



# Coaches Handbook

## **Introduction**

Welcome to Rebels Netball Club and your role as a coach. This handbook has been designed to provide you with the necessary information to perform the responsibilities of your role. It is intended to be a resource that you will refer to regularly and use to guide you.

## **Club Contact Details**

If you have any queries or require support in your role as a coach, please contact the Rebels Executive Committee via email: [Rebels.Netball@outlook.com](mailto:Rebels.Netball@outlook.com)

## **About Rebels**

Rebels Netball Club was founded in 1982, with Lorraine O'Brien as its first President. Rebels operates at the Noranda Netball Association in Perth, Western Australia, and accepts players from NetSetGO, Junior and Senior grades.

Rebels is dedicated to developing the skills and abilities of not only their players, but their umpires and coaches as well. We want to provide our members with the skills they need to be able to reach their full potential, and to achieve their dreams. Netballers are now the highest paid female athletes in Australia, meaning the sky is the limit.

## **Vision Statement**

To be dynamic, innovative and responsive to our membership and use sound management practices.

To promote, organise and develop netball for all members and ensure that they have equal opportunity to play socially or at the highest competitive level.

To promote good sportsmanship.

To provide netball participation and opportunities at all levels for our members. Rebels will strive for on-court success and utilise sound management practices whilst still being readily accessible to all persons interested in being involved with the sport.

To provide a contribution to the health of the community.

## **Rebels Netball Club Committee**

The Rebels Executive Committee is made up of volunteers of five official positions; these positions are the recognised representatives of the club for legislative purposes. They are President, Vice President, Secretary, Treasurer and Registrar.

Other club positions include Equipment Coordinator, Uniform Coordinator, Umpire Coordinator, Club Recorder, Umpires, Assistant Coaches and Coaches. These positions are considered club officials and not committee members.

## **Code of Conduct**

At the start of each season, the club requires all members and spectators to sign the Code of Conduct included in the Rebels Information Booklet. Rebels also requires its members and officials to follow the Noranda Netball Association Code of Conduct. Copies of this code are on the Noranda Netball Association and Rebels website.

## **Coaching Role**

Your responsibility and role as a Coach/Assistant Coach for Rebels Netball Club:

- Plan and run a weekly training session with the team that includes fitness, skill work and match play.
- Prepare positions for the game day and attend the scheduled game.
- Abide by the Coach Code of Conduct and any other relevant codes of behaviour as described by Netball WA and Rebels.
- Communicate and explain to players about the requirements of the Codes of Conduct for players.
- Complete the online Foundation Coaching Course run by Netball WA as a minimum standard. For more experienced coaches, the club supports further development.
- Hold a current Working with Children Check (unless exempt). Refer to [www.workingwithchildren.wa.gov.au](http://www.workingwithchildren.wa.gov.au).
- Attend the annual Rebels Netball Club Wind Up to present player trophies/awards.
- Communicate as required with the Rebels Executive Committee with regards to the above roles and responsibilities.
- To reduce the risk of injury, check that the training area and equipment is safe, that training drills are appropriate to the age, skill and fitness level of players and that all players are wearing appropriate footwear when training.
- Report any injury which occurs to a player during the game or at training.
- Ensure that any players under the age of 13 are collected at the courts after training. Do not allow players to leave the courts to wait on their own for collection.

## **Cancelling Training Sessions**

Apart from heavy rain & extreme heat, please avoid cancelling training sessions unless absolutely necessary. If you are unable to attend training for any reason, please consider the following options:

- Ask a coach of another team that trains at the same time to coach both teams together for that session.
- Contact the Rebels Executive Committee to see if another coach can be arranged.

If you must cancel training due to bad weather, please ensure that you give your team a minimum of 45 mins notice. The Executive Committee must also be notified so an update can be placed on the Rebels Facebook page.

## **Team Communications**

Coaches of players under the age of 14 are required to send all team communications directly to the parents, not the players.

Any team chats that are found to have inappropriate content or bullying will immediately be removed and all team members will receive a written warning as part of the club's Code of Conduct.

## **Mobile Phones**

All training sessions are a mobile free zone. This includes players, coaches and assistant coaches.

Please ensure that all phones and valuables are put in a safe place during training sessions.

## **Attendance**

All coaches and assistant coaches are required to attend all training sessions and games. If you cannot attend due to sickness or other events, please advise the Executive Committee so that a replacement coach can be organised.

Coaches that miss more than 5 training sessions or games during the season without a valid reason will not be invited to coach for the club in the following season.

## **Duty of Care**

### ***Alcohol and Drugs***

As representatives of the club, coaches are expected to provide duty of care for all players. If a coach suspects that a player is under the influence of drugs or alcohol, they are to bench the player immediately and contact the Executive Committee. Players found to be in this state will be in breach of the club's Code of Conduct and will receive disciplinary actions.

### ***Player Injuries***

If a player receives an injury during training or on a game day and you cannot determine how bad the injury is, the player must be removed from the court and cannot return for the remaining time of the game or training. First aid must be started as soon as the player is removed from the court. All injuries must be reported to the Executive Committee and Noranda.

### ***Medical Clearances***

If a player sustains any serious injuries where medical attention is sought, a medical clearance from the consulting GP/Physio will be required to be given to the club before they can return to training and the competition.

### ***Ongoing Medical Conditions***

All players and coaches must disclose any ongoing medical conditions.

As part of the club's duty of care, all coaches are provided with a list of players within the club who have on going medical conditions and treatments that they may require if an emergency was to occur.

### **Club Information and Confidentiality**

Any information that is provided to the club by parents and players is to remain confidential.

Due to certain situations, information may be shared between the committee and club officials, but it is to be noted that if there is found to be a breach of confidentiality, then disciplinary actions may be issued.

