



**Ariels VCNA
Player Induction 2025**

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Welcome to Ariels VCNA

About Ariels VCNA

Ariels was formed as the Victorian Churches Netball Association in 1930 and is one of the oldest netball associations in Australia. Over the past nine decades, the association has continued to grow and promote the sport of netball, particularly in Melbourne's eastern region.

The association is committed to providing support and opportunities to players, recognizing and nurturing leadership and good sportsmanship, and offering a pathway to higher levels of competition, allowing players, coaches, and umpires to reach their full potential.

In June 2024, Ariels announced, in partnership with Netball Victoria and the City of Yarra, the expansion of its program to the newly constructed 8-court facility at Fairlea Reserve Netball Complex in Yarra Bend. Weekly competitions will begin at Fairlea Reserve in 2025.

The current Ariels representative netball program will continue to operate out of Maroondah Nets in Heathmont in 2025 and supports the development of netballers ranging from Under 11s through to open ages.

Vision

To be recognised throughout the netball community as an association which delivers netball programs that develop athletes, coaches and umpires to their full potential.

Mission

To provide pathway netball programs in an inclusive, enjoyable, and healthy environment to grow and develop our athletes, coaches and umpires.

Ariels Commitment to Players

Ariels aims to be more than just a netball association—we strive to be "one club, one community." We want everyone connected to and involved with Ariels—players, parents/carers, coaches, team officials, umpires, and supporters—to feel a sense of belonging, importance, and value.

As a result, our activities, operations, and netball programs focus on developing people, players, and teams in alignment with our four core values:

Personal Development

- Individual goals for every athlete
- Structured development pathways
- Personalised skill, strength, and conditioning sessions

Teamwork

- Working together for the best outcome of the team
- Sharing ideas, knowledge, and experience

Empowerment

- Supporting our community to achieve and believe in their goals.
- Acknowledging and celebrating our individual and team strengths

Innovation

- Taking risks
- Building creative solutions to our challenges
- Evolving and growing with our sport and changing environment

Player Commitment to Ariels

Player Expectations

- A commitment to Ariels and your teammates for the whole year.
- A desire to develop and improve as a person and netballer and preparedness to challenge yourself.
- Attend every training session and maintain/improve your fitness. Except for illness.
- Attend every game and tournament. Except for illness.
- Be on time for training, pre-game warm-ups and team activities.
- Be supportive and encourage your teammates and positively contribute to your team.
- Be respectful and supportive of your coach and team manager.
- Be respectful of the umpires and their decisions.
- Wear correct
- to games and training.
- Support other Ariels teams in finals at tournaments.
- Adhere to Ariels Player Code of Behaviour.

Parent/Carer Expectations

- Support and encourage your child's development and improvement.
- Be respectful and supportive of your child's coach and team manager.
- Be respectful and encouraging of your child's teammates and their parents/carers.
- Be respectful of the umpires and their decisions as well as the opposition.
- Ensure your child attends and is on time for training sessions and pre-game warm-ups.
- Support and assist with Ariels activities and events, through volunteering or as requested/rostered by your Coach or Team Manager.
- Adhere to Ariels Parent/Carer/Guardian and Spectator Codes of Behaviour.

Grievance Policy

If an athlete has any grievance, they should in the first instance discuss it with their coach.

Any grievance elevation must be put it in writing to the Ariels Administrator via the ariels@ariels.com email address for the appropriate action by the committee.

Ariels Representative Netball Program

Ariels differs from other representative associations as it has a representative netball program drawing players from across many associations, leagues and school competitions with teams playing in various representative level competitions and tournaments.

Ariels Advantages

- **Pathway:** Ariels offers a clear pathway for players from our representative teams to progress into our Premier League teams, supporting their growth and development in the sport.
- **Coaches:** Ariels' coaches are dedicated to enhancing their coaching credentials and capabilities, receiving ongoing support and guidance from our Head Coaches.
- **Selections:** Netballers from any association or league can trial for and be selected by Ariels. Athletes in the 11&U to 17&U age groups must be actively playing netball at the club level to be eligible for selection.
- **Community:** Ariels creates a strong sense of community as players, and their families, build wider friendship groups, with netballers coming from diverse socio-geographic areas.
- **Pre-Season Camp:** Ariels players bond with their new coach, teammates, and peers during an off-site pre-season camp. (Note: 11&U teams participate in a day-only camp, while all other teams stay overnight.)

Team Composition

Each age group at Ariels will kick off pre-season training as a squad, with a focus on developing team composition. During this time, the Head Coach, Age Group Coordinators, and Coaches will work closely to determine the best balance for each team. Final team compositions will be announced at the end of the pre-season training sessions.

