



CHRISTCHURCH
NETBALL CENTRE

Pūtahi Poitara-whiti ki Ōtautahi

Netball | **We live this game.**

Junior Netball

2018 Information Pack



Sara Norton

Junior Netball Coordinator

juniornetballcnc@xtra.co.nz

Ph: 027 919 4474

"We live this game"

WELCOME TO CHRISTCHURCH NETBALL CENTRE | HAGLEY AVE

Firstly, a warm welcome for another Netball Season ahead with Christchurch Netball. We wish all new teams and all existing teams a successful season.



Nettabury (Under 5's) Programme

Nettabury is a fun programme for Under 5's. It runs on Sundays from 6th May to 8th July, not including Queens Birthday weekend, at Hagley Netball Courts from 10-11am.

The emphasis at this level is on fun, active participation and gross motor skill development.

Players do not need to register, simply show up on the day and pay a small fee each week.



Year 1-6 Programmes

Year 1-2 Programme

CNC run Mother Earth futureFERNs Year 1-2 satellites in several areas of Christchurch, as well as our usual venue at Hagley courts. These are 9-10 week programmes. For further information please contact Sara at juniornetballcnc@xtra.co.nz or phone 0279194474.

Hagley Programme Sun 6 th May – Sun 8 th July	10-11am	Hagley Netball Courts
Sumner Programme Mon 30 th April – Mon 2 nd July	3.30-4.30pm	Sumner School
Hornby Programme Tues 1 st May – Tues 3 rd July	4-5pm	TBA
Rowley Programme Weds 2 nd May – Weds 4 th July	3.30-4.30pm	Rowley Ave School

Register by following the link: <https://www.sporty.co.nz/viewform/71096>



Year 3-4 Programme

Our Mother Earth futureFERNs Year 3-4 programme will run the same as 2017 and places emphasis on developing the fundamental movement skills, basic netball skills and a modified version of netball for our growing players. The Mother Earth futureFERNs programme is designed to create a quality first experience to netball in a fun and friendly environment.

Wilding Park will be available for Mother Earth futureFERNs Year 3-4 teams on a Friday afternoon. This is available to the first 36 teams that request the indoor venue at a small cost per team. Each grade will play at a separate time. Year 3 will play at 3.40pm and Year 4 will play at 4.30pm. There is also a 5.20pm round available for mixed teams.

Year 3-4 will also run at Hagley on Thursday/Friday afternoons and Saturday mornings. Our Year 3-4 programme will run for 13 weeks beginning 3,4,5th May to 5,6,7th July (9 weeks, no play the week of Queen's Birthday weekend), with a 2-week break over the July school holidays, followed by the last 4 weeks from 26,27,28th July to 16,17,18th August.



Year 5-6 Programme

The focus at Year 5-6 level is on learning, participation and developing physical literacy, as junior players have an increased enthusiasm to learn but still want to have fun and experience the game with their friends.

Our Mother Earth futureFERNs Year 5-6 programme will run for 13 weeks from 3,4,5th May to 5,6,7th July (9 weeks, no play the week of Queen's Birthday weekend), with a 2-week break over the July school holidays, followed by the last 4 weeks from 26, 27,28th July to 16,17,18th August. Please note that we are offering Year 5-6 on a Thursday as well as Friday and Saturday in 2018.

Registrations

Junior Netball has a separate Junior Netball Registration form, please register your Year 3-6 teams by following the link: <https://www.sporty.co.nz/viewform/70350>

Junior registrations open on Thurs 1st March and close Thurs 5th April.

If your team wants to wear thermals, these will need to be registered. The link for this is: <http://www.sporty.co.nz/viewform/55250>

Year 5-6 teams can request a whistler to be assigned to their team for the season below: <http://www.sporty.co.nz/viewform/55251>

CNC cannot guarantee that a whistler will be available for every team or that you will have a whistler every week. If no whistler is available, your team will need to provide an umpire.

We hope you make the most of our fantastic facilities, resources and courses on offer in 2018 and enjoy being part of the Christchurch Netball Centre.

Our website www.netballchristchurch.org.nz is regularly updated and will be a continued informative and useful tool to find out what courses are coming up, centre policies etc. You can find all Junior Netball Information under the Junior Netball Tab. You can also **Like us** on Facebook where information regarding cancellations and up to date information can be found.

