



HANDBOOK

2015 - 2016



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INTRODUCTION

WELCOME TO BRADLEY STOKE JUNIOR NETBALL CLUB

Thank you for joining our club. We are delighted that you have chosen Bradley Stoke Netball Club and we feel confident that you will continue to enjoy and improve your netball skills whilst being included in a safe and enthusiastic learning environment.

This handbook has been designed to supply you with all the information you need about the club plus what it takes to become a successful netball player.

During the season you will be kept up to date with club news, including progress of teams and social events, in our new Junior Newsletter.

Also visit our website regularly: -

<http://www.bradleystokenetball.co.uk/>



CONTACT LIST



If you have any questions, problems or you are unable to attend training or a match please feel free to use the clubs contact details to let us know...

CLUB EMAIL ADDRESS – **bsncjuniors@yahoo.co.uk**

JUNIOR COMMITTEE

HELEN NEWMAN - Junior Club Chair and Head Coach

AMY CALLAWAY - Junior Club Vice Chair and Junior Club Development Officer

LYN MORETON – Junior Club Secretary and Junior Club Kit Officer

NATALIE WILSON - Junior Club Treasurer and CAPS Officer

KAREN LEACH – Junior Club Publicity Officer and Junior Club Umpiring Secretary

LYN COWIE - Junior Club Welfare Officer

JOANNA BARRETT & GEORGINA ANSTEY – Junior Representatives

GENERAL INFORMATION – 2015-16 season

Bradley Stoke Netball Club has 5 adult teams in the Avon Netball League. The 1st team is in the Premier Division ; the 2nd team Division 2; the 3rd team Division 5; the 4th team Division 7 and the 5th team Division 10. These squads are coached by Helen Newman (Level 3 coach), Carrie Humphries (Level 2 coach) and Becky Whittock.

This season, one under 12 team, one U14 team and two U16's Junior teams will be entered into the Junior Avon League. Their matches take place on roughly alternate Sundays at Sir Bernard Lovell School (U12's), Bradley Stoke Community School (U14's) or Abbeywood School (U16's) throughout the season – October to March. There is a fixtures list on page 20 of this handbook.

As a junior club member you will have the opportunity to vote each year for your own representative to be a committee member. The duties of this rep will be found on the following page.

Training takes place every Wednesday evening at The Jubilee Centre, Bradley Stoke.

Juniors 5.30 p.m. - 7.00 p.m.

Seniors 7.30 p.m. - 9.30 p.m.



OPPORTUNITIES WITHIN BRADLEY STOKE JUNIOR NETBALL CLUB

At Bradley Stoke Netball Club we encourage players to achieve their maximum potential. For members of the Junior Club, this means that we support and develop players in line with the England Netball National Excel Pathway for talented players. 3

The Excel Pathway in Avon is made up of two Satellite U14 Academies and one County Academy for U16 players. The coaching provided at these Academies is the first step on the ladder towards becoming an England Player and as a result, gaining a place in the Academies is extremely competitive.

