

HONG KONG CRICKET CLUB NETBALL SECTION

HANDBOOK 2024-2025





Hong Kong Cricket Club Netball Section Handbook 2024-2025

Welcome to the HKCC Netball Section. Our vision is to provide a friendly and inclusive environment that supports the wellbeing of our members and enables the active participation in the game of netball.

HKCC Netball is a friendly, competitive and highly social club that values camaraderie, community and fun, in addition to success on the court. We love to play, we love to win, we love to improve our skills and develop our Juniors but most importantly we love being part of a netball legacy that has been successful for over 40 years and is an integral part of the broader Cricket Club community.

This Handbook contains useful information about the Netball Section and the HKCC's expectations of you as a member of the Section and the Club. This Handbook contains key information and should be read in conjunction with information contained on the HKCC Netball website (details below).

CONTACT INFORMATION

HKCC Netball Website: <https://hkcricket.club/netball/>

General HKCC Website: www.hkcc.org

General Reception Phone Number: +852 3511 8668

Netball Hong Kong, China Website: <https://netball.org.hk/>

HKCC Netball Committee Members

The details of the HKCC Netball Committee are on the HKCC Netball Website. Key Committee Member details are below.

Role	Name	Email	Contact about:
Convenor	Jessica Gilbert	netballconvenor@hkcc.org	<ul style="list-style-type: none">• Volunteering in any capacity• Sporting Memberships questions• Suggestions for the Netball Section or the General Committee
Head Coach	Dawn Bishop	dawnbishop@hkcc.org	<ul style="list-style-type: none">• Games and trainings• Team selection• Game day selection
Junior Convenor	Ashley Patel	jnrnetball@hkcc.org	<ul style="list-style-type: none">• All items relating to Junior league
Umpiring Convenor	Emily Colling	netballumpiring@hkcc.org	<ul style="list-style-type: none">• All items relating to umpiring

NETBALL HONG KONG CHINA

Netball Hong Kong, China (NHKC) oversees the running of the league in Hong Kong. As a Club participating in the league, our Representative on the NHKC Committee will represent HKCC and put forward suggestions/issues on our behalf to the NHKC.



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This year the Ladies league commences on 30 September 2024.

In order to play netball with HKCC, each player must be registered with the NHKC before playing any league games. HKCC will register each player once team selection is confirmed and advise you of the applicable registration fees. Once registered you will remain with that team for the season unless there is a need to rearrange teams due to injuries etc. Registration fees will be added to your membership account and are usually deducted in November, however this is subject to the HKCC Finance Department.

PLAYING THE GAME

As a player in the HKCC Netball Section, you must have a good knowledge of the game and the latest rules, a moderate to high level of fitness and commitment to both your team and the Netball Section as a whole.

Our overall aim is to win all divisions and the HKCC facilities and training are made available to allow all the teams to perform to the best of their abilities.

We are extremely proud of our reputation of being a friendly club and we believe we have an obligation to play within the spirit of the game. There are three key points within this:

- Players are to refrain from any verbal abuse of another player, umpire, match official etc.
- Umpires' decisions are to be accepted and complied with.
- Opponents, umpires, match officials and HKCC members are to be treated with respect, at all times.

UMPIRING

NHKC requires each team to register at least two qualified umpires. All players who umpire must ensure that they are correctly registered by NHKC for the division(s) they intend to umpire for.

Each team is required to provide an umpire each Monday night for a game played within their division. If a team cannot provide one of their own qualified umpires, or another HKCC umpire, that team is responsible for arranging an alternative umpire as a replacement.

All Members are encouraged to become qualified umpires in order to help HKCC fulfil its umpiring obligations and comply with NHKC by-laws. The NHKC runs Introductory Umpires Accreditation Certificate Level 1 Umpire's courses throughout the season that enable players to qualify as umpires. Qualification requires the following commitment:

1. Attendance at BOTH the theory (3 hrs) and practical (3hrs) sessions of the course
2. Completion of the online exam (within 14 days of the course) and meet the minimum pass mark (1 hr)
3. Umpire a minimum of two x U10/U12 junior games while supervised by a NHKC nominated umpire mentor (2 hrs) within 12 months of completing the course.

After full qualification, and depending on which division you play, you will need to umpire other league games to gain the experience that will allow you to umpire your own division or below, to contribute to the umpiring commitments of your team or another HKCC team.



