



Managed by the Community Development Foundation
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Comberton Netball Club Handbook

Season 2009 – 2010



Supported by
South Cambridgeshire Community Netball Project



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Welcome

As Chair of Comberton Netball Club I should like to welcome you all to the new 2009/2010 season. I know we are all really looking forward to playing again particularly since we will all be wearing our brand new kit thanks to the generosity of a Grassroots grant.

This year we will once again be providing coaching and competitive play for a wide ability and age range. Coaching on Thursday club nights will run from August to Easter and league matches start in September. We are one of only three clubs in Cambridgeshire to have a team in the Regional League so if you haven't already been to support them put the dates in your diary and come along to a match. Home games are on Sunday at 1.30 indoors so they are a great opportunity to spectate and be inspired by a high and exciting standard of competitive netball without getting freezing cold! We will also have 2 other adult teams in local winter leagues and following the successes of our youth and junior teams in the floodlit junior league last year we will have two teams in the Junior County Premier League up until Christmas. We will enter teams in the floodlit league again in January and the local summer league after Easter.

This all promises to be a really exciting season for the Club and once again we hope to build on the achievements, successes and friendships of past seasons.

- Just to remind you, some of the highlights of 2008/9 were:

- ❖ Four teams entered various winter leagues
- ❖ The first team played in the Regional League
- ❖ The second team finished 4th in the first division of the County Premier League and for the first time competed in the County Premier Cup competition
- ❖ The third team was 2nd in the first division of the Cambridge and District League
- ❖ Three teams entered the summer league - one team won their division
- ❖ Our U16 and U14 teams were successful in the floodlit league to enable them to enter the County Premier Junior League
- ❖ Club members administrated at county and league level and continued to develop the sport locally and at England Netball
- ❖ Club members umpired at all levels within the County
- ❖ The Club was successful in two bids for external funding and attracted sponsorship from two local businesses and a community group

Louella Hodgson
(Chairperson)



Committee Details

Comberton Netball Club is run by an elected committee of club members, as voted in at the AGM. The committee consists of the following people:

Chairperson:	Louella Hodgson 01223 311676
Vice Chairperson:	Linda Swain 01954 780409
Secretary:	Amy Goymour 01223 322481
Treasurer:	Joan Rolfe 01954 205233
Duty of Care:	Geraldine Hindley 01223 871890
Social Secretary/Fundraising:	Erica Flack 01223 240122
Umpiring Secretary/Buddy:	Jean Hobday 01223 262539
Regional Contact:	Joan Rolfe 01954 205233
County Contact:	Amy Goymour 01223 322481
South Cambs Contact:	Joan Rolfe 01954 205233
Junior Representative:	Mary O'Sullivan
Kit Secretary/Publicity	Rachel Crew 07711 847777
Coach Development:	Linda Swain 01954 780409

Club Training

We train at Comberton Specialist Sports College, West Road, Comberton. All training sessions will be lead by qualified coaches. A training programme for the year has been devised as a guideline for coaches.

**Advanced
16 years +**

Thursdays 8.00pm – 10.00pm

**Junior Training
(School years 7-11)**

Thursday 7.00pm – 8.00pm

High Five Netball for U11

Contact Helen Stepney on 07732 222905 for details

A selection committee will name players to teams at the beginning of the season. As voted at the AGM the selection committee will consist of the Chair, Vice Chair & 2 coaches. Players are to attend a minimum of 2 training sessions per month to be considered for and maintain their position in a team. Any changes/amendments to teams will be made in discussion with the relevant team captains.

Club Member Information

All members will need to:

- Complete a Comberton Player Registration form and hand to the Club Secretary or Treasurer.
- Pay Club fees to the Treasurer (as detailed below)
- Complete a Players' Code of Conduct form
- Sign the relevant league specimen signature form
- Attend weekly training sessions and notify relevant captain if you are unable to attend.

