



2023 WINTER INFORMATION BOOK



VALOUR



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2023 EXECUTIVE & COMMITTEE MEMBERS

POSITION	NAME	EMAIL
President	Cate Newman	ppmgroup@bigpond.net
Vice President	Lisa Robertson	lisart142@gmail.com
Secretary	Lisette Smith	secretaryhdna@gmail.com
Treasurer	Linda Wilton	hdnatreasurer@gmail.com
Registrar - Senior Comp	Clare Ashpole	clare.ashpole19@gmail.com
Registrar - Junior Comp	Nicci Skene	hdna.jnr.registrar@outlook.com
Night Comp Convenor	Sophie Koutchavlis	hdnanightcomp@gmail.com
Umpires Convenor - Senior	Kirsten Gossip	k_gossip@hotmail.com
Umpires Convenor - Junior	Madi Morris	madisonm0309@gmail.com
Rep Convenor - Senior	Jen Baker	hdnaseniorreps@gmail.com
Reps Convenor - Junior	Margaret Coe	hdnajuniorreps@yahoo.com
Assistant Senior Registrar	Kate Roberts	netball.k8@gmail.com
Assistant Junior Registrar	Dom Newman	dom.e.newman@gmail.com
Assistant Junior Registrar	Lara Grant	lara.grant@outlook.com
Asst Senior Reps Convenor	Nicky Steptoe	nicholettethaddeus@hotmail.com
Asst Junior Reps Convenor	Kate Roberts	netball.k8@gmail.com
Carnival Convenor	VACANT	hdna@bigpond.net.au
Net Set Go Coordinator	Di Benham	dimizo54@gmail.com
NSG Umpires Convenor	Toni Bauer	toni.bauer@outlook.com.au
Asst Night Comp Convenor	Jess Kajons	jessica.kajons@gmail.com
Coaching Co-ordinator	Chris Cigana	HDNA.coachingconvenor@gmail.com
Uniform & Equipment	Olivia Charlton	oliviacharl1@icloud.com
NNSW Delegate	Lyn Burgess OAM	lynetteandlen@gmail.com

2023 CLUB CONTACTS

CLUB & POSITION	NAME	CONTACT
Asquith Magpies		
Secretary	Angela Thomas	secretaryamnc@gmail.com
Umpires Convenor	Ian MacMahon	ian.macmahon.im@gmail.com
Beecroft		
Secretary	Tamara Leone	beecroftnetball@gmail.com
Umpires Convenor	Nicole Tyzack	beecroftnetballumpires@gmail.com
Carlingford		
Secretary	Louisa Cricchiola	secretary.carlonetball@gmail.com
Umpires Convenor		carlonetball@gmail.com
Cherrybrook		
Secretary	Shikha Agrawal	cherrybrooknetball@gmail.com
Umpires Convenor	Kelley Keyes	kelley@fdmsportscoaching.com.au
Galston		
Secretary	Kate Roberts	secretary.galstonnetballclub@gmail.com
Umpires Convenor	Mia La Torraca	galstonumpires@gmail.com
Hornsby Lions		
Secretary	Justine Atherton	secretary.hornsbylions@gmail.com
Umpires Convenor	Jordan Pilon	umpires.hornsbylions@gmail.com
Loreto Normanhurst		
Secretary	Chloe Davis	cdavis@loretonh.nsw.edu.au
Umpires Convenor	Tracey Hartshorne	lumpires@gmail.com
Mount Saint Benedict		
Secretary	Darren Nosti	dnosti@msb.nsw.edu.au
Umpires Convenor	Darren Nosti	dnosti@msb.nsw.edu.au
Normanhurst		
Secretary	Kerrin Burrows	normonetball@gmail.com
Umpires Convenor	Eliza Brown	normoumpires@gmail.com
North Rocks		
Secretary	Talya Turvey	nrcsecretary@gmail.com
Umpires Convenor	Ros Miller	ros.mark@optusnet.com.au
Pennant Hills		
Secretary	Melissa Fogarty	pennanthillsnetballclub@gmail.com
Umpires Convenor	Jess Kajons	phnc.umpiring@gmail.com
Ryde Sapphires		
Secretary	Karyn West	kwest@parra.catholic.edu.au
Umpires Convenor	Toni Bauer	toni.bauer@outlook.com.au
St Agatha's		
Secretary	Fiona Hall	stagathasnetballsecretary@outlook.com
Umpires Convenor	Paulette Richards	paulette.richards@lendlease.com.au
Tangara		
Secretary	Sarah Saccasan	netball@tangara.nsw.edu.au
Umpires Convenor	Sarah Saccasan	netball@tangara.nsw.edu.au
Thornleigh		
Secretary	Rima Elsom	thornleighnetballclub@gmail.com
Umpires Convenor	Hannah Ashpole	thornleigh.umpires@gmail.com
Wahroonga Prep		
Secretary	James Kennedy	wpsport@wahroongaprep.nsw.edu.au
Umpires Convenor (NSG)	Tanya Lorimer	lorimert@wahroongaprep.nsw.edu.au
West Pennant Hills		
Secretary	Erin Fox	wphnetball@outlook.com
Umpires Convenor	Rosie Wilmshurst	juniorumpiring.wphnetball@gmail.com

