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Club Handbook 2021/2022 Season September 2021





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NB: We aim to keep this handbook up-to-date but from time to time details change, so please visit the club website for the latest information, especially for calendar and contact details.

WELCOME TO LEEDS ATHLETIC NETBALL CLUB

Welcome to Leeds Athletic Netball Club (LANC).

Please visit our website <http://www.leedsathleticnetballclub.org.uk/> where you can find the latest information. Click the NEWS tab on the website or calendar to find the dates, times and venues of training and matches

for all age groups. Additional information and updates are provided during the main season through social media and a club newsletter.

LANC is a high-performance club, with roots established in the 1970s. The squads range from U9s to Seniors. The club has teams in the following leagues:

National Premier League 2
Regional League 1
Regional League 2
West Yorkshire County Super League
Netball Nights (local league)
West Yorkshire County Junior Netball Leagues U16 x 2 U14, U12, Hi 5

LANC also enters Summer leagues and tournaments to keep players developing and progressive.

Results 2020/2021

- Premier League – N/A
- Northern League – N/A
- Senior Regional League – N/A
- West Yorkshire Super League – Covid 19 format outdoors 2nd and 3rd place after Titans mens team.
- West Yorkshire Summer League – N/A
- Netball Nights West Yorkshire Summer League – N/A
- Netball Nights League – N/A
- Hi Five – N/A
- U11A – N/A
- U11B – N/A
- U12A – N/A
- U12B - N/A
- U14A – 1st (undefeated) West Yorkshire League First Division, Regionals and Nationals cancelled
- U14B – 2nd in West Yorkshire League First Division,
- U16A - 1st (undefeated) West Yorkshire League First Division, Regionals and Nationals cancelled
- U16B – 4th in West Yorkshire First Division

The LANC Handbook is a guide to help you make an informed choice regarding the expectations of a high-performance club and suitability of LANC for you/your daughter. There is also the opportunity to speak with one of the Club's coaches, a team administrator, or a current parent/athlete to help with this decision-making process.

LANC athlete selection is through a trials process for age groups U11 and above.

We are proud of our talented coaching team, all qualified to a minimum of Level 2 with a wealth of coaching and playing experience:

Head Coach Anna Carter – Premier League/U12 Coach

- Director of Elite Netball Academy
- Former Director of Leeds Rhinos Netball and England Technical Coach.
- Former Head Coach to Loughborough Lightning Super League
- Representation National level,
- England Netball

Maggie Birkinshaw – U16 Coach

- Assistant Coach at Leeds Rhinos Netball Super League
- England Netball Selector
- former Assistant Coach at Loughborough Lightning, Assistant
- Representation National level, England Netball

Jan Hemsley – Regional 1 Coach

Leeds Rhinos Netball U19 Coach
former NPL coach

Chloe Smith – U14 Coach

- Former NPL Loughborough Lightning U19/U21

Alice Smith – U14 Coach

- Former NPL Loughborough Lightning U19/U21

Erin Hodgkiss – U11 Coach

- Leeds Rhinos U21
- Former Loughborough Lightning U17/19

Mark Boocock – U11 Coach

Susie Stead – Regional 2 Coach/U16 Assistant Coach

Jo Hodgkiss – West Yorkshire Super League Coach/U12 Assistant Coach

Lisa Head

CAPS Gold Status

LANC was awarded Club Action Planning Scheme (CAPS) Gold Status during the 2020/21 season. This award recognises standards of safeguarding, athlete and coach development, as well as all aspects of running a successful club.

Some of our talented athletes have been to Disneyland Paris to compete in the Junior Netball Festival. This is rapidly becoming the premier European event in the Junior Netball calendar. In partnership with England Netball, the tournament is open to teams in Under 12, Under 14 and Under 16 age groups. Also, in August 2018, 24 enthusiastic and talented LANC athletes went on tour to Australia. Wheels are in motion to run the next Australian club netball experience in 2023.

All our athletes are encouraged to take advantage of the opportunities provided by the club to fulfil their playing potential and represent the club at the highest possible level. LANC is very fortunate to have members from the England Netball system past and present across both National Academy and Seniors, with many playing in the Vitality Super League. Our athlete development programme also encourages and supports umpire qualification and coaching/team management skills.

LANC holds occasional social events and encourages age group team-building events whilst also supporting charitable events in our region. Each LANC volunteer is greatly valued for their contribution. More help is always appreciated, and if you can help or have skills to share, kindly contact Susie Stead at susiestead@hotmail.com.

Please visit the LANC website regularly and follow us on social media (@LeedsAthleticNC), plus join our members-only Facebook page - Leeds Athletic Netball Club - to keep up-to-date with current events and news.

Here's to a successful netball 2021-2 season.

