



KING'S COLLEGE

KING'S NETBALL 2010

Welcome

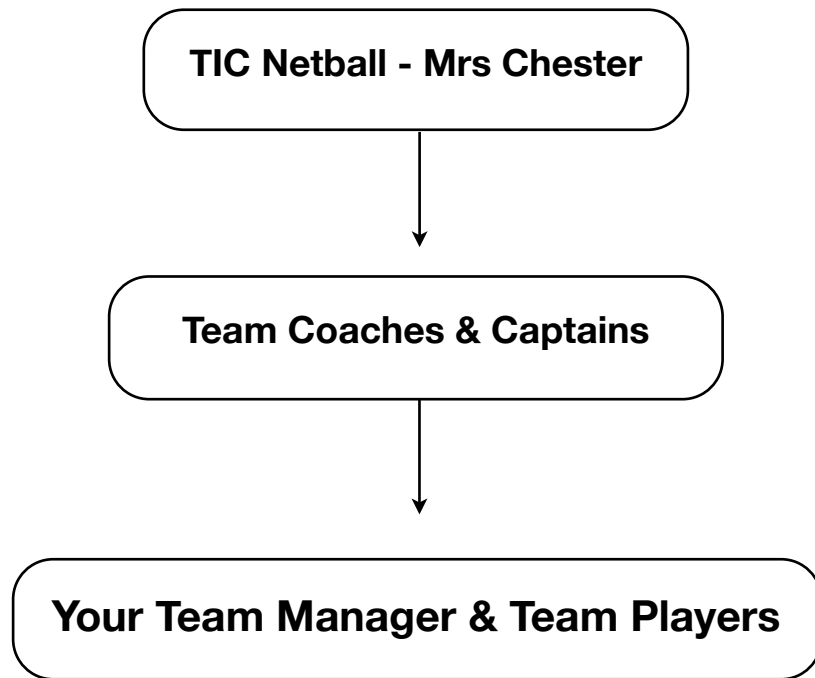
Netball is a team sport! It also gives you opportunities to get your heart pumping and your muscles working, to improve your physical skills and abilities, and to develop a rapport with your team mates as you work together to try and win your matches – and all this while enjoying yourself.

Your Netball Captain for 2010 is Harriet Dorrington and Vice Captain is Jordan Munro. Harriet is a Year 13 Taylor student who plays GS/GA for our King's 1 Team. Jordan also plays in our top team in the midcourt. One of their many roles this year is to be your student representative. If you have any questions about the netball season ask them first, they will either happily answer your questions or point you in the right direction of someone who can.

Harriet and Jordan are your first point of contact in the House, I will be passing any information about netball to them, then to players.

Team	Coach/ Manager	Contact Numbers	Captain (TBC)	Number
King's 1	Marlene Flavell/ Shelly Dorrington	027 4750715 021684402		
King's 2	Kellie Manning/ Ms Tregedeon	021 654580 021 840003		
King's 3	Amelia McKibbin Rachel Abbott	021 1316306		
King's 4	Lauren Brock/ Miss Shaver	021 1731538 021 02521906		
King's 5	Harriet Dorrington and Jordan Munro	0210464690 0212694400		
King's RED	Mervis Wilder	021 445785		

Netball team telephone contact chain.



Name	Mobile Number	Home Number	Email
Mrs Chester	021399943		j.chester@kingscollege.school.nz

Please feel free to call or txt me any time if you have any problems,
 If you are going to be late must let your Coach and Captain know also.
 They are your first point of call.

Please complete this team contact list below and copy
 for all players in your team.

You must email Mrs Chester a copy too. Thanks!

King's College Netball 2010 Team List

Name	Position	House	Mobile Number	Email	Parent Contact
Harriet Dorrington	GS	TAY	021	Personal or school is ok	(Mum) Shelly 02#####

King's College Expectations for Sporting Events:

Player Expectations:

- Respect the opposition and the referees ruling of the game.
- Stay cool no matter what happens.
- Accept winning and losing with dignity.
- Keep sport fun (that's why we play).
- Do not be verbally or physically abusive to the opposition.

Coach Expectations:

- Encourage players and their parents to put the principles of fair play into action.
- Always be positive and never shout at or ridicule players.
- Treat all players the same regardless of ability.
- Speak out against cheating, violence and poor behavior and remove his/her players from the field if necessary.
- Always respect the decision of the match officials.
- Make sure players shake hands at the conclusion of the match.