HDNA MEMBER PROTECTION

Netball Australia, Netball NSW and HDNA seek to provide a safe, fair and inclusive environment for everyone involved in netball. HDNA seeks to abide by the Netball NSW Member Protection Policy, examples of which include Codes of Behaviour; Anti-Discrimination, Bullying & Harassment; Working with Children and Photography policies. These policies, expected code of conduct and grievance processes are available on the HDNA website under [Policies](#). Any concerns or questions should be raised to Executives on duty, our MP Officers, Cate Newman and Lisa Robertson or to hdna@bigpond.net.au.

Netball NSW General Code of Behaviour

- 6.1. Respect the rights, dignity and worth of all people involved in Netball regardless of their gender, ability, cultural background, religion or any other personal characteristic.
- 6.2. Be ethical, fair, considerate and honest in all dealings with others.
- 6.3. Make a commitment to providing a quality service.
- 6.4. Operate within the rules and spirit of Netball including national and state guidelines, and policies which govern Netball NSW and Affiliates.
- 6.5. Do not use your involvement with Netball to promote your own beliefs, behaviours or practices where these are inconsistent with those of Netball NSW or Affiliates.
- 6.6. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example and they can be easily influenced.
- 6.7. Always place the safety and welfare of children above other considerations.
- 6.8. Avoid unaccompanied and unobserved activities with persons under 18 years of age, whenever possible.
- 6.9. Comply with all relevant Australian laws (Commonwealth and State), particularly anti-discrimination, occupational health and safety and child protection laws.
- 6.10. Refrain from any behaviour that may bring Netball NSW or Affiliates into disrepute.
- 6.11. Provide a safe environment for the conduct of Netball Activities.
- 6.12. Show concern and caution towards others who may be sick or injured.
- 6.13. Be a positive role model.
- 6.14. Be responsible and accountable for your conduct.
- 6.15. Abide by the relevant Netball NSW role-specific codes of behaviour and understand the consequences if you breach or are aware of any breaches of this Code of Behaviour.

Netball NSW Photography Policy

This Policy addresses the acquisition and display of images of registered Members, including Children and Young People, participating in Netball Activities throughout NSW. It also serves as an administrative reference in relation to the management of photography and videography by any person at Netball NSW and Affiliate Netball Activities.

Most people taking images at sporting events are doing so for acceptable reasons and are using appropriate methods, for example, a parent videoing their child at a sports presentation, grandparents photographing their grandchild on the field during play or a professional photographer taking photos for a club. This may also include Participants and administrators taking images for coaching purposes, umpire development or general publicity.

This Policy sets out Netball NSW's position in relation to the capturing of images and recordings of both Adults and Children at all Netball Activities. This Policy also provides some guidance for Affiliates around handling situations where Members do not wish to be (or cannot be) photographed.

The complete policy can be found on the HDNA website under [Policies](#).

COUNCIL MEETINGS

There will be three council meetings held in 2023 on the following dates:

- Wednesday April 26, 7pm
- Wednesday August 23, 7pm
- Saturday November 18, 9am immediately followed by the HDNA AGM

All Council meetings are held at the Pennant Hills Netball Courts, Britannia Street, Pennant Hills. It is a requirement for all clubs to have a delegate present for the entirety of the meeting.

EXECUTIVE MEETINGS

Executive meetings are *generally* held on the second Thursday of each month. Meeting dates can be found on the HDNA calendar, viewable on the website under Policies in the main menu. All correspondence should be directed to the HDNA Secretary and received no later than 3pm on the day of the meeting. An individual member should not forward correspondence without a covering letter from the Club concerned.

