

# **RANGI RURU NETBALL**

## **Fostering Netball Excellence**



## **INFORMATION BOOKLET – 2019**

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Rangi Ruru Netball**

# Welcome to Netball at Rangi Ruru Girls School

Netball at Rangi Ruru has a proud tradition of participation and excellence. This introductory booklet provides some key details about how netball is run at Rangi Ruru with the intention of helping to prepare you/your daughter for the season ahead.

Every year somewhere between 15-18 teams are entered in the Christchurch Netball Centre Saturday competition, ranging from Under 14 (Year 9) through to the Senior grades for the top school teams. Netball at Rangi Ruru operates differently to the traditional club committee structure. There are two netball convenors on staff - Anna Kennedy is responsible for looking after Year 9-10 teams, while Ms Anderson oversees the senior teams (Year 11-13) and is the main point of contact for Christchurch Netball Centre.

If you have any concerns or questions throughout the season, please direct them to either Anna or Ms Anderson, depending on the team you / your daughter is in.

Contact details:

Netball Convenor	Ms Anderson	Cell: 021 272 4263	e-mail: <a href="mailto:m.anderson@rangiruru.school.nz">m.anderson@rangiruru.school.nz</a>
Junior Convenor	Anna Kennedy	Cell: 021 805 147	e-mail: <a href="mailto:a.kennedy@rangiruru.school.nz">a.kennedy@rangiruru.school.nz</a>

Throughout the season, coaches and managers will meet with the Netball Convenors to communicate key information, share new ideas, clarify rules...and generally network. Parents/Supporters of Rangi netball are welcome to attend. If you are interested in being involved, please let Ms Anderson know.

Good luck for the season ahead!

## COMMUNICATION

The key means of keeping in touch throughout the season will be through **school email, RangiLife and the Rangi Netball Facebook** page – 'like' it be kept up to date with the latest news. It's also worthwhile to connect to the **Rangi Ruru Sport Facebook**.

**We appreciate that not all girls will have access to Facebook but information will also be made available on the school notices on RangiLife and through email.**

We cannot emphasize enough the importance of checking emails & notices on a daily basis to keep up to date.

# REGISTRATION & TRIALS

All players must register their intention to trial for a Rangī Saturday netball team by signing up using this link. Copy and paste it into your browser for easy access.

[goo.gl/3gD9ra](http://goo.gl/3gD9ra)

Scroll along the worksheet tabs until you find your year group/grade you wish to trial for (Note: the links also has sign ups for other winter sport trials).

**ALL PLAYERS MUST ALSO COMPLETE THE ONLINE CHRISTCHURCH NETBALL CENTRE REGISTRATION FORM PRIOR TO TRIALING or ENTERING A SOCIAL TEAM.** This registration form is required by Christchurch Netball and will make for easier administration if players complete this before attending trials.

**If you played for Rangī Ruru last season,** you will be sent an email with a link to update your details for the Christchurch Netball Centre (CNC) database.

**If you are new to Rangī Ruru netball,** you will find the form here:  
<https://www.sporty.co.nz/rangiruru/REGISTRATION-FORM-2019/REGISTRATION-FORM>

Trials are scheduled as follows: Note all trials will be held at the school courts.

## Senior A & B teams

Sunday 10<sup>th</sup> February from 9:00am-3:00pm.

An A and B Squad will be named following this trial. This trial is only open to girls in Years 11-13.

## All U19 and U17 Players

Sunday 24<sup>th</sup> February from 1:00pm-3:30pm

(for all Year 11-13 players who don't make the A or B team

OR who don't wish to trial for the A and B teams)

## Yr 10 teams

Sunday 24<sup>th</sup> February from 9:00am-12:30pm

## Yr 9 teams

Sunday 17<sup>th</sup> February, 9:30am-3:00pm

*NOTE – there will be no Saturday Year 7 & 8 Netball team. Girls will need to play for a club should they wish to play Saturday netball in 2018. Please contact the Sports Office for information on trial dates for club netball. Trials will be held for the Tuesday afternoon netball competition. See Mr Piggott in the Sports Office for more information.*

Please note that additional trials may be called for all grades and teams, if required & times may be subject to change.

No teams are finalised until all players have been given opportunity to trial and all teams will continue to be reviewed in the first few weeks of the season to ensure girls are placed in the right team and at the right level.

