

Goulburn & District Netball Association 2025 Representative Handbook



<https://www.goulburnna.nsw.communitynetball.com.au>
www.facebook.com/GDNA101/

Table of Contents

page

Overview	3
Committee Contacts and Representative Team Coaches	4
Representative Protocols	5
Team Protocols	6
Carnivals	7
Carnival Format	8
Finances	9
Payments	11
Fundraising	14
Uniforms	15
Junior State Titles 13s/14s	16
Senior State Titles 15s/U17s/U21s/Opens	18
GDNA Photographs and Recordings	20
GDNA Representative Teams Presentation	20
Parent/Guardian Agreement Summary	21
Representative Junior Player Agreement Summary	22
Parent and Player Acknowledgement of Codes of Behaviour	23
Parent Contact/ Emergency & Medical Information	24

Introduction

Welcome players, parents, and caregivers to the Goulburn & District Netball Association (GDNA) Representative Program for 2025. We are thrilled to have you join us and hope you enjoy this experience!

Our program aims to provide pathways for players to participate in representative netball and develop to their highest potential, while fostering strong personal and team discipline.

Playing representative netball for GDNA is an honour and comes with certain expectations.

This handbook serves as a guide to the program and may answer some common questions.

Please take the time to read it and understand the commitment level required. Players will be asked to confirm that you have read and understood the information included in this handbook and sign the code of behavioural and parent / player consent forms attached.

Additionally, players will complete and return the Emergency Medical Information form to your team Manager or Carer.

We hope you have a fantastic season in 2025 and look forward to seeing you grow as players and individuals within our program.

Important Contacts

2025 Committee		
President	Scott Byrne	gdna.president@hotmail.com
Vice President	Kaz Campbell	gdna.vicepresident@hotmail.com
Rep Co-ordinator	Gillian Cudaj	gdna.rep@hotmail.com
Coaching Co-ordinator	Allyssa Brown	gdna.coaching@hotmail.com
Treasurer	Tennille Skelly	gdna.treasurer@hotmail.com

2025 Coaches	
12s	Gillian Cudaj
13s	Jessica Champion
14s	Allyssa Brown

For any questions, comments, or compliments, please contact your Team Manager as the first point of call.

For coaching inquiries, reach out to the Coaching Coordinator.

For carnival-related queries, contact the Rep Coordinator or Coaching Coordinator.

For all GDNA Representative Administration inquiries, contact the Rep Coordinator.

For financial enquiries, the GDNA treasurer.

Overview

GDNA prides itself on the professionalism of its representative program and aims to ensure a positive experience is enjoyed by all involved in the representative program.

Training and Participation

We request all players attend all training sessions. Injuries are an unfortunate part of sport, if injured, it is recommended you continue to attend to maintain a positive and supportive team culture and to stay up to date with relevant information shared by your coach. If you are unable to attend a session, please inform your team coach or manager as early as possible. During training, we ask that players give their full attention to the coach and their teammates.

The association may seek the assistance of an equipment manager, please contact the Rep coordinator if you can fulfil this role.

Winter Competition

The GDNA committee acknowledge the importance of the Representative Program in player development. We also recognise that this program must coexist with our successful Winter competitions.

Players in the junior representative teams are to participate as a representative team in the division above, during the winter competition. This is in addition to their regular social team. This will assist players in gaining skills, match play and team bonding.

Carnivals and Competitions

Players are required to attend all scheduled carnivals as set by GDNA. Information surrounding any additional carnivals which are proposed, will be communicated by the Representative Coordinator. We aim to provide as much court time for each player as possible, considering player injuries and the ability for individuals to play in various positions.

Netball NSW Competition structure can be found on the Netball NSW Website:

<https://nsw.netball.com.au/hart-junior-state-titles>

<https://nsw.netball.com.au/hart-senior-state-titles-0>

Carnival schedule as provided by Netball NSW:

<https://nsw.netball.com.au/association-carnivals>

If a team is unable to field a full number of players, and no players of the correct age are available within GDNA, players may be borrowed from other associations to play.

Players remain in the care and leadership of their coaches and team officials during competition and training. Players are to remain with their team prior to, during and after all warmups, cool downs and during game time.

Coaches will advise players of scheduled carnivals early in 2025, dates range from early March to end of July. Note, carnivals may change at any time due to events beyond GDNA's control.

