommodores@gmail.com.

10.6 Dispute resolution

If a team wishes to address an issue with the umpires, the team captain may approach the umpires at an interval or after the game, and they may only approach the umpires to seek clarification of a ruling.

If an issue arises which cannot be dealt with by the umpires, the correct process is for someone to send a representative from the game to the Admin Centre (marked in blue on the map as “Curl Curl Sports Centre”) and to request the presence of the Executive from both clubs playing. The dispute will then be dealt with by these representatives. We request that parents, players, managers and coaches follow this procedure to ensure the matter is dealt with correctly by both parties.

11.NETSETGO

Our Club is a registered provider of the NetSetGo program which is a beginner program and is split into three tiers based on your child’s age and netball experience, per below:

“Net”	Skills program for children aged 5 to 8 Years. This program runs on an afternoon (usually Friday’s) for 8 weeks during Term 2.
“Set”	Saturday competition for players turning 7 and 8 Years
“Go”	Saturday competition for players turning 9 Years

NET PROGRAM

The “Net” program is an 8-week skills program and is a great way to introduce our younger players to netball.

Throughout the program, your child will learn:

- How to throw and catch a netball
- How to take off and land safely
- How to pivot and change direction
- The art of goal shooting
- Some basic movement and footwork techniques
- The importance of communication and teamwork
- How to play fair, respect your umpire and have fun

Please note that when you register for the “Net” program, your child will receive a Participant Pack from Netball NSW which includes a NetSetGo t-shirt and netball. This will be sent directly to the child’s home address from Netball NSW.

SET AND GO PROGRAM

Children registered to play in the “Set” and “Go” program, play modified netball games on Saturdays, and have one training session per week. The game is modified as follows:

- A shorter game time (4 x 10 minute quarters)
- Shorter goal posts
- Smaller netballs (size 4)
- The ball is allowed to be held for up to 5 seconds
- Some shuffling to gain balance is allowed
- Defending players must be 120cm or 4 feet away from their opponent
- There are no scores kept during the game and no finals series

As part of the NetSetGo experience, all players are given the opportunity to experience all seven playing positions throughout the season.

If you have any questions about the Net program, please contact Jen Fitzpatrick on jenfitzy0873@outlook.com.au.

12.KIT BAGS

Each team is given a kit bag at the beginning of the season which includes the following items:

1. Training balls x 3 (red balls)
2. Match ball x 1 (white ball)
3. Game bibs x 1 sets
4. Training bibs x 1 set
5. Agility ladder x 1
6. A variety of cones
7. First aid kit x 1

If you need any items for your kit bag please contact our Equipment Coordinator David Chaffers-Welsh on dcwelsh@iinet.net.au.

Kit bags must be returned to our Equipment Coordinator at the end of the Winter Competition, so that they can be checked and restocked.

13.CLUB COMMUNICATION

During the Winter Competition, the Club uses the following methods to communicate important information to members:

1. Newsletters – these will be sent out during the season from monavalecommodores@gmail.com
2. Facebook posts
3. Instagram posts
4. Website updates – <https://monavalecommodores.com.au>
5. Emails to club managers that are then to be forwarded on to parents

The fastest way for us to get information to our members is via our social media platforms, so please ensure you follow either our Facebook Page @monavalecommodores and/or Instagram Page @monavalecommodores.

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