Parent and Supporter Expectations:

- Be supportive of your child, negative criticism does not help.
- At all times respect the match officials decisions.
- Do not be verbally abusive of opposition players or be drawn into abusive conversations with opposition supporters.

Preparing to Train, Preparing to Play

PREPARING TO TRAIN, PREPARING TO PLAY

Training is all about practicing the things you want to do during the actual game, and trying to get better at how you perform them. This means that at training you should be trying as hard as you would during the actual game.



COME TO TRAINING PREPARED WITH:

The right clothing and footwear. This includes no jewelry, hair tied back and nails cut short so that you don't injure another player.

The right energy levels, having eaten enough food earlier to provide fuel for the training session. Bring a water bottle as well, to keep your hydration levels up.

The right attitude – make the time you spend at training worthwhile by being prepared to give everything your full attention, from warm up to warm down. Regardless of whether it is a training session or a competition game, you need to prepare your body so that it can do what you need it to, without setting it up to get injured. A good warm up is very important to get both your brain and your muscles used to the types of movements you will be making during the actual game. Talk to your coach for your warm up plan.

AEROBIC EXERCISE - 5 minutes of light exercise, to build up a light sweat and warm up your muscles. Try and include a variety of movements, to mimic the things you may need to do on court e.g. moving forwards, backwards, sideways, diagonally, skipping, side-steps etc.

TAKE A DRINK OF WATER - you will sweat, start replacing fluid before you start missing it!

STATIC STRETCHES - perform each stretch slowly and steadily, holding each stretch for 30 seconds. Don't bounce the stretch, hold it at the point that it feels tight but not painful. Feel free to add more to your repertoire, but the minimum stretches you should be doing are Long calf, Short calf, Quads, Hamstrings, and Triceps/Shoulders.

DYNAMIC STRETCHES - muscle stretching movements that get your body ready for actions you should be carrying out on court during a game. Note: 5 is the magic number. Squats (5 times), Lunges (5 each side), Diagonal Touch Your Toes (5 each side), High Side Stretches (5 each side).

NETBALL SPECIFIC EXERCISES - preparing for quick, sudden movements that require you to stop, start and change direction quickly. Jump and Land, Side to Side, Run and Stop, High Jumps.

BALL HANDLING DRILLS – now pair up and run through your team's warm up ball handling drills.

Injuries

Although not generally the main reason we play sport, injuries are a potential side-effect of being involved with a sport. If you have been injured, whether from a netball-related activity or not, you owe it to both yourself and your team-mates to make sure you are fully recovered before you play again. If not, you could be causing further damage to yourself, and causing problems for your team-mates if you aren't able to perform at 100% and/or need to be replaced during a game because you came back too soon.

IF YOU ARE INJURED:

- Seek medical advice and follow it.
- Ask how long you should wait before getting back into training or playing again.
- Carry out any rehabilitation exercises faithfully, to gain maximum benefit from them and to help your injured area regain strength and flexibility.
- Keep your coach informed with what's going on, what you can and can't do, and any time frames you've been told.

ACC RETURNING FROM INJURY FITNESS TEST.

You must be able to do all of these things confidently and without pain.

- Run the full length of a netball court 4 times.
- Jump and land on both feet 10 times.
- Jump and land on one foot 10 times (if it was your foot that was injured, test that foot).
- Hop from one foot to the other 20 times.
- Take part in full training for a week with no problems.

Frequently Asked Questions

What do I wear?

The all important question, and the answer comes in several parts:

To training: King's College sports gear. Bottom half is either your King's tracksuit pants, your black shorts or black leggings. Top half could be your House sports shirt, the white King's College t-shirt, or a King's college sports top from another sporting code (e.g. athletics singlet, tennis top) will be acceptable to wear to training. No mufti is acceptable so beware laundry malfunctions is not a sufficient excuse.
- sports FATS will be given!

To the game: King's College tracksuit, and either your House shirt or white King's College t-shirt.

For the game: Maroon netball dress and maroon boy-leg shorts underneath or King's College tracksuit. NO mufti is to be worn to or from your games!