**Lisa Fox
Club Chair**

SUCCESSFUL ATHLETE

UNSUCCESSFUL ATHLETE

[@BelievePHQ](#)

Never gives up

Wants to learn

Plan their time

Embraces challenge

Learns from failure

Works hard

Learns from criticism

Asks questions

Helps the team

Works harder after setbacks

"I can improve"

Disciplined

Wants to win for their own motivation

Gives up easily

Bored of learning

Doesn't plan

Fears failure

Gives up after failure

Work when they have to

Ignores criticism

Think they know everything

Self centred

Blames other's for setbacks

"I can't improve"

Disorganised

Wants to win for extrinsic rewards

2019/20 AWARD WINNERS	
Volunteer Award	
U14A	Catriona Astbury
Under 12 - Coaches Awards	
Player of the Year A Team Most Improved Player A Team Special Award A Team	Nicole Cater Olivia Boye Millie Fisher
Player of the Year B Team Most Improved Player B Team Special Award B Team	Leah Serr Georgia Brook Evie Brennan
Player of the Year C Team Most Improved Player C Team Special Award C Team	Team Medals
Player of the Year D Team Most Improved Player D Team Special Award D Team	Team Medals
Under 14 - Coaches Awards	
Player of the Year A Team Most Improved Player A Team Special Award A Team	Summer Anderson Grace Ross Amy Brown-Carrera
Player of the Year B Team Most Improved Player B Team Special Award B Team	Lucy Dyer Phoebe Turner Lillie Wightman
Under 16 - Coaches Awards	
Player of the Year A Team Most Improved Player A Team Special Award A Team	Lydia Harrison Daisy Holmes Zara Train
Player of the Year B Team Most Improved Player B Team Special Award B Team	Liv Myers Eva Curran Anna Fairclough
Netball Nights - Coaches Awards	
Player of the Year Most Improved Player Special Award	Martha Taylor-Williams Freya Bedford Marisol Carrera
West Yorkshire Seniors - Coaches Awards	
Player of the Year Most Improved Player Special Award	Elias Swaine Megan Allen Libby Hodgkiss
Senior Regional League - Coaches Awards	
Player of the Year Most Improved Player Special Award	Libby Hodgkiss Daisy Holmes Isla Swarbrigg
Northern League - Coaches Awards	
Player of the Year Most Improved Player Special Award	Elias Swaine Eva Lockett Ruth Cockerill
Premier League - Coaches Awards	
Player of the Year Most Improved Player Special Award	Maisie Bickerton Charlotte Mannall Jane Smith



THE NETBALL PLAYER'S PLEDGE



1. I will be a warrior - Not making excuses, leaving my bad day at the door. I will wear my heart on my sleeve, a smile on my face and leave everything on the court.
2. I will be a leader – I will have the courage to speak to my coach or captain if I have any concerns instead of holding them in.
3. I will respect the game – Not putting down my team mates or opposition, remembering everyone has their own story and battles.
4. I will play like my 7 year old self is watching me from the sideline – Fearless and free.
5. I will be a good sport on the bench – The ultimate team player, analysing my position like I am on the court playing. Keeping warm - always ready - no sooking.
6. I will get comfortable with the uncomfortable – Knowing my attitude will determine how I perform.
7. I will be curious & creative - I will have my own ideas and opinions and I will share them in a positive way.
8. I will be open to criticism - Always seeking improvement. Instructions may often seem harsh, but I will take it all on board as constructive feedback. Our coaches simply want the best for us.
9. I will be loyal to my team - I will support my team mates on and off the court, at school or in any social environment.
10. I will be humble in victory and be graceful in defeat - learning from every experience and not being afraid to make mistakes.

Take a risk, have fun and spark it up! – Sarah Wall

Leeds Athletic Netball Club – At a Glance – 2021/22 Season

Team (Coach)	Age Group	Primary Competition/Focus
Premier League (Anna Carter)	Seniors/Open	England Netball Premier League 2, Sunday matches. Senior athletes, England/England Academy and Super League/former Super League
Senior Regional League Division 1 (Jan Hemsley)	Seniors/Open	Yorkshire Regional League Division 1, Saturday and Sunday matches Largely Senior athletes and occasional U16 athletes
Senior Regional League Division 2 (Susie Stead)	Seniors/Open	Yorkshire Regional, Sunday matches centralized venue Senior athletes plus some U16 athletes
West Yorkshire League (Jo Hodgkiss) Summer League (Susie Stead)	Seniors/Open	West Yorkshire senior League Super League Division and West Yorkshire Summer League, Saturday matches Senior athletes plus some U16 athletes.
Netball Nights (various coaches)	Seniors/Open	Summer League and Winter League, Wednesday Night Leeds Beckett - to develop U14 and U16 athletes plus seniors.
U16 (Maggie Birkinshaw and Susie Stead) Two teams	School years 10-11	West Yorkshire League to qualify for Regional and then Nationals, Sunday matches. This group will play occasional Senior matches, Netball Nights and Summer League.
U14 (Chloe Smith) Two teams	School years 8-9	West Yorkshire League to qualify for Regional and then Nationals, Sunday matches. Also play Netball Nights.
U12 (Anna Carter and Jo Hodgkiss) Two teams	School year 7	West Yorkshire League to qualify for Yorkshire Regional tournament, Sunday matches.
U11 Development (Mark Boocock) Two teams	School years 5-6	West Yorkshire U12 League, Sunday matches. West Yorkshire League end of season tournament.
U11/U10 (Mark Boocock and Alisha Levy)	School years 4-6	Hi5 League starting in January Sunday matches

NB - parental support will be needed on some match days when coaches occasionally have playing commitments themselves. Additionally, there will be athletes or parents present who are training to be coaches plus university students involved as support coaches.

