



Caloundra District Netball Association

2024 SENIOR REPRESENTATIVE INFORMATION



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1. CDNA Representative Programs

The CDNA Representative Program provides players with the opportunity to represent CDNA at a level suitable to their ability, to provide opportunities for players to progress through the Sunshine Coast Netball Region and Netball Queensland's development pathways and to enhance player enjoyment of the game.

Senior State Age – 15 to 18 years (b. 2009, 2008, 2007, 2006)

- Attend Representative Day Carnivals
- Attend Netball Queensland Senior State Age Championships – 6th April to 9th April - Western Districts Netball Association

2. CDNA Senior Representative Selection Program

Senior Rep Selection Program

- The Senior Rep Selection Program is compulsory for girls wanting to trial for CDNA Senior State Age teams. The program will incorporate court work in each session. Each session forms part of the selection process and all players are expected to attend all sessions. Any exceptions to this will only be considered on a case-by-case basis, taking into account individual circumstances. Any unexplained absences will result in the player being ineligible for selection.
- Any player who is deemed currently not financial will not be able to register in the Senior R.S.P. This means all fees from the previous year need to be paid before trialling.
- Players selected for State Age teams must play regularly for a CDNA club in our Saturday Junior Club Competition and those that have aged out, must play in our Wednesday Night Ladies Social Competition.

Trial Cost: \$35.00 per player

Nominations: via Netball Connect only

Nominations close: 4/11/2023

- Players are asked to nominate two preferred positions. Players may be trialled, selected, or required to play alternate positions at the discretion of selectors or team coaches.

Teams

- Number of teams per age group is dependent on trialling numbers.
- Movement between teams will be possible until after the second representative carnival.
- CDNA aims to enter the two teams in each age group into the State Age competition – Championship and Challenge.

Parent Representative Information Sessions:

All parents/guardians must attend one of the following Senior State Age information sessions.

Session 1: 27th January 2024, 11:00am

Session 2: 30th January 2024, 6:45pm

Representative Selection Program Dates

- Match Play
 - Session 1: Tuesday 7th November, 5:45pm to 8pm
 - Session 2: Tuesday 14th November, 5:45pm to 8pm



- Players to wear plain training shirt/singlet (no rep, club, or school uniforms), dark shorts/bike pants.
- Players must bring water and a sweat towel.
- Players must be strapped and ready to train/play
- No jewellery

Squad Announcements

2024 CDNA Senior State Age Squads will be announced via email, on the CDNA website and CDNA Socials on 19th November 2023.

Upon being named in a team, players must register their acceptance of their spot via the link provided via email.

A \$100.00 non-refundable deposit must be paid as part of this registration.

Squad Training

- Agility & Speed Testing
 - Tuesday 21st November, 5:45pm to 8pm
- Training & Information Sessions
 - Saturday 27th January 2024, 8am to 12noon

Team Announcements

2024 CDNA Senior State Age Teams will be announced via email, on the CDNA website and CDNA Socials on Sunday 28th January 2024.

Team Training

Team training will begin from Tuesday 30th January 2024.

**Teams adjustments may be made after our attendance at the second rep carnival.*

Training

Attendance at training is compulsory for all representative players. If unable to attend training, the team manager or coach must be notified as early as possible. Players frequently missing training without good reason may be asked to meet with a member of the CDNA Executive and provide reasons why they should not be withdrawn from the team. Injured players are still expected to attend training to observe and support their team.

Training will be held on Tuesday afternoons at Caloundra Netball Courts.

Senior State Age training commences 30th January 2024

Training Uniform

CDNA training singlet and dark shorts/bike pants or CDNA bike pants and suitable netball playing shoes.

Playing Uniform

All Senior State Age players are required to have the following CDNA uniform items:

- Playing dress - Hire
- Polo shirt
- Socks
- Bike pants



- Bucket hat

Full uniform is to be worn to and from courts and in the tent area at Day Carnivals and Senior State Age Tournament. No foreign jumpers or hats are allowed and under garments should not be showing i.e. bra/sports crop straps.

Representative Day Carnivals (All teams)

All CDNA Senior State Age teams will attend at least three Association representative day carnivals. All players are to make their own way to each representative carnival. All players must stay for the duration of all Caloundra games, unless instructed by Representative Convenor or Senior Rep Coordinator. The dates and locations of these carnivals will be advised when associations release their 2024 calendars.

