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# OXSHOTT NETBALL CLUB

## PLAYERS GUIDE

Oxshott Village Sports Club  
Steels Lane, Oxshott,  
Surrey  
[www.oxshottnetball.btck.co.uk](http://www.oxshottnetball.btck.co.uk)

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## INTRODUCTION

The players' guide has been written to provide club members with a fully comprehensive guide to the Oxshott Netball Club.

Its intention is to ensure that all members have a clear understanding of the club's expectation of them and similarly their expectation of the club. It has been written so that the information of today will apply in subsequent years.

## ABOUT OXSHOTT NETBALL CLUB

**OXSHOTT VILLAGE SPORTS CLUB:** Oxshott Netball Club is part of the Oxshott Village Sports Club (OVSC), situated on Steels Lane, Oxshott. OVSC is a multi-sport club with excellent amenities and a great variety of sporting and social activities. The other sections at OVSC are tennis, cricket, lawn bowls, archery, squash, stoolball, football and bridge. Information on any of the other sporting sections can be obtained by contacting the OVSC secretary, or visiting their website; [www.oxshott-sports.org.uk](http://www.oxshott-sports.org.uk).

**MATCHES:** Our homeground is at OVSC with league matches taking place on Saturdays. Cup matches are usually arranged on mid week evenings. A fixtures list is distributed at the beginning of the season listing match times and locations.

**TRAINING:** Senior training is held from 7.15pm – 9.00pm on Monday evenings at OVSC and Junior training is held from 6.30pm – 7.30 pm, also on Monday evenings at OVSC.

**SENIORS:** The seniors consist of A, B, C and D teams who play in the Surrey and Kingston Netball leagues. All 4 teams play weekly in both the Surrey and Kingston leagues. The season commences in September and finishes in April, with a mid season break over Christmas. Exact start and finish dates are variable each year.

**JUNIORS:** The age range of the juniors is from 10 - 16. The junior leagues for the under 12 and under 14's are held on Sundays, once a month from November to March. Under 16's also play in the U16's leagues and these matches are scheduled throughout the season. At the beginning of each season the League will decide the age groups dependent upon each club's age spread.

**KINGSTON AND SURREY NETBALL LEAGUES:** Oxshott Netball Club is registered on an annual basis with the Kingston and District Netball League and the Surrey Netball League. Both leagues work in conjunction with one another and fixtures are arranged so that they do not clash.

**Surrey Netball League:** 58 clubs participate within this league. The league has 11 divisions (Premier A – D, and Divisions 1 – 8) with 8 clubs playing in each division.

**Kingston and District Netball League:** 40 clubs participate within this league. The league has 10 divisions with 8 clubs playing in each division.

For information relating to any of the league clubs and the rules and regulations of either league, you can visit the club website, speak to the captain of your team, or contact the Oxshott Netball Club Secretary.

**SELECTION:** Pre-season selection takes place in August and if necessary a mid-season selection will be held in either December or January, depending upon fixture dates.

**MEMBERSHIP:** Senior and junior members are required to pay an annual subscription fee and a small one off joining fee. Subscriptions are due for payment by the 30<sup>th</sup> September of each season. Senior players will also be required to pay a weekly match fee of £3 to cover the cost of administration and umpiring and Junior members are required to pay a match fee of £1.50.

**CLUB CONSTITUTION:** The current club constitution, which can be found in its entirety in the 'Addendum', outlines the formalities involved in running the Netball club and works in conjunction with the rules and regulations of the Oxshott Village Sports Club (OVSC).

**NEW PLAYERS:** The ongoing health and longevity of the club is dependent on new players joining the club. Each year will see a shift in the club population due to all types of circumstances; pregnancy, re-location, university, retirement, injury and general family commitments. It is because of these circumstances we have an annual programme of recruitment and publicity, and that we are committed to ensuring the smooth integration of new players.

We recognise that new players come in many forms and that each type of new player needs certain attention: Juniors preparing to enter senior competition; Players returning to the game after long absences; Club changers etc. We understand that it is sometimes difficult when entering a new club, but we are committed to welcoming all new players to the club by helping them to integrate, finding their niche and generally making the initial transition an easy and enjoyable one.

