



YOUTH NETBALL PROGRAMME

2018-2019 Season Supporting Information

KEY CONTACTS

Director of Youth Programmes	Chanelle Candy	youth@valleyrhc.com	+852 66886197
Youth Head Netball Coach	Carly Goodchild	carlygoodchild@hotmail.com	
Director of Senior Netball	Tracy Skipp	netball@valleyrhc.com	
General Manager	Nick Hewson	info@valleyrhc.com	

AGE GROUPS

Our coaching team will determine age grouping during the first few weeks of training.
Registration Age Groups – Dates based on current HKHA ruling:

U19's	born on or after 1st Jan 2000
U16's	born on or after 1st Jan 2003
U14's	born on or after 1st Jan 2005

Please note:

- We appreciate children all develop differently – there is actually no strict rule about when children should move up a level. We recommend that you should always start in the prescribed age group for your child. Speak to the coach about your child's progress and they will always give you the best advice.
- Our ability to enter teams into the HKJNL competition depends entirely on the number of registrations we receive for each age group and may mean we need to combine age groups to form teams.
- To ensure the enjoyment of all involved, those with limited experience with the sport will be expected to initially enjoy and develop their skills during trainings where they will be assessed to enter into the competitive environment of the Junior League when it is suitable.

LOCATION

Training sessions take place at **LCSO Wong Chuk Hang Outdoor Netball Courts**
108 Wong Chuk Hang Rd, Aberdeen (Netball Court marked within the red pointer on the map)
Closest MTR: Wong Chuk Hang



Valley Rugby Football Club Limited

8/F, Tai Sang Bank Building, 99-105 Des Voeux Road Central Hong Kong | +852 2815 3670



SCHEDULE

Age Group	Training Day	Training Time	
U14 / U16 / U19	Wednesday	5:30-7:00pm	90 minutes

Programme Start Date	Autumn: 12 September 2018 Spring: 9 January 2019
Programme Training Dates:	Autumn 12,19,26 September 3,10,24,31 October 7,14,21,28 November 5,12 December Spring 9,16,23,30 January 13,20,27 February 6,13,20,27 March 3,10,17,24 April
League Competition Dates <i>*Once the draw is released from HKNA we will share this information directly with players/parents</i> <i>*awaiting confirmation from HKNA</i>	Autumn Saturday Matches played between 12-6pm Kowloon Side 6,13,20,27 Oct Fa Hui Park 3 Nov Fa Hui Park 10, 17 Nov Tai Wan Shan Park 24 Nov, 1 Dec Playoffs TBC Spring* January/February - March/April Sunday Matches Hong Kong Island 20 Jan WCH 3/17/24 Feb WCH 10/24/ WCH 31 Mar/ 7 Apr Shun Lee Tsuen SC
Valley RFC Netball Club Night Training Sessions <i>*On these dates, Youth Participants are most welcome to stay on after training and participate in our Club night trainings with our Senior Netball Section</i>	10th October 2018 (7pm onward) 27th February 2019 (7pm onwards)

UNIFORM AND EQUIPMENT

Uniform

Players are welcome to train in their own comfortable sportswear.

Pre-packaged playing uniform (skort and playing top) will be issued to each child at training ahead of league matches commencing.

Please note:

- *Valley RFC must pre order kit from our supplier due to production time frames. Valley will endeavor to meet your kit size requests based on the information submitted in your child/rens registration form - we appreciate some flexibility with this.*
- *Additional Valley RFC banded Kukri merchandise can be purchased via our website.*

**What to bring to each session:**

- Suitable sports Sneakers,
- Any required medication .- ie Asthma inhaler
- Full Water bottle -We will have regular water breaks. Sugary drinks are not recommended
- Snack to have for after training - Snacks with nuts are not permitted ... some children have SEVERE allergic reactions to tiny amounts of nuts / nut oils.

VOLUNTEERS

We provide coaching which caters for all levels of ability and combines the services of our professional coaches along with a number of experienced parent volunteer coaches.

If you would like to become involved with Volunteering in any capacity (coaching, managing, youth committee etc) please contact youth@valleyrfc.com to find out ways you can help!

TERMS AND CONDITIONS

Please note that by completing registration for your child/ren you have acknowledged the [Terms and Conditions of our youth programmes outlined on our website.](#)