Supports: It is your responsibility to tell your KING'S supporters who come and watch you play on Saturday, they must be in FULL uniform or tracksuit. Senior students (especially boys) should know this.

Accessories: Sports shoes and white sports socks (small logos are acceptable). Where possible, we recommend that you invest in a pair of netball specific shoes, as they are designed to support the stop-start movements you will be making on court better than a pair of shoes designed for running. A shoe store is open at the netball courts on Saturdays. You may wear a soft black headband to keep your hair out of your face.

Note: no other accessories are permitted on a netball court - no watches, no jewelry, no long fingernails, no medic alert bracelets, or anything else that might accidentally scratch or injure someone.

Where and when do we train?

Tuesdays and Thursdays, (this is dependent on coach availability) 6:45am to 7:30 and 3:45 to 4.45pm, at the netball courts between St Johns and Averill. As netball is played outdoors in both fine and wet weather, prepare to train regardless of conditions.

It would be advisable for day girls to always have a towel and change of socks/underwear etc in your locker on training days, in case you need to dry out, before changing to go home.

Reminder: you must leave to college in school uniform not netball gear!

Where and when do we play?

Saturday mornings at the Auckland Netball Centre courts at Morrin Road, Panmure. Secondary school games are scheduled for between 8:30am and 12:30pm.

Your game times will be published on the Netball Notice Board as well in advance as we have them, to allow you to make plans around those times.

Umpiring duties will also be published as early as possible, for the same reasons.

Do we play in the holidays?

No, not at all. Only Saturdays during term time. The weekend of the Queen's Birthday public holiday is also a day off for netballers.

What happens if I can't make a game or a training session?

You must let Mrs Chester and your manager know beforehand, as soon as you know that you have a clash coming up. At King's College, it is important that you manage your commitments wisely. Don't sign up for activities that you know you can't be relied upon to attend regularly, either the practices or the games/performances. If you suspect there may be difficulties, talk to your manager as soon as possible to see what the best course of action may be.

Commitments from outside school do crop up unexpectedly, but as the dates of the sports season are known well in advance, we do expect you to put your school commitments first, where possible.

Detentions, however, always take precedence over sports practices. The best course of action is, obviously, not to put yourself in a position to earn a detention, and then there will be no further ramifications from letting your team down as well.

2010 SEASON FORMAT

SENIOR A GRADE

Competition Dates: Grading May 1, 8, 15

Round robin 1 x 5 weeks May 22, 29 June 12, 19, 26

Saturday 7th June 2010 - NO game on Queens Birthday Weekend

Round robin 2 x 5 weeks July 24, 28 (Wed), 31 August 7, 11 (Wed)

Semi Finals August 14

Finals August 18 (Wed)

- Competition days Saturday mornings and Wednesday evenings (3) Indoor Courts.
- 40 minute games will be played – 4 x 10 minute quarters.
- The grades will consist of 12 teams divided into 2 sections of 6 teams.

ALL OTHER GRADES

Competition Dates: May 1, 8, 15 Grading

May 22 to June 26 Round 1 x 5 weeks.

Saturday 7th June 2010 - NO game on Queens Birthday Weekend

Grades divided into championship and plate sections

July 24 to August 21 Championship round x 5 weeks

- Competition days Saturday morning 8.30 am to 12.45pm.
 - Games will be of 40 minutes duration 4 x 10 minute quarters
 - Centrally times with no injury time
- Grades will consist of 12 teams divided into 2 sections of 6 teams
- At the end of Round 1 teams will be divided into Championship and Plate sections

Top 3 from each section proceed to Championship

Bottom 3 from each section proceed to Plate

Please use this website if you have any further questions

www.aucklandnetball.co.nz

SENIOR A

12 TEAMS IN SENIOR A GRADE

Neutral umpires will be provided by ANC

GRADING ALL GRADES + SENIOR A - Saturday 1st, 8th and 15th MAY

TERM 2

START OF COMPETITION

Saturday 22nd MAY - Saturday 26th June

Note: Everyone will be playing the weekend of the Winter Ball!!

TERM 3

START - Saturday 24th July

WED 28th July Premier/Senior A Grade games - round 2 commences

4th August- Combined Points Tournament.

11th August - Premier/Senior A Grade games.

14th August Prem and Senior A Semi Finals.

