

2025 JUNIOR REPRESENTATIVE INFORMATION

Overview :

The purpose of the Junior Representative program is to identify and select players who can develop skills and represent the Association at the NSW State Titles.

The Junior State Titles are a three-day competition generally held on the first weekend of the July school holidays for Associations from across NSW for 12 to 14 year age groups. In 2025, it is anticipated that the dates will be 5, 6 and 7 July 2025. The titles are conducted in four divisions. The 15s participate in the Senior State Titles on the King's Birthday weekend in June (7, 8 and 9 June 2025). The 14s and 15s teams and squads participate in the senior Saturday competition over winter. The 12s and 13s state title teams play in the junior Saturday competition over winter.

The HDNA Junior Representative Program ultimately provides a development pathway for our Senior Representative Program (for players turning 16 years and older). Currently, HDNA has teams participating in the NNSW Metro League, Summer Series and Senior State Titles.

All players selected into both teams and squads will be required to attend training (two nights a week depending on the age group) and participate in representative carnivals.

Please note that the information contained in this document and the HDNA By-Laws is subject to change following the Netball NSW AGM and the HDNA AGM.

HDNA Member Protection :

Netball Australia, Netball NSW and HDNA seek to provide a safe, fair and inclusive environment for everyone involved in netball. HDNA seeks to abide by the Netball NSW Member Protection Policy, examples of which include Codes of Behaviour; Anti-Discrimination, Bullying & Harassment; Working with Children and Photography policies.

These policies, expected code of conduct and grievance processes are available on the HDNA website under [Policies](#). Any concerns or questions should be raised to our Member Protection Officers, Peter Holman or Jennie Thompson or to admin@hdnanetball.com.au.

Netball NSW General Code of Behaviour

- 6.1. Respect the rights, dignity and worth of all people involved in Netball regardless of their gender, ability, cultural background, religion or any other personal characteristic.
- 6.2. Be ethical, fair, considerate and honest in all dealings with others.
- 6.3. Make a commitment to providing a quality service.
- 6.4. Operate within the rules and spirit of Netball including national and state guidelines, and policies which govern Netball NSW and Affiliates.
- 6.5. Do not use your involvement with Netball to promote your own beliefs, behaviours or practices where these are inconsistent with those of Netball NSW or Affiliates.

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- 6.6. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example and they can be easily influenced.
- 6.7. Always place the safety and welfare of children above other considerations.
- 6.8. Avoid unaccompanied and unobserved activities with persons under 18 years of age, whenever possible.
- 6.9. Comply with all relevant Australian laws (Commonwealth and State), particularly anti-discrimination, occupational health and safety and child protection laws.
- 6.10. Refrain from any behaviour that may bring Netball NSW or Affiliates into disrepute.
- 6.11. Provide a safe environment for the conduct of Netball Activities.
- 6.12. Show concern and caution towards others who may be sick or injured.
- 6.13. Be a positive role model.
- 6.14. Be responsible and accountable for your conduct.
- 6.15. Abide by the relevant Netball NSW role-specific codes of behaviour and understand the consequences if you breach or are aware of any breaches of this Code of Behaviour.

Key Phases & Dates :

If you are unable to attend the trials as listed below due to non-changeable plans eg school camp, please advise the Junior Rep Convenor as soon as possible.

11 year age group – Sunday 4 August 2024 – players need to arrive in time to have their name marked off and commence the warm up at 8.45am

12 year age group – Wednesday 7 August 2024 – players need to arrive in time to have their name marked off and commence the warm up at 5.45pm

13 year age group – Sunday 11 August 2024 – players need to arrive in time to have their name marked off and commence the warm up at 8.45am

14 year age group – Wednesday 14 August 2024 – players need to arrive in time to have their name marked off and commence the warm up at 5.45pm

15 year age group – Wednesday 21 August 2024 - players need to arrive in time to have their name marked off and commence the warm up at 5.45pm

Phase I – Trials can take up to two hours. Selection into Phase I occurs at the trials in August 2024. Training commences Wednesday 16 October 2024 at 6pm.

