



**Birkenshaw Bells Netball Club**

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# **Birkenshaw Bells Netball Club**

## **Junior Handbook**

### **2021/2022 Season**



England Netball Registration: 3036762



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## Section 1.0 - Club Overview

### About Us

Birkenshaw Bells Junior Netball Club was set up in late 2017 by a dedicated sports teacher from BBG Academy and 4 local parents looking to fill the gap between demand for a competitive local team and the lack of local clubs. In just three years the club has grown from 2 initial teams to 8 registered within the West Yorkshire Junior Netball League. We encourage player development outside the club and are proud to have supported girls through to selection for West Yorkshire Academy, Elite Netball Academy High Performance Centres and the Leeds Rhinos England Pathway. You can be assured our players receive top quality coaching to release their potential whilst making new friends, getting fit and having fun. We currently run training sessions at 4 age groups: U16, U14, U12 and our Birky Bees Bee netball session which offers an introduction to netball for girls from school year 3 and upwards. At the end of a players junior netball journey there is an opportunity to progress into our senior section. Players will be expected to trial for this opportunity however our coaches will support players who show interest and potential to progress to senior netball and work with them to prepare for trials.

The BBNC Junior Handbook is a guide which provides all the information you need to know about being a member of our club and the expectations to abide by. This will ensure a smooth-running season and creates a culture to be proud of, that will last for many future seasons.

Please visit our website <http://birkenshawbellsnetballclub.co.uk/> and follow us on twitter (@BirkybellsNC) and facebook ([www.facebook.com/groups/BirkyBells/](http://www.facebook.com/groups/BirkyBells/)) where you can find the latest club information and keep up-to-date with current events and news. Our Senior section also has an Instagram page (@birkenshawbellsseniors) where you can view all our latest activities, match results and much more.

Whilst we aim to keep this handbook up-to-date, from time to time details change, so please visit Heja and the WhatsApp chat for the latest information. When details are changed or added into this handbook, an update will be sent out to existing members as soon as possible.

We look forward to the coming season.

### **Birkenshaw Bells Netball Club Committee**





### 1.1 - Last Season's Award Winners

High 5 Most Improved	Maria Tobin
U12A Most Improved	Millie Rose Ward
U12 B Most Improved	Sophiya Bashir
U14 A Most Improved	Daisy Lavin
U14 B Most Improved	Summer Jarvis
U14 C Most Improved	Grace Austwick
U16 A Most Improved	Annie Lockwood
U16 B Most Improved	Hannah Wood

High 5 This Girl Can	Esme Wightman
U12 A This Girl Can	Emma Goodall
U12 B This Girl Can	Georgia Watts
U14 A This Girl Can	Evie Irwin
U14 B This Girl Can	Amelia Irwin
U14 C This Girl Can	Sophie Rahman
U16 A This Girl Can	Niamh Spencer Brooke
U16 B This Girl Can	Harriet Wanklyn

High 5 Player of the Year	Poppy Bedford
U12 A Player of the Year	Holly Wright
U12 B Player of the Year	Jess Rahman
U14 A Player of the Year	Lottie Mackrill
U14 B Player of the Year	Chloe Blamires
U14 C Player of the Year	Libby Winter
U16 A Player of the Year	Harriet Mackrill
U16 B Player of the Year	Summer Haynes

Charlotte Sutcliffe Award	Holly Wright
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## **1.2 - Coaching Team**

All coaches are fully qualified by an England Netball approved course. They are all DBS checked and are up-to-date on the latest safeguarding and first aid courses. If you wish to get in contact with the coaching team please use the following email: [birkenshawbells@outlook.com](mailto:birkenshawbells@outlook.com)

### **Zoe Young**

Level 2 qualified - Club Head Coach and U16 junior coach

### **Emily Jagger**

Level 2 qualified - Coach for seniors and U12 junior teams

### **Beth Crump**

Level 2 qualified - Coach for seniors and U14 junior teams.