18th August (Wed) Prem and Senior A Finals

NO PLAY DATES:

3RD, 10TH, 17TH JULY

ALL OTHER GRADES

Umpires will be provided by King's College students. King's 1 and 2 players will be required to umpire for the lower teams!

GRADING ALL GRADES + SENIOR A - Saturday 1st, 8th and 15th MAY

TERM 2

START OF COMPETITION

Saturday 22nd MAY - Saturday 26th June

Note: Everyone will be playing the weekend of the Winter Ball!!

TERM 3

START - Saturday 24th July

Secondary Schools Finals 21st August

Auckland Netball Prize giving (no game) 28th August

NO PLAY DATES:

3RD, 10TH, 17TH JULY

Saturday 7th June 2010 - NO game on Queens Birthday Weekend

Team Captains

Being a Team Captain is a privilege. This is a leadership roll that comes with responsibility not only to your team but to the school. The decision of team captain is made by your coach, other team members and Mrs Chester. This is normally given to a year 13 student but is not a hard and fast rule.

You will be issued with a small notebook to keep your teams details in and to write any notes about your teams progress. This is also to record any absences at practices/ games. This will come in handy when it comes to writing your end of season report.

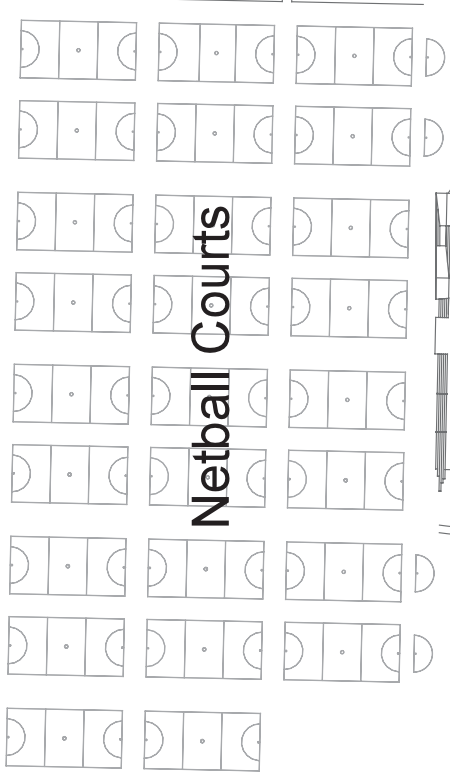
These are some of the things that you will need to do before, during and at the end of the season:

- You are the leader of your team and you must act like one. Your team members will look to you on and off the court. Make sure you lead by example! Use your initiative, if your coach asks you to do something then be the first one to do it.
- It is suggested, not essential, that the captain brings a bag or two of lollies for half time/ after the game.
- You must liaise with the TIC (Mrs Chester) in regards to your team and the progress of your team. You must email me the score of your weekends game by Monday 8.30 am - this is so I can get the sports reports to Mr Fenner for Tuesday's assembly.
- You will be responsible for your team bag and the contents of it.

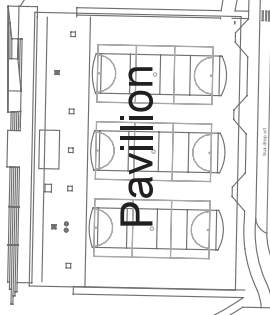
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|--------------------------|----------------------------------|
| • 1 Match Ball | • 1 netball rule booklet |
| • 3/4 warm up balls | • 1 umpiring advice booklet |
| • 1 set of Practice Bibs | • 1 team drink bottle carrier |
| • 1 Whistle | • 2 gel ice packs |
| • 1 First Aid Kit | • 1 small chiller bag & ice-pack |

- You will be required to write a report about your team and their progress for the netball prize giving (end of term 3) and a longer report that will go in the 2010 School Collagen. This report must be to be emailed to me by the end of Term 3 2010.

Auckland Netball Site Map

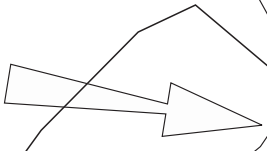


Netball Courts



Pavillion

MAIN
ENTRANCE



P

P

P

P

TOMERTON ROAD

MORRIN ROAD

MORRIN ROAD

ELIZABETH KNOX PL.

car drop off zone

P = Parking Areas