NB - although there will be a primary coach for each age group/squad, there will also be flexibility across the coaching team.

Training Session Venues and Times will vary due to Covid-19 constraints this season

Seniors:	Thursday night at GSAL	20.00-21.30	
U16	Thursday night at Gateways	18.00-19.30	TBC
U14	Thursday night at Leeds Beckett	18.00-19.30	TBC
U12	Thursday night at GSAL	18.00-19.30	
U11	Tuesday night at Gateways School	18.00-19.30	
U11/10	Sunday morning at Leeds Beckett University	09.00-10:30	

Some U11 athletes will train on a Tuesday night and enter as an additional U12 team. Athletes will be selected from the Sunday morning training group into the U11 Tuesday group.

Training Calendar

Training dates are shared on the LANC Google calendar. Please use this source of information wherever possible.

During October half-term and February half-term if numbers are low the training arrangements are:

- Seniors will train at GSAL on Thursday night.
- U16/14 will train together at Leeds Beckett on Thursday night.
- U12 Thursday group will merge with U11 Tuesday group at GSAL and train on Thursday night at GSAL.
- Sunday sessions will continue throughout all holiday periods other than Christmas;
- There is a break from training over the Christmas and New Year period;

***NB: Some of these dates may be impacted by exam schedules/venue availability
Check the LANC Google calendar on the website, Twitter and Facebook for updates or changes***

SECTION 1 – CODE OF CONDUCT

Leeds Athletic Netball Club adheres to a Code of Conduct as outlined below. As a club athlete and club representative, we expect this standard to be followed and maintained at all times during matches, training and club activities.

LANC also follows standards and ethics in accordance with England Netball policies, such as anti-bullying and whistleblowing. Anyone not complying with club policies and code of conduct will be managed in an appropriate manner including expulsion from LANC if necessary. Compliance with club policies and code of conduct is crucial to maintain the club's reputation. The word cloud image on the front of the LANC handbook illustrates what is important to our club.

Code of Conduct for Supporters

- Encourage adherence to the rules and playing within them
- Support involvement and help enjoyment of the sport
- Publicly, and with grace, accept an official judgment, including that of coaches
- Discourage unfair play and dissent with officials
- Set a good example, recognise fair play, and congratulate everyone's performance
- Never punish or belittle participants for losing or making mistakes
- Use correct and appropriate language at all times

Code of Conduct for Parents/Guardians

- Encourage your athlete to learn the rules and play within them
- Ensure you know where and when matches will be played
- Never force your athlete to take part in sport
- Support your athlete’s involvement and help them to enjoy their sport
- Publicly accept officials’ judgments, including that of coaches and club administration
- Discourage unfair play and dissent with officials
- Set a good example, recognise fair play, and congratulate everyone’s performance
- Help your athlete to recognise good performance, not just results
- Never punish or belittle an athlete for losing or making mistakes
- Use correct and appropriate language at all times
- Reply promptly to any communication
- Visit the website regularly for up-to-date information
- Pay fees promptly
- In accordance with club safeguarding, please only use social media for practical issues related to the club.
- Whatsapp is used for the coach/team admin to share relevant information such as practical arrangements, team selection only – please do not use it for any other reason e.g making comments/social chat
- Caution with sideline chat: do not discuss other athletes, selection, combinations. Be aware that you can be overheard and possibly misinterpreted.



The Parental Role in Developing Young Athletes
 @ BelievePHQ

Throughout a child’s development the greatest influence on their sporting career will be their parents. On and off the pitch sport parents must be aware of their behaviours, as they can have both positive and negative effects on their child’s sporting development.

Allow your child to take part in a range of sports

BE A ROLE MODEL AND LEAD BY EXAMPLE

Emphasise a "Can do/ Don't Give Up" attitude towards sport

Tips and Advice

Children need to know that they make their parents proud regardless of outcomes

Encourage, be supportive and don't criticise your child

Listen to your child and allow them to have fun

Focus on development and enjoyment

Help your child to understand the life lessons they can learn from sport

Try not to coach your child as it undermines what the coach is teaching

REMEMBER! Be a positive sport parent

Work alongside the coach and support staff to provide your child with a positive experience

Allow your child to be themselves. Don't keep telling them what to do. Allow them to be creative and use their imagination

Avoid focusing on outcomes and only on winning

Code of Conduct for Athletes

- Attend training regularly and be available for competitions
- Promptly inform your team captain/coach/team administrator of any attendance delays or absence/sickness/injury
- 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 and be proactive with your own warm-up on arrival
- Have appropriate sports kit and appearance (sports shirt, skirt or shorts, trainers, short nails, long hair tied back, no jewellery) for training sessions and match play, as agreed with the team captain or coach
- Remember your kit bag, water, towel, medication (if required) etc
- Be aware of the rules 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 of which you are capable
- Treat team mates, coaches, umpires, other members of the club and opponents with respect
- Ensure everyone is included, even if they are not your school friends
- Accept the fact that you may not be selected for a match or may be substituted during a match
- Respect and accept an official or coach decision with grace
- Never use bad language or insult opponents, coaches or spectators
- If using social media, think before you post.