**COACHING & UMPIRING OPPORTUNITIES:** As part of a solid club infrastructure, coaches and umpires are integral to club success. Oxshott Netball club is committed to encouraging members to take part in coaching and umpiring courses and will support them in their undertaking. Information about umpiring and coaching courses will be announced at training sessions, and the club secretary can be contacted at any other time, for anybody interested in joining courses.

**COMMUNICATION:** To ensure that a harmonious club environment is maintained we recognise the importance of implementing strong channels of communication between club officials, teams and players.

This will ensure that any problems or concerns a player has can be addressed and solved efficiently and quickly. We want to ensure that no player feels isolated or excluded and that, should they need, they know who to address for a solution. Their first point of contact would be to their captains/vice captains, followed by the Senior Coaching Coordinators and/or the selection committee. Their other point of recourse is to forward any concerns directly to the General Committee, in writing, for discussion at the next meeting.

These paths of communication have been implemented to ensure that every aspect of the club is monitored with the flexibility to change and adapt as necessary. Both the General Committee and Development Committee will meet regularly to monitor the club's progress and act as a forum where members can voice any issues they have. Also Captains will be encouraged to meet to maintain club continuity in the management of teams, as well as a means of support for each other.

**EXTERNAL OPPORTUNITIES:** In order to ensure the club is aware of external influences and development opportunities, every endeavour is made to establish links with organisations such as Surrey Sports Development Unit, Active Surrey, Elmbridge Borough Council Leisure Services and All England Netball Association.

## **CLUB OBJECTIVES**

### **MISSION STATEMENT**

It is the mission of Oxshott Netball Club to develop and promote confident, competitive, committed netball teams in a way that nurtures, encourages and challenges the individual and enhances both personal fitness and team effectiveness.

### **OBJECTIVES**

- To operate safely and abide by our club constitution and rules
- To promote continuous improvement of our ability, our league position and our enjoyment of the game of netball
- To provide a varied and challenging programme of coaching and fitness training
- To cater for a variety of playing abilities and commitment levels through our squad system
- To cater for the development of all players particularly new and junior players
- To nurture a strong sense of club identity
- To maintain an active and organised club administrative team
- To promote a friendly, sociable and positive club environment

## CLUB ORGANISATION

### General Committee

Chairperson/Vice Chairperson  
Treasurer  
Junior Coordinator  
Team Captains/Vice Captains  
Social Secretary  
Child Protection & Welfare Officer

Secretary  
Senior Coaching Coordinators  
Umpiring Secretary  
Publicity Officer  
OVSC Liaison Officer

### Non Committee Positions

Kit Manager

### Development Committee

The Development Committee was set up in the summer of 2002 with the sole purpose of developing the 'Players Guide' and overseeing fundamental change within the club as agreed at the AGM of April 2002. Members of the Development Committee were voted in at the AGM and represent a cross section of the club. With the objective of developing the Players Guide and monitoring the on-going progress of the club, it was agreed that the Development Committee would continue to meet throughout the season. Initially their role will be to concentrate on the present changes that have been implemented, however longer term, they will be able to plan the club's progress and set longer term objectives. This committee will re-form as and when major changes are required.

### Selection Committee

The Selection Committee consists of three club representatives, voted for by the club members at the AGM. Each selector will hold office for two years.

The duty of the Selection Committee is to observe players throughout the season, including the summer league as a pre-assessment to the selection evenings. Mid-season selection follows the same format as pre-season selection but takes place on one evening only.

### Selection guidelines

- Each player will be asked to complete a selection form, indicating the preferred positions they wish to be considered for.
- If the selectors want to consider a player for a position outside their nominations, they will approach that player independently with their proposal.
- Selection evenings will usually take place over two sessions, with the option of a third session if necessary.
- At the end of the second or third selection evening, the selectors will announce the squads. Players will not be nominated to exact positions, but on the basis of goal-shooting, centre court or defence.
- The third selection night, if not required for further selection, will be used for teams to train together before matches commence.
- Teams will then be asked to consider their captain and vice-captain nomination, bearing in mind their roles and responsibilities. Teams will not be expected to select



captains/vice captains immediately but will be given time to make their decisions, so long as these roles are in place before the first match commences.