I encourage everyone to familiarise themselves with the contents of this information pack and the Christchurch Netball Centre policies.

I look forward to meeting you all throughout the 2018 season.

Kind regards,

Sara Norton

Junior Netball Coordinator



2018 DATES

1 March	Mother Earth futureFERNs Year 3-6 Registrations open
27 March	Junior Netball Q & A Evening
5 April	Mother Earth futureFERNs Year 3-6 Registrations close
30 April & 1/2/6 May	Mother Earth Year 1-2 Programmes Begin
3/4/5 May	Mother Earth futureFERNs Year 3-6 competition starts
6 May	Nettabury starts
24/25/26 May	Mother Earth futureFERNs Year 3-6, 4-week block ends
31 May & 1/2/3 June	Nettabury/Mother Earth futureFERNs Year 1-2 and Years 3,4,5,6 No Play Queens Birthday Break
5/6/10 June	Mother Earth futureFERNs Year 1-2 Programmes restart
7/8/9 June	Mother Earth futureFERNs Year 3,4,5,6 restarts
10 June	Nettabury restarts
10 June	Jellybean Tournament
2/3/4/8 July	Mother Earth Year 1-2 Programmes end
5/6/7 July	Mother Earth futureFERNs Year 3-6, 5-week block ends
8 July	Nettabury Ends
12/13/14 & 19/20/21 July	No Mother Earth futureFERNs Year 3-6 Competition – School Holidays
26/27/28 July	Mother Earth futureFERNs Year 3-6 competition restarts
5 August	Rainbow Tournament
16/17/18 August	Mother Earth futureFERNs Year 3-6 competition ends



2018 FEE STRUCTURE/ TEAM REGISTRATIONS

2018 Junior Netball fees will be advised after the CNC AGM in March.

Registrations must be done online via your school/ clubs "Sportsground" login. If you are a new school/ club, please email support@sporty.co.nz and request a login to register to the Christchurch Netball Centre. For further information regarding team registrations please visit the CNC website: <http://www.netballchristchurch.org.nz/>

ENTRY CRITERIA

Entries for Thursday, Friday & Saturdays Outdoor Years 3 & 4 teams are restricted to a maximum of 36 teams per day.

Entries for Thursday Years 5 & 6 teams are restricted to a maximum of 28 teams.

Entries for Friday Years 3 & 4 Indoor are restricted to a maximum of 36 teams.

Entries for Friday Years 5 & 6 teams are restricted to a maximum of 28 teams.

Entries for Saturday Years 5 & 6 teams are restricted to a maximum of 28 teams per round.

Entry is entirely on a first in first served basis.

All entries must be received by no later than Thursday 5th April 2018. If you are having difficulty registering your team/s please contact Sara by email juniornetballcnc@extra.co.nz or phone 0279194474 for assistance.

Our Mother Earth futureFERNs competition is run on the following days

and times:

Year 3-4 Thursday & Friday afternoons at Hagley -	4:00pm only
Year 3 Friday afternoons Indoor at Wilding Park -	3.40pm
Year 4 Friday afternoons Indoor at Wilding Park -	4.30pm
Mixed Year 3-4 Friday afternoons at Wilding park -	5.20pm
Year 3-4 Saturday mornings -	8.30am only
Year 5-6 Thursday & Friday afternoons -	4.00pm only
Year 5-6 Saturday mornings -	8:40am & 9.35am rounds



To register for indoor games at Wilding Park (first in, first served) follow this link:

<http://www.sporty.co.nz/viewform/55256>

There is a cost of \$17.50 per week per team to play at Wilding Park.

Acceptance of all entries will be at the discretion of The Christchurch Netball Centre.

Teams can be entered into the following grades:

Year 3
Year 3/4 mixed
Year 4
Year 5
Year 6
Year 7
Year 8



Players must play in their year at school, the only exception being a mixed Year 3-4.

We recommend a maximum of 8-9 players per team (Yr 3-4 teams: 8 players, Yr 5-6 teams: 9 players maximum)

Every team must have a Coach and Year 3-4 teams also require a Parent Helper to help run the team.