**PLEASE NOTE: It is an expectation that those trialling for and selected in the Senior A and B teams, the 10A and 9A netball teams will**

- play both Saturday and Wednesday netball
- place a high priority on their commitment to this sport throughout the season
- assist with umpiring on a rostered basis
- undertake their own personal fitness in addition to the compulsory team trainings, conditioning sessions & weekly games.
- be available to play Saturday games during the July school holidays and the last Wednesday of the July break in the Intersecondary School competition.

- be available to attend tournaments during the following dates if selected
  - Junior SISS: Mon 8<sup>th</sup> – Wed 10<sup>th</sup> July, Christchurch
  - Senior SISS: Sun 1<sup>st</sup> – Thurs 5<sup>th</sup> September, Nelson
  - Preseason tournament for 10A and Senior A: Sunday 7<sup>th</sup> April at North Canterbury Netball

**Only in exceptional circumstances will players who cannot meet these expectations be named in these teams (for example, school related trips). In these circumstances, it will be up to the discretion of the Coach(es) whether a player who is unavailable will be selected into the teams.**

Any questions about this process, please contact Ms Anderson.

## COMPETITIVE SOCIAL TEAMS

Competitive Social teams are **only** available to students in Yr12-13.

These teams will not be provided with a coach organised by school, and will be required to have a parent-adult manager who will assume responsibility for the team down at the courts on Saturdays. The name of this parent/adult must be included with the team list which is due in to Ms Anderson by Friday 22<sup>nd</sup> March. No late entries will be accepted.

Importantly – ALL social teams MUST have a designated Captain who has the responsibility of liaising with Ms Anderson throughout the season – particularly around availability of players during holiday games.

## TEAM SELECTIONS POLICY & PROCEDURE

### Rangi Ruru Long Term Goals

- Re-establish Rangi Ruru as a leading netball school with strength across all grades at CNC
- Consistently perform to a high level at South Island Secondary School Tournaments
- Ensure opportunities to participate at all levels are maintained
- Establish a culture of high expectations which aligns with the Rangi Ruru values.

In line with achieving the above goals, a selection policy and procedure is outlined here for players and parents.

### Objective

To select the best team of netball players in each age group/grade to represent Rangi Ruru in the Christchurch Netball Centre, Secondary School competition and additional tournaments that may be scheduled.

### Selection Policy

- a. The selection panel for each grade/age group shall consist of the Coach appointed to the Senior team in that grade/age group, plus other team coaches for teams of that grade (if appointments are confirmed at time of selection) and any other personnel appointed by Rangi Ruru netball convenors.
- b. All players will be assigned to a team
- c. All teams shall have a minimum of 9 registered players for the season (Social teams in Year 12 and 13 must have no less than 10 players registered)
- d. All players must be available for all Christchurch Netball fixtures (including holiday games), school exchanges fixtures, South Island Secondary School tournaments (for Senior A, 10A and 9A). Non availability for any of these fixtures will affect your ability to be selected in these teams.
- e. Players in the Senior A, Senior B, U17A, 10A and 9A will be expected to also play Wednesday netball – unless otherwise determined by the Coaching staff. Other teams will be entered as determined by numbers.

- f. All players in the Senior A and 10A teams, along with teams in the U19 grades who are required to umpire must make themselves available as needed on a roster basis.
- g. Players who are selected in the Senior A & B teams will not be able to play in the A team for another winter code. This is due to clashes of trainings, fixtures and tournament commitments, as well as the risk of over-training.

### **Selection procedure**

- a. Trial dates will be advertised on the School website, on the netball noticeboard, and the Rangī Netball and Rangī Sport Facebook pages.
- b. Trials will continue to be held until teams are announced and players confirmed.
- c. All players must complete the online registration form PRIOR to attending trials.
- d. Teams will not be announced at trials but will be displayed on the netball noticeboard within 24 hours of the last trial for that age group/grade.
- e. Once teams have been selected and listed on the noticeboard, players have 24 hours to change their mind and withdraw from a team. This must be done via email to the Netball Convenor for the age group/grade. Should a player withdraw from a team after this time period, they will be charged \$100.
- f. Should a player sign up to trial and then not attend, the Netball Convenor will contact them via email to check if they are still intending to trial. If there is no response from the player, the selectors will consider they are no longer wishing to play and will not make allowances for them in team selection.