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It is the responsibility of the individual players to progress with their own umpiring development. If you are interested in finding out more, please contact the HKCC Umpiring Convenor.

SECTION SOCIAL EVENTS

Members are encouraged to attend all social events organised by the Netball Section. Annual Netball Section events include Preseason social games, Welcome Drinks, Christmas Party and End of Season Celebration. Teams are also encouraged to organise their own events, both formal and informal. Please feel free to share suggestions for social and community events. We also welcome volunteers for the netball social committee which is responsible for organising the social events.

COACHING

The Netball Section is very proud of our support network of Junior coaches who work alongside our Head Coach, Dawn Bishop, to develop the foundational skills of our younger players and model a healthy approach to participation in sport. We require that our Junior coaches complete the NHKC Foundation Coaching course before they take on the role of coach. This course is run periodically by NHKC and runs over 8 hours. In addition to this we strongly recommend the completion of the Introductory Umpires Accreditation Certificate Level 1 Umpires course to ensure your knowledge of the game and rules is up to date. If you are interested in finding out more about coaching Juniors, please contact the Junior Netball Convenor.

UNIFORM

Your playing uniform will be provided to you at the start of the season, which comprises two dresses (red and blue) a training vest and white umpiring shirt. This core uniform is provided free. Additional uniforms such as hoodies, supporter's t-shirts, hats, shorts etc. can be purchased directly from the Kukri online shop.

TEAMS

Training teams: Demons, Devils, Dragons, Scorpions, Serpents and Scyllas
Non-Training teams*: Storm and Sirens

*All Sporting Members must play for a training team. Non-training teams are only available to HKCC members. Please refer to the Sporting Member section below for additional detail.

Once selected for a particular team, your first point of contact is your Captain. Players may be asked to play as a substitute for another team from time to time if required. Please be aware that you can only play UP a division twice per season. If you play a third time, you will be deemed a part of that team for the remainder of the season. If this is the case, ensure you inform the Head Coach and your Captain before or on the game day, before 12pm.

It is important that you remain in contact with your Captain and the Head Coach as the season progresses, notifying them of any absence due to holidays, travel, injury issues or other reasons why you cannot play as this will have an impact on the rest of the team and games. For long term absences, please also discuss these with the Convenor.

TRAINING

Training takes place weekly at HKCC or South Island School (SIS) (as advised). All players who play for a training



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team, regardless of your membership status, are expected to regularly attend training (minimum of 80% of training sessions). Training schedules are posted on TeamSnap and the [HKCC Netball website](#). If you are injured, you are also expected to attend training to assist where possible and be part of team reviews and strategy discussions. As with games, it is important that you notify the Head Coach and your Captain immediately of any absence due to holidays, travel, injury issues or other reasons why you cannot train as this will have an impact on the rest of the team and their ability to train effectively. For long term absences, please also discuss these with the Convenor.

Please note that starting line-up priority for each game is given to those players who attended the previous training session.

GAMES

All league games are currently played outdoors at [Fa Hui Park Recreation Ground](#), [Aberdeen Outdoor Courts \(Wong Chuk Hang Road Recreational Ground\)](#) and indoors at [Hong Kong Football Club](#). Please visit the [NHKC website](#) for all location details.

SUBSCRIPTIONS

The Netball Section collects subs from each registered player each season. For the 2024-25 season the subscription for senior league players will be \$2,334. It will be charged to your membership account in November 2024.

TEAMSNAPE

All training and game times will be sent to you via [TeamSnap](#) which is an online team management system app and all players will be added to the Netball Section. Players are expected to respond promptly to notifications of training/games in TeamSnap and to access TeamSnap regularly to check times and venues and ensure their availability is logged correctly.

It is mandatory that everyone uses TeamSnap to register their availability for games and training. Players must also inform both the Head Coach and their team Captains of any absences or unavailability. For long term absences, please also discuss these with the Convenor.

The information stored on TeamSnap is used to ensure everyone is meeting the 80% attendance requirement. If you do not register your availability on TeamSnap you will be automatically recorded as 'absent'.

PLAYER INSURANCE

It is the Player's own responsibility to have adequate Medical and Personal Accident Cover and Personal Liability Insurance in place when engaged in any sporting activity.

Neither HKCC, any member of the General Committee, any Sub-committee, the Manager or Club staff shall be responsible or liable for any injury or fatality caused to or suffered by any Player whether occurring on the Club premises, or whilst representing the Club in any sporting activity elsewhere within or outside Hong Kong.