- Following selection of captains and vice-captains, they will be provided with a Captain's Pack and a meeting will be held to discuss their roles and responsibilities.
- The selectors' decision is final.

## PLAYING SYSTEM

Following the AGM of 2002 it was agreed that the club would run a 'Squad' system of selection.

### Squad Philosophy

- A strong environment for developing team confidence, morale and a sense of 'belonging'
- Maintaining team consistency throughout the season
- Management of teams – giving the ability to plan ahead the weekly fixtures taking into account known absences, whilst maintaining consistency in the event of injury
- Little disruption to other teams as the squad allows flexibility when absence or injury occurs
- Allows for a weekly substitute, which under the Club constitution is a mandatory requirement
- Creates a stronger environment for the development of new and junior players
- Versatility: Create a squad where its strength is in its players' abilities to be adaptable, therefore giving a greater depth of resource for team and player management

### Squad Guidelines

- Each squad to consist of nine players. In the event of player's being available on an 'every other week' basis an extra player may be selected as a counter balance, resulting in a squad having more than nine players.
- Each team will nominate a captain and a vice-captain. Their responsibilities are to be shared accordingly. (see 'Addendum' - Club Roles)
- In the event of a captain's absence, the vice-captain will assume full captain responsibilities.
- The Selection Committee will nominate the 'Squad' but not designate positions, so all players should assume a degree of versatility.
- In the exceptional circumstance of a team requiring a substitute from another team within the club (ie. a team finds itself short by more than 2 players) it is up to the team captain to contact the other team captain and request the 'borrowing' of a player. Hopefully, that team's 'squad' numbers will enable the captain to accommodate the loss of a player. Whilst it is hoped that this will not occur it should not be overlooked that within a playing season it is a situation that is likely.
- In the event of a long term injury, the selectors may consider it necessary to re-select a player from another team.
- Team captains should nominate their starting players before each game, and should have prepared a strategy for the duration of the game taking into account the opposition and including the substitute player/s.

- The substitute player will be responsible for taking statistics whilst off court and in the event of the coach being absent, provide coaching advice where applicable. The substitute should be fully involved in the game and should at no time consider themselves not to be part of the team. Valuable experience can be gained by viewing a team's performance off court and all non-playing squad members should remember this

## TEAM REPORTING STRUCTURE

In order to create and maintain a successful club there are many streams of communication necessary and one aspect of this is the responsibility of each team to provide information back to the club. The expectation of each team will be to provide:

- Weekly match results and performance analysis to the Senior Coaching Coordinators to announce during the training de-brief
- Statistics: in order to tailor training programmes and gain a better understanding of particular strengths and weaknesses, each team will be asked to complete a stats sheet. Ideally the weekly stats sheets will be filled out by the sideline players and returned to the Senior Coaching Coordinators for analysis. This information will then be used to help plan subsequent training sessions
- Player performance: Each week teams will be asked to nominate a player of the week. The results of this will be announced at the following training and published on the website. The choice of 'player of the week' does not necessarily have to be performance based, but could be the way a player has shown outstanding sportsmanship, dealt with a difficult situation or offered excellent support to their team.

## PLAYER & CLUB COMMITMENT

Commitment is a two way process: a player's commitment to the club and the club's commitment to its players. We hope that by offering players;

- a varied programme of training
- a strong sense of club identity
- an organised approach to monitoring and administration
- development of new and junior players
- an environment to develop their game in the way they want,

we are providing a commitment to players who choose to join the club.

In response to this commitment, the club expects a certain level of commitment in return;

- Embrace and promote a spirit of strong and fair gamesmanship
- Endorsement and acceptance of the club's objectives and culture
- Commitment to their team and respect for the decisions of the captain and vice captain
- To play within the rules and respect officials and their decisions
- Arrival at matches ½ hour before commencement. The period before the game commences is a time for team discussion, warm-up, ball skills and mental preparation.