Kit

Club kit is a red skirt with a white top or red dress, bibs will be provided by the club. There is also a navy tracksuit which can be purchased. Club kit can be ordered by contacting the Kit Secretary, Rachel Crew on 07711 847777, or email rachel.crew@frog.co.uk or visit www.comberton-netball.co.uk for an order form.

Coaching/Umpiring Opportunities

The club encourages and supports all players/parents wishing to begin or enhance their umpiring or coaching skills. Opportunities to work alongside experienced umpires and coaches are provided at all club training sessions. If you are interested in finding out more, please contact Linda Swain.



Club Fees

All members of the club must affiliate to England Netball. This is for your own health and safety and for the safety of the club. Club fees are set each year at the AGM and are payable to the Treasurer within your first two weeks of training and prior to playing any matches. The subscription fees cover;

- Approximately 30 weeks training over the course of the season
- Qualified coaching appropriate to your needs
- Court hire for training sessions and matches
- League entries – Regional, County (formerly Premier), Cambs & District, Junior & Youth leagues and Summer leagues
- Affiliation to AENA & CCNA
- 6 netball magazines over the course of the year
- Equipment
- Club administration
- An active social club

Adults	£100.00
Junior/U18s	£60.00
Second Claim outside the County	£10.00
Students outside the County	£30.00
Students within County	£60.00
15% family discount for 3 + members	

Please contact the Treasurer if you have any difficulties with payment, concession of club fees will be made available in exceptional circumstances. For further information regarding club fees please contact Joan Rolfe – 01954 205233.

Match Fees

These must be paid at each match to the Captain.

Per match:

Regional League: £6.00

All Other Leagues £4.00

(Including Junior U14 and U16)

Child Protection

Every child who participates in netball should be able to do so in a fun, safe environment and be protected from harm. England Netball places the highest priority on their safety and enjoyment, and recognises the duty towards children in sport, and any club or association providing netball opportunities must do so with the highest possible standard of care.

Comberton Netball Club has been awarded Silver CAPS Clubmark status, which ensures that the club provides a safe effective child friendly environment, and that members of the club have attended England Netball's Duty of Care course, approved by the Child Protection in Sport Unit (CPSU) or another approved Child Protection course.

Geraldine Hindley is responsible for Duty of Care within Comberton Netball Club. If anyone feels the need to talk to Geraldine, they should see her at training or call her on 01223 871890.

Comberton Netball Club Constitution

Visit www.comberton-netball.co.uk

League Information and Fixtures

Regional League

A selected squad of twelve will represent CNC in the East Regional League. Matches are either home or away at the weekend. Home matches are played at Comberton Village College on Sundays.

Date	Time	Team	Venue
27 September 2009	1.30	Cross Keys	Comberton
03 October 2009	12.00	Watford Prem	Watford Girls School
25 October 2009	1.30	Team Beds	Comberton
01 November 2009	11.30	Christchurch Ladies	Chantry Sports Centre
08 November 2009	12.30	Leighton Buzzard Vipers	Tiddenfoot Leisure Centre
15 November 2009	1.30	Belton	Comberton
29 November 2009	1.30	Eastwood	Comberton
06 December 2009	11.30	Bears	Gateway Academy
12 December 2009	2.30	Netherhall	Comberton
10 January 2010	1.30	Cross Keys	John Warner Centre
17 January 2010	1.30	Watford Prem	Comberton
23 January 2010	2.00	Team Beds	Bunyan Centre
07 February 2010	1.30	Christchurch Ladies	Comberton
28 February 2010	1.30	Leighton Buzzard Vipers	Comberton
06 March 2010	12.00	Belton	Oriel High School
28 March 2010	12.00	Eastwood	Greensward College
11 April 2010	1.30	Bears	Comberton
18 April 2010	1.30	Netherhall	Comberton

Cambridgeshire County League

All matches are played at Milton Community Centre on Sunday mornings.

