



Caloundra District Netball Association (CDNA)

2025 JUNIOR 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.

For the Junior State Age category, which is for players aged 12 to 14 years (born in 2011, 2012, or 2013), the key opportunities include:

- Participating in Representative day carnivals
- Attending the Netball Queensland Junior State Age Championships, which will take place from July 5th to July 8th, hosted by the Sunshine Coast Netball Association.

2. Junior Rep Selection Program (JRSP)

The Junior Rep Selection Program is compulsory for anyone wanting to trial for CDNA Junior State Age teams. The program incorporates skills and development and game play. Each session forms part of the selection process and attendance at all sessions is expected.

Any exemptions to this will be considered on a case-by-case basis, considering individual circumstances. Unexplained absences will result in the player being ineligible for selection.

All fees from the previous year must be paid in full before trialling for the following year/s. Players who do not meet this criterion will be considered ineligible to register for the Junior RSP.

Players selected for State Age teams must be registered and play in a club that is affiliated in the CDNA Saturday fixtures competition.

Trial Costs for the CDNA Representative Program:

- U12s (Under 12s): \$65.00 per player
- U13s & U14s (Under 13s & Under 14s): \$55.00 per player

Nominations:

- Nominations will open on November 13th, 2024, via TryBooking.
- Nominations close on Sunday, February 2nd, 2025.
- Players must nominate two preferred positions.
- At the discretion of selectors or team coaches, players may be trialled, selected, or required to play alternate positions.

Teams

- The number of teams per age group is dependent on trialling numbers.
- Players movement between teams will be made up to and including the second representative carnival.
- CDNA aims to enter two teams in each age group in the State Age competition – Championship and Challenge.



Parent Representative Information Sessions

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

Session 1: 12s = Saturday 22nd February, 8:30am

Session 2: 13s = Saturday 22nd February, 10:00am

Session 2: 14s = Saturday 22nd February, 11:30am

Representative Selection Program Dates

Age Group	Trial 1- 8 th Feb Caloundra Indoor Stadium	Trial 2- 15 th Feb Sunshine Coast Rec Centre Currumbundi	Trial 3- 22 nd Feb Caloundra Indoor Stadium	Trial 4- 1 st March * Invitational Only* Caloundra Indoor Stadium
U12	8am-10am	8am-10am	8am-10am	8am-11am
U13	Not Required	9.30-11.30am	9.30am-11.30am	9.30am-11.30am
U14	Not Required	11am-1pm	11am-1pm	11am-1pm

- Players must only wear plain training shirt/singlet (no rep, club, or school uniforms), dark shorts/bike pants.
- **NO** representative clothing to be worn.
- Players must bring water and a sweat towel.
- Players must be strapped and ready to train/play at the commencement time.
- Trimmed nails and **NO** jewellery

❖ *Please note that trials are closed sessions, and no parents/carers can attend.*

3. Announcement of the 2025 CDNA Junior State Age Squads

The squads will be announced via email on March 2nd, 2025, and will also be shared on CDNA media platforms.

Deposit and Squad Fees

- A \$150 non-refundable deposit is required by March 7th, 2025. The deposit will be payable via a supplied invoice.
- Squad fees will go towards covering expenses related to squad training programs, court fees, and other associated costs.

4. Squad Training

Athletes selected to our Junior Squad will participate in a compulsory 3-week squad training program. The training program will consist of Strength/Conditioning and Wellness Programs and will form part of the final team selection.

5. Announcement of the 2025 CDNA Junior State Age Teams

The 2025 CDNA Junior State Age Teams will be announced via email on **March 29th, 2025.**



The announcement will also be posted on the CDNA social media platforms and the CDNA website on Monday, March 31st, 2025.

Team Welcome Information

- The team welcome email will include important details, such as access to the preferred association/team communication app and the player agreement.

Player Agreement and Team Deposit:

- The player agreements and team deposit must be returned on or before the first training session. This ensures that players and families are fully committed to the program and aware of all expectations moving forward.

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

6. Training

Attendance at training is compulsory for all representative athletes. If you are unable to attend training, the team manager or coach must be notified as early as possible (in writing via the team chat is preferred).

Athletes frequently missing training without good reason or early notification will be asked to meet with a member of the CDNA Executive and provide reasons why they should not be withdrawn from the team.

Injured athletes are still expected to attend training to observe and support their team if they are injured. Depending on the severity of illness, players are expected to attend training to observe. Injured players are also expected to gain clearance from a doctor or Physio to resume training and or playing at carnivals and State Age. These must be emailed to repnetball@caloudranetball.org.au

Training is held on Tuesday afternoons/evenings at CDNA Courts. Times TBC.

Junior State Age training commences **Tuesday 22nd April 2025**.

