

LANE COVE NETBALL CLUB

FAQS FOR NET SET GO COMPETITION

LANE COVE NETBALL CLUB MISSION

At Lane Cove Netball Club, we believe in building a welcoming community where players of all ages and abilities can enjoy the game we love. Whether you're here to make friends, stay active, develop your skills, or compete at a high level, we have a place for you. Our focus is on inclusivity, teamwork, fair play, and creating a supportive environment where everyone can thrive. With passionate coaches dedicated to developing great players and even better people, we're about more than netball – we're about fostering a lifelong love of the game and a sense of belonging that extends well beyond the court.

WELLBEING AND CARE

We believe in prioritising the wellbeing of our players, families, and community throughout the season. Netball is more than a sport—it's an opportunity to learn teamwork, build confidence, and have fun.

We understand that trials and joining new teams can sometimes feel daunting, especially for younger players or those new to the club. Our team formation process is carefully designed to create fair, balanced teams that allow every player to grow, succeed, and enjoy their netball experience.

We encourage open communication and remind players that trying out and being placed in new team environments is an exciting opportunity to develop skills, build resilience, and make new friends. If you or your child need additional support during trials or throughout the season, our Wellbeing Officer, Emily Milne, is here to help. You can reach her at lanecovenetball@gmail.com

ABOUT LANE COVE NETBALL CLUB (LCNC)

LCNC competes in a NetSetGo competition at Northern Suburbs Netball Association ([NSNA](#)) which is suitable for players aged 7–9 years in 2025.

Where can I find important dates for LCNC? Is there a calendar I can subscribe to?

You can find all important competition and club dates in our LCNC (Net Set GO Competition) Google Calendar. This calendar is regularly updated with game schedules, training sessions, events, and other key dates.

👉 [Subscribe to the LCNC Net Set Go Google Calendar](#)

Click the link above to view the calendar and subscribe to stay informed about upcoming events.

[2025 Key Dates](#)

The **Northern Suburbs Netball Association (NSNA)** also has its own calendar of important dates, including representative trials and key association events. Visit the [NSNA Calendar](#) for their complete schedule.

Is there a preseason information night for parents?

Yes, Lane Cove Netball Club hosts a preseason zoom meeting for parents before the season starts. This session is an excellent opportunity to meet committee members, learn about team expectations, training schedules, and game days. It's also a chance to ask questions and understand how you can support the team through roles like umpiring or managing.

Details about the preseason meeting will be provided once teams are finalised. We encourage all parents to attend!

ABOUT NETSETGO

NetSetGO is the official starter competition for children aged 7-9 who want to learn the basics of netball in a fun, safe, and welcoming environment.

This program features modified rules to help young players build confidence and develop skills at their own pace. For example:

- Players have more time to pass the ball.
- Smaller netballs are used.
- Goalposts are shorter to suit the size and age of participants.

NetSetGO is all about introducing children to the joy of netball while fostering teamwork, confidence, and a love for the game.

👉 [Learn more about NetSetGO here.](#)

What are the club expectations for parents and players of NetSetGO?

At LCNC, we believe that fostering a positive and supportive environment for players is key to enjoying the game of netball. Here's what we expect from both parents and players:

- **Volunteering:** We ask that parents contribute to the club by volunteering for roles such as coaching, umpiring, team management, and supporting other team tasks. This helps ensure that the program runs smoothly and that every player has a positive experience.
- **Support:** Parents are encouraged to cheer for all players in a positive manner, creating an environment of encouragement and sportsmanship.
- **Positive Attitude:** We expect both players and parents to demonstrate respect, fairness, and positivity at all times.
- **Understanding the Modified Nature of NetSetGO:** NetSetGO is designed to be age-appropriate and less competitive. It uses modified rules to help players develop skills at their own pace, focusing more on learning and fun than on intense competition. We ask parents and players to embrace this philosophy and enjoy the game for what it is—an opportunity to grow and have fun in a supportive environment.

Code of Conduct: All participants, including players, coaches, and parents, are required to adhere to our [Code of Conduct Guidelines](#), which emphasise respect for others, fair play, and a commitment to upholding the values of the club. These guidelines ensure that the environment remains welcoming and inclusive for all.

By working together, we can make NetSetGO a rewarding and enjoyable experience for everyone!

GENERAL SEASON INFORMATION

When does the competition start?

The Net Set GO Winter competition runs from April through to August. The format is a weekly competition of 12 rounds plus a gala/presentation day. More information can be found on [NSNA's](#) website.

Where are weekend games played?

Games are played on Sunday mornings at Bi-Centennial Netball Courts, Small Street, Willoughby.

What time is my game going to be?

The exact draw is not available until all teams are registered with NSNA. The draw is usually published by [NSNA](#) in March. One of the great things about netball is once your game time is set, it remains the same time and location all season.

Where do I find the games fixture?

The game fixture will be available on [PlayHQ](#) closer to Round 1. LCNC recommends **Netball HQ**, a free app built for netball, housing fixtures, ladders, results, and statistics for associations operating on PlayHQ. ***LCNC will use Netball HQ to track player availability, and send club wide notifications.***

- [NetballHQ on the App Store](#)
- [NetballHQ – Apps on Google Play](#)

REGISTRATION

How do I register?