Date	Time	Team	
20 September 2009	10.00	CoJags	Cup
27 September 2009	10.00	Botolph 2	League
04 October 2009	10.00	Netherhall 2	League
11 October 2009	10.00	Jets	Cup
18 October 2009	10.00	Bassetts	League
01 November 2009	10.00	Rookies	League
08 November 2009	10.00	Bassetts	Cup
15 November 2009	10.00	Burwell	League
22 November 2009	10.00	Royston	League
06 December 2009	10.00	Burwell	Cup
13 December 2009	10.00	Jets	League
10 January 2010	10.00	Ely	Cup
17 January 2010	10.00	Botolph 1	League
24 January 2010	10.00	Netherhall 2	League
07 February 2010	10.00	Chiltern Ladies	Cup
14 February 2010	11.15	Bassetts	League
21 February 2010	10.00	Rookies	League
07 March 2010	10.00	Burwell	League
21 March 2010	10.00	Royston	League
11 April 2010	10.00	Jets	League

Cambridgeshire and District League

Comberton 3

Division 1: Games are played at Milton Community Centre on Saturdays/Sundays.

Date	Time	Team
06 September 2009	9.00	Hawks 2
19 September 2009	11.30	Stretham 1
03 October 2009	10.00	CoJags
17 October 2009	10.00	Burwell 2
07 November 2009	11.30	Witchford 1
21 November 2009	10.00	Icons 2
05 December 2009	11.30	Royston 2
09 January 2010	11.30	Hawks 2
23 January 2010	10.00	Stretham 1
06 February 2010	11.30	CoJags
20 February 2010	11.30	Burwell 2
06 March 2010	10.00	Witchford 1
20 March 2010	11.30	Icons 2
17 April 2010	10.00	Royston 2

U14/U16

Date	Time	Comberton Team	Venue
27 September 2009	1.00	U14/U16	Milton
10 October 2009	1.00	U14/U16	Peterborough
18 October 2009	1.00	U14/U16	Milton
07 November 2009	1.00	U14/U16	Wisbech
14 November 2009	1.00	U14/U16	Peterborough
22 November 2009	1.00	U14/U16	Milton
05 December 2009	1.00	U14/U16	Peterborough
18 April 2010	TBA	U14 and U16 Tournament + Playoffs 7 and 8	

Summer League

Comberton Netball Club enter three teams in the summer league. The summer league commences in May and runs to the end of July. It is run on a Thursday evening and usually at Milton Netball Courts. Teams are of mixed ability and the emphasis is on fun and enjoyment. To register your interest in summer league contact Joan Rolfe on 01954 205233.



Match Days

- ✓ Always be punctual on match days.
- ✓ Be at the match venue half an hour before the match starts in order to give yourself a chance to warm up thoroughly.
- ✓ Ensure you are wearing full Comberton match kit.
- ✓ Ensure you have sufficient funds to pay match fees.

Captain's Responsibilities

- Select team and playing positions, including making substitutions at intervals.
- Toss the coin to decide who will have first centre pass, and inform the umpires.
- If required, discuss any rule interpretations with the umpires at intervals.
- Thank opponents, the umpires and any other officials at the end of the game.
- Support all team members both on and off court.
- Arrange/ensure collection and submission of match fees to the Treasurer.
- Organise refreshments when required.

Squad Member Responsibilities

- Ensure you inform the Captain of your availability for matches.
- If you cannot make a fixture that you have previously said you can, let your Captain or Team Manager know ASAP so a replacement can be arranged.
- Each squad will have its own bibs, match ball and first aid kit. Someone should be designated to be responsible for each of these and make sure that they are brought to every match.
- Each team should have a player who is responsible for collecting match fees at every match and submitting to the Treasurer.
- Sign scorecard/sheet before the beginning of each match

Fitness and Diet

EATING TO BE A STAR NETBALLER

(Guidelines from AENA)

We are what we eat and educating ourselves to eat a healthy balanced diet is essential to being a star netballer.

A balanced diet is important for keeping us healthy/providing us with energy/maintaining a good body weight.

BALANCED DIET

A balanced diet should contain:

- Carbohydrates – for energy.
- Fats – for energy and to keep us warm.
- Protein to help us grow and repair our bodies.
- Plus vitamins, water and fibre.