It is compulsory for ALL coaches and helpers of teams in Year 3-4 and ALL coaches of teams in Year 5 & 6 to attend a Coach Workshop. Team registrations are NOT confirmed until each coach has attended a workshop.

COACH WORKSHOPS

It is compulsory for ALL Junior Coaches to attend the relevant Coach Workshop.

2018 Dates for Junior Coach Workshops:

Tuesday 3rd April	6pm	Year 5-6 Coach Workshop	venue CNC
Wednesday 4th April	6pm	Year 3-4 Coach Workshop	venue CNC
Thursday 5th April	6pm	Year 5-6 Coach Workshop	venue CNC
Monday 9 th April	6pm	Year 7-8 Coach Workshop	venue CNC
Tuesday 10 th April	6pm	Year 3-4 Coach Workshop	venue CNC
Wednesday 11 th April	6pm	Year 5-6 Coach Workshop	venue CNC
Thursday 12 th April	6pm	Year 1-2 Coach Workshop	venue CNC

This workshop is for coaches wanting to complete their Foundation Coach Award and Junior Coordinator Assistants.

Monday 30 th April	6pm	Year 5-6 Coach Workshop	venue CNC
Tuesday 1 st May	4pm	Year 1-2 Coach workshop	venue CNC

This workshop is for coaches wanting to complete their Foundation Coach Award and Junior Coordinator Assistants.

Tuesday 1 st May	6pm	Year 3-4 Coach Workshop	venue CNC
Wednesday 2 nd May	6pm	Year 3-4 Coach Workshop	venue CNC
Wednesday 2 nd May	6pm	Year 7-8 Coach Workshop	venue CNC

To register which evening you will be attending visit: <https://www.sporty.co.nz/viewform/55260>
Registrations need to be completed by Friday 31st March.



Foundation Coach Award

Coaches that have completed the all the Junior Netball workshops are eligible to apply for the Foundation Coach Award. Once completed Foundation Coaches can request to be referred to appropriate Community Coach Modules if they want to further their coaching qualifications. For more information on the Foundation Coach Award please contact Sara by email juniornetballcnc@xtra.co.nz or phone 0279194474.

Future Ferns Coaches (Yr 1-2) and Future Ferns Assistants (Yr 3-4)

Future Ferns Coaches and Assistants are required to assist in running our Mother Earth futureFERNs Programmes. These are paid positions and full training is provided. We require Future Ferns Coaches in all areas of Christchurch. If you are interested in becoming a Future Ferns Coach or Assistant, please email Sara by email juniornetballcnc@xtra.co.nz or phone 0279194474.

UNIFORMS – YEARS 3-6



Players must wear school/ club registered uniform which consists of skirt (shorts for boys), top and bib.

Leggings may only be worn by those schools/clubs who register these with the CNC at time of entry.

Leggings must be school/ club colour and be full length.

Registered sweatshirts/ thermals may be worn under bib in poor weather.

Players may wear suitable gloves, but must have nails checked prior to wearing them.

All players in a team must wear the same colour thermals.

Jackets with zips are not allowed to be worn.

JEWELLERY

Please note **NO** jewellery is permitted. This includes taped earrings and any bangles.

Medical alert bracelets/ necklaces and cultural necklaces must be fully strapped to the body.

Hair ties, wristbands, friendship bracelets and baby bangles must be removed from wrists before play.

Any player found to be wearing jewellery during a game will be removed from the court.



FURTHER INFORMATION

Competition Draw

There is a link on CNC website that will take you to Sports Runner for draws and results.

<http://netballchristchurch.org.nz/draws-results/season-draws>

Cancellations

**Any weather-related cancellations for future FERNS will be notified by:
Thursday & Friday 2:00pm & Saturday 7:00 am**

Cancellations will be posted on:

- Visit www.netballchristchurch.org.nz
- Facebook – Christchurch Netball Centre – **Like us** to receive up to date information
- Christchurch Netball Centre phone line: **3794486 option 4**
- Broadcast on 92.1 More FM

Please ensure that coaches, helpers and parents are aware of the cancellation information. If there is **no** message **games will be played.**



Defaults

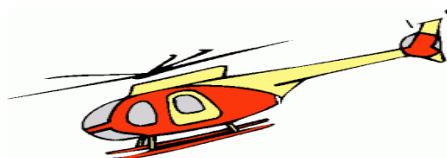
Defaults must be notified by phoning the Junior Netball Coordinator on 0279194474 or 03 379 4486 opt 2 24 hours **before** your game. This allows enough time to re-arrange possible games for the teams who have been defaulted against. Failure to notify defaults within the timeframe above will result in a **\$150.00** fine. **Please note this will be strictly enforced this year.**

CNC Player Registration

All players will need to be registered with Christchurch Netball Centre electronically via Sportsground. Please ensure there is a contact email address registered, as this will be where all information will be sent.

