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G R I F F I N S
H A N D B O O K



GRIFFINS
MEN'S & MIXED
NETBALL

 <https://www.actmensandmixednetball.org.au>

 @actmensnetball

 @MensNetballACT



CONGRATULATIONS

Firstly, congratulations on your offer! We are incredibly excited to see a diverse talent pool within this year's ACT Griffins cohort. Congratulations to all Touring Squad Members and Training Partners.

ACT Griffins

The following is valuable information about the ACT Griffins program, what being a Touring Squad Member or Training Partner entails, plus details about what will be involved in the 2024 AMMNA Championships.

SQUAD POSITIONS

Touring Squad Members:

At the present time, the selection panel has opted to name a touring squad of 24 athletes (those who will be travelling as either a Mens or Mixed player), in addition to naming 11 training partners.

In order to confirm team lists for Mens and Mixed, the coaching group requires further time to deliberate. Final decisions will be made on the Mens and Mixed teams in due course.

We request and appreciate your patience whilst this process occurs, and stress that athletes should not approach the panel, or any coaches, to discuss this matter until further communications are released by the committee.

Training Partners:

We are exceptionally fortunate to have had an excess of talented athletes trial for the 2024 program. This has presented a number of training partner opportunities.

A Training Partner is a player who has been identified by the selection panel as a strong potential for future selection. Training Partners are invited to train with the team in preparation for the 2024 AMMNA Tour, but do not travel to the AMMNA Championships.

In the instance that a player within the touring squad is unable to travel, training partners may be considered for elevation. Given this, it is important that all touring athletes and training partners be aware of the following information.

Acceptance

The offer you've received is available until 11.59pm on Friday, 29 September 2023. To accept your offer, please respond to this email in writing, with confirmation that you have paid your first instalment of \$200 to the ACTMMNA association bank account. This cost applies to all Touring Squad Members and Training Partners.

The association bank details can be seen below.

ACT Mens Netball
BSB: 032 713 ACC:
446 412

If we do not hear from you within this timeline, your offer will be rescinded and afforded on merit to the next athlete identified by the selection panel.

MEET THE COACHES

We are delighted to welcome back Kim Symons as the Head Coach of the 2023/2024 and 2024/2025 ACT Griffins programs.

Team coaching appointments have now been made. We are pleased to announce:

MEN'S



Kim Symons

Men's Head Coach

MIXED



Alisha Anderson

Mixed Co-Coach

U17'S



Dayna Waterworth

U17's Coach



Rhia Austin

Men's Apprentice
Coach



Kate Coffee

Mixed Co-Coach



Lizzie Crossley

U17's Assistant
Coach

NATIONALS

A whole squad Facebook Page will be created shortly and will serve as the primary means of communication in the short term, until such time that teams are named and team group chats can be created.

Dates & Location of Nationals:

The AMMNA Championships will be held in Brisbane, QLD, with the touring group departing Canberra on Friday, 29 March 2024 and returning on Sunday, 07 April 2024.

Flights are tentatively scheduled (subject to change) on:

- 29 March 2023 CBR>BNE Depart 1220 Arrive 1300
- 07 April 2024 BNE>CBR Depart 1550 Arrive 1740

Accommodation has been booked at the Quality Hotel, Robertson Gardens. Athletes can look forward to staying in 2 bedroom villas with access to ample outdoor space, a pool and a number of other fantastic facilities.

The tournament will be held at the home of the Queensland Firebirds, Nissan Arena, only 1.7km from our accommodation.



ESTIMATED COSTS



For training partners, a small fee will apply to assist in covering training venue hire. This is estimated to be \$300. A final figure will be confirmed over the coming weeks (and will be subsidised by your \$200 acceptance payment, and \$50 trialling payment).

For touring athletes, the estimated touring cost is \$2,500. This will be subsidised by your \$200 acceptance payment, and \$50 trialling payment.

Over the next few months, ACTMMNA will make final payments on things like flights and accommodation. Athletes are expected to make incremental payments to allow the association to pay deposits and relevant tour costs (most of which are due 30-60 days before the tour begins).

The athlete payment schedule will be as follows (pending advice on final touring costs in early 2024, which may slightly modify the anticipated figure of \$2,500):

- Nomination fee (already paid): \$50
- Acceptance fee due 29 September 2023: \$200
- Payment 1 due 13 October 2023: \$250
- Payment 2 due 27 October 2023: \$250
- Payment 3 due 10 November 2023: \$250
- Payment 4 due 24 November 2023: \$250
- Payment 5 due 08 December 2023: \$250
- Payment 6 due 05 January 2024: \$250
- Payment 7 due 19 January 2024: \$250
- Payment 8 due 02 February 2024: \$250
- Payment 9 due 16 February 2024: \$250

ESTIMATED COSTS

As per previous years, ACTMMNA will work hard to ensure all costs are itemised. To be transparent, tour costs will include (but aren't limited to): flights, accommodation, training venues, vehicle hire, food, tournament fees and a tournament pack (which encompasses the tournament photography, live streaming of matches and various merchandise). Your fees do not include uniforms (which incur an additional fee). Previous athletes will be eligible to wear uniform from either the 2019, 2022 or 2023 tours (the designs will not change this year).

For those who experience difficulty meeting the financial demands of the program, payment plans may be available. It is essential that those who may not be able to meet the financial requirements of the program make this known to the executive committee as soon as practical (via response to today's email). We will otherwise anticipate your payments as outlined above.