### **Game Time**

Our coaches must manage their teams according to the needs of the competition. Game time may be affected for a player due to injury, absence from training or matches, poor attitude, or lack of effort during training or games. Late notification or unexplained absences from training or games may result in a greater reduction in game time and may even be referred to the Executive Committee for action. Coaches need to be informed of any absence from training or games as soon as possible, and late notifications (less than 2 hours prior for training, and 1-day prior for games) for reasons other than illness or injury may lead to reduced game time at the coach's discretion.

During finals, it is at the coach's discretion as to whether they bring additional players up to assist with finals.

### **Dispute Resolution Policy**

All disputes from members must be sent in writing to the Rebels Executive Committee. The Executive Committee will assess the dispute and provide a resolution within 7 days.

Where additional parties are involved, the Executive Committee may request further information from parties involved prior to providing a resolution.

## ***Game Disputes***

On game days, it is the coach's responsibility to contact the Rebels Executive Committee if there are issues concerning spectator behaviour or umpiring so they can attend the court immediately and assess the situation.

If a member of the Rebels Executive Committee is not available, coaches can request the attendance of a Noranda Official to attend the game. Under **NO** circumstances are coaches, players or spectators allowed to engage in discussion with umpires or the opposition's coach.

Everyone is reminded that only the captain of the team can approach the umpires during quarter breaks to seek **CLARIFICATION** of the rules.

## **Wet Weather Policy**

We understand that some players at Rebels may not be used to playing activities in outdoor environments during winter, however as we participate in a winter sport, we are affected by changing weather conditions.

If the forecast is rain, but no lightning, nor is it deemed to be dangerous by the Noranda Netball Association Committee to players or spectators, the competition will go ahead.

During wet weather conditions, all players are expected to attend the courts for their game unless they are notified by their coach or information is posted onto the Rebels Facebook page regarding game cancellations due to extreme wet weather conditions.

Teams that decide to cancel their game due to wet weather when the competition has not been cancelled by the Association, will be required to pay the forfeit fine and may receive disciplinary action.

## **Spectator Management**

All members are required to sign the Player/Spectator Contract each season. As part of the role as coach, you are required to manage the behaviour of your team and spectators on the side line during a game.

Any anti-social behaviour that is directed towards umpires, players, club officials or spectators must be contained immediately.

If you feel that you cannot address the situation and it is escalating, please call the Rebels Executive Committee to attend the court and deal with the situation.

## **Club Incentives and Trophy Nominations**

### ***Team Trophies***

All Junior and Senior teams are allocated 2 trophies which are to be presented at the end of season Wind Up. One of these trophies will be awarded to the Most Valuable Player and the

other trophy can be decided by the coach. If coaches wish to present a third award, this must be done at the coach's expense. NetSetGo Players all receive a participation trophy.

Votes must be collected after each game using a 3,2,1 system and tallied at the end of the season, with the Most Valuable Player award going to the player with the highest votes.

For Junior teams, votes are to come from the umpires or the opposition's coach ONLY. Votes are not to be taken from your own players or spectators.

For Senior teams, votes can be taken from anyone.

### ***Club Incentive – The Lorraine O'Brien Sportsmanship Award***

The Lorraine O'Brien Award was introduced in 2018 to recognise a junior member for their outstanding contribution to the Club. The award is named after Rebels Netball Club founder, Lorraine O'Brien, to recognise her dedication and commitment to the club.

The recipient of the Lorraine O'Brien Sportsmanship Award is selected by the Executive Committee from any nominations that are received throughout the season and is presented at the Wind Up.

### ***Club Incentive – The Janelle Clarke Award***

The Janelle Clarke Memorial Award was inaugurated in 2003 in memory of Janelle Clarke. Janelle Clarke began her netball career with Embleton Primary School before joining Rebels in 1992 when she was 13 years old. Janelle Clarke played for Rebels in both the winter and spring competitions for seven years, playing a total of 156 games. Janelle also represented Noranda Netball Association at various levels throughout her time with Rebels.

Tragically, in 2003 Janelle was in a car crash on Great Eastern Highway that claimed her life at the young age of 24. In memory of Janelle, Rebels created the Janelle Clarke Memorial Award.

The recipient of the Janelle Clarke Memorial Award is selected by the Executive Committee for their outstanding contribution to the club. Nominations can be sent to the Executive Committee throughout the season.

## **Coach Development**

All Coaches are encouraged to learn as much as they can about coaching netball. The club will reimburse coaches after attending any coaching course run by Netball WA.

The Foundation Coaching Course is the expected minimum training that all coaches must complete, and all coaches must hold a Working with Children's card unless they are exempt.

### ***Mentoring Program for New Coaches***

As part of the club's commitment to developing young coaches, we have a Mentoring Program for all new coaches.

All coaches must complete the Foundation Coaching course before they are assigned their own team. For coaches that are 18+ and are coaching for the first time, they will be allocated a senior coach as their mentor.

For players aged between 14-17yrs that are interested in coaching, they will go into an assistant coach position and will be mentored by an experienced coach. When they turn 18, they will then move into a coaching position with their own team.

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Please complete the online form <https://forms.office.com/r/qTGyTSZqyx> to confirm your acceptance of the following:

*I have read and understand the information included in the Coaches Handbook and agree to show my support by ensuring that I follow all points mentioned in the document.*

*As a coach/assistant coach, I will continually present myself in a positive manner which is in line with our club ethos and Code of Conduct.*

*I understand that if I am found to be in breach of the Rebels Code of Conduct, that I may receive disciplinary action as outlined in the club's Information Pack and may not be invited to coach for the club in the future.*