Players should have taken care of their individual preparation (eg. hair, nails, jewellery, and injury support) before arrival at the court.

- Prompt attendance at weekly training session
- Players should endeavour to use the channels of communication when dissatisfied with any aspect of their team, individuals, or the club in general.
- Attendance and support at Junior training. By law, and under the Child Protection Act, the club must ensure they have the required number of responsible adults in charge of minors. A rota is issued each season for players to assist at junior training and they are expected to attend on their designated evening, or find a substitute if they are unable to do so. Failure to do so will put the club at risk of prosecution.

## JUNIOR PROGRAMME

Girls can start playing from the age 10 and can continue to play throughout their school years. However, if they reach the standard required they can start playing in the senior leagues once they are 14. Teams are selected firstly on age then ability within their age groups. We enter the teams into the Surrey Little league which hold tournaments on Sunday mornings up to 5 times a year.

**Junior Coordinator:** This post is selected from our senior section each year. The Junior Coordinator is always a committed member of Oxshott Netball Club who supervises and coordinates all aspects of the Junior programme as well as liaising with the Senior Coordinator to maintain continuity between the two sections.

**Training:** This is held every Monday from 6.30 – 7.30pm and is run by the Junior Coordinator. Junior training is supported by the senior section each week and the club ensure that the required number of senior members are in attendance to assist with training.

**Matches:** The junior match tournaments are played from November to March on Sundays. These are held up to 5 times throughout the netball season. The scores from each tournament are added together to give an overall winner from each age section for the year. Awards/medals are presented at the last tournament of the season. The dates for these tournaments are arranged in September each year.

**Junior Development and Senior training:** The club recognises the importance of developing and nurturing the junior players as they are the senior players of the future. From the age of 14, and if the ability is there, the girls are encouraged to come to senior training once a month to start interacting at a senior level.

If applicable they would be invited to attend senior selection with the intention that they begin to play some senior Saturday matches. If a junior has been selected to form part of a senior squad, they would be expected to attend senior training every Monday. Exams and school curriculum are taken into account. Any initiative regarding junior players will be discussed with both the player and their parents before any action is taken.

**Mentoring:** The intention of gradually introducing juniors to the senior section is to help the player gain confidence personally and on a playing level. To help with this interaction the club assigns a senior member, (or mentor) who would be responsible for the junior at training

and where possible at matches. The senior's role in this case would be to ensure that the junior's wellbeing is looked after and that they receive the appropriate care and attention they need in order to grow and develop into strong confident players.

**Child Protection And Duty Of Care:** Oxshott Netball Club are committed to providing a safe, child friendly and fun environment. Following guidelines set down by AENA and Elmbridge Borough Council, the junior player to coach ratio does not exceed 1:10. (All coaches are subject to self disclosure and are actively encouraged to attend Good Practice and Child Protection workshops).

This section is being further developed as part of the CAPS accreditation programme.

## TRAINING AND COACHING

Training is the forum from which all club objectives and values will be communicated. The success of matches starts at training. Training should not necessarily be seen as an opportunity to just play netball but a forum for improvement of fitness, ball skills and tactical play. It provides an opportunity to discuss problems, game results and acknowledge individual's or teams' successes, ultimately developing a strong club spirit.

Players can be reassured that their commitment to attend training will be rewarded with a programme designed to improve fitness, game skills and tactical play. We will also endeavour to provide a coaching and training programme that is flexible, and that accommodates the varying standards of players within the club. We have made it our commitment to continually assess the success, or weakness, of training to ensure that it meets the needs of each player and team.

The teams are asked to complete game stats each week. The results of these will be given to the Senior Coaching Coordinators, analyzed and used to help plan training sessions.

### Training Schedule

Whilst this is a sample weekly training schedule, it is an illustration of the training session structure intended to gain maximum benefit in a short space of time. Each training session will have a skill or game 'Coaching Focus', eg. pivoting, forward leading, in front defence, anticipation, etc. with exercises being designed to practice and improve each skill. Ideally, each squad will train together throughout the whole session.