Trials are a very difficult process to complete in a short time frame and teams can only be selected fairly and equitably if all intending players attend all trials. Obviously sometimes this isn't possible but please understand it is tricky for selectors if players decide to attend only some trials. The selectors will always do their best to ensure all players are given the opportunity to be trialled fairly & equally.

**Players are reminded** that if they were in a Year A team in any year, this does not give automatic entry into a Year A team the next year. No place is guaranteed in ANY team. Every player is selected on merit on the time of trials.

## **PLAYER COMMITMENT**

Players are required to be available for Saturday games (including holiday games) and all training sessions are advised by their team coach. Every year we state that it is essential that you be available to play all season. However, every year some players leave their teams desperate to find replacement players. It is the individual player's responsibility to find a replacement should they not be able to play. The Netball Convenors can help with providing names of girls and teams to approach but the important thing is to plan ahead, and not leave it to the last minute.

Boards going home for the weekend is not a valid excuse for non-availability for a Saturday game, neither is ball preparations! Preparation is the key. We are able to request early or afternoon games ONCE per round so if your team wishes to make these requests to accommodate particular events, please inform the appropriate Netball Convenor.

Likewise players pulling out of teams once selected will not be tolerated and as above, you will be charged for a late withdrawal. All girls who attend trials or form social teams are expected to honour the commitment they have made by signing up to play for the season. We would appreciate parents and caregivers ensuring their daughter(s) abide by this requirement.

### **PLEASE NOTE**

**CNC Default Policy** – please be aware that there are fees for defaulting a game or for non-attendance for umpiring duties. This includes games scheduled during the holiday breaks as well. The amount of these fines is at the discretion of CNC and can range from \$150-\$500. **These fines will be passed onto the**



team members who were unavailable to play and/or didn't turn up to their allocated game or duty. The default policy applies to holiday games as well.

## SUBSCRIPTIONS

Subscriptions for 2019 will be confirmed once we have the details of final CNC subscriptions. Once team placement is finalised, along with final costs from CNC, subscriptions will be gold sheeted.

Additional costs are also involved in attending South Island Tournaments for the 9A, 10A and Senior A teams.

It is expected that girls in the Senr A, B, C, 10A, 10B and 9A & 9B teams attend conditioning – the costs of which are included in the subscription fees.

## 2019 CHRISTCHURCH NETBALL CENTRE (CNC) DATES

Below are the competition dates for 2019 – please note CNC do reserve the right to make changes to the calendar of dates if needed.

CHRISTCHURCH NETBALL CENTRE - Competition Dates 2019

Premier 1 and Premier 2	Challenge Round 1						Competition Round 2						Championship Round 3						
	23-Apr	30-Apr	7-May	14-May	21-May	28-May	4-Jun	11-Jun	18-Jun	25-Jun	2-Jul	9-Jul	16-Jul	23-Jul	30-Jul	6-Aug	13-Aug	20-Aug	27-Aug
	1	2	3	4	5	Promo/Rel P1,P2/S1	1	2	3	4	5	NO PLAY	1	2	3	4	5	semi finals	Finals

Senior and Senior Reserve 1 & 2	Challenge Round 1						Competition Round 2						Championship Round 3						7-Sep Reserve Day	
	27-Apr	4-May	11-May	18-May	25-May	1-Jun	8-Jun	15-Jun	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul	27-Jul	3-Aug	10-Aug	17-Aug	24-Aug		31-Aug
	1	2	3	4	5	Snr 1 Promo/Rel	1	2	3	4	5	NO PLAY	1	2	3	4	5	Semi Finals		Grand Finals

2nd & 3rd Grades & U19/U17	Grading Round 1						Competition Round 2						Championship Round 3						7-Sep Reserve Day	
	27-Apr	4-May	11-May	18-May	25-May	1-Jun	8-Jun	15-Jun	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul	27-Jul	3-Aug	10-Aug	17-Aug	24-Aug		31-Aug
	2nd grade tournament	1	2	3	4	5		1	2	3	4	5	NO PLAY	1	2	3	4	5		Semi finals