7. Training uniforms and other requirements

The training uniform is a CDNA training singlet and black or navy-blue shorts/bike pants. No other training attire is permitted to be worn.

Other requirements:

- **ALL** jewellery should be removed and hair tied up.
- **ALL** strapping should be done prior to training.
- Ensure water bottle is filled.
- Please ensure that your daughter has a snack before training.
- Be on time. If you are running late, please message the team manager.
- Come ready to work hard

8. Representative Day Carnivals (All teams)

All CDNA Junior State Age teams will attend at up to four (3) 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 Junior Rep Coordinator.

The dates and locations of these carnivals and State Age are listed below.

*** There will likely be another Carnival. Once this is confirmed parents will be notified.

APRIL	Tuesday 1 st Jnr Team Building Times TBC	Tuesday 22 nd Junior Team training commences. Times TBC	Sunday 27th Caboolture Carnival *Please Note this is Anzac Day Long Weekend*	
MAY			Sunday 18th Western Districts Carnival	
JUNE	Sunday 8th Downey Park Carnival			
JULY	Friday 4 th July <u>JSA - Accommodation</u>	Saturday 5 th July to Tuesday 8 th July <u>Junior State Championships</u>		

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** carnivals. Absences other than for medical reasons may impact the player's place in the team and/or court time at State Age.

9. Netball Queensland Nissan Junior State Age (All teams*)

The Junior State Age Carnival is Netball Queensland's state carnival for players aged 12 to 14. It is CDNA's plan to enter two (2) teams in each age group into State Age (1 x Championship - Red, 1 x Challenge - Blue).

CDNA will be staying away as an association, arriving to booked accommodation on Friday 4th July-time TBC. Pick up of players is at the end of State Age at Sunshine Coast Netball Courts.

Location: Sunshine Coast Netball Association

Date: Saturday 5th July to Tuesday 8th July

10. Parent and Player Support for CDNA Netball Association

CDNA Representative Program enjoys such great support from families to ensure our players are well looked after. Here are some ways parents can contribute:

- **Scoring at Carnivals and State Age** - Parents will be asked to assist with scoring during the carnivals and State Age. This is usually on Netball Connect. Team Managers will draw up a Roster.



- **Assisting with Tent Setup at Carnivals** - We ask that Parents help set up tents at carnivals, ensuring a comfortable and well-equipped space for the players and officials.
- **Transporting the Trailer to Carnivals and State Age** - The association is seeking a family to volunteer to transport the trailer to and from carnivals and State Age events. This is a critical task to ensure that the necessary equipment and supplies are on-site for the events.
- **Rep BBQ/Donating Cup Cakes** - parents can volunteer their time to such activities as, but not limited to, fundraising/raffle sales and BBQ /Cup Cake Duty. By volunteering your time on the BBQ or making Cup Cakes, you will be rewarded with money taken off your child's fees.
- **Players**- They are encouraged to assist on the Rep BBQ selling Cup Cakes. This will also go towards fee reductions. They can also assist with the NET SET GO program run on Saturday mornings. More information regarding the NET SET GO program will be given at a later date.

Your support is greatly appreciated and essential for the success of the program! Volunteering in these ways helps to make the experience better for all involved.

11. CDNA Guidelines and Policy for Representative Program

Parent & Player Responsibilities

Caloundra District Netball Association is proud of its players and supporters. It is expected that we set a high standard of sportsmanship and respect for all players, and netball officials.

As a member of the CDNA representative team is a great achievement and should be regarded as a privilege to represent our Association. CDNA has a proud reputation in our participation at representative levels and we live up to our motto of *'Togetherness in Sport'*.

Inclusion in the CDNA Representative Program comes with responsibilities:

- **COMMITMENT** To attend all training sessions, carnivals, and/or SCPL games.
- **PUNCTUALITY** To arrive early, 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

As a part of the CDNA Representative Program players and parents / carers must sign Player and Parent / Carer Agreement Forms. Signing these agreements confirms both the players' and parents' commitment to the CDNA Representative Program including attendance at training, competition dates and payment of fees.

Representative Selection Eligibility

To be eligible to represent CDNA, players must satisfy the following conditions:



- Be a playing member of an affiliated club participating in the Saturday Junior Club Competition.
- 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 and/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.
- CDNA Executive Committee require a selected player who fails to meet their 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.
- 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.
- Injured Players – 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. Clearance from a Doctor or Physio is required.

Player Fees & Scholarships

Junior State Age (12-14 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: June 27th, 2025.
- Payment plans can be arranged upon request and reasonable grounds. Please email repnetball@caloundranetball.org.au
- Please note, any player who withdraws after the announcement of teams, (depending on the nature of the reason) may not be eligible to trial for CDNA in the following representative season and may not be entitled to any refunds.

Representative Scholarships

In 2025, there may be Representative Scholarships offered to players.