Each team will consist of ten players, made up of:

- 3 goalers
- 4 mid-courtiers
- 3 defenders

If any changes are required during the year due unforeseen circumstances, adjustments will be made by the Age Group Coordinators and relevant coaches, ensuring that replacements are made positionally (e.g. replacing a mid-courter with another mid-courter). Additionally, training partners will be assigned to each squad.

Every team will be supported by an Ariels-appointed coach, with each age group benefiting from guidance from an Age Group Coordinator and Head Coach.

We also rely on a parent or carer from each team to volunteer as Team Manager for the year, a crucial role in helping with communication and organization—so if you're willing to step up, we'd love to have you onboard!

Ariels Representative Team Training

All training sessions are compulsory. Court time restrictions will apply for athletes who miss training sessions.

Ariels training is conducted in teams, with squad warm-ups and practice matches. All teams train at Maroondah Nets.

13&U-Open Athletes should arrive at least 20 minutes before their training session and complete their activation program independently before training begins. The activation program is specifically designed for injury prevention.

Pre-Season Training

19&U Squad

Pre-season training will take place on the following dates:

- Monday 25th November 2024
- Monday 2nd, 9th & 16th December 2024
- Monday 6th, 13th & 20th January 2025

11&U, 13&U, 15&U, 17&U, & Premier Squads

Pre-season training will take place on the following dates:

- Monday 2nd, 9th & 16th December 2024
- Monday 6th, 13th & 20th January 2025

Athletes are expected to attend at least half of these sessions. These training dates are crucial to maintaining fitness during the off-season and allow coaches to focus on team composition.

Please note that the session on January 20th is compulsory. Team announcements will be made during the AGM on this date. Your participation is important to ensure you are prepared for the season ahead.

Training Sessions

Regular training sessions commences for 2025 on February 3rd, 2025. There will be no training on public holidays or during school holidays.

Team	Training	Times
11&U	Wednesdays	4:30pm-6:00pm
13&U	Mondays all year	4:45pm-6:15pm
15&U	Mondays all year Mondays – Social Competition will be run as part of the training schedule in Term 1 only	6:15pm-7:45pm
17&U	Monday	7:45pm-9:45pm
19&U	Monday	7:45pm-9:45pm
Premier	Monday	7:45pm-9:45pm

- Mondays as part of training in Term 1 for 15&U is a compulsory social competition to allow eligibility for Association Championships & Talent Identification programs. Games will commence during preseason training and Term 1 training sessions.

Uniform and Equipment

	11&U	13&U	15&U	17&U	Prem	19&U
A line Rep dress & undershorts*, or Game Day singlet & shorts	Representative Dress			Development Dress		
Warm up polo/t-shirt/ long sleeve t-shirt	Optional	✓	✓	✓	✓	✓
Ariels Hoodie	✓	✓	✓	✓	✓	✓
Training singlet	✓	✓	✓	✓	✓	✓
Training shorts/leggings*	✓	✓	✓	✓	✓	✓
Ariels socks	✓	✓	✓	✓	✓	✓
Foam Roller, Skilling Rope & resistance bands	✗	✓	✓	✓	✓	✓

Optional Equipment:	11&U	13&U	15&U	17&U	Prem	19&U
Backpack	✓	✓	✓	✓	✓	✓
Beanie	✓	✓	✓	✓	✓	✓
Cap	✓	✓	✓	✓	✓	✓

- Undershorts, training shorts & leggings must be black. Minimum seam length 7cm.
- Ariels socks must be worn. No black socks are allowed.
- Training partners should purchase the training uniform consisting of training singlet, hoodie, socks and shorts/leggings.

Athlete Injuries and Illness

Sick players must **not** attend training, but the coach should be informed as early as possible.

Injured players **are** required to attend training, games, and any tournaments their team is participating in. By doing so, they can learn from observing and listening to their coach. The coach will ensure that injured players are involved in the session to the extent that they are able. It is also important for the welfare of the injured athlete, as well as for team morale and development, that they remain engaged with their team.

A Medical Certificate clearing an injured player to train must be provided to the coach before the player can actively participate in training. Additionally, an athlete must complete one training session before they are eligible to return to play.

Please note that non-attendance at training will affect court time.

Ariels Representative Teams Competitions

Ariels representative teams play in weekly competitions run by Waverley Night Netball Association and Sunday Association Tournaments.

Weekly Competition

Venue - Waverley Netball Centre on the corner of Waverley and Jells Roads, Glen Waverley.

Autumn Season – commencing Term 1 through to finals in June (end of Term 2)

Spring Season – commencing July (start of Term 3) through to finals in late Nov/early Dec.