Phase II – Selection into Phase II occurs at the trials in November 2024 (TBC). Training will continue for those selected into Phase II until Wednesday 11 December 2024 and then re-commencing on Wednesday 5 February 2025 at 6pm.

Fitness training is anticipated to commence Monday 10 March 2025 at 6pm (12 to 15 years only).

Phase III – Final selection into State Title teams (February / March 2025).

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Player Nominations :

Please refer to the HDNA By-Laws regarding selections, Player Agreement form and withdrawal from a team.

Are there are any requirements to nominate?

All applicants for selection must be turning between 11 to 15 years in 2025 and in line with Netball NSW Affiliation and Membership Policy, must be registered participants of Netball NSW or other Australian affiliate.

How do I nominate to trial?

Nomination forms for Junior Representative Teams are to be completed and submitted online:

- [CLICK HERE](#) to nominate and pay. The nomination fee of \$30.00 is payable at the time of nomination and is non-refundable.
- For more information, please go to the HDNA website: www.hdnanetball.com.au. In the main menu bar, click on Representatives > Junior Reps.

What if I submit my nomination form late?

The form will be closed on the date published. No late nominations will be accepted.

How old do you have to be?

To nominate for :

- 11s - turning 11 in 2025 (born in 2014)
- 12s - turning 12 in 2025 (born in 2013)
- 13s - turning 13 in 2025 (born in 2012)
- 14s - turning 14 in 2025 (born in 2011)
- 15s - turning 15 in 2025 (born in 2010)

Positions to trial

A player may nominate for two positions to trial in, but it should be noted that selectors and coaches may move a player to a position that they have not nominated.

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Selections :

What teams and squads does HDNA select?

Each year, HDNA will select:

- 11 Years Development Squad – the number of players depends on the number of nominations received and depth of talent of the players nominating.
- 12 to 15 Years Team and Development Squad. Please note that where there is a lack of players nominating for selection, the 14 and / or 15 years squads may be combined or not selected.
- Usually, ten players are selected in each team and squad.

What if I am injured or sick and am unable to trial?

Attendance at selection trials is compulsory. If you are injured or unwell prior to trials, please contact the Junior Representative Convenor as soon as possible to discuss your circumstances. You will be required to provide medical certification to confirm your inability to trial.

The selectors may decide to invite any injured / ill player to the first training session of the following phase where they will be assessed to remain in the program.

How are Junior Representative trials run?

Selections for 12 to 15 years are generally conducted in three (3) phases. Each phase consists of players trialling in their nominated positions playing matches against each other in a round robin format.

What should I wear to trials?

Players should wear appropriate training attire ie shorts and collared shirt with appropriate shoes – no association, club or school netball uniforms. Singlet tops should not be worn.

In line with International Netball Federation rules :

- Players need to ensure no jewellery is worn to trials. This includes nose and belly button rings.
- Long hair should be tied back and nails trimmed.

What should I bring to trials?

- Enough food and hydration for the day / evening
- Sweat towel
- Strapping tape / braces if needed

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Who are the selectors?

A minimum of four (4) selectors will be appointed per age group.

What if I don't get selected into a Junior Representative Squad or Team?

If you are not selected, it does not mean you will not be selected in the future. All players have different skill levels and develop at different stages. If you are not selected, we would encourage you to continue to play club netball to further develop your skills and facilitate your development as it is common for players to be selected to represent HDNA in subsequent years.

Junior Representative Playing Commitments :

All players selected are required to comply with the HDNA Junior Rep Player Agreement, HDNA By-laws, Netball NSW Codes of Behaviour and the Netball NSW Member Protection Policy.

Attendance at the following events is **compulsory** for all players selected in the Squad or Team :

- Photos
- Banner painting night (State Title teams only)
- State Titles – Junior and Senior (State Title teams only)
- All competition matches (even when injured) including winter competition, carnivals and State Titles.