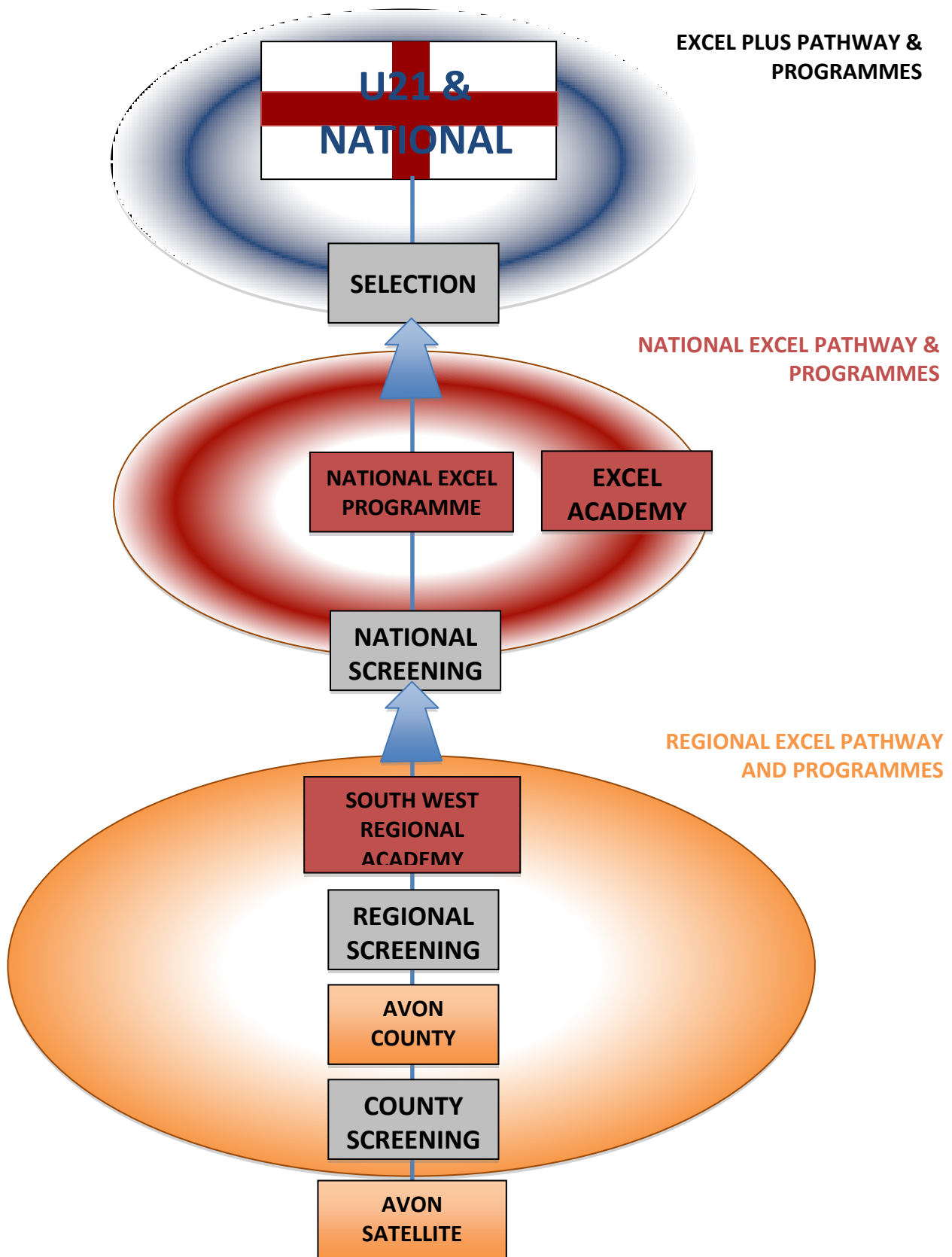
To attend Trials players must be nominated by their Club or School. These are held annually in June. At Bradley Stoke we review player performance in matches and training over the course of the whole year in order to select players to nominate.

Our aim is very much to have players from BSNC represented and developing on the Excel Pathway and to achieve this; we will make sure that the level and quality of training delivered during the course of the playing year is in line with the expectations of the National Pathway. We will also ensure that those players, who display promise, are prepared appropriately for the trials so that they are able to have the best chance of shining.

Within the Club we have four Coaches who have attended the new England Netball Talent Identification and Selection Workshops and we have Helen Newman, our Head Coach who has many years of experience working with and selecting talented athletes, including **Jess Garland** and **Eboni Beckford Chambers**; both of whom have gone on to play for England on numerous occasions.



TALENT PATHWAY: THE NATIONAL EXCEL PATHWAY



JUNIOR REPRESENTATIVE

Bradley Stoke Netball Club has five senior teams and a junior club formed in July 2011. We have achieved Gold CAPS accreditation, which is a kite mark issued by England Netball.

We train at the Jubilee Hut in Bradley Stoke and compete in the Avon League.

Our ambitions are to achieve promotion for all of our five senior teams and to increase our junior membership.