Carnivals generally start around 8:00am and usually finish around 4:00pm.

It is expected that parents, players and team officials arrange between themselves their mode of transport to carnivals. Please note that all vehicles must be equipped with sufficient seatbelts and be properly registered and insured.

A NSW State titles pack will be provided to players through the GDNA Rep Coordinator in the weeks leading up to state.

Player Commitment to the Association

Representative Players are required to have a current Foundation Umpires Course OR**** Rules of Netball Exam accreditation. GDNA will coordinate venue and support, noting that there will be a player funded registration cost associated.

All Representative Players are obliged to contribute to the success of the Association in some way. Coaches will assist with informing you of these opportunities. Some examples include umpiring, coaching, scoring, set up and pack up of playing courts or assisting with NetSetGo.

Team Protocols

At all carnivals, practice matches, training sessions, State Titles and during competition matches - the following protocols will be observed by players, parents, officials and team management officials:

- All players should arrive promptly to all scheduled commitments as determined by the team coach
- At all times under the coach's care, the athletes remain focussed on the coach's direction
- During all matches – all players not on court should remain seated next to the team coach.
 - In order to support the coach in providing player direction and de-briefing, parents should not approach individual players during warm up, during the match, during breaks and immediately post-match play. Coaches will indicate an appropriate time to approach players.
- Coaches will determine a suitable time with parents to discuss any feedback. This will be at a time that is convenient for coach, parent and player if necessary.
- All players, parents, spectators and coaches are obliged to follow the following codes of behaviour as set out by Netball Australia, Netball NSW and Goulburn & District Netball Association.

If you have any concerns relating to coaching, please speak to the Coaching Coordinator or Rep Coordinator:

Court Time for Players at Carnivals

GDNA's participation at local and away carnivals and state league is an integral inclusion for the team's preparations for the NSW Junior State Titles, NSW Senior State Titles and Regional State League.

As carnivals are included as part of GDNA Representative training program coaches will endeavour to allow as much court time for each player as possible.

Court time is dependent on player injuries being carried by the team at any given time and the ability of players to play in various positions as needed.

Ultimately, game plans are up to the coach of each team – and they are made in the best interests of the team with training and development as the primary focus.

Carnival Format

- Players remain in the care and leadership of their coaches and team officials for the day.
- Players and parents will be advised by their coach when the players can have 'free time'.
- Players are to remain with their team prior to, during and after all warmups, cool downs and game time.

***This Carnival list is a guide. Coaches will advise carnivals early in 2025
Carnivals may change at any time due to events beyond GDNA control.***

2025 Carnivals			
Venue	Date	Age Groups	Court Address
Queanbeyan	2 March	11-17yrs	17 Thornton Road, Queanbeyan
Cowra	6 Apr	11-Opens	Col Stinson Park, Cowra
Eurobodalla	27 Apr	12-Opens	TBC
Young	23Mar	11-Opens	Young Sports Stadium, Young
Kiama	6 Apr	11-Opens	Havilah Place, Kiama
Regional State League	TBC	17-Opens	Shoalhaven Indoor Sports Centre
Shoalhaven	23 March	11-Opens	Shoalhaven Indoor Sports Stadium
Arawang (ACT)	TBC	TBC	Streeton Drive, Sterling ACT
Camden	4 May	11 & Opens	2 Porrende Street, Narellan
Bathurst	25 May	11- Opens	261 Durham Street, Bathurst
Baulkham Hills	25 May	11 & Opens	Wellgate Ave, Kellyville 2155
SCNA (ACT)	TBC	TBC	
Campbelltown	22 Jun	11-14yrs	Coronation Park, Minto
Illawarra	27 July	10-17yrs	Fred Finch Park, Hooka Creek Road, Berkeley

All nominated contacts will be notified of further changes, details and checklists by team manager. Short information notices will also be posted on the GDNA Website and GDNA Facebook pages.

Finances

For Senior representative players, the below Fees do not include ACT State League Tier 1 and Masters Competitions. These will be invoiced to eligible players selected in these teams at a later date.