### **Charlotte Sutcliffe**

Level 2 qualified - U14 junior coach

### **Yvonne Williams**

Level 2 qualified – Bee netball coach

### **Hannah Moulds**

Level 1 qualified – Assistant U14 junior coach

### **Harriet Mackrill**

Level 1 qualified - Assistant U16 junior coach and Bee netball coach

### **Maddison Stoker**

Level 1 qualified - Assistant U12 junior coach





### 1.3 - Committee Members

<b>Club Founder</b>	Charlotte Sutcliffe
<b>Head Coach</b>	Zoe Young
<b>Club Chair</b>	Helen Winter
<b>Club Secretary &amp; Founding Member</b>	Sue Mackrill
<b>Club Treasurer</b>	Lindsay Irwin
<b>Safeguarding Officer</b>	Sam Johnson
<b>Data Protection Officer</b>	Meg Hemingway
<b>Deputy Chair</b>	Sarah Hopper
<b>Covid Officer</b>	Cath Shaw







**1.4 - Training Information**

The following details are for the junior training session. From time-to-time session times and venues may change. Please ensure you regularly check Heja /Whats app for training updates.

**Venues (subject to change)**

Hope Park Business Centre,  
The Lighthouse,  
BD5 8HB

(Don't use BD5 8HH which is sometimes listed as the address postcode online – this will take you to the wrong road you need to access the entrance of the sports hall)

Dixons City Academy  
Ripley Street,  
Bradford,  
BD5 7RR

BBG Academy  
Bradford Road,  
Birkenshaw,  
BD19 4BE

DAY	GROUP	TIME	VENUE	COACH
Monday	New to Netball	6:00-7:00PM	Dixons City	Yvonne & assistant
Tuesday	U14 D	6:00-7:30PM	Dixons City	Beth & Hannah
	U14 P	7:30-9:00PM	Divons City	Charlotte & Hannah
Wednesday	Bees	5:45-7:15PM	Hope Park	Yvonne & Harriet
	U16	7:30-9:15PM	Hope Park	Zoe & Harriet
Thursday	U12	5:45-7:15PM	Hope Park	Emily & Maddison

**Please note training days, times, coaches and venues are subject to change**





## Section 2.0 - Code of Conduct

All members of Birkenshaw Bells Netball Club will adhere to the Code of Conduct as set out by England Netball and detailed in the link below. As a player, parent, spectator, volunteer or coach we expect everyone to follow this standard, set out by these non-negotiable expectations, which should be maintained at all times during matches, training, and club activities.

Please take time to read the attached codes of conduct and share the expectations with the players.

<https://www.EnglandNetball.co.uk/governance/safeguarding/codes-of-conduct/>

BBNC also follows standards and ethics in accordance with England Netball policies, such as anti-bullying and whistleblowing. Anyone not complying with club policies and Code of Conduct will be managed in an appropriate manner including expulsion from the club if necessary. Compliance with club policies and code of conduct is crucial to maintain the club's reputation.

## Section 3.0 – Important Information

### 3.1 - Photography/Video Permission/social media

To promote the club and associated events, photographs and videos of members will be used (local newspaper, England Netball Magazine, BBNC website, social media). These images will also be used as a visual aid for the players/coaches when analysing technique and skills; however, this cannot happen without informed consent and permission.

When electronically signing the BBNC Player Registration Form you will confirm your consent. If you, or any member of your friends and family, wish to take photographs or video record a match, you must ask permission from the coach at least one week in advance so that, in accordance with league rules, arrangements can be made, and permission sought with the opposition.







Non-compliance may cause player/team embarrassment and a BBNC representative will be required to address the breach of safeguarding regulation.

Pay respectful care, attention and caution when posting pictures of junior athletes on social media where any non-BBNC member players are visible.

Keep messages simple, factual and practical, avoiding any communication that can be misconstrued or misinterpreted. BBNC cannot accept any responsibility or liability for the misuse of any media material or comments that are not compliant with the rules of engagement and management of the club.

### **3.2 - Match Kit**

It is expected that all players will own a match dress. Periodically requests for kit will be advertised on Heja and at this time an order for a match dresses can be placed. Match dresses are usually around £30. If due to unforeseen circumstances the match dress is no longer required after purchase this can be bought back by the club for £15.

