



DNC

Welcome & Starter Pack

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1. Welcome to our Club

At DNC we aim to ensure that athletes of all ages and abilities are able to play netball in an enjoyable and welcoming environment.

We know different athletes have different requirements and it isn't just about the netball:-

- It's also about learning to work as part of a team,
- It's about getting and keeping fit,
- It's about listening to your body and understanding how to give your body the correct nutrition,
- It's about keeping your mind active and learning how to think in a tactical and strategic way,
- It's also about meeting friends and having some fun each week.
- It's about learning to value your skills & personal qualities and improving yourself,
- It's about being the best YOU can be.

Whatever netball means to you we hope that we are able to provide that and help you be physically & mentally stronger, fitter, happier and achieve your long-term goals.

2. Communication

Communication works both ways and we try to give you as many avenues to communicate with us as possible. We ask that you ensure your email, emergency telephone and contact details are up to date on ENgage . This is the England Netball (EN) membership system all EN member clubs use (please see section 3 below).

It is your responsibility, as a player, parent or guardian to ensure that your information is up to date including your communication preferences. This includes all your contact details as well as information on any medical conditions you or as a parent/guardian your child may have. We will use this information to contact you in case of an emergency.

DNC will endeavour to communicate all messages for parents and athletes via our DNC Facebook page, the DNC website and where necessary email to the individual email address provided by parents on ENgage.

It is up to the parents and athletes to monitor these various methods of communication to keep abreast of all matches and training dates.

If you need to contact the Club you can either send us a message on Facebook or email is privately on the DNC email - dronfieldnetballclub@gmail.com



<https://www.facebook.com/dronfieldnetball/>



<http://dronfieldnetballclub.co.uk/>



@clubDronfield

3. EN Membership

All players and parents/guardians of junior members must be members of England Netball. The membership packages are listed on ENgage.

Guidelines on how to register on Engage as well as how to purchase packages can be found [here](#).

4. KIT

We have the following DNC Kit available to order at regular intervals throughout the season:-

DNC Match Dress

DNC Training T Shirt

DNC Hoodies (zip or non zip)

DNC Water Bottles (750ml)

We hold regular “try for size sessions” on Saturdays at training.

Kit should be ordered and paid for via ENgage. All kit and prices are found under 'products'.

For details of prices and the next date for trying for size or for ordering and payment please see the [DNC website](#) and watch out for update posts on the [DNC Facebook page](#).

5. Training

Training dates, fees and 'dates for the diary' can be found [here](#) on the DNC website.

Subs can be paid in advance for the season via ENgage as well as weekly at the club. From January 2020, **all subs** will need to be paid via ENgage. A weekly option will be available at a slightly higher rate due to administration fees. If players choose to continue to pay weekly, they will need to show the receipt at training each week.

6. Summer Camps

We run Summer Camps in the form of Masterclass days with specific aims/positional courses. We also run general Summer Camps where athletes can come and do an all-round netball day session or participate in all days of the Summer Camp. Please note that every day is different and so if you come for all days you will not have to repeat the same work.

Keep a watch on the Facebook page and DNC website for details of our Summer Camps.

7. DNC Code of Conduct - Athletes

All athletes are representing the Club and the Club expects, and your teammates deserve, each athlete to behave in an appropriate and acceptable manner. Our Codes of Conduct require the highest standards of conduct from everyone involved in netball to ensure that their behaviour and actions meet the values and standards expected at all times.

The Code of Conduct can be found on the DNC website. Each player, coach, parent/guardian, committee member must confirm they have read the code of conduct and agree to the terms outlined by purchasing the code of conduct via the product section on ENgage (the Code of Conduct is free!).

8. Matchplay: Juniors

Match play is provided for all age groups from participation and fun games to the more serious and competitive County and Regional matches.

You do not have to take part in any matches unless you wish to. If you are happy to come and train, keep fit, meet friends and improve but not play external match play then we are happy for you to do that, just let your coach know that's how you feel.

If you change your mind at any time - that's okay too - just let your coach know you feel more confident and would like to try a game and put your name on the sign-up sheet for the next match.

8.1.Match Sign-Up Sheets

For those who do want matchplay

We will put out sign up sheets at training and it is for parents and athletes to come and sign up to appropriate matches. You do not have to sign up for matches.

DNC will endeavour to give a minimum of 3 weeks notice of all matches but in some cases, where the Club is notified later by the organisers, then we will try our best to give one weeks notice.

Please note that once a team has been finalised and announced we cannot then include additional athletes to that particular squad.

All competition squads for EN affiliated leagues at country and regional level will be on a selection basis. Please view our selection on policy on the DNC website <http://dronfieldnetballclub.co.uk/dnc-committee/>.

There will be the opportunity for all athletes, who wish to, to take part in matchplay throughout the season at a level which suits their ability.

8.2.Match Fees

Match fees for junior matches tend to be paid on the day to the relevant coach or parent helper.

9. Matchplay: Y10 and Adults

Y10 & Adults are split into 2 training groups, these are a) Adult Training 1 and b) Adult Training 2 and this is by selection process please see DNC Selection Policy.

To be eligible for selection into the Adult Training 1 and Adult Training 2 all players must have EN and DNC membership as well as being fully committed to weekly training sessions.

Adult Training 1

Performance and Intensity training for Y10 and adults selected for SYNCA DNC 1 – 5 teams

Adult Training 2

Competitive Participation coached training session for Y10 and adults for personal and team development to support those playing in I love netball and non-affiliated leagues

DNC 1 – 6 teams are selected following trials in May each year.

9.1.Match fees

SYNCA match fees must be paid via ENgage and are listed under the membership packages.

Non-affiliated league fees are collected before the match by the team captain.

10. DNC Executive Committee

The Executive Committee are detailed on our DNC Website and are all volunteers.

Most of the Committee members spend some of their Saturdays at training but if you wish to ask a question please visit our website first or email to dronfieldnetballclub@gmail.com addressing the specific Committee member.

11. DNC Coaching Team

The DNC Coaching Team are detailed on our DNC Website and are all volunteers.

If you have any questions please do not approach coaches during training. All coaches are willing to answer quick queries at the end of training.

Should you have a particular question or a query relating to you or your child then please email DNC, detailing the issue and then the relevant coach will be happy to set aside some private time to deal with any issues at a mutually convenient time at training.

Our Safeguarding Officer is Coach Donna Glover. More information on safeguarding at DNC can be found [here](#).

12. Volunteering at DNC

If you are interested in volunteering for the club there are range of ways you can help. This includes parent helpers at matches, supporting our fundraising days or taking on a committee role. If you are interested in volunteering for DNC please email the club at dronfieldnetballclub@gmail.co.uk.

Throughout the year there are also opportunities for juniors Y9 upwards to become Young Leaders, please email the club if your child is interested in becoming a Young Leader. This involves supporting the coaches at training on a Saturday.

#DNC Family