



VNL Season 2019

Our Mission

The Geelong Netball Club is an exemplary female sporting club. We encourage personal excellence and high performance outcomes through recognised pathways. We strive to enrich the lives of our community through the sport of netball.

We are committed to delivering an elite netball program based on fitness and skill development. The Cougar's coaching group headed by Gerard Murphy will work in conjunction with both specialist and strength & conditioning coaches throughout the 2018 program. We are excited to be supported by such an experienced and well-qualified group.

Our 2019 Coaching Staff

Role	Name
Coaching Group	Gerard Murphy (Head Coach) Melanie Savage Olivia Wilson
Scholarship Coach	TBC
Strength & Conditioning	Scott Graham

Our 2019 Support Team

Cougars Coordinator:

Lisa McFarlane is the Cougars Coordinator and can be contacted to discuss administrative queries, questions or other matters that may arise. The Cougar's Coordinator is a direct liaison person to communicate as required with the coaching panel, support staff and the Geelong Netball Club Committee. Lisa attends most training sessions and can also be contacted via email on cougarscoordinator@geelongnetball.com.au or l.mcfarlane@kardinia.vic.edu.au



Player Wellbeing:

The Geelong Netball Club is conscious of the pressure involved in balancing work and family life with the considerable commitment required to play at an elite sporting level. We recognise the need to support players both on and off the court to achieve a balance that is conducive to consistent, high performance.

Player physical load and general wellbeing are monitored on a weekly basis via the Athlete management system (AMS) which is a software solution that is App enabled. This program provides feedback to the officials and is monitored by the S&C coach primarily with feedback to the coaching group prior to every match and training session.

This regular reporting system is an adjunct to coach and officials observations and feedback from players.

2019 Season Calendar

The VNL season involves commitment both on and off the court. There are numerous dates relevant to the 2019 season that will require your attendance. A Club calendar will be formulated and distributed to all players to assist in meeting all commitments.

Community Participation:

Players are expected to participate in the 'Cougar's in the Community' program. Every player will be required to volunteer their time and represent the club at events such as Read the Play presentations, school holiday sessions and/or club clinics. You will be asked to nominate dates that you are available. If you fail to nominate suitable dates you will be allocated dates for participation.

Club Fundraising & Social Events:

The season launch and the club presentation evening at the end of the season are compulsory events. There will also be other social events that may be compulsory.

There are extensive costs involved in fielding teams in the VNL competition. The committee is cognisant of the cost involved for players and will make every effort to keep costs to a minimum. As such we expect that all players will actively support the fundraising efforts of the GNC.

Geelong and district / local netball competitions:

We recognise the importance of being involved in local competitions and we include this in our daily training environment requirement.

Please note that while we encourage participation in local netball, all players should be aware that VNL will take priority over all local netball commitments. While we will always try to accommodate participation in football netball to the benefit of the club and the individual players there may be times due to finals or load management where you will be required to modify or exclude yourself from local netball.

Where players are not participating in local netball we will work with you to make sure you are obtaining recommended level of court sessions.

2019 Season Activities:

To achieve high performance outcomes and discover our full potential as individuals and as a club it is an expectation that signed players attend ALL sessions as nominated by Coaching Staff.

Activity	When & Where
Individual Training Program	Daily training environment (DTE) as set out in athlete's Individual Training Program: mid January 2019 – August 2019.
Strength & Conditioning Program	Monday & Wednesday evenings January 2019 – April 2019. Monday evenings April to August 2019. Current players continue on their current/updated program and new players will be given programs in November.
Court Work Sessions/Season Training	Commencing January 2019 until end of season. Monday nights 6.30pm – 9.00pm. Handbury Centre Geelong Grammar School, Foreshore Road, Corio.
Pre-Season Competition	TBC
Season 2019 Matches	Wednesday Evenings: March through to August 2019 at State Netball & Hockey Centre, Melbourne. Season commence date: Wednesday, 27 th March Season concludes: GF Wednesday, 14 th August Season will include Home Game(s) at Christian College Sports and Aquatic Centre and away games (TBC). Home game frequency TBC and is affected by the re-development of the State Netball Hockey Centre at Parkville in 2019. **Note: Fixture yet to be finalised
Cougars in the Community	Read the Play Round: Friday Night Game at Kardinia Park or Home Game Football/Netball Venue – as nominated Club Clinic &/or School Holiday Clinic – as nominated Other community engagement activities as communicated by the GNC Committee



Club Fundraising & Social Events	<p>Season Launch: Date TBC</p> <p>Bunnings BBQ – Sunday June 9th 2019</p> <p>Other activities as communicated by the GNC Committee</p> <p>Club Presentation Evening: Date to be finalized and will be held at completion of VNL season.</p>
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Costs

The Geelong Netball Club is a 'not for profit' organisation. There are numerous costs involved in fielding three teams in the VNL competition. Providing players with excellent training facilities, qualified coaches, specialist coaches, support staff, equipment & uniform, Netball Vic licence fees & court fees, umpire fees, insurance premiums and other costs associated in meeting due diligence is an expensive exercise.

There are also many, many hard-working volunteers who work tirelessly towards providing a club that you will want to represent. Unfortunately, even with the number of volunteers involved in the Geelong Netball Club it is necessary to budget and set player fees each year to cover costs. The committee has been and will continue to be working on increasing sponsorship and sourcing ways to raise money that will ensure the long-term sustainability of the club without the need to continually increase fees.

Fees

Fee structure for 2019 is as follows:

All Players:

\$800 (incl. dress security deposit) – an invoice will be issued to all players with a confirmation deposit of \$200 required within 14 days from date of invoice.

Player Fee includes:

Uniform: (training wear, match night uniform & dress).

Dress is to be returned at the end of the season. All other uniform will remain the property of the athlete.

NB. A \$50 deposit is included in the fees and will be refunded upon return of the dress at season end.

Volunteering Deposit: \$50 deposit / will be refunded upon player participating in a volunteering/community engagement activity.

Club Events:

Tickets to Season Launch & Presentation Evening.

All fees must be paid **IN FULL** before the commencement of the season in April 2019. No player will be permitted to take the court until they are fully financial.

Special consideration exists for financial hardship and applications will be assessed on an individual basis. Players may also be offered the option of a payment plan at the discretion of the committee.



To arrange an instalment plan or make an application for special consideration contact must be made with the Cougars Coordinator upon receipt of invoice. Default of any instalment arrangement will result in the remaining balance being due and payable before being eligible to again take the court.

If you have any queries please do not hesitate to contact the club president Kerri Scott via phone or email.

Kerri Scott
President
Geelong Netball Club

Phone: 0402 812 114

Email: president@geelongnetball.com.au