Who will I work with?	<ul style="list-style-type: none">• Main Club committee• Junior members of the club
What will I do?	<ul style="list-style-type: none">• Liaise with the junior teams (captains & members) to gain the views of these members on issues for discussion at committee meetings• Attend committee meetings and provide the views of the junior players
How much time will I need to give?	<ul style="list-style-type: none">• 3-4 hours per month
What is expected from me in this role?	<ul style="list-style-type: none">• Be a junior member of the club who is 18 years old or under• Be a good role model• Be a supportive person• Be a good communicator with young members of the club
What are the benefits and how will you support me?	<ul style="list-style-type: none">• Satisfaction of making a vital difference in your club• Learning new skills and developing your leadership and team buildings skills• The club will reimburse any <u>agreed</u> expenses that you incur as a result of your volunteer role• Platform for future volunteering/employment opportunities• Training opportunities through external courses• Membership of the EN 'Pass on your passion' reward scheme

CODE OF CONDUCT – JUNIOR MEMBERS

As a player at Bradley Stoke Netball Club I agree to the following:

- I will play within the rules and respect officials decisions
- I will be respectful to all coaches, team managers, officials and volunteers, for the time they give to my sport.
- I will respect and never underestimate my opponents, and not try to gain an unfair advantage over them.
- I will encourage and support my fellow team members at all times without behaving in an unsporting way towards our opponents.
- I will always do my best in every situation.
- I will accept success and take victory and defeat equally. Win or lose I will try to enjoy every moment on court.
- I will not use foul or other inappropriate language.
- I will not smoke or consume alcohol or drugs of any kind whilst representing the club or participating in club activity.
- I will be punctual at all times for training and competition and be ready and prepared at the appropriate times.
- I will pay any fees for training and matches promptly.
- I will always inform my coach or the team manager of any injury or medical condition, which may affect my performance.
- I will take responsibility for myself in and out of competition or training; including ensuring I have the appropriate and required kit for netball.

I accept the Code of Conduct as above and will respect all fellow netballers regardless of age, gender, ability race, cultural background, religious beliefs or sexual identity.

Player's name _____

Player's signature _____ *Date* _____

Countersigned by Parent / Guardian

Parent / Guardian Name _____

Parent / Guardian signature _____ *Date* _____

CODE OF CONDUCT & GUIDANCE - PARENTS & CARERS

In order to gain the best experience from their involvement in sport, children and young people generally rely on their parents/carers for both emotional and financial support. This influence can be even more critical if their child becomes involved in national squads and competition. It is hoped that the following will prove useful to parents and carers to support their child to participate in and enjoy netball.

- ◆ Support your child's involvement and help them to enjoy all that netball has to offer;
- ◆ Encourage respect for the rules of netball, promote and support fair play and the acceptance of an official's decision;
- ◆ Encourage recognition of good performance in others as well as themselves;
- ◆ Do not applaud opponents errors or their misfortune;
- ◆ Uphold high standards of behaviour, appearance and promote the importance of being a good team player;
- ◆ Establish a positive partnership with the coach in order to help provide the best possible balance between the demands of netball, education and home;
- ◆ Ensure that your child is aware of all the arrangements made for matches, training, tours and trips;
- ◆ Be punctual when collecting or delivering your child to training or matches;
- ◆ Ensure that your child fully understands the requirements of the Codes of Conduct for players;
- ◆ Never exert undue pressure on your child to compete or to gain results. Be realistic about your child's ability;
- ◆ Always use appropriate language and ensure your child does the same;
- ◆ Under no circumstances condone a rule violation or the use of prohibited substances including alcohol and tobacco;
- ◆ Ensure that your child understands that they should take an appropriate level of responsibility for their own safety;
- ◆ Show respect to the coach/volunteer working with your child;
- ◆ If you have any questions or queries, communicate these to the coach/volunteer to enable any concerns to be understood and responded to. A culture of openness is encouraged and it may be possible (and important) to ensure that your child can contribute to any such discussions to enable their views to be considered;
- ◆ Any concerns that parents/carers feel unable to address directly with the coach/volunteer should be discussed with the Club Safeguarding Officer;
- ◆ Encourage your child to take responsibility for their own actions;
- ◆ Ensure your child's training and match fees are paid on time. The Club operates a '3 strikes and you're out' policy whereby those who owe monies for three weeks or longer will not be allowed to train until debts have been repaid.
- ◆ You should immediately inform your child's coach or team manager of an injury or illness that affects your child which might impact upon their ability to train or compete;

Player's name _____

Parent / Guardian Name _____

Parent / Guardian Signature _____ Date _____

COACHES' EXPECTATIONS

Anyone unable to attend a training session or a match must contact the club or one of the coaches:

Email: BSNCJuniors@yahoo.co.uk

All players to arrive promptly at start of training.