SECTION 2 – IMPORTANT INFORMATION

Photograph/Video Permission/Social Media

To promote the club and associated events, photographs and videos of athletes and members will be used (local newspaper, England Netball Magazine, LANC website, social media etc.). These images will also be used as a visual aid for the athletes and coaches when analysing technique and skills; however, this cannot happen without informed consent and permission. *All athletes give their photographic consent on the LANC Player Trial Form.*

If you, or any member of your friends and family, wish to take photographs or video record a match, you **must** ask permission from the coach or safeguarding officer at least one week in advance so that, in accordance with league rules, arrangements can be made, and permission sought with the opposition and umpires. Non-compliance may cause the athlete or team embarrassment, and a LANC representative will be required to address the breach of safeguarding regulations.

Pay respectful care, attention and caution when posting pictures of junior athletes on social media where any non-LANC member players are visible. Keep messages simple, factual and practical, avoiding any communication that can be misconstrued or misinterpreted. LANC **cannot** accept any responsibility or liability for the misuse of any media material or comments that are not compliant with the rules of engagement and management of the club.

Match Playing Kit

- Seniors – Flyhawk LANC dress, black under shorts, short white socks, Flyhawk half zips and leggings. Black sports bra, hair tied back with a black bobble.
- U16 – Flyhawk LANC dress, black under shorts, short white socks, LANC half zip or hoodie, black leggings. Black sports bra, hair tied back with a black bobble,
- U14 - LANC dress, black under shorts, short white socks, LANC half zip or hoodie, black leggings. Black sports bra, hair tied back with a black bobble,
- U12 - LANC dress, black under shorts, short white socks, optional hoody and black leggings. Black sports bra, hair tied back with a black bobble
- U11 - LANC dress, black shorts, short white socks, optional hoody and black leggings. Black sports bra, hair tied back with a black bobble
- U9/U10 (training kit) - LANC t-shirt, black shorts, short white socks, optional hoody and black leggings, hair tied back with a black bobble

Athletes in age groups U11 and above ideally need to purchase a LANC dress that can be worn for matches. The club has a small selection of spare dresses that can be borrowed on a game-by-game basis. The loan of any kit will need to be agreed with the appropriate age group administrator. Please order LANC t-shirts, dresses, half zips, hoodies and leggings from the Kit Manager, whose details are on the “Committee ” tab of the LANC Website. To avoid disappointment, kit must be ordered early in the season. Supplier delays may cause longer than anticipated delivery times over which LANC has no direct control.

As the club is in transition to Flyhawk kit, original second hand dresses are available to buy from the Kit Manager for age groups U14/12/11. Seniors must only wear Flyhawk kit and U16 must wear Flyhawk dresses for matches.

Training Kit

Without exception, athletes should wear black shorts or skins, a black or LANC blue t-shirt or vest top and short white socks. **No other kit colours should be worn at training.** Black sports bra, hair tied back with a black bobble.

Kit Bag

For U12 age group and above, it is recommended that the athlete kit bag contains at all matches and games; towel, snacks, water/drinks, spare kit, hair bobble, trainers, track suit/hoody/warm clothing for before/after matches. The kit bag should also contain basic first aid items; plasters, scissors, nail file, medication (as prescribed/needed), strapping (if needed), toiletry bag with essential items, plus a valid copy of the athlete’s England Netball affiliation number/card.

SECTION 3 - FEES

England Netball Membership:

All athletes must pay their own membership fees at England Netball, the price varies according to age, but all include mandatory membership to Yorkshire Netball and West Yorkshire Netball. These fees include athlete insurance.

Membership Fees:

The fees include venue hire costs, coaching fees, coaching and team admin dbs and safeguarding certificates, coach development, plus equipment maintenance and replacement; however, fees do not cover the cost of training and playing kit or match fees.

Fees cover training up to Easter (unless otherwise specified), plus access to club activities for the year e.g. Netball Nights and West Yorkshire Summer League. Any additional training sessions for specific age groups and competitions thereafter will be charged separately, e.g. National Netball Finals and Tournaments.

Fees are non-refundable except in exceptional circumstances.

NB - non-payment of the membership fee and affiliation means the athlete is not covered by England Netball insurance and will not be permitted to train or play matches for LANC.

