

BDNC PHILOSOPHY, VALUES & AGE GROUP STATEMENTS

1. Introduction

The Balnarring District Netball Club (BDNC) was formed in 1998 and has since grown to involve players (junior and senior), umpires, coaches and a dedicated team of volunteer administrators.

The philosophy of BDNC is to provide a program designed for beginners to advanced players, coaches, umpires and administrators who want to develop their skills and knowledge of the game whilst maintaining a sense of fun and enjoyment.

BDNC is affiliated with Netball Victoria and therefore follows their policies and guidelines as well as our own.

2. BDNC philosophy

To provide an environment where participants can:

- Learn and develop the skills and ethics of netball.
- Receive coaching from appropriately trained coaches.
- Have fun and form long-lasting friendships with peers sharing similar goals.
- Be supported by the association/club, their peers, coaches and parents.
- Be provided with a pathway enabling them to achieve their potential.

3. BDNC values

The BDNC Club Values are Fun, Fitness, Friendship and Form (skills).

4. Age group statement - NetSetGo

- NetSetGo is a play based motor skills training program for 5-9 year olds.
- Focus on development of fundamental motor skills required for netball (catching, throwing, landing, jumping and movement).
- Emphasis is on learning skills in a fun environment of minor games and activities.
- Develop social skills and positive attitudes to team sport.
- Appropriate to age and ability of the players.
- Weekly training only, there are no Saturday games played.

5. Age group statement – 9&U, 10&U, 11&U Sections

- There are modified netball rules for the 9 & Under section.
- The modified rules consider the age, maturity and skill levels of the players.

- The rules and equipment are designed to align the game with the psychological and physical capabilities of children.
- Players are being prepared for the adult game with skill development activities and age appropriate competitive experiences.
- All players should receive equal court time during the season and have the opportunity to play all different playing positions.
- Ladders may be kept but no finals matches are played.

6. Age group statement – 13&Under Section

- Full rules and finals matches are played.
- Training focuses on skill development.
- Matches used as a learning experience.
- Enjoyment of training and matches is key.
- Goals are performance based (not outcome based).
- Develop a sense of team/club.
- All players should receive equal court time during the season and have the opportunity to play different playing positions.
- All players should play at least one quarter in any finals match, provided training requirements have been met.

7. Age group statement – 15&Under Section

- Training focuses on skill development.
- Enjoyment of training and matches.
- Develop a sense of team/club.
- Matches used as a learning experience.
- Goals are both performance and outcome based.
- Implement simple team strategies and tactics.
- All players should receive equal court time during the season and play in the positions that your team requires.
- All players should play at least one quarter in any finals match, provided training requirements have been met.

8. Age group statement –18&Under and Open Sections

- Training focuses on skill acquisition.
- Enjoyment of training and matches.
- Desire for personal improvement.
- Demonstrate a sense of team/club.
- Goals are both performance and outcome based.
- Team strategy/tactics and mental skills are refined.

- All players should receive equal court time during the season and have the opportunity to play in the position that your team requires.
- All players should play at least one quarter in any finals match, provided training requirements have been met.