To have a healthy balanced diet you should be eating lots from the carbohydrates list, a little from the 'fats' list and some from the protein list.

Fats

- Fats are another source of energy but they take a long time to be converted into energy. They are therefore less effective for performance purposes.
- Fats are found in dairy products such as butter, cheese, cream, ice cream and also in fried foods, crisps, chocolate, fatty meats and fast foods like beef-burgers and chips.
- Everyone needs to eat some fats but as a nation we tend to eat too much fat. We all have fat stores within our bodies.

Proteins

- Proteins are essential for building and repairing our bodies.
- Proteins are found in meat, fish, poultry, eggs, cheese, milk, yoghurt, quorn, tofu, pulses such as beans, lentils, peas, nuts.

SNACK FOODS AND DRINKS

When you train and play netball you use up a lot of energy so if you need to replace energy quickly with a snack food here are some of the types of food an England Star netballer might eat. It is important to eat as soon after playing as possible to replace energy levels, that is where snack food might help.

Jaffa cakes, Rice crispie bars, Jelly babies, Bananas, Crunchies, Malt loaf, Teacakes, Marshmallows, Bagels.

Snack food often contains a lot of sugar, which is good for energy but extra care has to be taken of teeth if you snack on these kinds of foods.

FLUIDS

- Drinks are essential to stop our bodies dehydrating. We need to drink before, during and after training and competition.
- Loss of fluid can effect performance drastically and endanger health. An easy way to check whether you are dehydrated or not is to check the colour of your urine. It should be a pale yellow colour. If it is deep yellow and smells then you are dehydrated.
- What to drink has to be personal preference but avoid tea, coffee and fizzy drinks, they contain caffeine, which dehydrates.
- Good sources of fluids include water, fruit juices, fruit squashes, isotonic drinks such as Lucozade Sport and Isostar.

Netballers need to drink LOTS of fluids.

WHEN TO EAT

When you are competing it is essential that you have eaten the right food but it is also essential that you have eaten at the correct time to ensure that you will perform well and feel comfortable.

- The night before eat a high carbohydrate meal high in foods such as pasta, rice or potatoes with low fat sources and low fat proteins such as chicken, baked beans.
- Be sure to take on board plenty of fluid the day before.
- On the day of the competition, have a high carbohydrate breakfast such as cereal and toast with honey and low fat spread.
- If the competition is later in the day make sure you eat at least 2 hours before the match so that your meal has time to be absorbed and make sure it is high in carbohydrates.
- Before and during the game take on board fluid at every available opportunity. Remember if you feel thirsty you will already be dehydrated.



Getting Fit for Netball

Learning how to train is an essential part of becoming a Star Netballer. Being fit will help you to perform every aspect of your game better. Getting started can be rather daunting so you will need to help organise your fitness programme.

The key word **FITT** will help you to remember what you should be doing.

Frequency	- how often or regularly you train.
Intensity	- how hard you train
Time	- how long is the training session
Type	- what type of training – stamina/speed/strength/suppleness

What you want from your fitness is to be able to:

- ✓ **Work harder for longer**
- ✓ **Out sprint the oppositions**
- ✓ **Out jump your opponent**
- ✓ **Perform your skills consistently and to a high standard**

To be able to do all these things you need to work on the different aspect of fitness:

STAMINA	the ability to maintain a high work rate over a period of time
SPEED	how fast you can move
STRENGTH	helps you to throw the ball harder and generally be able to control your own body
SUPPLENESS	allows you to stretch, helping to avoid injury

GETTING STARTED

What to wear

Remember that you must wear appropriate clothing for training, in particular correct footwear. Running shoes provide extra cushioning in the sole. Shoes for netball need to give extra support to the ankles, the soles are more rigid. Be sure to ask advice from your coach as to the most suitable footwear for running or playing.

