

2 0 2 4 A C T 1 7 ' S
G R I F F I N S
H A N D B O O K



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

 @actmensnetball

 @MensNetballACT



CONGRATULATIONS

Firstly, congratulations on your offer! We are incredibly excited by the talent, athleticism and inclusivity of this young group. Congratulations to all Squad Members!

ACT Griffins

The following is valuable information about the ACT Griffins program, what being an ACT Griffins Athlete means, plus details about what will be involved in the 2024 AMMNA Championships.

SQUAD POSITIONS

Squad Members:

This year, we held a highly successful trial series which saw the introduction of a number of athletes talent identified at the schools carnival. As such, the panel has opted to take a Squad of 22 athletes. All Squad Members will then be observed at training throughout October/November, with a Touring (travelling) Team of 12 athletes to be named thereafter. Those who are not successful in being named as a Touring Athlete will continue training with the team in a Training Partner capacity.

What is a Training Partners:

Training Partners train with the team in preparation for the 2024 AMMNA Tour, but do not travel to the AMMNA Championships. Training Partners are an incredibly important part of our representative pathways, allowing them to continue skill development in a professional, state based sporting environment.

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 for the ACT U17s Squad 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 an instalment of \$100 to the ACTMMNA association bank account. This cost applies to all Squad Members. For those who are successful in being selected as a Touring Athlete, this cost will subsidise touring fees. For those offered a Training Partner position, this cost will subsidise training fees.

The association bank details can be seen below.

ACT Mens Netball

BSB: 032 713

ACC: 446 412

If we do not hear from you by Friday, 29 September 2023, your offer will be rescinded and afforded on merit to the next athlete identified by the selection panel.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 “group chat” will shortly be established by Dayna and Lizzie with the entire squad. Please keep an eye on your emails with further instructions.

Dates & Location of Nationals:

For those successful in being offered a Touring Athlete position, 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. All U17s athletes will travel alongside of Senior Mens and Mixed teams.

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.

Parents are welcome to book accommodation in the same facility. However, all athletes will stay with their peers under the oversight of Dayna, Lizzie and an appointed Team Manager, alongside Renae Pickering (Tour Manager).

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. A final figure will be confirmed over the coming weeks (and will be subsidised by your \$100 acceptance payment, and \$50 trialling payment [for those who applied directly through the nomination portal]).

For Touring Athletes, the estimated touring cost is \$2,500 per athlete. This will be subsidised by your \$100 acceptance payment, and \$50 trialling payment [for those who applied directly through the nomination portal]).

Once training commences and a Touring U17s Team is named (12 athletes), further correspondence will follow around a 'payment schedule' for the remaining costs. All touring athletes are expected to make incremental contributions towards their playing fees, to assist ACTMMNA to secure bookings with our flights, accommodation and other vendors.

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).

For those who experience difficulty meeting the financial demands of the program, payment plans, grants, fundraising and sponsorship opportunities may be available.

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.

FINANCIAL SUPPORT

If you feel cost will be a barrier to participation please reach out to the Committee early. The youth program is important to our association and as such we will be investing additional resources to support this program.

Individual Grant Opportunity

The Local Sporting Champions

https://www.sportaus.gov.au/grants_and_funding/local_sporting_champions

- Available for athletes aged 12-18 participating in state, national or international championships.
- Applications open: 1 August 2023/ close: 31 October 2023, 11.59pm AEST
- Notification of outcomes: From December 2023
- If successful, applicants will receive \$500-\$750 towards the cost of attending their championships.

Every Chance

<https://www.everychance.com.au>

- Supports kids to get involved in organised sport and physical activities by providing vouchers of up to \$250 to help eligible families to cover the costs of sport registration fees for junior community sport.
- ACTMMNA has applied to be a 'trusted referrer' to support this.

Group Grants and Funding

The ACTMMNA are also applying for the below to support the youth program:

- Youth InterACT Scholarship which would provide \$1,500 of funding which would be shared evenly across the 17's team if successful.
- Active Kids Grant for possible equipment and uniform grant.

Fundraising

ACTMMNA and the Griffins program coordinate a number of annual fundraising events to offset athlete costs. These events require athlete support and include: Trivia Night, Bunnings BBQ and Raffles/lucky numbers.

Individual Player Sponsorship

Individual athletes can seek local businesses to support them financially with the attached individual sponsorship form. We encourage players with parents/guardians to utilise contacts and local businesses to seek financial support. The form will need to be completed and provided to ACTMMNA to produce an invoice to the business.

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

Fundraising & Sponsorship

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.

Cross Code Athletes

The ACT Griffins understands that all young athletes may have alternate sporting commitments. We are very willing to work with all athletes, their parents, and their coaches, to ensure that load is managed appropriately. We believe that all young people should participate in sport and we're here to ensure that netball can compliment their health and wellbeing.

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 \$100.
- ☒ Seek any known training exemptions through emailing Head Coach Kim Symons.
- ☒ Attend the first training session on 21 October!



Congratulations!

Congratulations again on your offer of ACT Griffins U17s Squad Member. 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.