Westpac Helicopter

Please ensure that players are **NOT** running over to the Westpac Helicopter when it lands in Hagley Park. Players are not permitted to move beyond the asphalt netball courts for Health and Safety reasons and to protect the privacy of the patient.



Player Rotation Policy

CNC requires that each player rotates position at least once during each game. For example, this means that a player who starts at 'C' must move to 'D' or 'A' during the game. It is also a requirement that all players in a team play a minimum of half a game each week.

Have A Go Days/Holiday Programmes

CNC are running several Have a Go Days in Term 1 in various locations around Christchurch. CNC run holiday programmes during the school holidays. Information about these will be available on our website and FB page.

Tournaments

CNC run fun tournaments throughout the year for children in Years 3-8. The tournaments are open to all school/club teams. Teams are encouraged to dress up for the tournament and prizes are awarded to the best dressed teams.

Our Jellybean tournament is a little more competitive and is open to all Year 5-8 teams from clubs or schools in the Mainland Zone. Our 2018 Jellybean tournament is scheduled for Sunday 10th June (postponement date is Sun 24th June).

CNC's Rainbow tournament is open to all Year 3-8 school/club teams in the Mainland Zone and is a fun filled day for all. Our 2018 Rainbow tournament is scheduled for Sunday 5th August (postponement date is Sun 19th August).

To register use the following links:

Jellybean Tournament Sun 10th June

<https://www.sporty.co.nz/viewform/71205>

Rainbow Tournament Sun 5th August

<https://www.sporty.co.nz/viewform/71207>



Junior Coach of the Year

Coaches of Mother Earth futureFERNs Year 3-6 teams are eligible for Coach of the Year. One coach in each grade will receive a Coach of the Year Award.

Criteria:

1. Sportsmanship – shows respect for players, officials, opponents and supporters, encourages a positive sideline
2. Following the Mother Earth futureFERNs programme – attending coach meetings, utilizing questioning to reinforce coaching points, providing guidance during the game, presents a positive image of coaching
3. Rotation of players positions/minimum game time for players
4. Skill level and attitude of the team
5. Using Netball Smart Warm Up and Cool Down

Coaches award points to opposition coach each week, max of 5 points each week based on 1 point for each of the above criterion met. The Coach with the highest points in each grade at the end of the season will be named Coach of the Year.

GAME FORMAT



YEAR 3 & 4 – 5v5

Focus: learning the basics with players joining in a skill development session prior to a modified netball game of 5V5, using two thirds of a netball court. Its designed to be fast and fun, maximising participation and touches of the ball.

Main Points:

- 15 min skill session and 4 x 8 min quarters on game day
- 5 per side - 2 attackers, 2 defenders and 1 centre
- Played across two-thirds of the netball court
- 2.6m goal height
- Pass or shoot within 5 seconds
- Coaches are allowed on the court and guide both teams
- Rolling substitutions
- Focus is on development and letting the game flow

RULES

Equipment

THE COURT: Two thirds of a netball court. Two marked goal circles, using one goal circle in the goal third and making the same on the second transverse line. Portable goal posts need to be used 2.6m from the ground.

Ball: Size 4

Bibs: A, A, C, D, D or GS/GA/C/GD/GK bibs can be used

Start of play

The C from each team will use paper, scissors, rock to determine who will start with the ball at the start of every quarter. Play starts from half way (transverse line) in the middle of the court. After a goal is scored play restarts from half way by the opposing team.



Duration of the game

Teams will complete a 15-minute skill session prior to their game each week – as outlined at the weekly meeting.

Games are 4 x 8-minute quarters with 2 minutes at each interval. Teams change ends at half time.

