



REPRESENTATIVE INFORMATION SHEET 2013 SEASON

TRAINING:

Representative training is 2 nights per week; one night is fitness the other night is skills training. Training sessions are compulsory and can only be missed due to illness. If you are injured, you are still expected to attend training and will need a doctor's or a physio certificate advising that you are unable to train/play and then another letter from doctor or physio advising when you can commence training/playing again

UNIFORMS: (are compulsory at **all** times that you are representing Charlestown Netball Association e.g. Fitness, Training and Carnivals)

ITEM	AVAILABLE FROM	APPROX COSTS
Tracksuit pants	Charlestown Netball	\$33
Tracksuit jacket	Charlestown Netball	\$60
Playing Dress	Netball Shop	\$120
Boy leg pants	Netball Shop	\$20
Polar Fleece Jumper (optional)	Charlestown Netball	\$40
Training Shirt	Charlestown Netball	\$25
Training Shorts	Charlestown Netball	\$22
Socks (ankle or long)	Charlestown Netball	\$12
Backpack	Charlestown Netball	\$30
$\frac{3}{4}$ Sleeve Shirt (optional)	Charlestown Netball	\$30

All costs listed are an approximate only and may vary from time to time.

ITEMS FROM THE NETBALL SHOP NEED TO BE ORDERED AS SOON AS PLAYERS ARE SELECTED AS THEY ARE MADE TO ORDER (AND CAN TAKE A WHILE) – 50% DEPOSIT REQUIRED AT NETBALL SHOP.

STATE AGE:

State Age is held over three days on the first weekend of the July School Holidays. In 2013, State Age Championships/Division 2 will be held at Campbelltown on 29 June – 1 July. Parents, players, and friends make their way to Sydney and arrange their own accommodation for the duration of the event, players stay at all times with their parents. Accommodation is already booking out so it is suggested to make bookings now and you can always cancel if your daughter is not selected.

COSTS:

Representative fees are approximately \$470 per child for this event (includes bonding camp, lunches, tent, physio, fitness, skeletal assessment, photos, tape etc)

FITNESS:

One fitness session is held each week, on a Tuesday night, whilst daylight saving is still current it is held at Nobby's Beach and returns to the courts once daylight saving has finished. Cost for this is \$70 for the season and included in costs above.

BONDING CAMP:

A bonding camp has been organised for the weekend of 15th – 17th February 2013 at Myuna Bay, it will be run by our fitness instructor Denis Pitt and is compulsory at a cost of approximately \$80-\$100 for 2 nights, food, and accommodation. Cost for this is included in the costs above.

SKELETAL ASSESSMENT:

This assessment is compulsory and is conducted once the team has been finalised, it is done by our Sports Trainers who are qualified and who in many cases pick up certain things that need to be addressed prior to going to the championships e.g. tight hamstrings, need for orthotics etc. This cost is \$10 per player and is included in the costs above.

CARNIVALS:

Their coach and Charlestown Netball Association will enter representative teams into carnivals; this will include both local and Sydney venues. Cost is approximately \$35 per Sydney carnival for the bus. Parents make their own transport arrangements to and from these events. From time to time, a bus may not be used and parents will need to transport their own children and assist with the transport of the umpires, etc.

OTHER COMMITMENTS:

The coaching staff of individual teams may elect to participate in additional training off season, i.e. indoor training, boxercise, zumba, etc. these are an extra cost but will only happen two to three times during the season.

TENTS and EQUIPMENT:

Parents to assist by picking up the tents from Charlestown Netball courts on a Saturday to take to the relevant carnival the following day for the team, returning them the following week.

If you have any questions, please contact the Representative Co-ordinator, Helen Randall or any of the Executive of Charlestown Netball Association.