During training sessions all players should take an active role the entire time.

Be - **S M A R T**

I.e.

Sensitive towards others

Match winning players

Active - physically and mentally

Reliable and resilient in defeat

Team members







But above all - ENJOY YOUR NETBALL!








AT TRAINING

We have club hoodies for sale - if you would like to purchase one please ask the coaches for more details.

What to wear: always ensure that you have plenty of layers to wear. It is better to be warm than cold!!

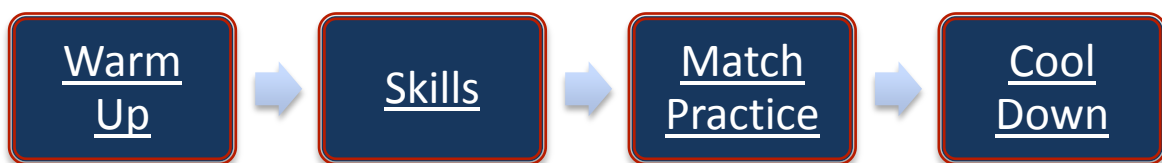
- ✓   Suitable trainers with good tread and laces securely tied.
-  Sports socks
-  Track suit bottoms / leggings, with the option of removing them to wear suitable shorts / skirt.
-  Sweatshirt / hoodie (or similar).
-  Lightweight anorak / jacket to wear during cold / wet training sessions.

What not to wear:

- ✗  Jewellery
-  Watches
-  Gloves
-  Scarf
-  Nails – MUST be short & smooth

Remember to bring with you a drinks bottle containing water or sports drink.

Training sessions usually consist of -



We hope that you develop into versatile and thinking players; so be prepared to play in any position and to ask questions!

TEAM SELECTION

The following qualities are needed for you to be selected into a team: -

1. A high standard of ability.
2. A high level of fitness.
3. During a match - be able to put into practice what you have covered during training.
4. Full concentration at all times.
5. Mental strengths - be able to cope when things get tough!!
6. Personal strengths -
 - Encourage team members
 - Accept being a reserve
 - Demonstrate an eagerness to learn
7. Commitment - make every effort to attend training and be available for all matches.

MATCHES

Junior matches are played on a Sunday, approximately every fortnight, at The Grange School, Warmley.

What to warm up in:

Leggings \ tracksuit bottoms, lightweight jacket if it's raining.

What to wear during a match:

- Trainers
- Club kit
- Club hoodie
- Sports socks



What NOT to wear:

- Jewellery
- Watches
- Gloves
- Scarf
- Nails – MUST be short & smooth



GETTING FIT FOR NETBALL

This refers to "The complete physical preparation of your body to optimize your performance on the netball court". In order to achieve this aim try to include the following into your weekly activity programme:

STRENGTH TRAINING: 2 times per week

This will improve your balance, control, jumping, landing, sprint and stop and change of direction skills.

CONDITIONING: 2-3 times per week (e.g. running; cycling; rowing or swimming)

This will improve the functioning of your heart and lungs (cardiovascular) and so enable you to maintain a high intensity of work throughout a netball match.

SPEED AND AGILITY: 1-2 times per week.

This may be carried out during your netball sessions and will improve your movement skills, such as speed off the mark, footwork patterns, getting free and controlling your body when airborne.

INJURY PREVENTION

The following type of exercises will help prevent injury.

PROPRIOCEPTION exercises will aid spatial awareness, balance and co-ordination.

CORE AND GENERAL POSTURAL exercises will help to develop key muscle groups around shoulders, torso and hips.

FLEXIBILITY work helps to develop your range of movement, posture and muscular balance.

* These photos are taken from the senior club handbook. The use of weights is not encouraged for U16's and the exercises should be undertaken without hand weights by our younger members.



