

Summer Hill Lakers Netball Club

Training and Team Membership Expectations

The Summer Hill Lakers Netball Club (SHLNC) training policy requires that all members attend training sessions weekly, missing a maximum of 3 training sessions per season. This is to ensure that all members are fully prepared and equipped for competition and are working together as a team.

Participation is a crucial aspect of the policy. All members are expected to attend and actively participate in each training session. This includes arriving on time, being properly dressed and equipped for training, and fully engaging in the activities and drills.

Collaboration is also a key component of the policy. Members are expected to work together as a team, supporting and encouraging each other throughout each training session. This includes sharing ideas, helping each other to improve skills, and working towards the common goal of success on the court.

Respect is an essential part of the policy. Members are expected to show respect towards their teammates, coaches, and opponents at all times. This includes being courteous and considerate, listening and following instructions, and treating others with kindness and professionalism.

Engagement is also vital to the policy. Members are expected to focus and concentrate during training sessions, ensuring that they are fully engaged and actively learning. This includes paying attention to the coaches and instructors, asking questions when needed, and taking notes to help improve their skills.

Overall, SHLNC training policy is designed to ensure that all members are working together effectively and efficiently towards the common goal of success on the court. By adhering to the policy, members will not only improve their individual skills but also enhance their ability to work collaboratively and respectfully with others.



OFFICIAL

OFFICIAL