Junior

GDNA Rep Fees include:

- Weekly training (indoor and outdoor venues) (3 indoor sessions per season)
 - NSW and ACT Carnival fees
 - Shade shelters and team training equipment
 - Carnival patches and equipment – water/ice/first aid
 - End of season presentations for players, coaches, team managers and umpires, team photo and certificates
 - 12s-14s up to 4 NSW and 1 ACT Carnivals
- If more carnivals are to be attended, additional fees are to be discussed.

GDNA JUNIOR REP 12s/13s/14s	\$185 per season per player
PLUS Playing Dress (<i>All Players</i>)	Approx \$70 per player
NSW Junior State Titles	Approx. \$750-850 **

Senior

GDNA Rep Fees include:

- Weekly training (indoor and outdoor venues) (3 indoor sessions per season)
- NSW ACT & ACT Carnival Fees
- Shade shelters and team training equipment
- Carnival patches and equipment – water/ice/first aid
- End of season presentations for players, coaches, team managers and umpires, team photo and certificates
- 15s-17s up to 4 NSW and 1 ACT Carnivals. Opens up to 3 Carnivals. If more carnivals are to be attended, additional fees are to be discussed.

GDNA SENIOR REP 15s/17s/Opens	15s/17s \$185 / Opens - \$135
PLUS Playing Dress (<i>All Players</i>)	Approx \$70 per player
NSW Senior State Titles	TBA Approx. \$900 ** Not including player dinners
Regional State League (17s & Opens)	TBA Approx \$300** Not including player dinners

There are ample fundraising opportunities which are encouraged, to aid in covering costs.

**** All figures are estimates only and may change dependant on accommodation availability and costs.**

Payments

Junior 12's/13's/14's

	<i>Amount</i>	<i>Due</i>
Playing Dress payment	Approx \$70	Upon purchase
Jacket payment	Approx \$70	Upon purchase
Training Shirt payment	Up to \$45 (less if sponsorship available)	Upon purchase
First instalment	15% of total Fees	21 Feb 2025
Second instalment	15% of total Fees	21 Mar 2025
Third instalment	20% of total Fees	28 Apr 2025
Fourth instalment	20% of total Fees	21 May 2025
Fifth instalment	20% of total Fees	8 Jun 2025
Sixth instalment	10% of total Fees	28 Jun 2025

* *Train On Player Fees – Representative Fee of \$50, plus \$10 per carnival.*

- i. GDNA Treasurer will generate an initial invoice and bank deposit details will be provided on invoice.
- ii. Direct deposit is the preferred method of payment.
- iii. *Instalment plans can be arranged and must be in place before the first instalment is due.*
- iv. If cash payments are more than the total State Titles Bill, you will be eligible to have those payments refunded once bills are finalised.

If you experience difficulties paying your invoice in full, please contact Treasurer or Rep Co-ordinator ASAP.

Payments

Senior 15s

	Amount	Due
Playing Dress payment	Approx \$70	Upon purchase
Jacket payment	Approx \$70	Upon purchase
Training Shirt payment	Up to \$45 (less if sponsorship available)	Upon purchase
First instalment	15% of total Fees	21 Feb 2025
Second instalment	15% of total Fees	21 Mar 2025
Third instalment	20% of total Fees	28 Apr 2025
Fourth instalment	20% of total Fees	21 May 2025
Fifth instalment	20% of total Fees	8 Jun 2025
Sixth instalment	10% of total Fees	28 Jun 2025
** Indicative weekly cost if payments commence 13 Feb = \$52.50 (20 weeks)		

Senior 17s and Opens

	Amount	Due
Playing Dress payment	Approx \$70	Upon purchase
Jacket payment	Approx \$70	Upon purchase
Training Shirt payment	Up to \$45 (less if sponsorship available)	Upon purchase
First instalment	15% of total Fees \$202.50	21 Feb 2025
Second instalment	15% of total Fees \$202.50	21 Mar 2025
Third instalment	20% of total Fees \$270	28 Apr 2025
Fourth instalment	20% of total Fees \$270	21 May 2025
Fifth instalment	20% of total Fees \$270	8 Jun 2025
Sixth instalment	10% of total Fees \$135 (\$120 for Opens)	28 Jun 2025
** Indicative weekly cost if payments commence 13 Feb = \$67.50 (20 weeks)		

* Train On Player Fees – Representative Fee of \$50, plus \$10 per carnival.

