



**Club Handbook
2013/2014 Season**

Name :

Squad :

Contents:

Welcome to Leeds Athletic Netball Club

Code of Conduct

Fees

Selection Policy

League Information

- Premier
- Northern League
- Regional senior League
- West Yorkshire Senior League
- West Yorkshire Junior leagues, U16, U14, U12
- Junior Yorkshire Regional League

Training calendar 2013/14

Coach and Manager Contact Details

Administration Contact Details

Fixtures – Fixture information is maintained on the website

Welcome to Leeds Athletic Netball Club

Congratulations! You have been chosen to be a part of one of Yorkshire's, and England's, most prestigious and successful netball clubs.

We hope that you will enjoy your time with LANC, and take advantage of the excellent coaching and training facilities to develop yourself as a netball player and as an individual.

LANC is a high performance club, with its roots back in the 1970s. We have squads ranging from u11s through to Seniors and play in the West Yorkshire League (Junior and Senior), Senior Regional League, Northern League and Division 1 of the Premier League. In fact we have 10 teams playing in 8 leagues! Premier League is the highest level of netball in the UK below Superleague and members of the u17, u19, u21 England squads, and Senior England players regularly compete in this league.

Our senior squads are very strong finishing a creditable 5th in each of the Premier League top division, Northern League and Regional League, and LANC won the West Yorkshire League top division for the 2012/13 season.

Our junior squads are equally strong with the u12s winning West Yorkshire League and Yorkshire Regional League, u14s placed 6th nationally at the 2013 National Netball Clubs Championships, and u16s placed 3rd in West Yorkshire League in the 2012/13 season.

LANC junior squads regularly reach the finals of the u14 and u16 National Netball Clubs Championships, and aim to be placed within the top six nationally.

We have a talented coaching team, lead by Head Coach Anna Carter (ex England player, Head Coach to Yorkshire Jets Superleague squad and member of the England Netball coaching team). We also have close ties with the Yorkshire Jets (who play in the UK Superleague) and the Junior Jets (girls aged 14-19) who play in the Netball Performance League.

We encourage you to take advantage of the coaching and playing opportunities we provide, and to develop yourself to play at the highest level you can.

All the managers, coaches, officials and other support staff give freely of their time and expertise to teach, encourage and support you. Remember this, and please treat them all with the respect they deserve.

Code of Conduct.

When you join Leeds Athletic Netball Club, you sign up to the code of conduct set out below. It is important that all players and supporters remember and respect this. This will help us in the smooth running of training sessions, matches and the club generally.

Code of Conduct for Supporters

- Encourage adherence to the rules and playing within them.
- Support involvement and help enjoyment of the sport.
- Publicly accept officials' judgments.
- Discourage unfair play and dissent with officials.
- Set a good example by recognising fair play, applauding the good performances of all, not just results.
- Never punish or belittle participants for losing or making mistakes.
- Use correct and proper language at all times.

Code of Conduct for Parents/Guardians

- Encourage your child to learn the rules and play within them.
- Never force your child to take part in sport.
- Support your child's involvement and help them to enjoy their sport.
- Publicly accept officials' judgments.
- Discourage unfair play and dissent with officials.
- Set a good example by recognising fair play and applauding the good performances of all.
- Help your child to recognise good performance, not just results.
- Never punish or belittle a child for losing or making mistakes.
- Use correct and proper language at all times.

Code of Conduct for Players

- Attend training regularly and be available for competitions.
- Inform your captain or coach of delay or absence promptly.
- Pay fees promptly.
- Know the date, time and venue of training sessions and matches.
- Maintain an enthusiastic and positive attitude at training and matches.
- All mobile phones must be switched off before the start of training sessions and matches.
- Bring sufficient water/snacks to training sessions and matches.
- Arrive in plenty of time for training and matches.
- Start your own warm up on arrival at training and matches.
- Be appropriately attired (sports shirt, skirt or shorts and trainers, short nails, long hair tied back, no jewellery) for training sessions and match play, as agreed with the captain or coach.
- Be aware of the rules of the game as issued by England Netball and play accordingly in the spirit of the game.
- Display sportsmanship.
- Listen to advice.
- Respond to instruction.
- Enjoy and aspire to the highest standard of play to which you are capable.
- Treat team-mates, coaches, umpires, other members of the club and opponents with respect.

- Accept the fact that you may not be selected for a match, or may be substituted during a match (see Selection Policy).
- Respect officials, and accept their decisions.
- Never use bad language or insult opponents, coaches or spectators.

Additional Notes for Players and Parents/Guardians

Photograph/Video Permission

From time to time, we may wish to take photographs/videos of members of LANC, for the purposes of: publicity for LANC (local paper, England Netball Magazine, LANC website etc); publicity of an event, or to be used as a visual aid for the players/coaches when analysing technique or skills. In order to do this, we need your permission.