Warm Up

Any training session either for netball or for an aspect of fitness should start with a warm up. This should begin with gentle jogging to increase the heart rate, followed by stretching exercises. All the major muscles need to be stretched, each stretch need to be held for ten seconds and then repeated a second time.

Frequency

When you are learning how to train you need to do 1 or 2 aerobic sessions a week. Aerobic work improves your stamina and can include exercises such as running, skipping, swimming and cycling.

Intensity

How hard you work will have a direct affect on how quickly you get fitter. When you first start to run you might find keeping up a fast pace difficult so you might have to run and walk. As you get fitter you will be able to push yourself harder. To test whether you are working hard in training you need to learn how to take your pulse to test your heart rate.

ENGLAND NETBALLER **Karen Aspinall's** training advice: variety – lots of running, swimming, cycling at a comfortable intensity.

Heart Rate

You can test your heart rate by placing your fingers on the inside of your wrist or at the base of your neck. Check your heart rate at the beginning of the session, this is your resting heart rate. For a netballer, aged 14, this should be around 70 beats per minute or less. As you get fitter your resting heart rate will get lower. You then need to check your heart rate at the end of your training session. To be sure that you are getting fitter you should have increased your heart rate to 60%-80% of 220 minus your age. Example below.

$$\begin{array}{r}
 220 \\
 - \quad 14 \\
 \hline
 206 \times 60\% = 124 \text{ beats per minute} \\
 \quad \times 80\% = 165 \text{ beats per minute}
 \end{array}$$

so, for a 14 year old star netballer to improve her stamina she needs to be working in a **training zone** of between 124-165 heartbeats per minute.

As you get fitter it will also take less time for your heart rate to return to its resting rate a after training session.

Time

When you are learning how to train a stamina session needs to last for around 20 minutes. As you become more used to training you need to increase the length of time that you train to around 30 minutes. A key would be to run a particular route and record the time that it takes you to complete it. If you are able to run it faster then you need to increase the length of the run as you are fitter.

Type

When you are learning how to train it is important that you first improve your STAMINA. So any activity that helps to raise your heart rate such as running, cycling, swimming or skipping would be the best way to start. Remember that every session must start with stretching and finish with stretching, in that way you will also help to improve your SUPPLENESS and also prevent injury. Once you are feeling fitter you need to ask your coach for advice on how to improve your SPEED and STRENGTH. Activities to help to improve these areas of fitness can be included in your netball training sessions.

Warm down

After any training activity, whether it is a fitness session, a skill session or a match it is vital that you close the session with a warm down. A warm down must include jogging exercises, which helps to slow down the heart rate towards your resting heart rate. A warm down must also include stretching exercises and as with the warm up a stretch must be held for ten seconds and repeated twice.

Fluid intake

Remember that it is important to drink plenty of fluid, before, during and after training. If you feel thirsty you will already be dehydrated. Training in hot conditions will make your dehydrate even quicker so take extra care when it is hot.



COMBERTON NETBALL CLUB

Players/Members Code of Conduct

- T**reat team mates, coaches, umpires and opponents with respect
- H**ave fun, reach for the top and always try your best
- U**mpires are there to interpret the rules for you; accept their decisions
- N**ever use bad language or insult opponents, coaches or spectators
- D**o not try to gain an unfair advantage over opponents
- E**njoy yourself, know the rules of netball and play by the spirit of the rules
- R**ealise that without opponents, there wouldn't be a game

I confirm that:

- a) I shall accept the codes of conduct
- b) I shall not act in any way that might bring Comberton Netball Club or the England Netball Association into dis-repute
- c) I shall not act on behalf of Comberton Netball Club or represent the interests of the club without approval from the Club's committee
- d) I shall comply with such regulations and procedures, including doping control rules as laid down by AENA at any time
- e) I shall support drug free and ethical sporting practices
- f) I shall respect differences in gender, disability, culture, race and religious beliefs at all times

Signature.....

Date

Name (Printed)

Countersigned by Parent / Carer if under 18 years

Signature.....