Fees for season 2021/22

- | | |
|-----------|------|
| • Seniors | £280 |
| • U16/U14 | £270 |
| • U12 | £250 |
| • U11 | £240 |

It is preferable for everyone to pay their fees in one payment, however, U11 and U12 age groups have the option to pay in two instalments (August and January). It is important to pay fees promptly so that athletes can be affiliated during August ready for League registration.

Payment of Fees

Preferably, athlete fees should be paid by bank transfer, to:

- NatWest Account number: 31872190
- Sort Code: 54-21-60
- With the athlete's surname as Reference

If there is any difficulty with payment of fees, consideration in exceptional cases can be discussed with the Club Chair.

Match Fees

Match fees must be paid in cash on the day and will be collected by the coach or allocated administrator. Please bring the correct change payable per quarter played.

Match fees per quarter:

- Premier: £2.50
- Senior Regional, West Yorkshire Senior: £2.00
- Netball Nights: £1.50
- U14/U16: £1.75
- U12/U11: £1.50

Additional Costs

Athletes are responsible for their own travel and accommodation costs. From time to time, teams will be entered into tournaments for development and experience. Any associated costs will be due by the athlete.

Financial Considerations

No athlete should be prevented from travelling to matches or playing in matches because of financial hardship. LANC will try and support travel costs to premier league matches where possible, as these matches are often long distance with higher costs. Please direct enquiries to the Club Chair.

SECTION 4 - COMMUNICATIONS

LANC is a large netball club, and to facilitate effective communication there is a comprehensive website <http://www.leedsathleticnetballclub.org.uk/> plus regular newsletters and email messages.

The club website contains all the fixtures and training dates on the LANC Google calendar. The calendar also provides match venues, venue addresses, and satellite navigation (satnav) directions plus Google map locations <http://www.leedsathleticnetballclub.org.uk/calendar.html>

The website also contains a news item section which links to key features, pictures and a photo gallery. Please use this informative and valuable LANC resource to get to know your club. It is the athlete/parent responsibility to use the website for information and to keep up-to-date, and it would be greatly appreciated if you could source as much information from the website as possible. Should you experience any difficulty in accessing or extracting information, a team administrator will be able to assist you further.

There is also an Instagram and Twitter account that is used for news and information about training and matches. Please follow the club on Twitter using @LeedsAthleticNC

The Facebook account - Leeds Athletic Netball Club - is a closed group for sharing photographs, updates and links to the website. Please join and remember to use your preferred name for communication and publication. LANC is keen that athletes and parents send current news items and pictures so that this platform is live and dynamic.

Contact information is contained on the LANC website, and any important messages such as training or matches affected by adverse weather will be notified on the website.

SECTION 5 – SELECTION POLICY

One of the great strengths of Leeds Athletic Netball Club is the ability to offer competitive match play at many different levels. Selections for match play can be made for a variety of reasons apart from the desire to simply win. Athletes may be rotated out of their preferred playing position during a match in order to test different athlete dynamics and development combinations. Athletes will occasionally have the opportunity to play up an age group in matches, when the coaches decide that it is appropriate and suitable for player development.

Following trials, successful athletes will be accepted into one or more squads. Each squad has a nominated Coach and Team Administrator. The Coach's primary responsibility is the selection and performance of their squad. The Team Administrator's primary responsibility is to assist the coach with administrative matters for the smooth running of their squad rather than being involved in selection.

Please acknowledge and respect the crucial contribution made by the administration volunteers who work hard to ensure that the right athletes get to the right place at the right time every week. As a measure of respect for the work they do, please reply promptly to email messages and correspondence.



Selection of an athlete into an assigned squad does not automatically assume that they will be selected for match play and get court time. Selection to the playing squad for a match rests solely on the decision of the coaching team. *Parents, please respect these decisions.* If parent volunteers are helping to run a team, the Coach will give them athlete playing rotations, which they will follow; these playing rotations will only change in exceptional circumstances.

Team Administrators will notify athletes of their selection as quickly as possible; however, final selection will be dependent on an athlete's attendance at training unless they have otherwise discussed differently with their Coach. When athletes are playing in more than one team, squad selection is inevitably more complex and notification may be at a later point in the week.

Any suggestions, comments or concerns relating to squad or match play selection should be directed solely to Head Coach Anna Carter at elitenetballservices@yahoo.co.uk

Athletes are expected to attend all training sessions, and all matches for which they are selected. If, for any reason, an athlete is not able to attend a training session or a match for which she is selected, she must contact her Coach or Team Administrator as soon as possible. If an athlete knows in advance that she will not be available for selection (e.g. school field trip), she must inform her Coach and Team Administrator as far in advance as possible. Athletes who do not attend training regularly, or who break the Club's Code of Conduct may rule themselves out of selection.