Games will run to the following timeframe:

15-minute skill session

2-minute break

4 x 8-minute quarters

2-minute intervals

Officials

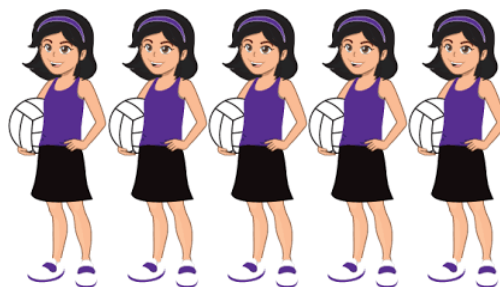
Junior coaches will assist and support players on both teams. Direction should be given during a game without using a whistle.

Future Ferns Assistants

Future Ferns Assistants are employed and trained by CNC to assist coaches in the correct delivery of the skill session and modified game. If you require extra assistance, please let one of the Future Ferns Assistants know and they will help with your skill session or on court delivery of the game.

The Team

Five players per team on court at any time. Both boys and girls can play without restriction.



Substitutions

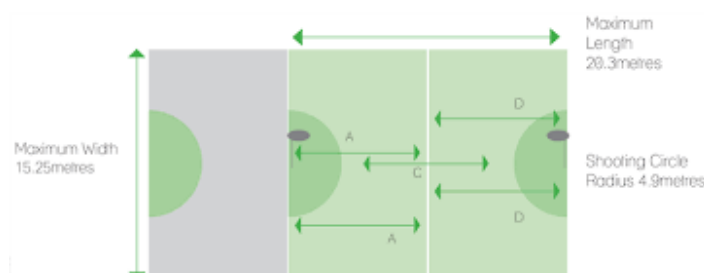
Rolling substitutions are allowed.

Playing the Ball

Players are encouraged to pass/ shoot within five seconds

Playing Areas and Offside

Two attacking positions (A, A), two defending positions (D, D) and one centre (C). C can move everywhere except the goal circles. A & D can move in half the area including the goal circle. Players are offside if entering an undesignated area e.g. C in the goal circle.



Footwork

Players are encouraged to be stationary once they have received the ball whether on one or two feet. Additional steps are allowed to gain balance, but walking should be discouraged.

Scoring a goal

A goal may be scored by the A's only.

Obstruction

To allow the ball thrower passing options players must be at least one metre away. If a player infringes, an explanation will be provided before allowing play to continue.

Contact

A player may not push, trip, knock, bump or hold an opponent, either deliberately or accidentally. If contact occurs, it will be called and after a brief explanation (if required) play will continue.

Player participation time and rotations

Players are to be rotated to ensure equal opportunities in all positions. Minimum of half a game for every player.

YEAR 3-4 TEAM ADDITIONAL INFORMATION

Portable Goal Posts

All year 3-4 teams will need to use one portable goal post during the game due to it being positioned on the transverse (middle) line. The team that is listed first on the draw will need to collect the goal post prior to the game starting while the team listed second will need to return it. These will be available for collection by the netball centre garage.

Game time

All teams are to take their own time (hooters will not be available)

Thursday/ Friday at Hagley: skill session starting 4:00pm sharp with games commencing 4:15pm and vacating courts by 4:55pm.

Friday at Wilding Park: skill sessions start at 3.40pm, 4.30pm and 5.20pm and games starting at 3.50pm, 4.40pm and 5.30pm.

Saturday: skill session starting 8:30am sharp with games commencing 8:45am and vacating courts by 9:25am.

Scoring

The score will not be recorded from Year 3-4 Junior Netball games as the focus is on skill development rather than "Winning".

Coaches Meeting

Coaches will meet for a weekly meeting 20 minutes (10 minutes at Wilding Park indoor venue) prior to their game starting in the Fern Room (ground floor at Netball Centre) to go over weekly skill session and receive any notices:

- 3:40pm Thursday/ Friday at Hagley
- 3.30pm Friday at Wilding Park
- 8:10am Saturday at Hagley



YEAR 5 & 6 – 6V6

Focus: The 6v6 game is fast and provides players with lots of touches of the ball to enhance skill development and enjoyment. The game is less complicated to ensure that players learn the skills relevant to all positions and provide equal opportunities.