Under 15,14,13,12 Grades	Grading Round 1						Competition Round 2						Championship Round 3						7-Sep Reserve day	
	27-Apr	4-May	11-May	18-May	25-May	1-Jun	8-Jun	15-Jun	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul	27-Jul	3-Aug	10-Aug	17-Aug	24-Aug		31-Aug
	1	2	3	4	5	NO PLAY	1	2	3	4	5	NO PLAY	1	2	3	4	5	Semi finals		Finals

E&OE CNC reserves the right to make changes to this calendar of dates should circumstances require this

ANZ 24 Feb - 2 June  
 BEKO 2 March - 19 May  
 SISS Nelson 2 Sept  
 EASTER 19-22 April  
 Term 1 holidays 13 April - 28 April  
 Term 2 holidays 6 July - 21 July

\*\* home Tactix game 23 April

### Note the starting dates:

Senior A and B teams and all U14 & U15 teams (Yrs 9 & 10) will start on Saturday 27<sup>th</sup> April. All other teams – U17 and U19 – start on Saturday 4<sup>th</sup> May.

There will be games on the first Saturday in the July holidays (6<sup>th</sup> July) as well as Saturday 20<sup>th</sup> and Saturday 27<sup>th</sup> July. Games on the 20<sup>th</sup> July mark the beginning of the Championship Round and often influence the ability of teams to make semis and finals. In light of this, **it is expected that girls in the Senior A, Senior B, 10A and 9A teams are available to play during this holiday break** (including Wednesday 24 July when the Wednesday competition resumes for other schools). It is also expected that

girls in all teams find replacements and communicate this to the appropriate contact for junior or senior teams should they not be able to play during this holiday period. Teams will only be defaulted as a last possible measure – and girls who are unable to play will be charged should the team need to default (See information on Default Policy).

## **2019 CHRISTCHURCH NETBALL CENTRE (CNC) REPRESENTATIVE TEAMS**

Last year CNC introduced Open Trials for all age groups. This means that all players – regardless of the team or grade they are in – can nominate themselves for a trial. Information on this process and CNC rep teams will be made available on the Rangi Netball FB page and RangiLife notices when it is available.

NOTE - It will be every player's responsibility to nominate themselves should they wish to be considered for a rep team.

## **POSITION SPECIFIC WORKSHOPS**

In 2019 we will be offering the opportunity for Shooting, Midcourt and Defense workshops.

Shooting – Friday 10<sup>th</sup> May and Sunday 9<sup>th</sup> June

Midcourt – Friday 17<sup>th</sup> May and Sunday 16<sup>th</sup> June

Defense – Friday 24<sup>th</sup> May and Sunday 23<sup>rd</sup> June

Sign up links to come.

## **DRAWS**

The draw for Saturday competition will be available on the Christchurch Netball Centre website when completed – [www.netballchristchurch.org.nz](http://www.netballchristchurch.org.nz) . The draw is done in rounds so you can know up to 5 weeks in advance what time your team is playing. The draw is available online via RangiLife – link to Weekly Sports Draws.

Wednesday netball starts on Wednesday 15<sup>th</sup> May and the draw for this competition is posted on the website of School Sport Canterbury the Monday prior to each round of games and can be found on [www.canterbury.schoolsport.org.nz](http://www.canterbury.schoolsport.org.nz) . It is also posted on the netball noticeboard as soon as it is received, and will be accessible on the RangiLife website.

## **CANCELLATIONS**

CNC use a cancellation service promoted on their website via SportCheck. This is a txt service which is excellent to link into. You can find out more information at [www.netballchristchurch.org.nz](http://www.netballchristchurch.org.nz).

If Wednesday netball is cancelled, this will be posted on Rangi Life and school Facebook pages as soon as practicable. Coaches will also be text any last-minute cancellations.

## UNIFORM

The playing strip is available for purchase from the Uniform Shop for \$90. This will be your/your daughters to keep for the duration of her playing time at Rangī. There are likely to be some second-hand dresses available from 2018 players who are not playing in 2019.

It is compulsory for all girls who intend to play for school in either the Saturday or Wednesday competition, be it in social or competitive teams, to wear this uniform. In addition to the playing dress, all girls will need **navy spandex/sports underwear and white socks**.

Girls are also allowed to wear a long-sleeved **NAVY** polypro under their dress on colder days.

At no time are players allowed to wear anything under their dress which is longer than the dress itself. This includes leggings, trackpants or bike pants. Girls are also not allowed to wear shorts to play games.