Historically, ACTMMNA has afforded generosity and patience to all athletes regarding payment programs. However, due to the resultant financial consequences for the association, a more firm stance will be taken in 2023/2024. Athletes who do not meet payment deadlines, without prior executive approval, may not be eligible to continue participating in the program. We hope to not have to enforce this position on any of our successful athletes in the lead up to the 2024 tour.

To assist in alleviating financial pressures, ACTMMNA will provide all athletes with a Player Sponsor information Pack that will empower athletes to seek individual sponsorship from our local community.

TRAINING

It is the expectation of ACTMMNA that attendance at all training sessions is compulsory. It is a privilege to represent your state and we expect your full commitment to national's preparation.

Training will involve court and fitness session and will commence on Saturday, October 21st from 3.00pm-5.00pm at Netball ACT. Sessions will occur weekly thereafter between October 2023 and March 2024 with a four week break over Xmas. There will be home programs allocated to each athlete.

- **Court sessions - Saturdays 3 - 5pm - NACT**
- **Fitness - Tuesdays - 6 - 7.00pm - Ovals NACT**

All athletes must seek and exemption to be absent from any training sessions through the program.
Email Head Coach - kim.symons@netballact.com.au

Netball ACT continues to support our program by offering their training facility to us at a heavily reduced rate. We are grateful for their continued support of our program and will ensure we respect their facilities accordingly.

Saturday Court Training Schedule

2023 Dates		2024 Dates	
21 October	25 November	13 January	17 February
28 October	2 December	20 January	24 February
4 November	9 December	27 January	2 March
11 November	16 December	3 February	9 March
18 November	XMAS BREAK	10 + 11 February - Mark Kerr Cup	16 March
		ACT v NSW Weekend Tournament	23 March



FUNDRAISING AND SPONSORSHIP

As you'd know, ACTMMNA receives no funding from any sporting or Government bodies. As such, all National Championship tours and state-based competitions are player funded.

ACTMMNA remains committed to supporting athletes to generate additional funds to offset the costs associated with the AMMNA Championships. Each team is invited to collaborate on ideas for fundraising and the ACTMMNA Committee is here to advise and assist in any way possible.

Please note that any funds generated by the playing cohort will be held by ACTMMNA and the most appropriate way to return this to the playing cohort will be considered.



IMPORTANT INFORMATION

Code of Conduct

The ACTMMNA Code of Conduct is provided to all athletes on commencement of the program. By accepting your position in the ACT Griffins program, you are committing to adhere to the ACTMMNA and AMMNA Code of Conduct.

Withdrawal Prior to Nationals

It is important to confirm that once an athlete has been selected, ACTMMNA immediately begins incurring costs on each athlete's behalf. Given this, in the event of a withdrawal, players will receive a reasonable refund which considers and deducts costs already incurred by ACTMMNA (or those that cannot be recouped through other means).

Vacancies

The ACTMMNA committee and touring program have a number of vacancies available. Should you, a family member, or friend be available and willing to assist, please forward an expression of interest to ACTMMNA via email.

It goes without saying that our program relies on the hard work of unpaid volunteers (most of which have full-time employment and competing demands). Many hands make for light work and a much smoother, more professional program.

CODE OF CONDUCT



In accepting a position with the 2024 ACT Men's and Mixed Netball Inc. Representative Program, all athletes must agree to represent the ACT with pride, determination and commitment. In accepting a place in the squad, all athletes must agree to the following:

ATHLETES WILL:

1. Ensure they are registered player in a Netball ACT Association in 2024 to remain eligible to hold their position in the program. While players do not have to participate in a competition (M-League, State League or District Competition), they must become a registered player for insurance purposes.
2. Touring athletes will attend the Australian Mixed and Men's Netball Association Nationals over the period 29 March - 7 April 2024 inclusive.
3. Attend all training and team activities as set by the coach/manager unless previously arranged with team management.
4. Pay all monies owed by the due date and in accordance with the payment schedule provided by the Association (further details for agreement provided below, including the implications for non-financial members detailed).
5. Participate in and undertake all fundraising activities as designated by association officials including undertaking activities outside of regular training times.
6. Understand the privilege and associated responsibilities of representing their state, and as such do so with pride, respect and dignity.
7. Sign and complete any Code of Conduct (including the Code of Conduct document that will need to be completed by AMMNA) prior to the tournament.
8. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators and respect the talent, potential and development of fellow players and competitors.
9. Respect the uniform they are privileged to wear and do so neatly and with care.
10. Be frank and honest with coaches concerning illness, injury and ability to train and play fully.
11. Conduct themselves in a responsible manner relating to language, temper and punctuality and maintain a high standard of personal behaviour at all times.
12. Abide by and respect the decision of team and association management and work equally hard for themselves and their team.
13. Not consume any alcohol during the tournament until all playing responsibilities are complete.
14. Provide the necessary medical information as required by the Association.
15. Understand that their image and video may be used in digital media, **11** communications and newsletters.



PLAYER CHECKLIST

- ☒ Read this information handbook carefully.
- ☒ Respond via email to accept your position by Friday 29 September 2023.
- ☒ Pay your acceptance fee of \$200.
- ☒ Seek any known training exemptions through emailing Head Coach Kim Symons.
- ☒ Attend the first training session on Saturday 21 October!



Congratulations!

Congratulations again on your offer and we do hope you accept. As noted above, acceptances are due by 11.59pm on Friday, 29 September 2023 (via email and bank transfer).

We expect the coming months will involve a lot of hard work, commitment, and determination. We look forward to empowering a positive squad culture through regular communications, transparency, and a professional approach to our preparation for the 2024 AMMNA Tour.