Main Points:

- 10 min Netball Smart warm-up followed by 4 x 8-minute quarters on game day
- 6 per side – 2 attackers, 2 defenders and 2 centres
- Played over a full-size court
- 2.6m goal height
- Pass or shoot within 5 seconds
- Games are umpired
- Rolling substitutions
- Focus is on equal opportunities and performance of skills rather than the result of the game.

RULES

Equipment

THE COURT: Full court

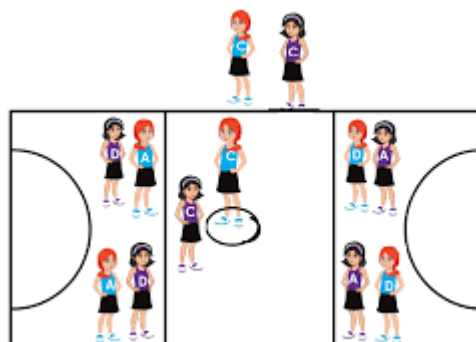
GOALPOSTS: 2.6 metres

BALL: Size 4

BIBS: A, A, C, C, D, D or GS/GA/C/WA/GD/GK bibs can be used

Start of play

One C from each team use Paper, Scissors, Rock to determine who will start with the ball at the start of every quarter. Play starts from the centre circle on the whistle. The other C from each team starts off the court on the side-line. Once the centre pass has been received the C's may move onto the court. After a goal is scored, play restarts with the non-scoring team having the centre pass.



Duration of the game

Games are 4 x 8-minute quarters with 2 minutes at each interval.

Games will run to the following timeframe:

10-minute warm up
4 x 8-minute quarters
2-minute intervals
5-minute warm down

Game Time Outline

All teams are to take their own time (hooters will not be available)

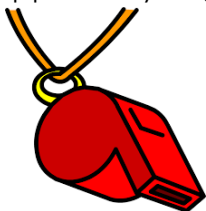
Thursday/ Friday: with warm up starting 4pm sharp with games commencing 4:10pm and vacating courts by 4:55pm (including warm down).

Saturday: with warm up starting 8:30am sharp with games commencing 8:40am and vacating courts by 9:25am (in time for the next round to start)

Officials

All Year 5 & 6 Teams must supply an umpire for their games for the entire Competition.

Christchurch Netball Centre runs a trainee umpire programme "Whistlers" to allow keen young umpires the opportunity to gain game experience.

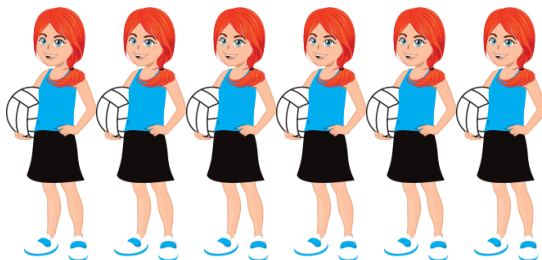


Year 5 & 6 teams can request a whistler be assigned to their games – CNC cannot guarantee that there will be a whistler for every team, if no whistlers have been assigned to your team, this means your team will need to supply your own umpire.

Once a Whistler has been appointed to a game, the Whistler **MUST NOT** be removed.

Team

Six players per team on court at any time. Three boys may be on court at any time, each in a different third of the court. For example, 1 x D, 1 x C, 1 x A.



Substitutions

Rolling substitutions are allowed.

Playing the ball

Ball can be held up to five seconds before passing or shooting.

Footwork

The player must not re-ground the first grounded foot.

Scoring a goal

A goal may be scored by the A's only.

Obstruction

The defending player must retreat 1 metre.

Contact

A player may not push, trip, knock, bump or hold an opponent, either deliberately or accidentally.

Player participation time and rotations

Players are to be rotated to ensure equal opportunities in all positions. Minimum of half a game for every player.

Scoring

Coaches will collect score cards for teams in Year 5 & 6 grades from the Fern Room prior to their games and return them afterwards. Results of Year 5-6 games are not published on leader boards, scoring is for grading purposes only.

Coaches Meeting

A coach or manager from each team will be required to attend a brief meeting in the Fern Room prior to the game to receive any notices: Thursdays/Fridays at 3.40pm, Saturdays at 8.10am. The scorecards may be collected at this time.