**Carnivals are used as a training opportunity for teams to work on their playing structure, player combinations and to implement techniques/skills learnt at training. It also offers the Coaching team an insight to what they still need to work on at training.*

Players are required to attend ALL training sessions and ALL carnivals. Absences other than for medical reasons may impact the player's place in the team and/or court time at State Age.

Netball Queensland Nissan Senior State Age (All teams*)

The Nissan Senior State Age Carnival is Netball Queensland's state carnival for players aged 15 to 18. It is CDNA's plan to enter two (2) teams in each age group into State Age (Championship - Red, Challenge - Blue).

CDNA will be staying away as an association.

Location: Western Districts Netball Association

Date: 6th April to 9th April

Senior Rep Calendar

OCTOBER / NOVEMBER / DECEMBER	JANUARY 2024	FEBRUARY 2024	MARCH 2024	APRIL 2024
2nd October Registrations Open	Saturday 27th Squad Sessions	Saturday 10th Downey Park Carnival	Saturday 2nd Pine Rivers Carnival	Friday 5th Teams travel to Brisbane
5th November Registrations Close	Tuesday 30th Training & Dietitian Session	Saturday 17th Caboolture Carnival	Sunday 10th Western Districts Carnival	Saturday 6th State Age – Day 1
7th November Selection - Match Play				Sunday 7th State Age – Day 2
14th November Selection - Match Play				Monday 8th State Age – Day 4
				Tuesday 9th State Age – Day 4 Teams Travel Home

**Carnival dates to be confirmed on release of Association Calendars.*



3. Representative Selection Eligibility

- To be eligible to be selected and play in a team representing CDNA, players shall satisfy the following conditions:
 - Be a playing member of an affiliated club; or
 - Participate in fixture competitions conducted by CDNA (Wednesday Night Ladies).
- In this by-law, “regularly participate” requires that a player has, at any point in time, played in at least 50% of fixture rounds for a particular season, with appropriate allowance made in the case of legitimate illness or injury.
- Players who have been unable to trial due to injury or illness must provide selectors with a return to play plan and medical clearance.
- The Executive Committee at any time may require any selected player who fails to meet her obligations to stand down from a representative team and request the Selection Committee to choose a replacement.
- The Executive Committee has discretion in determining whether a player has satisfied these requirements.
- Injured Players – with only a 9 week lead in for Senior State Age, any injured player will be reviewed on a case-by-case basis. It is our aim for teams to field players at 100% fitness; this includes training, Carnival Days and Championships.

4. Player Fees & Scholarships

Senior State Age (15-18 years)

**Fees for Stage Age players are subject to travel and accommodation costs and will be determined as soon as possible.*

Payment of Rep Fees:

- Full rep fees are due by March 29th 2024.
- A payment plan can be arranged. Please email repnetball@caloudranetball.org.au
- Please note, any player who withdraws after the announcement of the squads (depending on the nature of the reason) may not be able to trial for CDNA in the following representative season and may not be entitled to any refunds.

Representative Scholarships

In 2024, there may be Representative Scholarships on offer to our players (dependent on Sponsorship dollars received).

The successful players will be able to use this amount to assist with representative fees.

Applications are now open, please email repnetball@caloudranetball.org.au to obtain the scholarship application.



5. Representative Uniform & Kit Bags

All players are required to wear the CDNA Representative Dress and attend the appropriate uniform fitting day to collect their hire dress and purchase other association apparel.

Uniform Shop dates are as follows:

- 30th January, 7:00pm to 8:00pm
- 6th February, 5pm to 6:30pm

Uniform Items & Requirements

**Please see separate uniform price list*

Return dates for dress to be confirmed on completion of rep season.

Player Kit Bags should include the following items:

- Mandatory items:
 - 2 x Full Water bottles
 - Sports Towel
 - Spare socks
 - Hair ties/bobby pins
 - Sunscreen
 - Bucket Hat
 - Sanitary care
 - Resistance Band
 - Sanitiser
 - Rep Journal
- Optional Items:
 - Water spray bottle
 - Strapping tape
 - Nail clippers
 - Tissues
 - Sweat band
 - Spare shoes/slides for travel
- Player Lunches & Snacks:
 - Nutritious and healthy snacks for training; prior, during and post.
 - Nutritious and healthy lunch and snack options should be packed for Day Carnivals

**Players will attend an information session with our dietitian for guidance and ideas.*

6. Representative Awards Afternoon

The end of season Rep Awards Afternoon is a chance for the entire rep community to celebrate their achievements from the year. This event is usually held in late August or early September.