Date

Print full name

Relationship to above Named person

COMBERTON NETBALL CLUB

CODE OF CONDUCT FOR COACHES

This should be signed by all coaches in Comberton Netball Club

A coach should:

1. Know and adhere to the All England Netball Association Duty of Care Guidelines.
2. Be responsible for setting and monitoring the boundaries between the player and the coach.
3. Be concerned primarily with the well being, safety, and protection of the player.
4. Take all reasonable steps to establish a safe working environment.
5. Be punctual to all sessions and meetings related to the club.
6. Be responsible for the planning, co-ordinating, delivering and evaluating the sessions.
7. Ensure that all (s)he does within the club programme is in keeping with the regular and approved practice of the AENA.
8. Where there is no medical intervention, be able to make responsible judgements about not playing an injured player.
9. Be affiliated to the AENA and be responsible for arranging adequate insurance to cover all aspects of their coaching practice.
10. Be responsible for regularly seeking ways of increasing his/her personal and professional skills, knowledge and abilities.
11. Encourage club members to respect the rules of the game.
12. Educate players about the danger of taking banned substances that enhance a player's performance and reinforce the rules relating to such offences.
13. Accept responsibility for a player's behaviour when in a sporting environment.
14. Reach individual agreements with the players on what information collated by the coach is deemed as confidential. However the disclosure of information to a certain party will be necessary
 - a) when it involves legal and medical reasons
 - b) the protection of children from abuse
 - c) the risk of health and safety
 - d) evaluation for selection purposes
 - e) disciplinary action of the player within netball.
15. Display high personal standards in code of dress, health, cleanliness, behaviour and demeanour whilst involved in Comberton Netball Club at all times and conduct themselves in a manner that will not bring the club into disrepute.
16. Never smoke whilst involved in coaching, selection or matches.
17. Not drink alcohol so soon before or during coaching that it affects their coaching performance in any way.
18. Be equitable and fair to all players irrespective of gender, race, ethnicity, disability, culture or religious belief.

A Head Coach should:

19. Be responsible for working closely with assistant coaches and ensuring support is available for them to deliver part of the programme, develop as a coach and follow the coach's code of conduct.
20. Be responsible for linking in with other sporting agencies that would be of benefit to the player.
21. Be responsible for monitoring the players via their log books and within their training sessions.
22. Be responsible for liaising with other partners linked to the player's netball career i.e. parents, teachers, other coaches and mentors.
23. Be responsible for ensuring that the player's training is of the appropriate frequency and level for their age, maturity and ability

Coaches working with young people must:

24. Attend an AENA Duty of Care workshop
25. Provide evidence of Criminal Record Bureau checking or Self-Disclosure as required.

Please sign and return a copy of this Coach code of conduct if it is acceptable.

Signature.....

Date

Name(Printed)

Officials & Volunteers

CODE OF CONDUCT FOR OFFICIALS & VOLUNTEERS

All volunteers must:

- ✓ Consider the well being and safety of participants before the development of performance
- ✓ Develop an appropriate working relationship with performers, based on mutual trust and respect
- ✓ Ensure all activities are appropriate to the age, ability and experience of those taking part
- ✓ Promote the positive aspects of the sport (e.g. fair play)
- ✓ Display high standards of appearance and behaviour
- ✓ Follow all guidelines laid down by the NGB and the club
- ✓ Never condone rule violations, rough play or the use of prohibitive substances
- ✓ Encourage all to value their performances and not just results.

Parents/Carers

CODE OF CONDUCT FOR PARENTS/CARERS

- ✓ Encourage your child to learn the rules and play with them
- ✓ Discourage unfair play and arguing with officials
- ✓ Help your child to recognise good performance, not just results
- ✓ Never force your child to take part in Sport
- ✓ Promote Fair play
- ✓ Publicly accept officials' judgements
- ✓ Encourage a healthy lifestyle
- ✓ Remember that enjoyment and Fun are the most important aspects of netball
- ✓ Use correct and proper language at all times.



ENJOY THE SEASON!



Managed by the Community Development Foundation
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