GENERAL INFORMATION

PLAYING – Woolworths NetSetGO

A complete set of guidelines for NetSetGO can be found on the HDNA website under Competitions in the main menu.

Late Registrations will be accepted by the HDNA Junior Registrar up to 4pm on the Thursday preceding the day of play, with the exception of the first game of the season where registrations are only accepted at late registration night.

Forfeits and Withdrawals – Best endeavours should be made to give as much notice as possible to minimise impact to the opposing team and umpires.

Forfeits should be received by 7pm on the day PRECEDING play ie 7pm Thursday for NSG.

The Club Secretary of a team who needs to forfeit a game must notify:

- hdnaforfeits@gmail.com
- the opposing team's Club Secretary
- their own and the opposing team's Umpire Convenor

All email addresses are at the front of this book.

Borrowing players

Notwithstanding the Borrowing Rules as listed below under Junior Teams, players are permitted to interchange in that same grade and same division, or they can borrow from teams in a lower/younger grade. For further information - see NetSetGO Guidelines.

Fixtures

Season fixtures can be viewed at the HDNA website www.hdnanetball.com.au. PlayHQ also has fixtures, results and ladders at playhq.com.

PLAYING – JUNIOR TEAMS, 10 YEARS & ABOVE

Late Registrations will be accepted by the HDNA Junior Registrar up to 4pm on the Friday preceding the day of play, with the exception of the first game of the season where registrations are only accepted at late registration night.

Forfeits and Withdrawals – Best endeavours should be made to give as much notice as possible to minimise impact to the opposing team and umpires.

Forfeits should be received by 7pm on the day PRECEDING play ie 7pm Friday.

The Club Secretary of a team who needs to forfeit a game must notify:

- hdnaforfeits@gmail.com
- the opposing team's Club Secretary
- their own and the opposing team's Umpire Convenor

All email addresses are at the front of this book.

Borrowing players

1. A minimum of 5 players can take the court – 3 must be from the registered team. A maximum of 3 players may be borrowed in any one game from a lower age or division. All borrowed players must note their team on the score sheet.
2. If 7 original team members are available, you may **not** borrow from another team.
3. If an original team member becomes ill or injured and is unable to continue play, and there is no other member available from that team, then a player from another lower age division or grade may be borrowed. (i.e. if the team has 8 players and one becomes injured or ill, the reserve must take the court. If there are only 7 players available and one becomes ill or injured, then a player may be borrowed from lower age division or grade). In the event the player recovers and is able to play, the borrowed player must be replaced and leave the court.

If a player is borrowed for six (6) games in a higher grade or division, that player becomes ineligible to play again for their initial registered team and shall be considered a member of one of the higher graded teams for which they were borrowed (team chosen at Club's discretion).

A player may play in a maximum of three (3) HDNA competition games on the same day; with the exceptions of:

- a. 14- and 15-year HDNA Club players who are playing as a team in the Senior competition and with another Club in the Junior competition. These players can only play in the two teams they are registered with, and cannot be borrowed (this includes Semi Finals, Finals and Grand Final)
- b. NetSetGo players who may play in either (or both):
 - (i) Friday night in another NetSetGo Team in the same Grade (if their Club has another NetSetGo Team in the same Grade), or in a higher Grade, or
 - (ii) Saturday morning, in a Junior Grade – see Playing Regulations 8(k)(vii).

Fixtures

Season fixtures, results and ladders can be viewed from the HDNA website at www.hdnanetball.com.au. PlayHQ also has fixtures, results and ladders at playhq.com

Finals

In order to participate in the final series, the player must have played a minimum of three (3) games in their current registered team that is competing in the final series.

PLAYING - SENIOR TEAMS

Late Registrations will be accepted by the HDNA Junior Registrar up to 4pm on the Friday preceding the day of play, with the exception of the first game of the season where registrations are only accepted at late registration night.

Forfeits and Withdrawals – Best endeavours should be made to give as much notice as possible to minimise impact to the opposing team and umpires. **Forfeits should be received by 7pm on the day PRECEDING play ie 7pm Friday.**

The Club Secretary of a team who needs to forfeit a game must notify:

- hdnaforfeits@gmail.com
- the opposing team's Club Secretary
- their own and the opposing team's Umpire Convenor

All club email addresses are at the front of this book.