Applications opening details and the application form will be made available via Association communication platform or by emailing repnetball@caloundranetball.org.au

To be eligible, athletes/parents/guardians must be actively giving back to the association and the Rep program by volunteering to Rep BBQs, other Rep Fundraising and the NET Program.

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

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. Purchasing of uniforms will also be available to order online and pick up at Caloundra Stadium.

Uniform Shop dates are as follows:

- To be confirmed



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

Playing Uniform

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

- Training singlet
- Playing dress - Hire
- Travel shirt
- CDNA socks
- CDNA bike pants
- CDNA bucket hat
- CDNA Jacket
- CDNA Gear Bag or Backpack

Full uniform is to be worn to and from courts and in the tent area at day carnivals and Junior State Age Tournament. No jumpers or hats are allowed that are not approved CDNA uniform. All under garments must not be showing i.e. bra/sports crop straps.

Players Kit Bags

Player Kit Bags should include the following items:

- Mandatory items:
 - 2 x Full Water bottles
 - Sports Towel
 - Spare socks
 - Rain Poncho
 - Hair ties/bobby pins
 - Sunscreen
 - Visor
 - Sanitary care
 - Sanitiser
 - Journal / Diary
- Optional Items:
 - Water spray bottle
 - Strapping tape
 - Nail clippers
 - Tissues
 - Sweat band
 - Spare shoes/slides for travel

12. Representative Awards Afternoon

The end of season Rep Awards afternoon is a chance for the CDNA rep community to celebrate achievements from the year. The event will take place on 10th August 2025. Details for this event will be provided to all participants closer to the set date. Players and officials can attend this event free of charge. The cost for parents/guests to attend will be advised and links to ticket sales provided.



CDNA's team awards and perpetual rep awards are presented at the event.

13. Parent Trial/Training Information

Please remember for trials:

- Parents / Guardians are not permitted at trials. Trials are a closed session.
- Parents / Guardians are not permitted to approach a selector under any circumstances during or after a trial process.
- All communications concerning feedback, **MUST BE FORWARDED** to our Parent Liaison Officer repliaisonofficer@caloudranetball.org.au

Please remember for training:

- Parents are **not permitted to attend training** sessions. This policy ensures that players can focus on their performance and development in a supportive, distraction-free environment.
- If there are any concerns, please message the team manager to arrange a phone call or meet away from the training session. All relevant information will then be passed onto the coach and Rep Convenor.

Once teams are selected communication will be through the Heja App. You and your daughter will be added to the app. On here will be not only messages and information related to training, carnivals and State Age but also a schedule for these events. We ask that you use this App to communicate with your Manager and Coach.

14. Player Agreements and Code of Behaviour

Once the teams are announced, each player will be sent a Player Agreement to read and sign. It is highly recommended that you and your daughter sit down and read the information together to ensure that you both understand the requirements of participating in the 2025 CDNA Junior Representative Program.

The Code of Behaviour for Players, Parents and Coaches are attached Appendices to this document. The CDNA Representative Selection Policy can be found on the CDNA website **INSERT LINK**

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@caloudranetball.org.au



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 to allow for games to be played.

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.

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, and 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 Junior Player Code of Conduct

In addition to **CDNA's** General Code of Behaviour, you must meet the following requirements regarding 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 Junior Player.

1. Participate because you enjoy it, not just to please parents / carers and coaches.
 - a. 2. Play by the rules and learn the rules – *they can change each year.*
2. Participate fairly and safely.
3. Abide by the umpire's decisions, without disputing it or showing poor sportsmanship
 - a. Captains are the only team member who can approach an umpire during an interval or after the game for clarification of any rule
 - b. Approach the umpire in a respectful, courteous and polite manner.
4. Co-operate with your coach, and other players
 - a. Verbal abuse of officials or other players, deliberately fouling or provoking an opponent and throwing/ damaging equipment is not acceptable or permitted
 - b. Treat all players as you would like to be treated
 - c. Ensure that at all times your behaviour is fair
 - d. Be a patient and enthusiastic supporter of fellow players.
5. 6. Applaud all good play, by your team and opponents.
6. 7. Be a responsible team member
 - a. Always be on time
 - b. Encourage and assist all players
 - c. Attend all training sessions
 - d. Ensure you always bring the appropriate uniform and equipment to training and/ or matches.
7. 8. Do not engage in practices that affect your sporting performance (alcohol, tobacco and drug use).
8. Respect and acknowledge the contribution of those who create the opportunity for you to play - Volunteers (scorers, coaches, timekeepers, administrators, and umpires).



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 any 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 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, teaching players to do likewise.
12. Support the use of age-appropriate development activities and modified rules.
13. Spectators must not smoke near the netball courts or any building.
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 the team and opposing team's 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.