Netball trainers are highly recommended for both matches and training. The high impact nature of Netball means that your daughters ankles need to be supported to cope with demands of the sport. Running trainers are not suitable and don't support the ankle joint in the multi-directional movements in the way netball trainers do. It is worth investing in a good pair of netball trainers to prevent injury. Coaches can advise on what trainers are suitable. We offer a pre-loved netball exchange where players can offer trainers & kit that are in good condition but are outgrown to other club members.

Players should always make sure they are 'Netball Ready' for training and matches, this includes short nails, hair tied up and no jewellery (no taped earrings) before arrival.

### **3.3 - Training Kit**

Suitable and appropriate sportswear should be worn for training. This does not include crop tops. Shorts should be worn under dresses and all shorts should be of an appropriate length. Periodically we will take requests via Heja for training kit such as t-shirts and hoodies.





Additional accessories – we also may advertise additional accessories via Heja that are available to purchase. These are not essential pieces of training kit.

### **3.4 - Kit Bag**

To be suitably equipped for training and matches, it is recommended that your kit bag contains a; towel, snacks, water/drinks, spare kit/hair bobble, trainers, track suit/hoody/warm clothing for before/after training/matches. The kit bag should also contain basic first aid items; plasters, scissors, nail file, medication (as prescribed/needed), strapping (if needed), toiletry bag with essential items

## **Section 4.0 - Fees**

### **4.1 - England Netball Membership:**

All members must pay their own membership fees at England Netball, the price varies according to age, but all include mandatory membership to Yorkshire Netball and West Yorkshire Netball. Payment for EN membership is mandatory and details will be shared on WhatsApp and Heja. Without England Netball membership you are unable to play matches and continue training. The England Netball membership period runs from 1 September to 31 August every year. Membership is valid from 1 September (or from the date you make payment of the membership fee, if received after this date), until the 31 August unless terminated early in accordance with EN T&C's.

### **4.2 - BBNC Membership Fees:**

All members of the club must pay a club fee which covers the following outgoings: sports hall hire costs, league entry fee, coaches expenses, court fees for the league plus equipment maintenance and replacement; however, fees do not cover the cost of training kit/playing kit. Fees are non-refundable except in exceptional circumstances, e.g. serious illness or injury.





### **Additional Costs**

Members are responsible for their own travel to/from training and to/from matches and umpire / tournament fees which are typically charged at 50p per quarter played. From time to time, teams will be entered into tournaments for development and experience. Any associated costs will be due by the players.

***NB - non-payment of the membership fee and affiliation means the player is not covered by England Netball insurance and will not be permitted to play matches for BBNC.***

#### **4.2.1 - BBNC Fees for this Season:**

Fees will remain unchanged for the 21/22 season at £30 per month. This is to be paid on the 1<sup>st</sup> of every month. A standing order should be set up to allow the fee to be paid from your bank account automatically each month. The treasurer should not need to chase late payment and regular offenders may be asked to make a one off payment for the remainder of the season.

#### **4.2.2 - Payment of Fees**

The club fee should be paid to the following bank account:

Birkenshaw Bells Netball Club

Account number: 31621602

Sort Code: 40-33-19

Reference 'Surname,Initial for first name': E.g. BLOGGS J

If there is any difficulty with payment of fees, consideration in exceptional cases can be discussed with the club committee.

### **Section 5.0 - Communications**

For general club information please visit the website:

[www.birkenshawbellsnetballclub.co.uk](http://www.birkenshawbellsnetballclub.co.uk)





### **5.1 - Heja**

Every member must download the free app called 'Heja' from your mobile phone's app store. We use this informative and valuable app to aid with communications between coaches and players/parents. It has a schedule tab which lists all training nights, fixtures and other club events. We expect everyone to update their availability for training nights and matches for as far in advance as possible.

Training & the following weeks match day availability should be updated no later than 48 hours in advance of the players training night. This allows coaches to plan the sessions based on numbers and invite other players if necessary to enable match play.

If your availability changes over 48 hours before training just update heja, if within 48 hours please post in whats app so team managers & coaches are aware.

If your availability to attend a match changes between training and match day please post a message in whats app so Team Managers are aware when selecting the team.