- i. GDNA Treasurer will generate an initial invoice and bank deposit details will be provided on invoice.
- ii. Direct deposit is the preferred method of payment.
- iii. *Instalment plans can be arranged and must be in place before the first instalment is due.*
- iv. If cash payments are more than the total State Titles Bill, you will be eligible to have those payments refunded once bills are finalised.

If you are experiencing difficulties paying your invoice in full, please contact the Treasurer or Rep Co-ordinator ASAP.

Fundraising

To keep the costs of the representative program down the association encourages participation in fundraising activities. The association may seek a volunteer for fundraising management. Please contact the Rep coordinator if you can fulfil this role.

GDNA welcomes ideas for fundraising. Fundraising proposals should be presented to the GDNA Rep Coordinator for consideration by the GDNA committee.

Fundraising opportunities may be available throughout the season. Some of these fundraising activities could include:

- Selling Chocolates* • Canteen Duty • Pie Drive • Mother's Day Raffle

Cadburys Chocolates

Cadburys Chocolate Fundraiser will be organised early in the season. There is an initial limit of 2 boxes per family. Additional boxes can be ordered after funds from outstanding boxes are returned to the Team Manager.

*** Any chocolates or raffle tickets that are unable to be sold MUST be returned to the rep coordinator by the fundraising closing date.**

Canteen

GDNA operates a canteen facility at Winter competitions. Fundraising opportunities will be available with rostered placement in the canteen. A roster will be made available by the Rep Coordinator. Speak to your manager about your place on the roster.

Donations

Upon Request GDNA may provide a letter of authorisation to seek team donations from businesses. Players who utilise this form of fundraising agree that any funds raised in this manner **MUST** have receipt of funds directly to the GDNA nominated bank account as stated in the letter. Receipt of funds directly to player via cash, funds transfer or any other method is not endorsed or approved by GDNA

Refer to the GDNA Financial Policy for further information in regard to representative billing.

Uniforms

Full GDNA Representative Uniform is required to be worn *to/during/from* all carnivals, State Titles and on other occasions requested by GDNA.

Representative Uniform	GDNA Playing Dress	\$70 Approx
	GDNA Training Top (Sponsorship opportunities are available – contact GDNA Committee)	Up to \$45
	GDNA Jacket	\$70
	GDNA Socks	\$11
	Plain black athletic shorts supplied by player	
	Lace-up Netball Sneakers (supplied by player- non-black soled)	
	Plain black track pants (supplied by player)	

Training Uniform	GDNA Training Top (Sponsorship opportunities are available – contact GDNA Committee) BLACK bottoms Lace-up Netball Standard Shoes
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Jewellery is not to be worn to training and games. Thongs/Ugg boots may be worn during travel

Please ensure all items are clearly labelled

NSW Junior State Titles (12s/13s/14s)

We want all our teams and players to be successful in a competitive but harmonious environment. In the process of working towards success at NSW Junior state titles we will give every player an opportunity to develop their skills:

- on court at carnivals
- to develop at training providing them with the appropriate skills to be competitive – to perform these skills to a highly competitive level.

NSW Junior State Titles is the pinnacle of what we are working towards and as such, coaches will play players according to their performance and in the best interests of the team.

The development of all players is paramount in the representative program and coaches will work with each player to develop their netball skills in line with the Netball Australia skills pathway throughout the season.

We aim to provide as much court time for each player as possible, considering player injuries and the ability for individuals to play in various positions.

At all times the coach will keep open communication line with players and provide feedback as appropriate. GDNA abides by Junior State Titles Competition Rules which requires all players to attain minimum match play over the entire Titles.

If a team is unable to field a full number of players, and no players of the correct age are available within GDNA, players may be borrowed from other associations to play during the titles

Parents are welcome to approach GDNA Rep Coordinator/Coaching Co-ordinator to seek clarification or voice concerns or queries. Parents may approach team Carer if their child has indicated they are injured or unwell, but it is strongly encouraged that all players should discuss any illnesses/injuries with the team carer in the first instance.

During State Titles weekends, Rep co-ordinator/ GDNA Official Representative are your first point of contact regarding this policy and its outcomes.

Weekend Format

Coaches and/or Team Managers will clearly communicate, prior to the State Titles weekend: game times, including warm up and training, team photos, duties, “team time” and free time.

Please note: Netball NSW distributes this information one week prior to Junior State Titles.

