

# YOUTH NETBALL PROGRAMME

## 2019-2020 Season Supporting Information



### KEY CONTACTS WITHIN VALLEY RFC

<b>Director of Youth Programmes</b>	Chanelle Candy	youth@valleyrfc.com	+852 6688 6197
<b>Head Youth Coach</b>	Carly Goodchild		
<b>Club General Manager</b>	Nick Hewson	nick.hewson@valleyrfc.com	

### AGE GROUPS

Once registered, your child(ren) will automatically be sorted into age groups as below  
Registration Age Groups:

<b>U19's</b>	<b>born on or after 1st Jan 2001</b>
<b>U16's</b>	<b>born on or after 1st Jan 2004</b>
<b>U14's</b>	<b>born on or after 1st Jan 2006</b>
<b>U12's</b>	<b>born on or after 1st Jan 2008</b>

*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.*

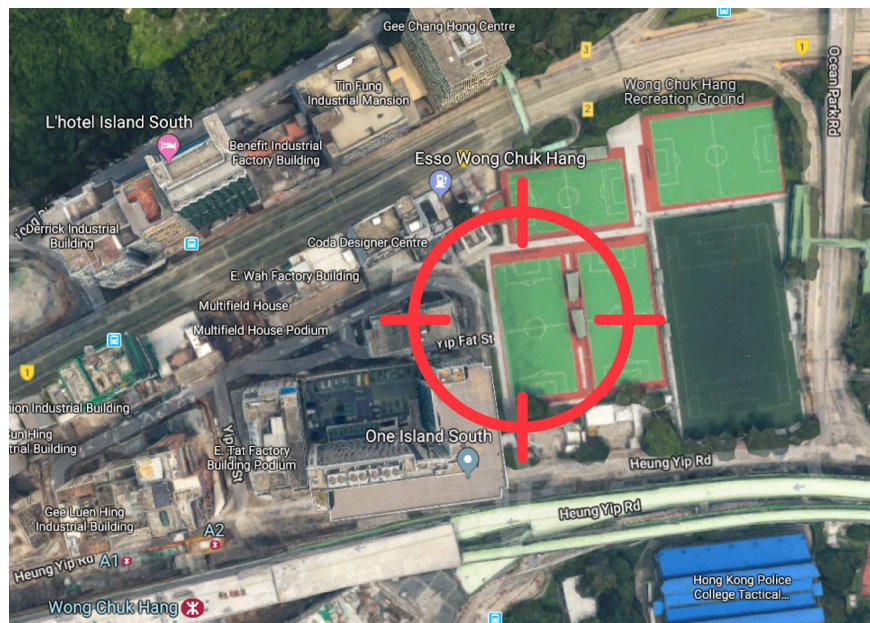
### LOCATION

Training sessions take place at **LCSD 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





## SCHEDULE

Age Group	Training Day	Training Time	
U12	Wednesday	5:00 - 6:30pm	90 minutes
U14	Wednesday	5:00 - 6:30pm	90 minutes
U16	Wednesday	6:00 - 7:30pm	90 minutes

Programme Start Date	4 September 2018
Programme Training Dates <input type="checkbox"/>	4, 11, <b>18</b> , 25 September 2019 2, 9, 16, <b>23</b> , 30 October 2019 6, 13, <b>20</b> , 27 November 2019 4, 12 December 2019 8, <b>15</b> , <b>22</b> , 29 January 2020 5, 12, <b>19</b> , 26 February 2020 4, 11, <b>18</b> , 25 March 2020 1, 8, 22, <b>29</b> April 2020
Challenge Days <input type="checkbox"/> <input type="checkbox"/>	Refer to the schedule on Sportlyzer
HKNA League Fixture Dates	Once the draw is released from HKNA we will share this information directly with players/parents *awaiting confirmation from HKNA

On the dates highlighted, training may take place at an alternate venue. Please refer to Sportlyzer for up to date information on training venue.

Challenge Days: As part of our Development Model we will be introducing a selection of skill challenges. These challenges are designed to align with aspects of our physical and technical development curriculum and help us monitor our progress. Player achievements will be available on their personal sportlyzer app.

## TEAM/ PLAYER MANAGEMENT TOOL - SPORTLYZER

This year we are trialling the use of a new platform Sportlyzer. We will be using several features on this platform including:

- ★ Calendar
- ★ Communication- Email and SMS
- ★ Attendance recording
- ★ Challenge day achievements

The platform has several mobile apps which are available on both android and iOS. We recommend that parents utilise the Sportlyzer Parents App, and that players with mobile phones use the basic Sportlyzer player app.



Download Links:

	Android	iOS
Players App	<a href="https://play.google.com/store/apps/details?id=com.sportlyzer.android.player">https://play.google.com/store/apps/details?id=com.sportlyzer.android.player</a>	<a href="https://apps.apple.com/app/sportlyzer-player-app/id1161317240">https://apps.apple.com/app/sportlyzer-player-app/id1161317240</a>
Parents App	<a href="https://play.google.com/store/apps/details?id=com.sportlyzer.android.teamcalendar">https://play.google.com/store/apps/details?id=com.sportlyzer.android.teamcalendar</a>	<a href="https://apps.apple.com/app/sportlyzer-team-calendar/id1121209338">https://apps.apple.com/app/sportlyzer-team-calendar/id1121209338</a>

## UNIFORM AND EQUIPMENT

### Uniform

Kurkri training top will be issued to each child at training over the month of September. Players are strongly encouraged to wear this top along with their own comfortable sportswear (tights/shorts/skorts)

Pre-packaged playing uniform (skort and playing top) will be issued to each child entered into the JNL 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 else to bring to each session:

- ★ Sports Sneakers, Hats and sunscreen in summer, warm clothes in winter.
- ★ Any required medication .- ie Asthma inhaler
- ★ Full Water bottle -We will have regular water breaks. Sugary drinks are not recommended
- ★ Snack to have after training - Snacks with nuts are not permitted ... some children have SEVERE allergic reactions to tiny amounts of nuts / nut oils.

## VOLUNTEERS

### Age Group Managers

While our coaching and management staff shoulder the majority of our running tasks on a weekly basis. We would welcome any expression of interest from any parents who might be interested in helping as age group managers. The main responsibility in this role is to help with the organisation in the lead up to events such as:

- ★ JNL Fixtures
- ★ Challenge days
- ★ We would also welcome managers to get involved in arranging age-group social events.

While we would usually limit this to a single manager per age group, we are open to role sharing arrangements as well. If you are interested please email [youth@valleyrfc.com](mailto:youth@valleyrfc.com)



## **Coaches**

A huge effort is being put into developing our youth section and transferring our knowledge to a greater pool of coaches.

All Volunteer coaches will receive:

- ★ Weekly support from our wider coaching team.
- ★ A coaching season plan to follow.
- ★ Online access to a library of drills to assist with planning each session.
- ★ A Valley RFC certificate of completion (Season Coaches).
- ★ Coaching kit (Season Coaches).

If you are interested please email [youth@valleyrfc.com](mailto:youth@valleyrfc.com)

## **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](#).