- 7.15 Pre-training de-brief
- ◆ Saturday results and match report
  - ◆ Player recognition
  - ◆ New player introduction
  - ◆ Coaching focus
- 7.25 Warm-up
- 7.35 Fitness work Coaching Focus exercises
- ◆ General fitness exercise; i.e. cardiovascular/muscle strength
  - ◆ Game fitness; exercises designed around game skills
- Ball Skills
- General ball skills in groups of 2/3/4 and larger groups
  - Exercises designed to practice coaching focus
- 8.15 Full Court work with teams

## **Main Court with Coach**

Concentrated more towards game strategies and tactical play. Emphasis will be on the particular coaching focus, simulating match play, ensuring that the skill is drilled and remembered.

## **Secondary Court work with Senior Coaching Coordinator**

Split into positioning groups (goal-shooting, defence, centre court) concentrating on particular skills of each area. This opportunity should be used to implement game strategies.

The secondary court work, should reflect the Coaching Focus for that evening.

## CLUB IDENTITY

It is our intention to provide players with an environment conducive to developing a strong sense of personal, team, and club pride. In order to help nurture this pride substantial time has been invested, by many dedicated members, to develop a solid club programme.

**UNIFORM:** As a tangible illustration of this sense of pride the club has expressed the importance of the team uniform.

It should be stressed how important a well presented team is – not only in the eyes of the player but also that of the opposition. The added psychological advantage to the game is that it gives the impression that the team are serious and care about themselves. To witness a team warming up together in full club strip can be quite intimidating to the opposition and it is our goal to be that team!

**CLUB STRIP:** Below is the Club's Uniform, highlighting the mandatory requirement of every player who attends games. All club uniform can be purchased from the club through the Kit Manager.

<b>Shirt; Mandatory</b>	<b>Black polo shirt with Jade trim</b>
<b>Skirt: Mandatory</b>	<b>Jade with stitched down wide pleats and black scalloped trim</b>
<b>Sweatshirt:</b>	<b>Black with Jade Oxshott Netball Club emblem</b>
<b>Fleece/Waterproof:</b>	<b>Black reversible with jade Oxshott Netball Club emblem</b>
<b>Tracksuit Bottoms:</b>	<b>Plain black with bottom zips</b>
<b>Knickers:</b>	<b>Black knickers preferred to cycling shorts</b> <b>If cycling shorts are worn they must not be visible below the skirt hem</b>
<b>Socks:</b>	<b>Plain white socks</b>

Players who choose to play in a long sleeved top, will be required to wear the Oxshott Netball Club Sweatshirt over the Club Polo shirt.

If players choose not to purchase the club Sweatshirt, Fleece or Tracksuit bottoms, they will be required to wear a plain black tracksuit and warm-up top.

## ANNUAL CALENDER

August	Pre-season training Selection nights
September	Matches commence
October	Knock-out cup competition commences
November	Junior tournaments commence
December	End of first half season Christmas Break Club Christmas social evening
Dec/Jan	Mid season selection
January	Commence second half of season
April	Season concludes Club end of season presentation evening
May/June	Summer Leagues commence Versatility tournament Club AGM



## **PUBLICITY AND RECRUITMENT**

### **WEBSITE ([www.oxshottnetball.btck.co.uk](http://www.oxshottnetball.btck.co.uk))**

The club website has been developed as a multipurpose communication site:

- promote the club to potential new players
- provide weekly match results and players' performances
- provide statistical analysis
- League events and results
- general netball information

All players will be encouraged to visit the website where possible as it will act as an excellent communication forum

### **Advertising**

Each summer a player recruitment advertisement is placed in the Guardian local newspapers. Fliers are also produced for the purpose of local noticeboards; eg. Schools, Hospitals and Libraries. Players will be encouraged to distribute the fliers in order to attract new players to the club.

## Addendums

### **Roles & Responsibilities**

See separate document ([ONC – Roles and Responsibilities](#))

### **Club Constitution**

See separate document ([ONC Netball Club Constitution](#))