During the Junior State Titles weekend - teams will be given restricted and exclusive access to the GDNA tent for “Team Time” before and after games as directed by the team coach. As per Netball NSW format, parents and supporters are *not permitted* in the Association tent.

Players remain in the care and leadership of their coaches and team officials for the day. Players are to remain with their team prior to, during and after all warmups, cool downs and during game time. Players are not permitted to leave the courts during the scheduled three days of State

Titles.

NSW Junior State Titles		
Venue	Dates	Teams
Penrith District Netball Association	Sat 5 Jul to Mon 7 Jul 2025 (depart Goulburn Fri 30 Jun)	12s/13s/14s

NSW Senior State Titles 15s/17s/Opens

The aim of GDNA Senior Representative Teams is to win NSW Senior State Titles.

In the process of working towards this goal we will give every player an opportunity:

- on court
- to develop at training providing them with the appropriate skills to be competitive - to perform these skills to a high competitive level.

NSW Senior State Titles is the pinnacle of what we are working towards and as such coaches will play players according to their performance and in the best interests of the team.

In some instances this may mean that a player may not go on court in a game at State, and this may happen during State Titles.

The development of all players is paramount in the representative program and coaches will work with each player to develop their netball skills in line with the Netball Australia skills pathway throughout the season.

There will be times, especially at Senior State Titles, where team members may not be given court time for a number of reasons. Including:

- appropriate team match ups against opposition
- performance and behaviour related instances

If a team is unable to field a full number of players, and no players of the correct age are available within GDNA, players may be borrowed from other associations to play during the titles.

Weekend Format

At all times the coach will keep open communication line with players and provide feedback as appropriate.

Please note: Netball NSW distributes this information one week prior to Senior State Titles.

You or your parents are welcome to approach GDNA Rep Coordinator/Coaching Co-ordinator to seek clarification or voice concerns or queries.

Please do not approach the Coach/Team Manager directly as their attention needs to remain focused on their team for the entire Senior State Titles.

During the Senior State Titles weekend - teams will be given restricted and exclusive access to the GDNA tent for "Team Time" before and after games as directed by the team coach. As per Netball NSW format, parents and supporters are ***not permitted*** in the Association tent.

During State Titles weekends, Rep Co-ordinator/GDNA Official Representative are your first point of contact regarding this policy and its outcomes.

NSW Senior State Titles		
Venue	Dates	Teams
Newcastle Netball Ass. Cnr Union and Parry Street Newcastle	Sat 10 Jun to Mon 12 Jun (leave Goulburn Fri 9 Jun)	15/17/Opens

Injuries/Illness

We request all players attend all training sessions. Injuries are an unfortunate part of sport, if injured, it is recommended you continue to attend while recovering to maintain a positive and supportive team culture and to stay up to date with relevant information shared by your coach. If you are unable to attend a session, please inform your team coach or manager as early as possible. During training, we ask that players give their full attention to the coach and their teammates.

If a player is unable to fully participate and/or complete 2 consecutive training sessions due to injury they will be required to gain a medical clearance (physio/doctor) before they are allowed to recommence training. This needs to be sighted by the coach and handed to the Manager. See GDNA Representative Policy

If a player is injured one month before Junior State Titles or Senior State Titles, they must have medical clearance to participate in the State Titles weekend.

If a player is generally unwell or injured, the player must notify their coach.

GDNA Rep Photos & Recordings

During the GDNA competitions GDNA is grateful for the time and service volunteered by the GDNA committee to capture images for Social Media.

During the season parents are encouraged to email both on court and off court individual and/or team photos, including team bonding socials, for inclusion to gdna.vicepresident@hotmail.com

Coaches may utilise mobile recording devices to record their team during training and match play for evaluation and training purposes.

Your coach will communicate how images taken by them will be used.

If you have any concerns or restrictions regarding images of your player please email your coach and Rep Coordinator gdna.rep@hotmail.com to ensure your preference is honoured.

GDNA Representative Teams Presentation

Presentation will be held annually.

This event celebrates the past GDNA season as well as team and individual achievements. All players are encouraged to attend, and family members are most welcome. Further information will be provided by Team Managers and updates also provided on GDNA web page/ through supported communication methods.