Other Important Policies

LANC believe that it is important and essential to comply with England Netball policies and procedures. These are not repeated here in this handbook, but it is expected that each athlete will take personal responsibility for reading and understanding the policies, which can be found on the England Netball website or via the LANC website. The reading and understanding of these policies is a prerequisite to joining LANC and enrolling in the membership. Policy examples are: Anti-bullying and Harassment, Whistleblowing, and Equity.

SECTION 6 – PLAYER DEVELOPMENT APPROACH

At LANC, there is a great opportunity to transition athletes from Junior to Senior match play. Our squad structure provides a unique framework which enables athletes to develop their knowledge and performance by playing with a group of talented and experienced athletes. The pathway takes athletes from early key stages of Junior Age Groups and Netball Nights (often at U14) to West Yorkshire Seniors and Senior Regional Leagues, often at U16 (both of which are top level netball in Yorkshire). Playing in the Premier League is competing with the best in the country.

In addition to playing at LANC, many U15/U17/U19/U21 athletes may also be selected to train and play for various academies. Player development and skill improvement takes hours of practice and dedicated focus on key areas such as core strength through S&C sessions at home or under structured guidance. Additionally, attending specialist netball workshops, netball camps, training centres to enrich the athletes' experiences, and using media resources to watch netball (e.g. Senior club, Internationals, Super League, Aus/NZ) helps athletes gain a better understanding of elite netball to develop their own game. Having a go at being a support coach or umpire is a way of learning more about the game from a different perspective and broadens the knowledge of netball.

A good framework of advice given to athletes and parents in the National Academy is that athletes should look to have three broad categories of exposure over a season:

- Comfort Zone - achieve well within the athlete's comfort zone, not massively tested, can try lots of new things and try a netball leadership role at school or within a club
- Testing Zone - not all easy so that athletes are tested, but able to try some new areas of play whilst consolidating and improving skill and technique



- Out of Comfort Zone - playing above expectation and significantly out of the athlete's comfort zone. Experience against strong opponents, although probably with limited actual court time but, nevertheless, development gained by observation and time on the bench

Athlete development is different for each athlete at various stages on their netball journey. At LANC, this is managed and monitored by the coaches who will strive to develop your daughter's ability to meet their maximum potential; however, this can only be achieved with athlete cooperation and respect for the coaches and the development process. Please discuss with your daughter how to improve and manage their development expectations and goals, albeit that there may be challenges and disappointment along the way.

Parental support and management of athlete expectation can be challenging, especially as LANC is a high-performance club that encourages and strives to win leagues and develop talented athletes. This club ethos achieves consistent results and sees LANC teams qualify for National Finals each year, plus, the teams often finish at or near the top of the leagues. These results create opportunities for LANC athletes to play and compete at higher levels of netball than in lower leagues which do not offer the same opportunities.

As clearly outlined in the LANC selection policy, court time is never guaranteed, and selection is entirely at the coach's discretion. As a LANC member, if you are not happy or wish to discuss any pertinent issues, please arrange a meeting with the team coach. Please support your daughter through any disappointment, by being realistic and encouraging a strong work ethic and positive attitude. Parental expectation can often hinder rather than enhance an athlete's progress; therefore, it is important to read all the information contained in this handbook and make an informed choice that LANC is the right place for you and your daughter.

SECTION 7 – DETAILED LEAGUE INFORMATION

Senior Leagues

Introduction

LANC Senior squads compete in the National Premier League Division 2, Yorkshire Regional League Division 1 and 2, and the top division of the West Yorkshire League and Netball Nights. Usually, athletes must be in at least the upper U16 age group to compete in these leagues.

Trials for Senior athletes are held each June, and selected athletes are expected to attend weekly training sessions. Athletes may be selected to compete in more than one league depending upon their ability and the regulations applicable to that league.

National Premier League

The National Premier League, founded at the beginning of the 2006/07 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 third division. Premier League netball is the highest level of club netball in the country, and the teams that make up the three divisions have successfully achieved this through a grueling county, regional and national pathway to take one of 30 coveted places.

The LANC squad competes in the Second Division this year and travels the country throughout the netball season of September to April. Teams compete against each other on a home and away basis, usually a Sunday fixture. Results for all Premier League games can be viewed on the England Netball website. England U17, U19, U21 and Senior England athletes regularly compete in this league, and athletes from other LANC squads are positively encouraged to come and support their teams. All home matches are on a Sunday at Leeds Beckett University.

Yorkshire Regional League 1

The Yorkshire Regional League 1 is the top division of the league, run by the Regional League Management Board. Participation comprising of teams only from the Yorkshire Region is limited to 8 teams who play on a home and away venues throughout the netball season September to April, on Saturday or Sunday. This offers a high level of quality competition whilst also preparing teams and athletes to potentially compete in the England Netball National Premier League.

Yorkshire Regional League 2

Yorkshire Regional League 2 is the second division of the league, run by the Regional League Management Board. Participation comprising of teams only from the Yorkshire Region is limited to 8 teams who play each other twice throughout the netball season of September to April at a central venue. The team that wins the league has the opportunity, to progress to compete in Division 1 of the League. However only one team per club is permitted in each division. The team that finishes in 10th position is automatically relegated to their county league. The team that finishes in 9th position may, through playoffs, remain in the Regional League for the following season or may be relegated to their county league.

