



# ***SOUTHERN DISTRICTS NETBALL ASSOCIATION***

Southern Districts Netball Association

Association Teams

Parent & Player

Information Booklet

2026



Player and Parent Information

---

## COACHES

Coaches will be selected by the Development Officer, with names submitted to the Executive for ratification.

All coaches will have achieved, or be working towards, an Australian Coaching Development accreditation or higher.

Please remember that our coaches are volunteers who give many hours to support the development of your child. Players and parents are expected to treat coaches with respect, and to support all team members at all times.

---

## MANAGERS

Team Managers are responsible for the general running of the team. This includes assisting the coach with equipment and supporting player wellbeing.

Managers are also responsible for team organisation, collection of money, and the distribution and collection of uniforms.

Managers are volunteers and must be treated with respect. Any assistance from parents and players is greatly appreciated.

---

## TRAINING, MATCH PLAY & CARNIVALS

Once teams are selected, players are required to attend all trainings and match play carnivals set by the Association and/or coach.

**Rep Team commitments take priority over club commitments.**

Training partners are **not required** to attend match play carnivals unless elevated into the team.

If a player is sick or injured, the coach must be informed as soon as possible.

In the event of injury:

- Players must submit the **SDNA Injury and Return to Play Form** to their coach as soon as possible, along with required documentation.
- Players must be cleared to train and play by **Thursday 14<sup>th</sup> May 2026**, which is two weeks prior to the Fuel to Go and Play Association Championships.
- Clearance must be provided by the **original diagnosing healthcare provider**.

A full Training and Match Play Calendar is available on the SDNA website.

Missed training sessions, match play carnivals, or a breach of the Player Contract may result in the Development Officer seeking an explanation and could lead to the player being replaced.

## Pre-Championship Match Play

This year, teams will participate in the following pre-championship match play opportunities:

- **Friday 27 March** – Fremantle Netball Association
- **Tuesday 28 April** – Kalamunda Districts Netball Association
- **Thursday 7 May** – Southern Districts Netball Association

These sessions allow teams to bond, play together prior to Championships, and provide coaches with the opportunity to trial combinations. Players are reminded that they are representing SDNA at all times, and are expected to behave accordingly.

Coaches spend significant time planning training sessions. Players must arrive on time and ready to train or play.

Correct training attire is required, including:

- Association training singlet
- No jewellery
- Nails cut short

Parents are asked to ensure they arrive promptly to collect their child after training.

---

## COMMUNICATION

Players are responsible for informing their coach as soon as possible if they are unable to attend training or match play.

SDNA will communicate with players and parents via email or SMS using the contact details recorded in the player's **PlayHQ account**.

---

## INJURIES

If a player is injured and unable to train, the Association Team Coach must be informed immediately. Where possible, injured players are encouraged to attend training to observe.

All injuries require completion of the **SDNA Injury and Return to Play Form**, submitted to the coach as soon as possible.

Clearance from the original diagnosing healthcare provider **must be received by Thursday 14 May 2026**.

Players requiring physiotherapy may refer to the **Cannington Physio** flyer attached. Cannington Physio offers **discounted services** to all SDNA players and officials.

---

## PLAYER CONTRIBUTION

Each player is required to pay a contribution of **\$153.05 (including transaction fee)**. This covers:

- Match fees
- Association Rep Team training and carnivals
- Player wind-up and trophy presentation

A payment link will be emailed and includes:

- Player Code of Conduct
- Parent Code of Conduct
- Online payment options

Payment must be completed by **Monday 13th April 2026**.

---

## PLAYING UNIFORMS

Southern Districts will supply all playing uniforms.

A **\$50 cash bond** is required at Admin Night / uniform fittings.

The bond envelope must have the player's **name and team** clearly written on the front.

The bond will be refunded at the Rep Teams Function (date TBC) on **Sunday 14 June**, provided the uniform is returned in a **fit and unaltered state**.

Uniform conditions:

- Worn only when representing SDNA
- Returned clean and undamaged
- Altered or damaged uniforms will forfeit the bond and may incur replacement costs

Uniforms will be distributed on **Thursday 21 May**.

Players must purchase their own **black sports briefs**.

Parents are asked to **cold wash uniforms after each day** of competition (Saturday and Sunday).

At the conclusion of the Fuel to Go and Play Championships on **Monday 1 June**, uniforms must be returned to the Team Manager for laundering — **please bring a change of clothes**.

---

## TRAINING UNIFORM

Stock will be available (or in transit) at Admin Night. Availability is limited to current orders.

- Payment by **cash or EFTPOS only** on Admin Night
- Do not transfer payment prior
- Second-hand items may be sold on Admin Night or by emailing **development@sdna.com.au** beforehand
- Second-hand purchases are **cash only**

Uniform enquiries:

**Caroline Southam – 0412 025 508 (text only)**

### Training Top (Compulsory)

- \$31.05
- Not required if you already have one from previous years and it still fits

---

## ADDITIONAL UNIFORM ITEMS

Additional uniform items are available via the SDNA PlayHQ Shop:

<https://na.playhq.com/org/56d1a4aa-efb0-4bec-aa5a-985f68bc9cfa/products/easy-merch>

Players may wear their own tracksuit pants, which must be **black**.