For specific ideas on how to get fit, please ask Helen – your head coach

RE - FUELLING

Food & drink for training and matches

Ideally you should eat and drink within the first hour of exercising
i.e. Re-fuel

Ideas for re-fuelling

- Fruit – bananas, dried fruit
- Sports bar/Sports drink
- Cereal
- Jaffa cakes
- Twiglets
- Mars, Twix or Crunchie bar
- Bread and honey/jam
- Bath bun, currant bun, malt loaf, scones or bagel

Day before a match

- Eat potatoes, pasta or rice with meat, fish or eggs
- Try not to snack
- Drink more during the evening. Urinate regularly – if you are hydrated properly it should be pale in colour
- Drink between 500-1000ml (1/2 – 1pt) after exercise
- Water is fine but a sports drink is better



Match day

- AM – Have a light breakfast e.g. cereal with semi-skimmed milk and a banana and/or bread with jam, honey or marmalade, use low fat spread.
- PM – Last meal before the match, light with carbohydrates, eaten 3 hours before the match (may vary 3-5hours), 10mins before the match drink isotonic drink or similar (250-500ml), water is ok but will not stock up your energy levels.

Tournaments

- RE-fuel between matches
- After the last match – high carbohydrates meal, pizza! If you must have chips follow with fruit or cheese.

Recipe for homemade sports drink

500ml unsweetened orange juice

500ml water

1 large pinch of salt

Make a fresh batch every day, throw away any unused drink after 24hours
and remember to keep your bottle clean!



IMAGERY/PSYCHOLOGICAL SKILLS

What is imagery?

It is using your imagination to see yourself playing netball well.

E.G. Imagine yourself shooting perfectly well or jumping high to catch the ball!

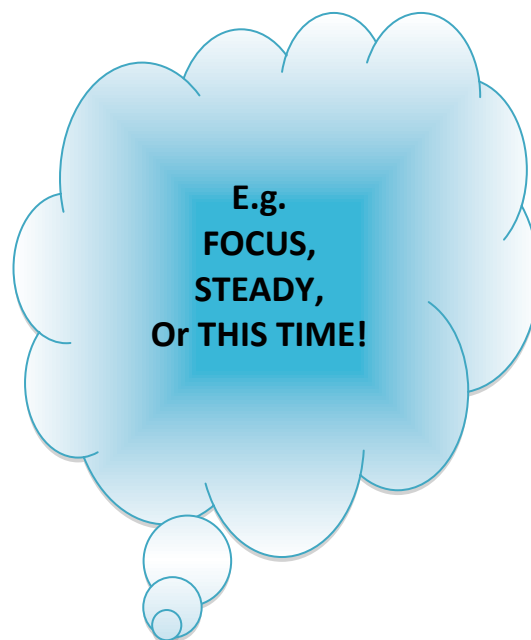
Close your eyes and try to see if you can feel that you are...

- Running fast
- Changing direction quickly
- Intercepting a pass
- Making an accurate shot at goal

Make a list of situations in a game that may break your concentration e.g. an umpire's decision.

- 1.....
- 2.....
- 3.....
- 4.....

Now think of key words that will help you to bring your focus back and forget about negative outside influences!



SAFEGUARDING OUR PLAYERS



BE SAFE

Netball should be fun

You should feel safe and enjoy your sport.

Club Name:

BRADLEY STOKE JUNIOR NETBALL CLUB

Club Safeguarding Officer's Name:

LYN COWIE

Telephone

Email

email:

BSNCJuniors@yahoo.co.uk



- Trust your instincts about the people you meet.
- Avoid being alone or with just one other person.
- Travel with a friend, avoid travelling in someone else's car by yourself.
- Avoid going to other people's homes by yourself.
- Carry a mobile phone, a phone card or some spare change.



Contact us if you have any concerns,
we are here to help keep you safe.

EN Lead Child Protection Officer

07595 863 991

Email: besafe@englandnetball.co.uk

www.englandnetball.co.uk/safeguarding



GET INVOLVED

At Bradley Stoke we're keen to help everyone reach their full potential, whether that be on court or as a volunteer. We have lots of opportunities for you to get involved in what we do and through the Club we will help you to achieve your Umpiring Qualifications or to take the first steps towards becoming a qualified Coach.