Details for this event will be provided to all rep participants closer to the set date.

Players and officials are able to attend this event free of charge.

The cost for parents/guests to attend will be advised and links to ticket sales provided.

CDNA's perpetual rep awards are presented at the event, which include the below:

- Spirit of the Association



7. Parent Trial/Training Information

Trials & Training

- (a) Parents / Guardians are not permitted at trials.
- (b) Parents / Guardians are not permitted at training sessions. (Exception: if a parent is an CDNA team official performing a selected role for that team.)
- (c) Parents / Guardians are not permitted to approach a selector under any circumstances during or after a trial process.
- (d) All communications concerning feedback, MUST BE FORWARDED to repnetball@caloundranetball.org.au

8. Parent & Player Responsibilities

Caloundra District Netball Association is proud of its players and supporters and expects from them the highest standard of sportsmanship and respect for fellow and opposition players, as well as towards all netball officials.

Being a member of a CDNA representative team is a great achievement but one that should be regarded as an honour and a privilege to represent your Association. CDNA has a proud reputation in our participation at all representative levels and we believe that we live up to our motto of 'Togetherness in Sport'.

Inclusion in the CDNA Representative Program comes with a number of responsibilities:

- COMMITMENT To attend all training sessions, carnivals and/or SCPL games
- PUNCTUALITY To arrive on time, fully dressed, strapped and ready for participation
- DEDICATION To your own fitness, skill development, sleep and nutritional needs
- TEAMWORK To be a team player, work hard for your team & support one another
- RESPECT For your coaches, teammates, officials and the CDNA reputation

Being part of the CDNA Representative Program requires all players and their parents to sign Player and Parent Agreement Forms. Signing these agreements confirms both the players' and parents' commitment to the CDNA Representative Program and the ability to meet all associated responsibilities, including attendance at training, competition dates and payment of fees.

Meet volunteer obligations as required by the rep committee. This may include fundraising activities, BBQ duty, time keeping, scoring, carnival set up/pack up, transportation of CDNA equipment to and from rep events.

The Codes of Behaviour for Players, Parents and Coaches are in the attached Appendices. The CDNA Representative Selection Policy can be found on the CDNA website. Agreement Forms will be forwarded upon selection to be signed by player and parents.

Thank you for your interest in the Caloundra District Netball Association Representative Programs. We wish you all the best throughout the Development and Selection Stages.

For any further questions, please contact repnetball@caloundranetball.org.au



9. Frequently Asked Questions

Are all the trial sessions compulsory?

Yes, the selectors will be assessing players at each session. Unexplained absences may lead to selection ineligibility.

Why do some players get more time on court during trials?

All players will play both of their nominated positions. Sometimes, there will be more players who trial for certain positions. To ensure that all players get on court in their preferred position, other players may get more time on court.

My child doesn't play WD but was put on court as a WD during trials.

This could be for a number of reasons. It may simply be that we haven't yet seen some players in their preferred positions and your child is filling in for that game. It could be that the coaches and selectors are considering your child's skills for that position or noticed that a certain combination worked well and are trying something new. Please trust in our process and encourage your child to try her best.

Can 15-18yrs players trial for both State Age and SCPL?

Yes. Trials are held separately, and players will be required to attend both if they are trialling for both. If selected, players will be required to attend both training sessions. We ask that you be mindful of work/commitment overload – with netball, school, work and family events – you must manage your load.

Players do not have to take part in both events.

Will training be held if it is raining?

State Age: Yes. At State Age, we often play in the rain, and it is important that players learn how to adjust their play for rainy conditions. Training will only be cancelled if the weather is extreme or at the discretion of the coach.

Are Training Partners required to attend training?

Yes. Training partners are players who have been identified to train at the representative level and will be the first players to be considered for movement into a team should a player withdraw for any reason. If/when a training partner is elevated to a team, it is important that they have been training at rep level and are familiar with the rep community.

My child also plays water polo/volleyball/football, and can't attend all training/carnival dates, as her other sport clashes, will this affect their place in the team?

All players are expected to attend all training sessions and, for both Junior and Senior State Age teams, all carnivals. If a player misses training (or carnivals), other than for medical reasons, this could impact their place on the team or their time on court at State Age (or at SCPL games).