West Yorkshire Senior League

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

A LANC squad plays in the Super League Division and matches are played on a Saturday at central venues across the West Yorkshire Region. At the end of each season, teams may be promoted or relegated according to their overall finishing position within the League and compliant to League regulations. The League is mainly adult athletes, although athletes over the age of 14 are eligible to play. There is also a West Yorkshire Summer League in which LANC enter a team to transition U16 athletes to senior netball.

Netball Nights League

LANC enters one or two teams into the Winter and Summer leagues. Matches are played on a Wednesday evening and are usually played at Leeds Beckett University. The teams may be of mixed age and may include both senior and junior athletes. These fixtures help to develop the younger athletes whilst also offering court time for athletes of all ages.

Junior Leagues**Introduction**

LANC welcomes junior athletes from the age of 8. Junior squads compete in the West Yorkshire Junior League in U11 HiFive, U12, U14 and U16 age-banded divisions. Years 5 and 6 can play in U11 matches; however, Year 4 athletes (U9/U10) are only allowed to attend training sessions and do not take part in match play.

Trials for U11, U12, U14 and U16 athletes are held each Summer, and selected athletes are expected to attend weekly training sessions. U10 and younger children are not expected to trial.

LANC endeavours to provide a variety of playing opportunities for different age groups and sometimes mixes players from different age groups to enable them to gain quality match experience. Besides the Junior leagues explained below, LANC also enters tournaments and arranges 'friendly' matches. Additional fees are payable to cover these costs.

West Yorkshire Junior League

West Yorkshire Junior League comprises a varying number of divisions in each age group - U14 and U16, with matches played on a Sunday at central venues across the West Yorkshire region. U12, U11 and HiFive League starts in January; other age group leagues start in September. In U14 and U16, the season is divided into two; September-December and January-March. During the first part of the season, teams play against each other to determine their position in the county. After Christmas, the top two teams progress into a Junior Yorkshire Regional League. There is also a play-off between third and fourth placed teams in West Yorkshire against third and fourth placed teams in South Yorkshire, North Yorkshire and Humberside to select two more teams and produce a Regional League made up of 10 teams.

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; eight teams, plus the two teams from the play-off. 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 eight regions in England. U12 teams that are placed first or second within the four Yorkshire counties are invited to the Regional tournament held in June.

National Club Finals

The National Club Finals are generally held in April/May over a weekend period. Details on the National Clubs Finals can be found on the England Netball website.

Reaching the Finals is the pinnacle of Junior Netball. It is a wonderful experience and team weekend away, playing against talented competition and athletes. It is a huge achievement to reach National Club Finals, which LANC aims for each year. Leeds Athletic Netball Club has often finished in the top six in recent years, often just losing out to the North West teams.

Please check the website <http://www.leedsathleticnetballclub.org.uk/> for Fixtures information. **Use the Google Calendar.**

SECTION 8 – FREQUENTLY ASKED QUESTIONS

How do you join LANC?

Trials each season (U12 and above) are held in June and July. Trials are advertised on the website in May with an electronic entry form to complete. Any athlete wishing to trial outside of the official trial date should, in the first instance, complete a contact form which can be found in the “Contact us” tab on the club website. As a high performance club, LANC is not suitable for every athlete so it is worth thinking carefully about attending for trial.

Can athletes trial for the age group above?

No. All athletes should trial in the correct age group for their date of birth. Coaches have the discretion to move athletes between groups as they see appropriate.

What is the cut-off for the age group teams?

Juniors are considered to be U16:

- U16 = School Years 10 and 11
- U14 = School Years 8 and 9
- U12 = School Year 7
- U11 = School Years 5 and 6

LANC does have some School Year 4 training, but not match play.

If your child is not in the correct school year for their age, they will play netball according to the school year their age determines. Sometimes, athletes play in an older age group, and U14 athletes playing-up must complete an “age-banding” form to obtain permission to play. The coach or team administrator will help with any necessary documentation. This ensures that an athlete is considered competent to play by the coach and parent and remains within the boundaries of athlete safeguarding.

Do I have to attend training?

Athletes are expected to attend all training sessions (unless in exceptional circumstances or by prior arrangement with the coach) and be available for match selection. Should an athlete not be able to attend a training session or a match for which she is selected, then prompt communication with her Coach and Team Administrator is essential. If a player knows in advance that she will not be available for selection (e.g. school field trip), she must also inform her Coach and Team Administrator as far in advance as possible. Players who do not attend regular training, or who break the LANC Code of Conduct, may rule themselves out of selection.

How can I get involved and help?