When a player registers to play for LANC, they must complete a LANC Player Registration Form. This form includes a request for permission to use images of players as outlined above. Players or parents/carers (for players under the age of 16) must complete this form and agree/decline permission.

Fees

All players are expected to pay their subscription fees promptly. Fees may be paid at the start of the season (September), either as a lump sum, or in three equal parts, by post dated cheques dated 10th September 2013, 1st November 2013 and 1st January 2014. Cheques should be made payable to Leeds Athletic Netball Club.

If you wish to pay by some other means, eg internet transfer, please contact Jane Moulson (Treasurer) on 07785 268577 or by email jmoulson1@btopenworld.com.

Fees for 2013/14 season are as follows :

U11 - £180 / season (£60 / term)

U12 - £180 / season (£60 / term)

U14 - £195 / season (£65 / term)

U16 - £195 / season (£65 / term)

Seniors - £210 / season (£70 / term)

Fees cover the costs of affiliation to England Netball, hall hire, coaching, equipment etc. Fees do not cover the costs of training kit or playing kit. Players selected for matches will be charged match fees. Match fees cover the cost of hall hire, umpires, etc. and will vary depending upon the league costs. Typically, match fees will be between £5-£10/player and must be paid in cash on the match day.

Kit

Players must purchase a LANC dress that can be worn for training sessions and matches. LANC t-shirts, hoodies, tracksuits and kit bags may also be purchased. If you wish to purchase kit, please contact Clare Grant (Secretary) on 07414 598941. Please note that we have very limited stock on hand. Additional orders will be grouped into minimum order quantities (as required by our supplier). **We will only be placing one bulk order at the beginning of the season.**

Additional Costs

Players are responsible for their own travel and accommodation costs.

Financial Considerations

No player should be prevented from joining the Club, traveling to matches or playing in matches because of financial hardship. We appreciate that, in certain circumstances, costs can be considerable. If a player or parent has difficulty with the fees or other costs, please speak to Anna Carter, Head Coach.

Selection Policy

One of the great strengths of LANC is our ability to offer competitive match play at many different levels. Selections for match play can be made for a variety of reasons apart from just winning. Junior players may be selected for senior matches in order to gain experience, and players may be rotated during a match in order to test different combinations.

Following trials held in September, successful players will be accepted into one or more squads. Each squad has a nominated Coach and Team Manager. The Coach's primary responsibility is the selection and performance of their squad. The Manger's primary responsibility is to assist the Coach with all other administrative matters of running their squad.

Selection of a player into a particular squad does not automatically mean that the player will be selected for match play. The selection of the playing squad for a particular match rests solely on the decisions of the coaching team, directed by Head Coach Anna Carter.

Any suggestions, comments or concerns related to squad or match play selection should be directed solely to Anna, a.m.carter@leedsmet.ac.uk.

Players are expected to attend all training sessions, and all matches for which they are selected. If for any reason a player is not able to attend a training session or a match for which she is selected, she must contact her coach as soon as possible. If a player knows in advance that she will not be available for selection (eg school field trip), she must let her coach know as far in advance as possible.

Players who do not attend training regularly, or who break the Code of Conduct of the club, may rule themselves out of selection.

League Information

Senior Leagues

Introduction

LANC Senior squads compete in National Premier League Division 1, Northern League, Yorkshire Regional League and the top division of the West Yorkshire League. Usually, players must be at least 16 years old to compete in these leagues.

Trials for Senior players are held each September and selected players are expected to attend weekly training sessions, held at Leeds Metropolitan University. Seniors training is Thursday evenings, 8:30-10pm. Players may be selected to compete in more than one league, depending upon their ability and the regulations applying to that league.

National Premier League : The National Premier League, founded at the beginning of the 2006/7 season, is run and managed by England Netball. Initially run as two divisions, the league was expanded in the 2010/11 season to accommodate a 3rd division. Premier League Netball is the highest level of club netball in the country and the teams that make up the 3 divisions have come through a grueling county, regional and national pathway to take one of the coveted 30 places.

The LANC squad competes in the 1st division and travels the country throughout the season (Sept – May). Teams compete against each other on a home and away basis usually on a Sunday. Match reports for all Premier League games are written and can be viewed on the England Netball website.

England u17, u19, u21 and Senior England players regularly compete in this league and players from other LANC squads are positively encouraged to come and support their team. All home matches are on Sundays at Leeds Metropolitan University, starting at 12:30pm. Admission is free (although a small donation to LANC club funds would be appreciated) and refreshments are available.

Please check the website www.leedsathleticnetballclub.org for fixture information.