It is expected that the netball uniform is worn for Wednesday games as well – however as there are some teams who enter socially on Wednesday only, we will discuss team uniforms expectations with these girls separately. This particularly applies to senior social players.

You are not permitted to wear jewellery when playing netball – this includes piercings. Cultural necklaces are permitted, along with Medical Alert bracelets, but these items must be taped down.

There are penalties for wearing the designated uniform incorrectly which generally involved a deduction of competition points. While this might not seem a big concern for some teams, the more important issue is that whenever you wear the Rangī uniform you are representing the Rangī community. Please wear the uniform proudly and correctly at all times.

## TEAM COACHES

We are fortunate to have a pool of experienced and passionate coaches who return to coach at Rangī each season. This, alongside our enthusiastic student coaches, means that each year we aim to have at least one coach allocated to one team. When we have more student coaches than teams available, we link interested students with a local club team. Support and resourcing are provided to all our coaches.

Please remember it is the coach(es) decision as to which team member(s) take the court, in which position they play and how much game time each player gets. We ask that players, parents and supporters respect this. Coaching is not an easy task and sometimes tough decisions have to be made. However as a school and club, we support our coaches in their decision making, which is often in the best interest of the team, and will not direct a coach to play certain players or a team in a particular way. Should a player have any concerns with game time, please discuss this first with the coach and/or team manager, before contacting the respective Netball Convenors.

Coaching positions are still being confirmed at this stage of the year but once confirmed, coaches will be announced on the Rangī Netball Facebook page and the netball noticeboard.

Should you be interested in coaching a Rangī Ruru team, or know of anyone who might be interested, please contact Ms Anderson in the Sports Office. We offer mentoring support for new coaches and remunerate our coaches for their time.



## TEAM MANAGERS

As mentioned above, at the time of registration all social teams (Years 12-13) must provide the name of a Parent/Adult Manager who will be the point of contact for the social team and can attend games throughout the season. The Netball Convenor will then be in touch with the nominated adult to clarify their role and confirm they can support the team.

Each year we have many senior students who volunteer their time to coach a school junior netball team. For these teams, we look to appoint a parent who can help support the coaches, primarily with help at the courts on a Saturday at the courts and sometimes to be a point of contact for other parents. Many of these coaches also play so at times there are clashes between the coaches own games and the team they are coaching. In this instance, we also ask the parent manager to cover. If you can help in this way, please contact the Junior Netball Convenor.

For all other teams, managers are appointed in consultation with the coach. Should you be interested in supporting a team as a manager, please let the appropriate Convenor know. It is particularly useful for teams who are coached by Students to have that additional support and adult presence at games as sometimes there are clashes for student coaches who are often playing as well as coaching.

## COURT SPACE

A booking system for trainings on the school courts will be established once teams are finalised. The Gym is limited to the Senior A team as Basketball teams will have priority during the winter months.

## UMPIRING

All teams playing in the U14 grade are required to supply their own umpire to umpire their own games. We will be looking for girls, parents, friends who are interested in supporting the club by being an umpire for a Rangī Ruru team in these grades. If you are interested in helping in this way, please let Mrs Anderson know. It is an expectation that girls in the 10A team support the club with umpiring games on a rostered basis. Support will be provided to all girls who are take on an umpiring commitment.

All players in the Senior, Senior Reserve, U19 and 2<sup>nd</sup> Grade teams will be required to umpire when required. A roster is a fair way of ensuring that everyone does their part. Each team will be required to check-in at the Umpiring window each week to see if they are required to umpire. Prior to the start of the season, all players in teams playing in these grades will be required to SIT and PASS an online umpiring test unless they hold a current umpire qualification of Centre badge or above. If a player has not completed this test PRIOR TO THE FIRST GAME they will not be allowed to take the court.

The Online Centre Theory exam must be completed every year and can be accessed here: [Click here](#)

If there are girls interested in pursuing netball umpiring in a more serious manner, please contact Ms Anderson for information.

# COMPLAINTS PROCEDURE

## Objective

To ensure that netball complaints are dealt with in a manner which is fair and consistent and in line with the Rangī Ruru Complaints policy.

## Definition of Complaint

- a. Any issue of complaint about netball which has been notified in writing.
- b. A concern or problem about netball which involves a student, parent, coach or another staff member that remains unresolved. (It is expected that conversation will have occurred between the player and coach prior to a formal complaint being made, in an attempt to resolve the issue).