Once registrations open, information will be available on the [Lane Cove Netball Club website](#) and emailed to anyone subscribed to our newsletter. The registration process is completed online via the PlayHQ system, where you can also purchase uniforms.

Can I use an Active Kids Voucher?

Families receiving a Family Tax Benefit can apply for an [Active Kids Voucher](#) for each eligible child. If you wish to use a voucher, please email the club at lanecovenetball@gmail.com

My child has never played before. Can I still register?

Yes, we have players join at all different levels, from beginner to experienced. We will place them in a team with a similar level of experience and skill.

How do I know what age group to register my child in?

Age groups are determined by the age your child is turning in the current calendar year.

Can my child be in a team with her friends?

We do our best to keep friends together in NetSetGO! Your child can play with their friends as long as they are born in the same calendar year.

Can any gender play netball?

All genders are welcome in the 12 & under age group. At Lane Cove Netball Club, we believe that netball is for everyone. Encouraging boys to play netball not only broadens participation in our sport but also fosters inclusivity and diversity within our community. Boys who join our teams benefit from the physical, social, and strategic elements of the game while contributing to a culture of teamwork, mutual respect, and shared passion for the sport. By providing equal opportunities, we're helping to break down outdated gender stereotypes and inspiring a new generation of players who embrace netball as a game for all.

My child is 9 years old and has played NetSetGO for 2 years already. Can they play up in the NSNA Juniors competition in Under 10s?

Yes, they can! LCNC encourages 9-year-olds with 1-2 years of NetSetGO experience to consider playing in the NSNA Junior Competition in the Under 10s division, usually in a lower grade. This helps them become familiar with the full rules of netball while they are still 9 years old, supporting their skill development and confidence.

Please note that they will play in the Under 10s division again the following year, when they are actually 10 years old. This progression allows for a smoother transition into competitive netball.

[To learn more about the under 10s competition please refer to the FAQs document for the NSNA \(Junior and Senior Competition\) here.](#)

What our Fees Cover

Our fees cover three components:

Lane Cove Netball Club Fee	Covers equipment, coaching, umpiring and administration
Northern Suburbs Netball Association Fee	Covers court hire and administration costs
<u>Netball NSW Fee*</u>	Cover membership and insurance for 12 months from time of paying

**Irrespective of what competition you register for (Winter or Spring netball), you will be charged the Netball NSW fee when it is due - i.e. 12 months from the last payment. The registration platform, PlayHQ, will automatically apply it when it is due.*

See examples below:

Registrations without Netball NSW fee:

Item Description	Qty	Unit Price	GST Incl.	Total
Registration (Winter 2025, Winter Competition) Northern Suburbs Netball Association	1	\$85.00	\$7.73	\$85.00
Registration - Junior Player Registration Fee (Winter 2025, Winter Competition) Lane Cove Netball Club	1	\$256.00	\$0.00	\$256.00

Registration with Netball NSW fee:

Item Description	Qty	Unit Price	GST Incl.	Total
2025 Player Membership Fee - Junior 12 month 10-17yr (12 months) <i>Player Membership fee</i> Netball NSW	1	\$84.51	\$7.68	\$84.51
Netball Australia Digital Systems and Services Fee (12 months) <i>Player Membership fee</i> Netball Australia	1	\$4.49	\$0.41	\$4.49
Registration (Winter 2025, Winter Competition) Northern Suburbs Netball Association	1	\$85.00	\$7.73	\$85.00
Registration - Junior Player Registration Fee (Winter 2025, Winter Competition) Lane Cove Netball Club	1	\$256.00	\$0.00	\$256.00

What if my family is experiencing financial hardship?

At Lane Cove Netball Club, we believe every child should have the opportunity to play netball, regardless of financial circumstances. If your family is experiencing financial hardship, please don't hesitate to reach out to the club in confidence. We're here to help and can explore options to ensure your child can participate. Your situation will be treated with sensitivity and discretion. Please contact presidentlcnetball@gmail.com to discuss further.

I am no longer able to play. Can I receive a refund?

Please take the time to review the relevant FAQs to avoid any confusion and ensure you are fully committed to our policies before registering with LCNC. Please note, once registered, refunds are not available unless you are unable to play for the season due to relocation, illness, or injury before Round 5 in the competition. We are unable to offer refunds for change of mind or for players not

being placed in the team they hoped for. **We encourage careful consideration before registering for the season.**

For more information, please email lanecovenetball@gmail.com.

TRAINING

Where and when do teams train?

Training times and locations are determined by both the coach's availability and court availability. We prioritise Lane Cove Public School (LCPS) as the main venue for NetSetGO training. Courts are booked at LCPS on Tuesday and Thursday afternoons, with a preference for Tuesday.

If netball is a priority, we encourage you to keep these afternoons free before committing to other activities.

We do not train during school holidays. Our training sessions are aligned to playing rounds only.