Is there a minimum court time for players at State Age/SCPL?

There is no minimum court time requirement for State Age events.



APPENDIX 1 – CDNA Senior Player Code of Conduct

In addition to **CDNA's** General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of **CDNA** and persons identified in the Member Protection Policy Clause 3 in your role as a Senior Player.

1. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
2. Refrain from conduct which could be regarded as sexual or other harassment.
3. Respect the talent, potential and development of fellow players and competitors.
4. Care and respect the uniform and equipment provided to you.
5. Be frank and honest with your coach concerning illness and injury and your ability to train and play fully.
6. Conduct yourself in a responsible manner relating to language, temper and punctuality.
7. Maintain a high standard of personal behaviour at all times.
8. Abide by the rules and respect the decision of the umpires. Be courteous and use the correct process when seeking a rule clarification.
9. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
10. Co-operate with coaches and staff in relation to programs that adequately prepare you for competition.
11. Do not engage in practices that affect sporting performance (alcohol, tobacco and drug use).



APPENDIX 2 – CDNA Parent/Guardian Code of Conduct

In addition to **CDNA's** General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of **CDNA** and persons identified in the Member Protection Policy Clause 3 in your role as a Parent/Guardian.

1. If your child is interested, encourage them to participate in the appropriate netball activity. However, if your child is not willing to participate, do not force them. Remember, children are involved in organised activity for their enjoyment, not yours.
2. Focus on your child's efforts and performance rather than the overall outcome of the event. This assists your child in setting realistic goals related to their ability by reducing the emphasis on winning.
3. Teach your child that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.
4. Encourage your child to always play according to the rules.
5. Never ridicule or yell at a child for making a mistake or losing a game.
6. Remember that children learn best from example. Applaud good play by all players.
7. If you disagree with an umpire or coach raise the issue through the appropriate channels rather than question their judgment and honesty in public.
8. Support all efforts to remove verbal and physical abuse.
9. Recognise and respect the value and importance of volunteer administrators, coaches and umpires. They give up their time and resources to provide recreational activities for players and deserve your support.
10. Be a model of good sports behaviour for children to copy.
11. Be courteous in communication with administrators, coaches, players and umpires. Teach children to do likewise.
12. Support the use of age-appropriate development activities and modified rules.
13. Spectators are requested not to smoke near the netball courts.
14. CDNA does not permit any animals on or near the courts or in the fenced compound at any time. Bikes, roller blades, scooters, skateboards, etc. are not permitted in the fenced compound.
15. No spectator is to photograph any player or players without first having obtained permission to do so by the team coach or manager.
16. CDNA reserves the right to immediately remove from CDNA premises, any person who any member of the CDNA Executive believes, on reasonable grounds, to have breached this code of behaviour.



APPENDIX 3 – CDNA Coaches Code of Conduct

In addition to **CDNA's** General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of **CDNA** and persons identified in the Member Protection Policy Clause 3 in your role as a Coach.

1. Operate within the rules and spirit of netball, promoting fair play over winning at any cost.
2. Encourage and support opportunities for people to learn appropriate behaviour and skills.
3. Support opportunities for participation in all aspects of the sport.
4. Treat each person as an individual.
5. Display control and courtesy to all involved with the sport
6. Respect the rights and worth of every person regardless of their gender, ability, cultural background or religion.
7. Respect the decisions of umpires, officials, coaches and administrators in the conduct of the sport.
8. Seek guidance from Convenor and/or Coordinator to ensure consistency of policies and procedures.
9. Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance will exist) with people less than the age of 18 years.
10. Adopt appropriate and responsible behaviour in all interactions.
11. Adopt responsible behaviour in relation to alcohol and other drugs.
12. Act with integrity and objectivity and accept responsibility for your decisions and actions.
13. Ensure your decisions and actions contribute to a safe environment.
14. Ensure your decisions and actions contribute to a harassment free environment.
15. Do not tolerate harmful or abusive behaviour.
16. Place the safety and welfare of the athletes above all else.
17. Help each person reach their potential – respect the talent, developmental stage and goals of each person and compliment and encourage with positive and supportive feedback.
18. Any physical contact with a person should be appropriate to the situation and necessary for the person's skill development.
19. Be honest and do not allow your qualifications to be misrepresented.