



### **Club expectations for players and parents and carers**

***As a WLNC player you will abide by the following expectations demonstrating #wlncnetballfirst and #PassionPurposePotential. WLNC is your netball family***

1. Prioritise WLNC netball training, matches and tournaments over other hobbies and commitments.
2. Have an aspiration to play for county, superleague, and even a national squad.
3. Show total pride, commitment and respect towards everyone in the netball world.
4. **Training to win.** Every player must work with **INTENSITY** during training and matches. Work hard for yourself, your team and your club #netballfamily
5. **Training to win** sessions and matches wear **A SMILE**, have a GROWTH MINDSET, wear the the correct kit and bring the correct equipment (ball, 4 cones, skipping rope, hand sanitiser plus any other on request)
6. Attend **ALL training to win** sessions and matches even if injured (if injury allows) If you cannot attend for any reason, please explain why to your TM who will inform the coach
7. **Be available** for **ALL** matches (if you cannot attend explain why to your TM, who will inform the coach)
8. **WLNC has a no train no play policy.** If you don't train you will not be selected to play unless your coach decides otherwise
9. Work hard for any club coach that may coach you throughout the season and work with #passionpurposepotential.
10. **Home training; train hard at home.** All players will be expected to complete a home training programme. Your coach will guide you on this. **Eventually, (u12 upwards),** you will be expected to put in the following sessions at home:
  - a. 200 shots / day as a shooter
  - b. 20 minutes / day agility related ball skills session
  - c. Maintain fitness levels at level 8 (on the bleep test) or above
11. Help out at training e.g. umpiring, getting out, and putting away of, equipment.
12. Be prepared to join WLNC junior volunteer scheme at the appropriate time, as a coach or umpire.
13. Attend social functions including the christmas meal and presentation evening.
14. Complete the annual survey
15. **If you do not meet the above expectations,** your coach will have a discussion with you, and your parent/ guardian, about your commitment and whether you should remain part of the club.

#### **Parents/ carers will:**

1. Support and deliver the club vision
2. Ensure the player can commit to the above expectations.
3. Ensure the player has all the relevant kit
4. Attend the club AGM every year
5. Volunteer within the club
6. Where required, be part of a rota to support club 'training to win' sessions
7. Pay match cancellation fees, should your daughter become unavailable, causing the match to be cancelled.
8. Follow WLNC on twitter
9. Attend social functions e.g. presentation evening
10. Complete the club survey
11. Show total pride, commitment and respect towards everyone in the netball world

Signed Player \_\_\_\_\_ Date \_\_\_\_\_

Parent /Guardian \_\_\_\_\_ Date \_\_\_\_\_