Coaches will not chase for availability of players for matches and if you do not update availability, then the player will not be considered for team selections. Team selections, fixture details and match reports will also be posted on Heja. Please keep notifications turned on to avoid missing any important information or updates.





## **5.2 - WhatsApp**

This app is used for our main communications regarding team specific training and match days. Everyone who is a member of BBNC will be in a group chat for such purposes. Please respect the group chat, as any member found to be abusing the app will face serious consequences. To avoid the number of posts please only respond when requested to do so and avoid "chatting" within the groups. Please try to avoid sending a direct message to a coach/committee member and instead send any concerns to the club email [birkenshawbells@outlook.com](mailto:birkenshawbells@outlook.com). All committee members and club coaches work full time jobs and cannot always reply immediately therefore your patience in awaiting a response is appreciated.

## **5.3 – Additional Communications/social media**

Please follow the following social media accounts to become a part of the Bells family and stay updated with latest news and information. The Instagram account has content only the senior squad and we welcome any suggestions for future content to be posted.

Instagram - @birkenshawbellsseniors

Twitter - @BirkyBellsNC

Facebook – [www.facebook.com/groups/BirkyBells/](http://www.facebook.com/groups/BirkyBells/)







## Section 6.0 - Selection Policy/Trials/ Attendance

### 6.1 - Team selections for matches

We aim to provide court time to each player that attends training regularly and is available for matches, however, we 'play to win' and the coaches will select the best 7 players plus subs that they believe will produce the best team performance on the day. Hence the importance of updating Heja and the schedule tab in advance so we can plan teams ahead of time.

Selections for match play can be made for a variety of reasons apart from the desire to simply win. Players may be rotated out of their preferred playing position during a match in order to test different athlete dynamics and development combinations. Selection of a player into an assigned squad does not automatically assume that they will be selected for match play and get court time. Selection to the playing squad for a match rests solely on the decision of the coaching team. Parents, please respect these decisions. Any suggestions, comments or concerns relating to squad or match play selection should be directed solely to the coaches via the club email address [birkenshawbells@outlook.com](mailto:birkenshawbells@outlook.com).

Players are expected to attend all training sessions, and all matches for which they are selected. If, for any reason, a player is not able to attend a training session or a match for which she is selected, parents must update heja (if over 48 hours) / whats app (within 48 hours) If a player knows in advance that she will not be available for selection (e.g holiday), she must update heja as far in advance as possible. Athletes who do not attend training regularly or who break the Club's Code of Conduct may rule themselves out of selection.







**6.2 - Attendance** - Girls should attend training weekly, if unable to attend Heja should be updated (and whats app if within 48 hours). Girls failing to attend training for over 4 weeks in a row or 6 weeks in a 2 month period will be asked to leave the club \* unless this is due to injury / exceptional circumstances. It is unfair on team members committed to improving their performance and building a team ethos when other players cannot commit.

Players unable to attend their training session due to "other commitments" should bring this to the coaches attention asap. If this is a long term clash players will be expected to make a choice between netball and the other activity; alternate week training / leaving early / attending late is not an option.

If this is a short term clash or a netball related activity (ie school netball match) players will be invited to attend the younger age groups session ie Bees attend new to netball, U12s attend Bees, U14s attend u12, U16s attend U14s. Where the clash is due to a player being accepted into a netball performance pathway each case will be assessed depending on session availability, team & positional requirements.

### **6.3 Player development :**

In order to ensure players are given every opportunity to develop to their full potential coaches will be providing player feedback to players & parents before the Christmas break and Easter break. This document will be sent to parents electronically highlighting any strengths & weaknesses and parents will be able to contact the coaches directly to discuss any development plans you may wish to implement.





## 6.4 - Trials

Birkenshaw Bells Netball Club (BBNC) aims to provide training and competitive experiences which are challenging, engaging and fun. We push girls to achieve their potential in netball and play to the highest level possible. BBNC has been working towards a more performance-based club for some time. As part of this move towards performance netball, we are restructuring our sessions, reassessing numbers and implementing new processes.