Carnivals :

- The number of Sunday carnivals attended by teams will vary from coach to coach and the availability of suitable carnivals.
- Teams usually attend between 3 to 6 carnivals dependant on the coach's programming.
- Carnivals can be anywhere from Newcastle to Wollongong to the Blue Mountains and Sydney metropolitan area. They usually commence at 8.30am requiring attendance by all participants by 7.30am and finish around 4.00pm.
- Players are selected on the basis that they are available for all games at every chosen carnival, unless injured. Extenuating circumstances that prevent carnival availability due to attending a family or school event will be considered. Participation in other sports is not a satisfactory reason for carnival non-attendance and may lead to withdrawal from the program.

Senior Competition : 14s and 15s State Title Teams and Squads play in the senior competition on Saturdays in addition to their junior club teams.

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Junior Competition : 12s and 13s State Title Teams play as a team in the junior competition on Saturdays in addition to their junior club teams.

Fitness and Training : Attendance at all training sessions including fitness is compulsory. Fitness training is held on Monday evenings and Squad and Team training sessions are held on Wednesday evenings. Failure to attend training will affect your court time and may affect your position in the squad/team. All players selected into shooting positions in Phase I, II and III must be available to attend compulsory additional shooter training sessions.

What if I can't attend training or a match?

If you are aware of a commitment in advance, you must advise your Team Coach AND the Junior Representative Convenor. If you become unwell or circumstances arise on the day of training / match, you must contact your team coach.

Umpire's Exam : All players aged 12 to 15 years are required to have a current pass in the "Rules of Netball Theory Examination" which must be valid before training commences in 2025.

Uniform :

All players 12 to 15 years of age are required to purchase the following uniform items :

- HDNA dress
- HDNA polo shirt
- HDNA socks
- HDNA tracksuit
- HDNA bag
- HDNA hat

All players 11 years of age are required to purchase the following uniform items :

- HDNA polo shirt
- HDNA socks
- HDNA hat

Optional items for purchase include :

- HDNA training shirt
- HDNA hoodie

All players are required to provide their own black leggings, skins or shorts for training. Players are required to wear black boyleg pants under their dress for competition.

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Fees :

The nomination fee to trial is non-refundable and is \$30.00, payable at the time of nomination.

All players representing HDNA in 2025 are required to pay the nominated fees, which are **non-refundable**. In line with Netball NSW policy, only registered financial players can participate in any Netball NSW or Association competition.

As guidance, the 2024 fees were:

- Phase I – \$50.00
- Phase II – \$250.00 for 12s to 15s (includes fitness, specialist training and carnival costs)
- Phase III (applicable only to State Titles teams) – \$250.00
- 12s and 13s Junior Competition – \$130.00
- 14s and 15s Senior competition – \$130.00
- Phase II for 11s - \$150.00

Junior Representative fees for 2025 will be finalised before Phase I training commences.

Player Availability :

Travel / Holidays

Players nominating to trial are expected to be available for all trainings, carnivals and the relevant State Titles. School holiday absences at the end of Term 1 are acceptable, providing the coaches are advised well in advance.

Injuries and Illness

Players will be responsible for reporting all injuries and illnesses to their squad / team coach and the Junior Rep Convenor.

Where a player has an ongoing injury or illness, the player will be required to provide certification from a physiotherapist or doctor regarding clearance to train and/or play. For player's returning from injury in the three weeks prior to the State Titles, medical clearance is required from HDNA's preferred provider, Thornleigh Performance Physiotherapy, or any other specialist sports physiotherapist. The player will need to be able to train and play at maximum capacity and anticipate that they would be able to successfully complete the three days of competition at a minimum of 40% court time.

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General :

Anti-Doping

Players should be aware of the Netball Australia Anti-Doping Policy available on the Netball NSW website www.netballnsw.com.au.

Contacts :

In the first instance, players and / or parents should approach their team coach or manager.

Alternately, the following people can also assist with your enquiries :

Position	Email
<i>Junior Representative Convenor</i> Margaret Coe	juniorreps@hdnanetball.com.au
<i>Member Protection Officer</i> Peter Holman	vicepresident@hdnanetball.com.au