More information on Premier league can be found on the England Netball website.

LANC Premier League Squad Coach : tbc LANC Premier League Squad Mgr : tbc

Northern League : The Northern League is a single division league, comprising teams from the three Northern Regions, ie, North East Region, North West Region and Yorkshire Region. It offers a high level of quality competition whilst also preparing teams and their players to possibly compete in England Netball's National Premier League.

It is organised by the Northern League Management Board, which comprises representatives from all three Regions. Participation is limited to a maximum of 10 teams and teams play on a home and away basis throughout the season (Sept – Apr).

At the end of each season, the team that wins the league may, subject to their own Region's criteria and eligibility, have the opportunity to be nominated by their Region to compete in the

Premier League Division 3 play-offs. The team that finishes 10th is automatically relegated back into their Regional League, while the 9th placed team must compete with other aspiring Northern League teams in the play-offs in order to retain their place.

The league is performance based but friendly with the home team players providing after match refreshments for all players and officials.

Please check the website www.leedsathleticnetballclub.org for fixture information.

More information on Northern League can be found on the Northern League website.

LANC Northern League Coach : Jan Hemsley LANC Northern League Manager : tbc

Yorkshire Regional League : Yorkshire Regional League is a single division league run by the Regional League Management Board. Participation is limited to 10 teams (2013/13 season) and teams play each other once throughout the season (Oct – Mar) at a central venue. Each season, the team that wins the league has the opportunity to progress (through playoffs) to compete in the Northern League. The team that finishes 10th is automatically relegated back to their County League. The team that finishes 9th may (through playoffs) remain in the Regional League for the following season or may be relegated to their County League.

Please check the website www.leedsathleticnetballclub.org for fixture information.

More information on Yorkshire Regional League can be found on the Netball Yorkshire website.

LANC Regional League Coach : Maggie Birkinshaw LANC Regional League Manager : tbc

West Yorkshire Senior League : The West Yorkshire Senior League comprises 7 divisions of 10 teams per division and is run by the by the West Yorkshire League Committee. The divisions are called WY Super League, (not to be confused with Superleague), WY Premier League (not to be confused with Premier League as above), and then Divisions 1 through 5.

A LANC squad plays in top division (Super League) and matches are played on Saturdays at centralised venues across the West Yorkshire region. At the end of each season, teams may be promoted or relegated according to their finishing position within the League overall and the League regulations.

The league is mainly adults, although children over the age of 14 are eligible to play.

Please check the website www.leedsathleticnetballclub.org for fixture information.

More information on West Yorkshire Senior League can be found on the Netball West Yorkshire website.

LANC WY Senior League Coach : Maggie Birkinshaw LANC WY Senior League Manager : tbc

Junior Leagues

Introduction

LANC welcomes junior players from the age of 8. Junior squads compete in the West Yorkshire Junior League in u12, u14 and u16 age banded divisions.

Trials for u14 and u16 players are held each September and selected players are expected to attend weekly training sessions, held at Leeds Metropolitan University. u14/u16 training sessions are on Thursday evenings, 6:30-8pm.

Younger children are not expected to trial. Training sessions for u11 are on Sundays, 9-10:30am and u12, also on Sundays 10:30 -12 noon

West Yorkshire Junior League : The West Yorkshire Junior League comprises 5 divisions of up to 10 teams per division and is run by the by the West Yorkshire League Committee. The divisions are age banded, u12, u14 (2 divisions) and u16 (2 divisions).

LANC squads play in u12, u14 (top division) and u16 (top division) and matches are played on Sundays at centralised venues across the West Yorkshire region.

The season is divided into two halves, Sept – Dec and Jan – Mar. During the first part of the season, the teams play against each other to determine their position in the divisions. After Christmas, the top two teams in u14 and u16 age groups progress into a Junior Yorkshire Regional League.

LANC WY Jr League Coach – u16: John Hipshon

LANC WY Jr League Mgr – u16 : tbc

LANC WY Jr League Coach – u14: John Hipshon

LANC WY Jr League Mgr – u14 : tbc

LANC WY Jr League Coach – u12: Beccy Lewis

LANC WY Jr League Mgr – u12 : tbc

Please check the website www.leedsathleticnetballclub.org for fixture information.

Junior Yorkshire Regional League : The winners and runners up from the u14 and u16 Junior West Yorkshire, North Yorkshire, South Yorkshire and East Yorkshire/Humberside leagues are entered into the Junior Yorkshire Regional League, 8 teams in total. The winners and runners up of the u14 and u16 Regional Leagues progress to the National Clubs Finals to compete with the top teams from the other 8 regions in England. The National Club Finals are usually held in April/May over a weekend. Details on the National Clubs Finals can be found on the England Netball website.