## Guidelines

- a. All complaints are to be made in writing and signed by the complainant and submitted to the Netball Convenor within 5 days of the event occurring which gives rise to the complaint. Should the complaint be against the Netball Convenor, then it should be directed to the Director of Sport.
- b. Any complaint must contain all relevant information including
  - i. Cause for complaint
  - ii. Full details of person(s) being complained about
  - iii. Full details of action causing complaint, including date/time/place/event
  - iv. All contact details of complainant
- c. The Netball Convenor or Director of Sport will acknowledge receipt of the complaint via writing or email within 48 hours. Unsigned or anonymous letters of correspondence regarding a complaint will not be dealt with. Nor will verbal complaints on the sidelines at games or trainings.
- d. If the complaint is regarding a coach, manager or other staff member involved in netball, the person being complained about shall have an opportunity to present his/her point of view.
- e. Where necessary a remedial approach (mediation, facilitation consultation etc) will be arrived at by discussion with all parties involved and the agreed solution clearly outline to everyone.
- f. If necessary or preferable, an independent person may be called in to mediate.
- g. The parties involved in the complaint should remain informed at all times.
- h. A written record of the complaint, action taken and follow up- procedure will be lodged with the Director of Sport.
- i. The decision to inform and/or involve the Principal shall be at the discretion of the Director of Sport and Netball Convenor.
- j. When a complaint goes directly to the Principal or any other person than the Netball Convenor/Director of Sport, the matter will be referred back to the Netball Convenor/Director of Sport to handle as above.
- k. Should the investigation of the complaint involve the reputation of the CNC or its members, written information will be supplied to the CNC executive of the complaint and the decision made following deliberation and decision making process in dealing with the complaint.
- l. At no times should a complaint about netball be made directly with netball staff without following the above guidelines.

## POSITIVE SIDELINE SUPPORT

As players, parents and supporters, please remember to keep your comments positive when on the sidelines. Players (and umpires) are doing their best when out on court and we would appreciate that sideline support remains positive.

A reminder of the Rangī Ruru Sports Code of Behaviour:

- Play sport for the “fun of it” and not just to please parents and coaches
- Play by the rules
- Never argue with an official. If you disagree, have the captain or coach approach the official during a break or after the game
- Be a good sport. Cheer all skilful players, whether they are in our team or the opponent’s team. Always thank the opposing team and officials at the end of the game
- Work equally hard for yourself and the team. The team’s performance will benefit and so will you. Positive encouragement helps create a good team spirit.

And players, we challenge you to make a personal commitment to:

- Attend all practice sessions and games throughout the season. When something arises, which means you cannot make it, communicate with the coach and captain. It is not acceptable to just miss a session.
- Always wear your correct sports uniform. Every time you wear the Rangī sports uniform you are recognised as a member of the Rangī Ruru community. Wear it proudly...and correctly.
- Regularly check the Netball Noticeboard, the school notices and email to ensure you are kept informed about trainings, games and other sports information.
- Cooperate with the coach, team mates and opponents. Without them there would be no game
- Be a modest winner and a gracious loser
- Take personal pride in all you do.

Always remember.... Coaches and umpires are volunteers & these games are not the World Championships!

## **HEALTH & SAFETY**

- Please name your drink bottle and do not share it with others. Leaving drink bottles on the edge of the courts is a hazard for umpires, please be considerate.
- Basic first aid kits will be provided to all teams but do not include ice. Included in each first aid kit is a notebook to record minor injuries/accidents.
- Dogs are not encouraged around the netball courts during games on Saturdays. With limited space between and around courts, dogs can be a hazard to umpires, players and spectators. Please respect Christchurch Netball Centre's request to leave your dogs at home.
- Bicycles, prams, pushchairs, skates, skateboards and rollerblades –please be aware that spectators might be asked to remove these items from between courts while games are in progress in the interest of player and umpire safety.
- Christchurch Netball Centre is a Smokefree environment. We would ask that you respect this and refrain from smoking whilst at the courts.
- Any injury sustained during netball trainings and/or games needs to be reported to your coach or manager. Your coach/manager will complete the required form and submit it to the appropriate Netball Convenor within 48hours of notification of an injury.

***ENJOY THE 2019 SEASON!***