Team	Day	Match Details
11&U	Mondays (Spring season only)	6.00pm indoor & outdoor courts. 4 x 10-minute quarters = 40 minute matches
13&U	Thursdays	Match times: 5.00pm, 5.50pm or 6:40pm 4 x 10-minute quarters = 40 minutes Indoors or outdoors
15&U	Thursdays	Match times: 6.40pm, 7.30pm, 8.20pm or 9.10pm 4 x 10-minute quarters = 40 minutes Indoors or outdoors
17&U	Wednesdays	Match times: 5.50pm or 7.00pm 4 x 15-minute quarters = 60 minutes
19&U	Fridays	Match times: 7:00pm or 8:30pm 4 x 15-minute quarters = 60 minutes Indoors
Premier	Tuesdays	Match times: 6:15pm, 7:25pm, 8:35pm, 9:45pm 4 x 15-minute quarters = 60 minutes Indoors

Game Day Requirements

Athletes

- **Arrival Time:** Athletes should arrive at least 20 minutes before the advised warm-up time to independently complete their activation program. For the team warm-up, arrive at least 30 minutes before the game. (Note: Some teams may have different arrival times—coaches will inform athletes and families.)
- **Uniform:** Athletes must arrive in full Ariels uniform, including the Ariels dress, Ariels socks, black bike pants, and hoodie. Hair should be tied back, nails trimmed, jewellery removed, and any necessary taping completed prior to arrival.
- **During the Game:** Play hard but fair, listen to your coach, and maintain a positive attitude. Encourage and support your teammates, focusing on learning, developing, and improving.
- **Post-Game:** Stay after your game for a cool-down and post-match feedback from your coach.

- These guidelines ensure athletes are prepared, focused, and ready to represent Ariels with pride.

Parents/Primary Carers

- **Scoring Roster:** Be prepared to be rostered for scoring duties, approximately 2-3 times per season.
- **Support the Coach & Team Manager:** Trust in the coach's decisions and offer your full support to the Team Manager.
- **Game Time:** All players will generally play a minimum of two quarters per game.
- **Positive Encouragement:** Be supportive and encouraging, not just to your child but to their teammates as well.
- **Team Development:** Remember that early in the season, the team may not have played together before, so patience and encouragement are key as they gel and improve.

Tournaments

Ariels representative teams participate in tournaments on Sundays throughout the year at various venues across Melbourne. Each tournament typically involves 5-10 shortened matches, with games consisting of either 2 x 7-minute or 2 x 8-minute halves.

Participation in scheduled tournaments is compulsory. Athletes who miss tournaments will face court time restrictions. Ariels will provide ample notice to help athletes and their families plan accordingly.

For more details, including a full tournament calendar will be available early in 2025, please visit the Ariels website at arielsnetball.com.au.

Ariels 'home' tournament

- **Date & Location:** Held on March 2nd, 2025, at Knox Regional Netball Centre, 9 Dempster Street, Ferntree Gully. The event will run from 8:00 am to 3:30 pm.
- **Team Participation:** All Ariels 11&U – 17&U teams will participate, including training partners.
- **Volunteer Support:** Ariels Premier & 19&U players are required to be available to assist on the day.
- **Fundraising:** This is a major fundraising event, featuring entry fees, raffles, and various stalls.

This event promises to be a fantastic day for both competition and community involvement!

Other Associations tournaments

Held on Sundays from March through to September at various locations generally across Melbourne's eastern suburbs.

- 11&U will participate in 8-10 tournaments throughout the year.
- 13&U will participate in 5 tournaments throughout the year.
- 15&U will participate in 4 tournaments throughout the year.
- 17&U will participate in 3 tournaments throughout the year.

Association Championships (Netball Victoria's Talent Identification program)

- **Team Selection:** Ariels will select 1-2 teams of athletes in each of the following age groups to participate in the Association Championships: 15&U, and 17&U.
- **Eligibility:** Ariels 15&U players must participate in a minimum number of Ariels Social Competition games during Term 1 to be eligible for selection.
- **Event Timing & Location:** The championships are typically held in May or June, with different venues hosting each year.

Mildura tournament (additional cost)

- **Timing:** Held in September over the first weekend of school holidays.
- **Duration:** The event lasts four days (Friday to Monday), with two days of netball competition.
- **Age Groups:** Ariels typically enters teams in the 13&U, 15&U, 17&U, and open age categories.
- **Expressions of Interest (EOI):** EOIs are invited in June, and teams are selected from the interested players.
- **Costs:** The cost will be provided with the EOI details in June. For reference, the cost for athletes participating in Mildura 2024 was \$580. This includes bus transportation, accommodation and food whilst in Mildura.