Parent/Guardian Agreement Summary

Parent Expectations

We expect parents of players to behave in a fair and reasonable manner. It is our expectation that parents/guardians will:

- Respect and support coaches and the team manager
- Respect fellow parents and players in your child's team, and the opposition
- Support Association fundraising activities
- Use the GDNA supported communication methods to ensure transparency
- Be a model of good sports behaviour

Representative Player Agreement Summary

Player Expectations

We want all our teams and players to be successful in a competitive but harmonious environment.

We encourage all our players to bring a positive attitude to the program and strive to be their best. We would encourage all our players to:

- Respect and support their coaches and manager
- Respect and support their fellow team members
- Respect umpires and their decisions
- Commit to attend training and fitness sessions
- Support association fundraising activities
- Wear the correct uniform

All GDNA players will be aware of and adhere to the NNSW Codes of Behaviour. It is an expectation of participation in our program that players will:

- Participate fully in all representative carnivals as directed by your coach unless previously discussed with your coach and the Representative Coordinator.
- Continued player absence for anything other than notified injury could lead to a player being asked to leave the GDNA representative program
- Be a model of good sportsmanship behaviour

*Parent/Guardian Acknowledgement of Codes of Behaviour***

I/we _____ the parent/guardian of

_____ in the _____ Team

Have read and understood the codes of behaviour and team protocols for GDNA 2025

Representative program and have discussed the codes of behaviour with our child.

<https://www.goulburnna.nsw.communitynetball.com.au/policies>

I do/do not consent for photographs and recordings to be taken of my child as outlined in the *GDNA Rep Photos & Recordings* section of this manual.

I/We acknowledge that I/we will uphold these values during the 2025 Representative season.

Signed:	Name:	Date:
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Player Acknowledgement of Codes of Behaviour

I _____ team member of

GDNA 11 / 12 / 13 / 14 / 15 / 17 / 19 / Open - Team

Have read and understood the codes of behaviour, team and social media protocols for the 2025 Representative Program.

<https://www.goulburnna.nsw.communitynetball.com.au/policies>

I have discussed these with my parent/guardian**

**** For players under 18 years of age**

I will uphold these values during the 2025 Representative Season

Signed:	Name:	Date:
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Please attach this signed form to the following Emergency Medical Information

Forms and return ALL THREE pages to Team Manager

Acknowledgment

Please ensure that you have read and understood the information in this handbook. We look forward to a great season ahead!

GDNA Emergency Contact and Medical Information

Player's Full Name: _____

Date of Birth: _____ **Team:** 11 / 12 / 13 / 14 / 15 / 17 / 19 / Opens

Coach/es: _____

Parent/Guardian's name (for u18s - primary carer): _____

Mobile: _____ **Home:** _____

Email: _____

Parent/Guardian's name (for u18s secondary carer): _____

Mobile: _____ **Home:** _____

Email: _____

***NB It is the parents/guardian's responsibility to ensure GDNA is notified of any changes to information provided on this form.**

Alternative Emergency Contact

1st Alternative Emergency Contact: _____

Mobile: _____ **Home:** _____

Relationship to Player: _____

2nd Alternative Emergency Contact: _____

Mobile: _____ **Home:** _____

Relationship to Player: _____

Please outline any information that will help the Association to contact the most appropriate parent/guardian in the event of an emergency or acute injury. (e.g. "I will usually be at/around the courts at training; only 15mins away from training; I will usually attend local carnivals but not away carnivals") etc.:

Medical Information

Please circle if you/your child suffers from any of the following conditions and complete any other health considerations relevant to playing netball the Association and the coach should be aware of:

Asthma

Travel Sickness

Diabetes

Long Term Injury

Other: (please detail) _____

Allergies to:

Medications: _____

Foods: _____

Other: (please detail) _____

Any special care required: _____

*** If you have circled or noted any of the above, please supply a current action plan for treatment**

Medicare Number: _____

Number on Card: _____

Expiry Date: _____

Health Fund: _____

M'Ship No: _____

Medical:

In the event of accident or illness when it is impracticable or impossible to communicate with me, I understand the person in charge will arrange such medical or surgical treatment as may be deemed necessary.

Expenses:

I agree to reimburse the Goulburn District Netball Association for any hospital, medical or ambulance expenses incurred by the Association.

Signature of player OR parent/guardian for U18:

Date: _____