Rewards for Volunteers:

We actively encourage members to register for the England Netball "Pass on Your Passion" Volunteer Reward scheme. The scheme allows you to record every hour that you volunteer in Netball so that you can 'save up' for goodies that recognize you for your contribution. The rewards start with a water bottle and progress to a hoody and even £50 off a Coaching or Umpiring Course and you have until you are 25 to continue collecting. Anything from helping pump up the balls, umpiring a game, scoring a League game, doing a role on the Committee will count towards your hours total, so if you are interested in getting involved please talk to one of us for more information and we can get you started.

Officiating:

From 16 years old you can attend a Beginners Umpire Course where you will be taught the basics of controlling a game. The course helps participants to become confident with a whistle and to identify the things on court that require an Umpire to take action. At Bradley Stoke we have a high number of qualified Umpires who are happy to share their knowledge and experience to help you become an umpire.

Your Parents!

The Club is run entirely by volunteers and we very much encourage Parents to get involved. We welcome any offers of support and help and would very much like to see Parents becoming involved in our Committee and in the running of the Club. We will support any parents who wish to improve their netball knowledge and parent helpers at Club training sessions are always great to have on board. If your Mum or Dad can lend a hand (no matter how big or small!), please let us know.

Finally - Youth Advisory Group

As a Young Netballer, you are entitled to become an England Netball Youth Advisor. This scheme seeks the views of young people who play Netball and provide you with the opportunity to shape the future of our game. There is no charge to become involved and as a member you will be able to give your feedback on things that will affect Netball in our area.



For more information, look at the Youth section of the England Netball website:
<http://www.englandnetball.co.uk/youth-zone>

BSJNC KIT - OPTIONS



Navy Blue Base Layer
All sizes £25.00



Wind/water resistant tops
Junior size £28.00
Senior size £34.00



'Trackie' Bottoms -
Wind/water resistant
Junior sizes £23.00
Senior sizes £28.60



'Skorts'
Junior sizes £18.50
Senior sizes £22.00



Tops
Junior sizes £15.50
Senior sizes £19.60



Club Hoodies
Junior size £15.00
Senior sizes £19.50

The pictures are for illustration only.
The items will be navy, red and white with the club logo on.

BSJNC KIT – SIZE GUIDE

Sizes for the Club Hoodies

size	Age / Chest
Junior Small	Age 7-8
Junior Medium	Age 9-10
Junior Large	Age 11-12
Junior Xlarge	Age 13-14
Ladies Small	34-36"
Ladies Medium	38-40"
Ladies Large	42-44"
Ladies Xlarge	46-48"
Ladies XXlarge	50-52"

Sizes for all KUKRI clothing (Base layers, wind/water resistant tops, 'trackie' bottoms, 'skorts' & tops):

Women's garments – Body measurements

	4	6	8	10	12	14	16	18	20
Chest	26"	28"	30"	32"	34"	36"	38"	40"	42"
Waist	22"	24"	26"	28"	30"	32"	34"	36"	38"
Inside leg – SHORT 28" (71cm)	28"	28"	28"	28"	28"	28"	28"	28"	28"
Inside leg – REGULAR 30" (76cm)	30"	30"	30"	30"	30"	30"	30"	30"	30"
Inside leg – LONG 32" (81cm)	32"	32"	32"	32"	32"	32"	32"	32"	32"
Inside leg – X LONG 34" (86.5cm)	34"	34"	34"	34"	34"	34"	34"	34"	34"
Inside leg – XX LONG 36" (91.5cm)	36"	36"	36"	36"	36"	36"	36"	36"	36"

Girl's garments – Body measurements in inches

	3-4yr	5-6yr	7-8yr	9-10yr	11-12yr	13-14yr
Height	41"	45.5"	50.5"	55"	60"	64.5"
Chest	22"	24"	26"	28"	30"	32"
Waist	22"	23"	24"	24.5"	25"	26"
Inside leg	16.5"	19"	21"	24"	26"	28"

PAYMENTS

As a Club our preferred method is by BACS (online banking). Please contact us for details:

BSNCJuniors@yahoo.co.uk

Please use your daughter's name and the following to help us identify the payment:

SUB - for termly subs

AFF - for the annual affiliation fee to England Netball

KIT - for payments relating to kit

Please note that there is NO discount on subs for non-attendance - our costs are the same regardless of how many turn up!

Please contact the Treasurer if you have any difficulty with BACS or payment of fees.