LANC always welcomes volunteer help. Parents can learn to coach, umpire, or help with administrative support. There are a variety of administrative roles available each year including Treasurer, Secretary, Chair, Social Secretary, Kit Secretary, and Team Administrator for each age group. Volunteer help is always welcome for occasional roles such as helping to run the tuck shop, creating a document, and taking photographs etc. Please contact Susie Stead if you have time and a willingness to help (susiestead@hotmail.com). The club is run solely by volunteers, so all assistance and work distribution is extremely helpful.

Will you support me to help coach or umpire?

It is in the interests of LANC that club coaches are suitably qualified while supported in continuous skill development. This improves the quality of coaching for the athletes, improves playing standards, and allows the club to compete at a National Level. With this considered, LANC agrees to help fund the following courses for all Coaches: Safeguarding and Protecting Children; Online England Netball Safeguarding; First Aid; Sports First Aid; and Umpiring. LANC pays for the Disclosure and Barring checks plus England Netball Membership for coaches. The club is willing to discuss with individuals any funding to support coaching courses dependent on personal circumstances, the financial position of the club, previous coaching contributions, and future partnership with LANC. After discussion with the Head Coach and committee members, the decision of the Chair will be final. Please contact Susie Stead (susiestead@hotmail.com) for information or to discuss further.

Funding is also available from West Yorkshire Netball for Coaching and Officiating Courses.

Do you take athletes from a variety of schools and areas?

We are a welcoming club, and LANC's aim is to take athletes from many schools and geographical locations provided that the athlete can commit to the LANC terms of membership. Athletes are mainly from the North Leeds and South Harrogate areas because of the training locations based in Headingley, Harewood and Alwoodley; however, there are many girls who travel from farther afield for the high quality of coaching and to be part of our progressive club.

SECTION 9 – TRIAL INFORMATION AND ADVICE

If you are considering undertaking a trial for LANC, you should regularly check the website and Twitter account in April/May. This is the time when the trial window opens and the online registration goes live. You need to consider carefully whether LANC is the right club for you/your daughter. Whilst it is a great club, it is not the right environment for everyone. If you can be fully committed to netball, work hard within a high performance atmosphere that has high expectations, then it is the right place. If you/your daughter do not want to be fully committed to netball, or just wish to play recreational netball, then LANC is probably not the right club for you. It is well worth talking to a coach, current athlete, parent of an athlete, or an age group administrator if you need help in making the decision to apply.

Some athletes can find trials a demotivating experience as they want to perform to their best ability which may not happen on the day. Trials are not the same as a coaching session, and athletes need to be responsible for themselves on the day. It is recommended that parents of U16 athletes remain present to support and help their daughters through the trials process.

If you require a late trial, this is at the discretion and permission of Head Coach Anna Carter via Susie Stead (susiestead@hotmail.com). Late trials are for exceptional circumstances. The online application form will still require completion as the information is required to process successful candidate membership.

Day of the Trial

On the day of the trial, you should bring adequate snacks and drinks as there will be limited refreshments. Remember to bring prescribed medication, e.g. inhalers. **Do not bring mobile phones, media devices or any valuables onto the court**, there are no locker facilities and LANC cannot accept responsibility for any items lost or stolen.

Trial Kit

Black or navy shorts/skort/skirt, and a plain white top. Do not wear other team logo-embellished kit. Short white socks, hair tied back, nails trimmed, and no jewellery. Please bring warm outerwear, a hoody or tracksuit to wear between matches.

Be prepared and arrive at least 15 minutes before your scheduled start time to enable prompt and efficient registration and to collect your trial number. Allow time to familiarise yourself with your match play schedules which will be prominently displayed at the venue. Please arrive ready to play with all jewellery removed, strapping and supports in place, and nails at regulation length. Trials will be very busy and there will be no time for strapping between matches or sessions.

Listen carefully to the coaches and selectors as there will only be short interval breaks between matches. Note: you may play back-to-back matches in different playing positions. After each match, please leave your bib in your position on the court ready for the next game. Bring a pen and paper to record your games.

Based on the information submitted on the trial registration form, coaches and selectors will have pre-determined the playing positions. Preferred playing positions cannot always be guaranteed, but if you think there is a mistake please speak to the administrators at the registration desk who will try to resolve the problem. There may be some late rescheduling of play schedules as not every registered athlete turns up.

Please note that ONLY athletes are allowed on the court. If you cannot attend for your trial due to unforeseen circumstances, please send a text message to SUSIE stead 07985001477. Mobile/WiFi reception at venues is often poor, so please do not telephone. Someone will get back to you, but as the day is a busy one, please understand that a return message may not be immediate.

At the end of the trial, the selectors will discuss the performances they have seen, and all athletes will be informed within a few days via email of their successful or unsuccessful trial and any relevant process thereafter. Please ensure that your athlete contact details are current and that any changes are notified to the club. LANC has limited places in each age group and, as such, not all athletes are successful. Alternative clubs can be suggested for unsuccessful athletes; however, due to athlete numbers at trial, it is not always possible to provide individual feedback.

A late-trial opportunity mid-season is an exception but will be considered by the Head Coach depending upon individual factors and circumstance.