

BAXTER NETBALL CLUB

Training Policy

Expectations

Training is a very important part of playing netball at Club level. Training promotes team bonding, shows commitment and builds skill levels. As such, Baxter Netball Club requires *regular* attendance at training sessions for all players.

All coaches plan for training so it is imperative and courteous that players and/or parents are in communication with coaches/team managers with any attendance issues. We fully understand that there will be occasions where players cannot attend training due to illness or other personal issues. All we ask is that you communicate this with your coach/team manager as soon as possible. Without communication regarding inability to attend training, it may result in less court time at the following game. If a player fails to attend training on a *regular* basis, the club/coach can only guarantee one quarter of play on game days with further time played at their discretion.

This policy should not be seen as a punishment, but rather a reflection of the club's intention to promote strong individual and team growth. It also shows fairness to those who are regularly attending training. Developing fundamental skills at training will improve game day performance of the individual and the whole team.

Training Guidelines

- Junior Training times: Wednesday, 4.15pm – 5.30pm
 - Unless notified otherwise by individual coaches
- Please arrive early so the team can start warmup together promptly at 4.15pm. Coaches will not wait for late arrivals.
- Parents of junior players must be contactable at all times during training sessions – in the event of injuries/illness.
- If parent is not in attendance, player must be dropped off and picked up at training courts (not the parking lot). Juniors must remain with coaches until parent/guardian is sighted.
- Please ensure appropriate footwear is worn to prevent injuries
- Please wear hats and sunscreen when weather dictates
- Ensure you bring water to ensure adequate hydration.

Training Cancellation

In the event that training is cancelled due to wet or extreme weather, it will be posted on the BNC member Facebook page and team chat groups. When weather is looking questionable, please check for updated training posts. The club will endeavour to post by 3.30pm.