Tournament Tips

Athletes

- Arrive at the time nominated by your Coach/Team Manager for team warm-up.
- Arrive in full Ariels uniform. Ariels dress, Ariels socks, black bike pants & hoodie. Hair should be tied back, nails cut, jewellery off, taping done if required.
- Bring supplies for the day – healthy food & snacks, drink, chair/rug, sunscreen/blanket, etc.
- Hydrate from the day before, keep hydrated and fed throughout the day.
- Listen to your Coach, stay with your teammates, have fun and enjoy the day

Parents/Primary Carers

- Ariels Tournament – **before** the tournament you'll be asked donate items to raffle and sell raffle tickets.
- Ariels Tournament - **on tournament day** be prepared to score and be rostered on to help with other duties e.g., carpark marshalling; putting marquees or netball poles up/down, bins out/in; timekeeping; looking after the raffle table, etc.
- Other tournaments - be prepared to be rostered on to score once and volunteer if you can, to transport Ariels marquees or help put them up or down.
- Fixtures are usually released by tournament hosts a day before the tournament.
- All venues have amenities and food and drink available at kiosks/BBQs/food trucks.
- Support the coach - they will balance game time for players across the whole day
- Be supportive of your child and their team mates.

- It can be a long day for parents/carers too - bring a chair, wear comfortable shoes, dress for the weather, and make some new friends.

Court Time

The allocation of player positions is at the discretion of the Coach. Court time is allocated based on the following guidelines.

Waverley Competition

All players will be given at least 2 quarters per match, if they have met the training criteria.

In finals, court time is decided entirely by the coach. There is no minimum requirement.

Tournaments

All players will be given equal court time during round matches, if they have met the training criteria.

In finals, court time is decided entirely by the coach. There is no minimum requirement.

Ariels Fees

Ariels' acceptance fee is **non-refundable** and secures your or your player's place in our representative netball program. After acceptance, the balance of Ariels' fees can be paid upfront (for a small discount) or in three further **non-refundable** instalments, invoiced in March, April, and June.

Netball Victoria Membership (NVM) for 2025 is compulsory for all Ariels athletes. This ensures that you are covered by Netball Victoria's insurance for any injuries. NVM is paid directly to Netball Victoria, not Ariels. You will need to pay your 2025 NVM online when you pay your acceptance deposit. If you have already paid for your 2025 NVM at the club level, Netball Victoria will automatically adjust your charge during checkout.

Failure to pay fees by the due dates will result in **limited court time** until fees are paid unless alternative arrangements have been made.

Ariels' Fees Cover:

- Competition, game, and umpire fees for both competition seasons and all tournaments
- Facility hire and equipment for all training and specialist sessions
- Coaching and specialist skills sessions
- Pre-season camp in January/February (accommodation, meals, and activities)
- Presentation night (player's ticket)

Please note, the acceptance deposit is **non-refundable**, and the balance of your fees is generally not refundable unless there are **exceptional circumstances**. These will be evaluated on a case-by-case basis by the Ariels Committee, based on recommendations from the Head Coach.

Refer to the 2025 Representative Squads Annual Fee Schedule for Age Group fees, and payment due dates.

Club Communication & Information

Stack Team App

All Ariels communication, including Team chats occurs with Stack Team App, which can be downloaded from the App Store or Google Play onto your mobile device. Then please:

1. Sign-up to Stack Team App. You'll be sent an e-mail to activate your account.
2. Log-in and search for Ariels VCNA Representative, then request to become a member.

Website and Social Media

- Ariels website - arielsnetball.com.au
- Facebook – [arielsVCNA](https://www.facebook.com/arielsVCNA)
- Instagram – [ariels_vcna](https://www.instagram.com/ariels_vcna)

All Other Communication

- Team Communication - If you can't find the information you are after from the above sources, your Team Manager, Coach or Age Group Coordinator should be able to help.
- Ariels Administration and Committee - Ariels Administrator and Ariels Committee can be contacted via ariels@ariels.com.au

Volunteering

Ariels is a not-for-profit sports association dedicated to benefiting players who wish to advance their netball skills. As such, Ariels relies on the support and involvement of players' families and friends to operate effectively.

To help distribute the workload, we would greatly appreciate it if you could volunteer some of your time, skills, and expertise, even in a small way.

You can choose to volunteer for our committee, or if you feel you cannot commit to attending regular Committee meetings, there are several other important roles where your help would be invaluable. Some roles require small groups of volunteers to work together—a fantastic way to meet new people—while other tasks can be completed individually from home or online.

Please refer to our AGM notice on our website for a list of the Committee roles that will be open. If you are interested, please email ariels@ariels.com.au for a position description.

Umpiring

Are you a badged umpire, or working towards your badge? If so Ariels would like to hear from you. There are a number of umpiring opportunities throughout the year for accredited umpires, and umpires who are experienced working towards their C Badge.

Opportunities include:

- Tournament umpires on Sundays throughout the year.
- Association Championships umpiring that can lead to Umpire Talent Identification.
- 15&U Social competition during Term 1 on Monday evenings.

- Women's and Mixed Competitions on Thursday nights and Sunday nights at The Rings in Ringwood.
- Umpiring Ariels Association trials in October 2025.

If you would like to umpire for Ariels, please register your interest by emailing ariels@ariels.com.au