---

## 2026 FUEL TO GO AND PLAY ASSOCIATION CHAMPIONSHIPS

**Dates:** Saturday 30 May – Monday 1 June 2026

**Venue:** Wembley Sports Park  
200 Selby Street, Jolimont

### Competition Structure

*(Information correct as at 4 February 2026)*

Age groups are divided into two hubs:

- **Hub 1 (AM):** 12U, 16U, 17U Boys, 20U
- **Hub 2 (PM):** 13U, 14U, 14U Boys, Open (Women), Masters

---

## COURT TIME

The minimum court time requirement is **50% of every game, including finals.**

Please note:

- Court time will not be equal for all players
- Teams generally consist of 9–10 players to maximise opportunities
- Court time decisions are at the discretion of the coach

---

## FOOD & FLUIDS

Food outlets are available but can be very busy. Players are encouraged to bring:

- Their own lunch
- Healthy snacks

Hydration is critical.

**Water is the best fluid** and should be consumed regularly to avoid dehydration, headaches, illness, and reduced performance.

---

## TEAM PHOTOS

Team photos will be taken on **Thursday 28 May** (TBC) at SDNA prior to training.

---

## ASSOCIATION REP TEAM FUNCTION

A morning tea will be held on **Sunday 21st June, 3pm - 5pm** (TBC)

Mills Park  
86 Brixton Street, Beckenham

---

## **AWARDS**

Each coach will present an award to the player who has contributed the most throughout the program. Consideration will be given to:

- Attendance
- Attitude
- Improvement
- Leadership
- Contribution to team harmony

---

If you have any questions, please do not hesitate to contact me.

**Bev Gallager**  
Development Officer



# SOUTHERN DISTRICTS NETBALL ASSOCIATION

## INJURY & RETURN TO PLAY

Please submit form to your coach to report any injuries and return to play date

SURNAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

TEAM: \_\_\_\_\_ COACH: \_\_\_\_\_

DATE OF INJURY: \_\_\_\_\_

HAVE YOU SOUGHT MEDICAL ATTENTION (please circle): YES NO

If yes: DOCTOR / PHYSIO / OTHER name & clinic \_\_\_\_\_

MEDICAL CERTIFICATE ATTACHED (please circle): YES NO

PROVISIONAL DIAGNOSIS/Type of injury: \_\_\_\_\_

EXPECTED RETURN DATE: \_\_\_\_\_

(PLEASE NOTE: PLAYER MUST BE CLEARED TO RETURN TO PLAY BY A MINIMUM OF 2 WEEKS PRIOR TO ASSOCIATION CHAMPS WEEKEND)

ADDITIONAL COMMENTS: \_\_\_\_\_

### THIS SECTION MUST BE COMPLETED BY THE ORIGINAL DIAGNOSING HEALTHCARE PROVIDER

(PLEASE ATTACH MEDICAL CERTIFICATE)

I certify that \_\_\_\_\_  
(player name)

has presented to me for management of \_\_\_\_\_  
(injury/area)

They are currently cleared for (please select one):

- Unable to participate in any training or match play  
 Able to participate in restricted training or match play with the following restrictions:

\_\_\_\_\_  
\_\_\_\_\_

Fully cleared to return to all training and match play

HEALTHCARE PROVIDER NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

Next review (if applicable): \_\_\_\_\_



# Cannington Physiotherapy

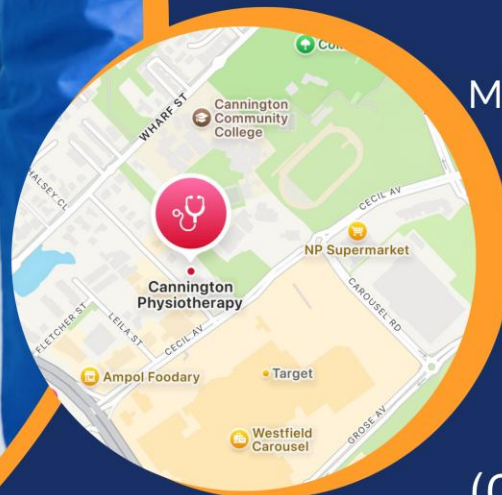
& Pilates Studio

PROUD SPONSORS OF  
SDNA & SOUTHSIDE  
DEMONS

ASSESSMENT  
TREATMENT  
REHABILITATION  
PILATES  
HYDROTHERAPY  
REMEDIAL MASSAGE  
DRY NEEDLING  
NETBALL CLEARANCE  
STRAPPING SERVICES

**DISCOUNT**  
on physio services for  
all SDNA  
rep players & officials

OPEN  
MON- FRI 7AM-7PM  
SAT 8AM-1PM



(08) 9351 8737

[admin@canningtonphysio.com.au](mailto:admin@canningtonphysio.com.au)

[www.canningtonphysio.com.au](http://www.canningtonphysio.com.au)

20 Pattie St, Cannington, 6107