COACHING

Who coaches the teams?

The club provides coaches for Net Set Go teams **but we do welcome parent volunteers.**

How are coaches supported? Are coaches paid?

All beginner coaches start their journey buddied up with a more experienced coach. All our coaches are supported by our Head Coach, Julie Ring. We also provide a subscription to [The Netball Coach](#) which is a netball coaching video resource, with a huge library of videos for coaches at every level.

How do I become a parent volunteer coach for Net Set GO?

Email lanecovenetball@gmail.com to enquire.

UMPIRING

Do parents need to umpire for NetSetGO games?

Yes, NetSetGO encourages parent volunteers as umpires, and the lower fees for Net Set GO reflect this. If you're a parent with some netball knowledge (or are keen to learn), we would love for you to volunteer as an umpire. Ideally, each team will have 1-2 parent umpires.

Here's what you need to know:

- You won't be expected to umpire every week—only on "Home" games, as the opposition will umpire during "Away" games.
- Each game requires just one umpire, and this responsibility is shared with other clubs. On average, you'll umpire about 6 of the 12 games in the season.

The role of a NetSetGO umpire is not about enforcing rules; it's about actively guiding players, helping them learn the game, and ensuring the game flows smoothly. Umpiring NSG is a rewarding experience and less intimidating than you might think!

If you're interested, the club offers a 3-week mentoring program to help you get started. Please consider getting involved!

What equipment do I need to umpire netball?

- Whistle's are included in the kit bag for umpires. Parent umpires are provided a High Vis vest for Net Set GO. Athletic shoes and comfortable clothing are recommended.

How do I become an umpire?

Net Set Go umpires are not required to have a pass in the theory exam. However it is helpful. This exam is found at: learning.netball.com.au.

Never umpired before?

NSNA's Red Robin Course is for all new umpires. This course is run by NSNA prior to the beginning of each winter season and lasts about three hours. Upcoming dates:

- Red Robin Option 1 - Saturday 8th March 2025, 1pm
- Red Robin Option 2 - Sunday 9th March 2025, 1:30pm

More details can be found [here](#).

UNIFORMS AND EQUIPMENT

What equipment does my child need to play Netball?

Just athletic shoes plus a uniform for competition games! If you are due for new trainers, we do recommend looking for a supportive pair or trainers designed specifically for Netball (pivot soles) but if not, any trainers will do. (hint: check out Asics at Birkenhead Point for great prices on Netball shoes!).

If you would like equipment to practice at home, balls can be purchased at Kmart or Rebel. Just remember, 9s and under play with a Size 4 ball (and 8-foot-tall rings).

How do I buy a player uniform?

Uniforms will be available for purchase through [PlayHQ online store](#), either through registration process or separately during the season.

How do I buy a new player pack?

All new players to our club **must purchase a new uniform pack** (not included in registration cost), which includes all essential uniform items you will need when playing for LCNC. You can play in either a tunic or a singlet with shorts. Steps to purchase:

- During the registration process select either a tunic or singlet from the products..
- Then select "new member pack" from the dropdown.
- Add your hooded jacket size to the order.
- Continue to next step and finalise payment.

How do I collect my uniform, can I exchange sizes?

Uniforms will be available for collection on 4 or 11 Feb at Lane Cove Public School. More information to come on this. Sample sizes will be available if you need to check you have ordered correctly.

You can access the uniform size chart [here](#).

COMMUNICATIONS AND OTHER CLUB INFORMATION

How will I receive updates from the club?

We communicate via email, social media, and WhatsApp chat groups (set up by your team manager). Once registered please [follow this link](#) to request access to the Facebook private member group for timely updates. Please also [follow our public Facebook Page](#) and [Instagram Page](#).

Download **Netball HQ** (free) for fixtures, ladders, and results. LCNC will use Netball HQ to track player availability, and send club wide notifications.

- [NetballHQ on the App Store](#)
- [NetballHQ – Apps on Google Play](#)

What happens if it rains and training is cancelled?

Announcements are made on our club website: [Wet Weather announcements - LCNC website](#)

What happens if it rains and games are cancelled?

Announcements for game cancellations are made through the [NSNA website](#), [NSNA Facebook](#) and [NSNA Instagram](#).

Wet weather decisions are made by 7:30am on Sunday.

I want to help out the club in some way, what can I do?

We love volunteers because without them there would be no club. If you're interested in being a team manager or joining our committee, please email lanecovenetball@gmail.com

What is the club's Code of Conduct?

All Lane Cove Netball Club Members are required to adhere to our [Code of Conduct](#). Additionally, players must comply with our [Team Formation Policy](#). Prior to registering to play for Lane Cove Netball Club, please take the time to familiarise yourself with, and accept, these policies.

How can I provide feedback or raise concerns?

At LCNC, we are continually striving to improve our processes. If you wish to share any feedback, please email lanecovenetball@gmail.com

LCNC Committee Members are volunteers!

Our committee members are made up of volunteers who work full time. We aim to respond to all queries within a 24-hour period but sometimes that may not be possible.