Anyone who is unsure of the cover they require when playing sport should consult an insurance broker to arrange comprehensive personal insurance cover for injury, accident, property damage or damage to others.



SPORTING MEMBERS / SPORTING PATHWAY ASSOCIATES (SPA's) SECTION COMMITMENT

Players who demonstrate the requisite level of skill and competence, in addition to an overall commitment to the Netball Section, may be considered for Sporting Membership. When Sporting Membership has been granted, you are expected to demonstrate your commitment to the Netball Section by attending games and training throughout the whole season for a minimum of **four** years, from the date when your membership commences with the HKCC. This may not correlate with the start of the season which means you may need to play for five seasons before becoming a Subscriber member. Sporting Members are also expected to support all events organised by the Netball Section as well as support the HKCC and its activities / events in general.

Commitment each year is comprised of the following:

- Attendance rate of 80% at training
- Attendance rate of 80% at games
- Attendance at Netball Section social events
- Contribution of at least 12 activity hours

In addition to the attendance requirements as above, a Sporting Member player in their first year is required to:

- (i) fulfil umpiring duties by passing the NHKC theory and practical courses and umpiring junior games until qualified by NHKC as able to umpire at a senior level; **or**
- (ii) assist with the coaching and management of a Junior team having passed the NHKC Foundation Coaching course.

Umpiring / coaching duties contribute to your 12 activity hours.

Sporting Members may also become involved in the following areas, to achieve their 12 activity hours:

- Assisting with trials and selection (senior and / or junior trials)
- Participating on the Netball Committee
- Organising / assisting with tours
- Organising / assisting with HKCC Netball events
- Assisting with the website and social media
- Assisting with the Netball content for the Pinkun
- Charity initiatives

Training and game attendance will be taken by the Head Coach and checked against TeamSnap records.

Junior Sporting Pathway Associates (SPAs) who are invited to join the elite sporting scholarship SPA programme are expected to complete the same commitment as Sporting Members. The SPA programme is administered annually, so all participants need to reapply each year to remain on the programme.

The Netball Convenor oversees Netball Sporting Member / SPA commitments, any concerns contact the Convenor at netballConvenor@hkcc.org.

Please be aware there will be an ongoing review of commitment by the Convenor and a formal review upon completion of the first half of the season and at the end of the season. The Convenor, in her sole discretion,



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reserves the right to refer the continuation of Sporting Membership to the HKCC's Membership Sub-Committee if she believes that the minimum commitment level for Sporting Members has not been met.

Should you feel that you are struggling to meet your sporting commitment during any part of the season, you are encouraged to discuss this with the Convenor so that she may look at ways in which you may add value to the Netball Section to maintain your membership status.

FAILURE TO MEET THE SPORTING MEMBERS COMMITMENT

If at the end of the season, the review reflects that a Sporting Member has failed to comply with their sporting commitment, the Convenor will take steps ranging from extending the Member's commitment period by adding up to a year to the Sporting Membership term or; referring the member to the HKCC Membership Sub-Committee for a review of their membership status.

INJURY/HEALTH ISSUES

The Netball Section has adopted the following policy in the event of an injury or health issue that prevents Sporting Members meeting their commitment to their team.

In the event of a player incurring an injury or being physically unable to participate in regular full contact training and league matches, *over both short and long term periods the player* must immediately notify their team Captain, Head Coach and the Convenor of their unavailability and details. In the case of an injury, a letter from a GP, specialist or physiotherapist confirming the injury, required treatment, rehabilitation program and recommended recovery period is required. Before the player will be "signed off" to recommence training / playing games a follow up letter is required from the GP, specialist, physiotherapist to confirm the player is fit to play .

The safety and long-term wellness of our players is very important. We do not wish for players to take the court prematurely and without the prior approval of a medical practitioner / physiotherapist / orthopaedic specialist, this includes those returning from pregnancy.

- In the event of short-term injuries (less than 6 weeks), players are expected to continue attending training and games so that they may seamlessly re-join the team post-injury.
- In the event of long term injuries (more than 6 weeks) or pregnancy, please contact the Convenor to discuss options available. These will be dealt with on a case-by-case basis, please do expect that there may be additional time added to your commitment period. During the period of injury / pregnancy, you will still be afforded the privileges of Sporting Membership.