Currently any new players wanting to join BBNC have to trial before they are offered a place. As part of our move towards a performance club, we are implementing a trial process from July 2022 for existing and new members of BBNC. The purpose of this is to ensure each player meets the needs of the club and in turn the club meets the needs of the player.

The trial structure which will exist from July 2022 will apply to girls moving into u12s and above; u12, u14 and u16 assessed trials will take place which will be run by the coaching team. All existing and any non-members will trial for a place in their respective age group performance squads for the following season (u16 / U14 / U12). The club's aim is to have two teams at each age group (u12- 16) but this will be reassessed each season.

A pay as you go 'New to Netball' development session will be open to Years 3,4,5 & 6. If a player attending this session reaches the required 'Netball Ready' status, they may be considered to move into Bees (Year 3,4 & 5) or U12 (Years 6 & 7)

Within the trial process, we aim to keep the club's ethos which is to welcome local girls and to trial from within the club each year keeping existing members as a priority where possible. However, trials will be opened up to non-members where the club feels it is needed e.g. insufficient numbers or weaknesses in a squad.

The club does expect existing members to attend the trials to secure their place unless there are exceptional circumstances.





The players will be assessed using the CAPTIVE method of assessment for the trial selection process. The CAPTIVE method of assessment is as follows:

C- Control (ball and body);

A- Athleticism (fitness levels/ ability to move effectively on court);

P- Passing (ball placement/ accuracy/ outcome/ decision making);

T- Timing (movement/ release of the ball/ interceptions);

I- Individual (presence/ impact on court/ knowledge of the game);

V- Vision (reading of play/ game sense);

E-Execution (passing/ shooting/ defending/ role).

As this is a new process, the coaching team and club want to support our players as much as possible from now to July 2022. The coaching team will therefore be providing feedback reports before the trials in July 2022. Your daughter will receive the feedback reports at the following times;

- Before the break for Christmas
- End of next season (around May time).

The aim of the feedback reports is to help support players and parents in the run up to the trial and also highlight the areas that need to be developed. By giving you 12 months notice and providing feedback throughout the year, this will ensure those players who wish to be successful at the upcoming trials can put any necessary work/ development in. The trial process will then take place around July time each year.

There will be no fees to trial.

## **Section 7.0 - League Information**

The West Yorkshire County Junior League was founded in 2002 and offers different levels of competition for High 5 (more recently Bee Netball), U12, U14 and U16 age groups.





The League is run by a committee of volunteers who arrange the fixtures, venues, umpires and end of season tournaments.

From the 21/22 season the league will run with 3 divisions for U16s & U14s plus a tournament structure for u16/u14 teams not wishing to play in the full league, there will also be a tournament structure for U12s & Bee netballers. There are currently 70 teams playing across all ages representing clubs from different areas within the West Yorkshire County.

The U14 & U16 fixtures are played on Sunday mornings at centralised venues across West Yorkshire. The divisions are split into two competitions running from September to December when the top teams from U14 and U16 progress to play in the Yorkshire and Humberside Regional League. The remaining teams then continue to play from January to April for the second part of the season.

The U12s will play in two tournaments pre xmas and then fortnightly matches after xmas,

Bees will play in one tournament in December and then matches 1 in every 3 weeks after xmas.

For 21/22 we will be entering 2 x u16 teams 2 x u14 teams 1 x u12 team 1 x bee team to be reviewed after Christmas.

### **Other Important Policies**

BBNC believe that it is important and essential to comply with England Netball policies and procedures. These are not repeated here in this handbook, but it is expected that each player/parent will take personal responsibility for reading and understanding the policies, which can be found on the England Netball website. The reading and understanding of these policies are a prerequisite to joining BBNC and enrolling in the membership. Policy examples are: Anti-bullying and Harassment, Whistleblowing, and Equality.





**Birkenshaw Bells Netball Club**

e: [birkenshawbells@outlook.com](mailto:birkenshawbells@outlook.com)

<https://www.EnglandNetball.co.uk/governance/safeguarding/child-safeguarding-policies-and-procedures/>

Club specific policies such as; Data Protection, Privacy Notice, Safeguarding, Code of Conduct and Player Recruitment & Assessment Policy can be found on our website <http://birkenshawbellsnetballclub.co.uk/>



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