



# **Invitation**

## **to JOIN the Diamond Creek Netball Club Junior Development**

### **NETSTARS Program**

Dear Parents and Players,

As you would have heard Diamond Creek Netball Club is offering a Junior Development Program – NETSTARS for those players born in 2009, 2010 and 2011. This is your invitation to be part of this exciting and innovative program. This is only open to Diamond Creek Club members and runs Sunday mornings 10 -11.30 am. If you wish to be part of this you need to complete the attached form and return it to [dcnetball@gmail.com](mailto:dcnetball@gmail.com) or hand it in to Charmaine, Janet or Kaye or bring it with you to your first session.

#### **Pre requisite**

Diamond Creek Netball Club member with 2020 Netball Victoria membership  
Born 2009, 2010 or 2011

#### **The Program Outline**

Cost - \$70 12 sessions with a specialist coach (starting Sunday 15th March 2020) plus training t-shirt.  
or \$50 if you participated in 2019 and do not need a new training t shirt.

Specialist groups:

1. Running/agility/footwork (2 groups each week)
2. Pivoting (2 groups each week)
3. Shooting (2 groups each week)
4. Defending (2 groups each week)
5. Ball skills/Passing/catching (2 groups each week)
6. Attacking/space awareness/timing (2 groups each week)

Each session 1.5 hrs will follow the format set out below.

15 mins warm up

30 mins x 2 specialist groups

Rotations:

Running and shooting

Passing and defending

Pivoting and attacking

Each child will have opportunity to do these 4 times.

15 mins match play with no official stoppages.

For example: all goalers specialist group for that particular week will take goaling positions, all defending specialist players take defence positions and others centre court positions. Main focus being, that all goalers showing correct shooting technique, all defenders showing correct defending technique and all footwork called and corrected and all throwing correct technique.

#### **Starting Date**

Commencing Sunday 15<sup>th</sup> March 10-11.30am approximately every three weeks but avoiding school holidays for 12 weeks and finishing September or October. Session dates will be issued the first 6 sessions of the program up until the end of term 2.

Dates for the program so far are (but are subject to change).

Session 1	Sunday 15 <sup>th</sup> March
Session 2	Sunday 26 <sup>th</sup> April
Session 3	Sunday 10 <sup>th</sup> May
Session 4	Sunday 24 <sup>th</sup> May
Session 5	Sunday 14 <sup>th</sup> June
Session 6	Sunday 28 <sup>th</sup> June

#### **Coaches**

Some of the coaches will include Charmaine Smith, Kate, Jackie Waddell, Brooke George, Stacey Gannon, Roger Pike, Janet Gannon. All of the coaches have either played or coached at senior Victorian Netball League, State League, Regional or State level. All bring experience and expertise with them to pass on to the younger generations of our club. Plus, there may be special visiting coaches as well.

**Closing Date:** No closing date.

# **NETSTARS PLAYER REGISTRATION FORM**

## **Member Details**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

T-Shirt Size ☐ 8 ☐ 10 ☐ 12 ☐ XS ☐ S

## **Emergency contact:**

Parent/Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email (please print): \_\_\_\_\_

## **MEDICAL CONSENT**

I hereby give my permission for my child to receive any medical treatment deemed necessary in the event of an emergency arising through their participation in any netball activity through the Diamond Creek Netball Club.

Please advise the following:

- 1 Any medication your child may be on? Yes/No .....
- 2 Does your child suffer with asthma? Yes/No .....
- 3 Is your child allergic to any medication? Yes/No (please state).....
- 4 Is your child allergic to any tape or strapping? Yes/No .....
- 5 Do you have ambulance cover? Yes/No Subscription No: .....
- 6 Do you have Private Health Cover? Yes/No Fund: ..... No:.....

**I agree for my child's photo to be used for promotional purposes by the club online, club website or by any other media outlet.**

**YES / NO (please circle)**

**SIGNED (Parent/Guardian)** \_\_\_\_\_

**THE INFORMATION COLLECTED ON THIS FORM WILL REMAIN CONFIDENTIAL**

**Methods of Payment:** **BANK TRANSFER / CASH / CHEQUE / VISA / MASTER CARD/ EFTPOS**

Please circle your method of payment

(For EFTPOS, please come into clunrooms)

### **BANK TRANSFER**

**BSB:** 633-000 (Please enter Netstars & **players surname** as the reference.) **Amount transferred \$70 / \$50**

**ACC:** 152627386

**REC No.**.....

**CASH** **\$70 /\$50**

***Office use only***

**AMOUNT PAID**..... **DATE**..... **RCPT NO**.....