

Fife Phantoms Netball Club

Welcome

Welcome to Fife Phantoms Netball Club. We hope that you or your child(ren) will join our club and enjoy your netball journey, including the training, competitions and the social interaction with all our members.

This letter is aimed at giving you information that may be of assistance to you as new members. Please do ask the club welfare officers, any committee member or coaching staff if you have any other questions not covered in this letter.

Club Website

Further information about our club is also available on our website - www.fifephantoms.com

The website will help you stay informed and up to date with club news, announcements and events. You can also purchase club branded merchandise such as hoodies, t-shirts and club dresses for competitions (this is optional) - more info can be found on the website.

The website also features our 'Coaches Corner' which includes our coaching team thoughts about Netball in general, training tips, as well as highlighting great performances, commitment and progress within the club.

We are also active on social media:



[fifephantoms.netball](https://www.facebook.com/fifephantoms.netball)



[fifephantoms.netball](https://www.instagram.com/fifephantoms.netball)

So, keep on looking to see what is happening in our club!

Who are the Fife Phantoms?

Fife Phantoms are a leading Community Netball Club located within the Kingdom of Fife in Scotland. We believe that netball should be enjoyed by everyone and want to offer the opportunity to people in Fife and the surrounding area to play netball, have fun, and make long lasting friends from across the region.

We cater for all age groups, from age 6 to adults, and offer high level Competitive Netball for senior and junior players, as well as Recreational Netball for adults. Our coaching staff are extremely experienced, and, alongside our committee, we will ensure that you or your child(ren) are able to enjoy the netball experience in a safe and friendly environment.

Fife Phantoms Netball Club



Our Club and Founder

Fife Phantoms have been playing netball in Fife since 2014. However, our founder and head coach Sandra Wallace has been coaching for over 30 years. Sandra has a Level 2 UKCC coaching badge and Level B umpire qualification and has travelled all over the world to pass on her knowledge and expertise on the court.

Sandra started coaching the Fife District Team and worked closely with Netball Scotland to promote netball in Scotland. The majority of Sandra's netball career has been with juniors and when you meet Sandra you will see how enthusiastic and passionate, she is about the sport, how positive she is about netball in the local area, and how the Fife Phantoms is the right choice for you or your child(ren).



Sandra Wallace – Founder & Head Coach

Club Committee

The Club Committee are all volunteers and are members of the club. They are elected to their positions at the Club AGM, which is held annually, shortly before the start of the new season in September. The Committee is composed of 4 officers of the Executive Committee - Chair, Vice Chair, Secretary and Treasurer - and 4-10 additional Committee Members - including Wellbeing & Protection Officer, Coaching Representative and Players' Representative.

Club Standards & Policies

Fife Phantoms Netball Club has gained Thistle Mark Accreditation from the sport's governing body [Netball Scotland](#). This is Netball Scotland's quality assurance program designed to recognise and support the development of Netball clubs in Scotland. We are also [ClubFife](#) accredited, Fife Council's accreditation scheme for community sports clubs and physical activity providers.

The club also requires all members to be familiar with the [Club Constitution](#) and abide by the club's [Code of Conduct](#).

Fife Phantoms Netball Club members must also adhere to the following policies from Netball Scotland

- [Wellbeing and Protection Policies](#)
- [Anti-bullying policy](#)
- [Equality policy](#)
- [Communications Policy](#)

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Club Membership

Annual membership runs from 1st September until 31st August the following year. Membership Fees are decided at the Annual General Meeting, and are required to cover club running costs and club insurance.

We request that these annual fees be paid promptly in order for players to play netball at any level for the club. For insurance purposes those that don't pay won't be able to play!

Our current membership categories are:

- Junior Player (Aged 6-17) (16 or under @ midnight 31st Dec)
- Senior Player (17+) (17 or over @ midnight 31st Dec)
- Recreational Player (Aged 17+)
- Coach (Qualified)
- Official (Qualified)
- Volunteer/Helper

We use Netball Scotland's competition eligibility rules to distinguish between Junior and Senior Membership. Therefore, if a player's 17th birthday falls before midnight on 31st December, then they will be classified as a Senior Member for the whole of that season.

Further information about our Annual Membership Fees can be found on our website [Membership Page](#) and if you have any questions then don't hesitate to contact us at info@fifephantoms.com.

Training

We currently run training sessions for our various squads at the [Kinghorn Community Centre](#) in Kinghorn, Fife.

- **Monday** evening **5.45pm-7.45pm** for the **U17 & Senior** squads.
- **Wednesday** evening **4pm-5pm** for the **Mini Phantoms (6-9 years old)**.
- **Wednesday** evening **5pm-6.30pm** for the **U11/U13/U15** Squads.

Monthly Training fees are charged separately to our membership fees, and cover the cost of coaching. Further information about training fees is available on website [Membership Page](#).

Please speak to the coaching team if you have any questions about training. Alternatively, you can contact us at info@fifephantoms.com.

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Competition

Fife Phantoms take part in a wide range of competitive events meaning that all members have the opportunity to play competitive netball for the club at some point. There are a number of leagues that covers all abilities. The club also occasionally holds fun inhouse competitions against parents, guardians and committee members.

Although we encourage members to compete there is no obligation on them. Above all we want members to remain active and involved, train hard whilst improving their skills and having fun.

Again, please speak to the coaching team if you would like some advice or have any questions about competitions.

Competition Entry Fees:

Due to our members fabulous fundraising efforts and the generous support from our sponsors over the last few years we have been able to cover the cost of competition entry fees. However, this is a cost we need to be mindful of annually, and we have to make a decision upon the need for Annual Competition Supplement fees at our AGM.

Social Events

Fife Phantoms has an active social calendar, with participation actively encouraged. Over the course of the year there are popular events such as: fitness in the park; beach days; compete against the coach at another sport (tennis); Halloween fancy dress; and the club presentation night.

We have a close association with the [Kingshore RNLI Lifeboat Station](#) as we are a community club, and we have annual events with them, where both organisations come together and have lots of Fun. This includes a Loony dook, The Kingshore RNLI Lifeboat Station open day, and many more activities.

Volunteer Help

The club is often looking for adult help to assist in the running of the club. You may offer to help, or a member of the committee may approach you to see if you are able to assist. We are a volunteer run club and appreciate all the help senior members or parents/guardians can give us, however small.

Yours in Sport

Fife Phantoms Coaches & Committee