Please check the website www.leedsathleticnetballclub.org for fixture information.

Provisional Training Calendars

Juniors u11 Training Timetable 2013/14

Sun 9-10:30am
2013
8 th Sept
15 th Sept
22 nd Sept
29 th Sept
6 th Oct
13 th Oct
20 th Oct
27 th Oct, no training, half term
3 rd Nov
10 th Nov
17 th Nov
24 th Nov
1 st Dec
8 th Dec
15 th Dec
22 nd Dec, no training, Christmas
29 th Dec, no training, Christmas
2014
5 th Jan no training, Christmas
12 th Jan
19 th Jan
26 th Jan
2 nd Feb
9 th Feb
16 th Feb
23 rd Feb, no training, half term
2 nd Mar
9 th Mar
16 th Mar
23 rd Mar
30 th Mar
6 th Apr
13 th Apr
20 th Apr, no training, half term
27 th Apr
4 th May
11 th May - tbc

Juniors u12 Training Timetable 2013/14

Sun 10:30-12 noon
2013
8 th Sept
15 th Sept
22 nd Sept
29 th Sept
6 th Oct
13 th Oct
20 th Oct
27 th Oct, no training, half term
3 rd Nov
10 th Nov
17 th Nov
24 th Nov
1 st Dec
8 th Dec
15 th Dec
22 nd Dec, no training, Christmas
29 th Dec, no training, Christmas
2014
5 th Jan no training, Christmas
12 th Jan
19 th Jan
26 th Jan
2 nd Feb
9 th Feb
16 th Feb
23 rd Feb, no training, half term
2 nd Mar
9 th Mar
16 th Mar
23 rd Mar
30 th Mar
6 th Apr
13 th Apr
20 th Apr, no training, half term
27 th Apr
4 th May
11 th May - tbc

Juniors u14/u16 Training Timetable 2013/14

Thurs 7-8:30pm
2013
5 th Sept
12 th Sept
19 th Sept
26 th Sept
3 rd Oct
10 th Oct
17 th Oct
24 th Oct, no training, half term
31 st Oct
7 th Nov
14 th Nov
21 st Nov
28 th Nov
5 th Dec
12 th Dec
19 th Dec, no training, Christmas
26 th Dec, no training, Christmas
2014
2 nd Jan no training, Christmas
9 th Jan
16 th Jan
23 rd Jan
30 th Jan
6 th Feb
13 th Feb
20 th Feb, no training, half term
27 th Feb
6 th Mar
13 th Mar
20 th Mar
27 th Mar
3 rd Apr
10 th Apr
17 th Apr, no training, half term
24 th Apr
2 nd May
9 th May - tbc

Seniors Training Timetable 2013/14

Thurs 8:30-10pm
2013
5 th Sept
12 th Sept
19 th Sept
26 th Sept
3 rd Oct
10 th Oct
17 th Oct
24 th Oct, no training, half term
31 st Oct
7 th Nov
14 th Nov
21 st Nov
28 th Nov
5 th Dec
12 th Dec
19 th Dec, no training, Christmas
26 th Dec, no training, Christmas
2014
2 nd Jan no training, Christmas
9 th Jan
16 th Jan
23 rd Jan
30 th Jan
6 th Feb
13 th Feb
20 th Feb, no training, half term
27 th Feb
6 th Mar
13 th Mar
20 th Mar
27 th Mar
3 rd Apr
10 th Apr
17 th Apr, no training, half term
24 th Apr
2 nd May
9 th May - tbc

Coach and Manager Contact Details

Squad	Coach	Contact	Manager	Contact
Premier 1	tbc			
Northern	Jan Hemsley	Janhemsley@aol.com 01274 493060 07860 160277		
Regional Senior	Maggie Birkinshaw	maggie5208@yahoo.co.uk 07989 420555		
WY Senior	Maggie Birkinshaw	maggie5208@yahoo.co.uk 07989 420555		
WY Junior u16	John Hipshon / Anna	jr.hipshon@ntlworld.com 07772 780337		
WY Junior u14	John Hipshon / Anna	jr.hipshon@ntlworld.com 07772 780337		
WY Junior u12	Becci Lewis / Anna	r.lewis2676@student@leedsmet.ac.uk 07872 468589		

Administration Contact Details

Chair :	Mariana Pexton	07787 403389	marianapexton@hotmail.com
Treasurer :	Jane Moulson	07785 268577	jmoulson1@btopenworld.com
Secretary (Seniors) :	Clare Grant	07414 598941	clare.grant@grants23.com
Secretary (Juniors) :	Debbie Shipley	07823 336271	lexy911@live.co.uk
Child Safeguarding Officer :	Louise Assioun	07951 588399	L.Assioun@leedsmet.ac.uk