Borrowing players

1. A minimum of 5 players can take the court – 3 must be from the registered team. A maximum of 3 players may be borrowed in any one game from a lower age or division. All borrowed players must note their team on the score sheet.
2. If 7 original team members are available, you may not borrow from another team.
3. If an original team member becomes ill or injured and is unable to continue play, and there is no other member available from that team, then a player from another lower age division or grade may be borrowed. (i.e. if the team has 8 players and one becomes injured or ill, the reserve must take the court. If there are only 7 players available and one becomes ill or injured, then a player may be borrowed from lower age division or grade). In the event the player recovers and is able to play, the borrowed player must be replaced and leave the court.

Cadet Competition

A player may be borrowed by a cadet team:

1. If they play in a lower graded cadet team
2. If they play in a Junior team
3. If they play in a lower graded Senior team, provided that they are 19 years or younger in the year of play.

If a player is borrowed for six (6) games in a higher grade or division, that player becomes ineligible to play again for their initial registered team and shall be considered a member of one of the higher graded teams for which they were borrowed (team chosen at Club's discretion).

Fixtures

Season fixtures, results and ladders can be viewed at the HDNA website www.hdnanetball.com.au
PlayHQ also has fixtures, results and ladders at playhq.com

Finals

To participate in the final series, the player must have played a minimum of three (3) games in their current registered team that is competing in the final series.

2023 Senior Teams appear in the following order:

A1, A2, B1, B2, Cadet 1, B3, C1, Cadet 2, C2, Cadet 3 and Cadet 4.

OTHER IMPORTANT INFORMATION

FIXTURES & RESULTS

Season fixtures, results and ladders can be viewed at the HDNA website www.hdnanetball.com.au
PlayHQ also has fixtures, results and ladders at playhq.com

2020 RULES OF NETBALL, WHISTLES & STRAPPING TAPE

The Official Rules of Netball are available to purchase from Central Control for \$20 or can be viewed on the HDNA website under Competitions in the main menu. Whistles and strapping tape can also be purchased at Control.

ADVERSE WEATHER

Please see HDNA's Adverse Weather Guidelines on the website under Competitions. Play will continue through light rain or a passing shower, even if that shower is heavy. Unless receiving notification that the night or day is cancelled, players should be prepared to attend the court, ready to play. Notification of cancellation will be via the HDNA website and social media.

JEWELLERY & HAIR

In line with the 2020 Official Rules of Netball, rule 5.1.1.iv), players may not wear anything that could endanger themselves or other players, specifically:

- a) No adornment or jewellery may be worn other than a wedding ring which must be covered with tape.
- b) A medical alert bracelet may be worn provided it is covered with tape.
- c) Fingernails must be short and smooth.
- d) Hair must be suitably tied back.

The Umpires Committee should be notified if a medical alert bracelet is to be worn.

LOST PROPERTY

Articles of clothing and any incidentals of little value are held at Central Control. Any items of value are held for a short period of time elsewhere and then forwarded to Pennant Hills Police Station. Clothing, if not claimed by the end of the season, is washed and forwarded to a local charity.

LITTER, SMOKING & VAPING

It is the responsibility of the Association's members to see that litter is placed in the garbage bins provided around the courts. Managers are requested to ensure that their teams remove litter from the courts after their game, particularly, orange peels and drink containers. Section 6A of the *Smoke-free Environment Act 2000* prohibits smoking and vaping at all spectator areas of sports grounds, including indoors, during an organised sporting event.

KEY DATES

Round	Match	Date
1	1	Friday April 28 & Saturday April 29
	2	Friday May 5 & Saturday May 6
	3	Friday May 12 & Saturday May 13
	4	Friday May 19 & Saturday May 20
	5	Friday May 26 & Saturday May 27
	6	Friday June 2 & Saturday June 3
	15*	Friday June 2
	7	Friday June 16 & Saturday June 17
2	8	Friday June 23 & Saturday June 24
	9	Friday July 15 & Saturday July 16
	10	Friday July 21 & Saturday July 22
	11	Friday July 28 & Saturday July 29
	12	Friday August 4 & Saturday August 5
	13	Friday August 11 & Saturday August 12
	14	Friday August 18 ** & Saturday August 19
Semi-final B Semi-final A	1 st vs 2 nd 3 rd vs 4 th	Saturday August 26
Final C	Winner SF A vs Loser SF B	Saturday September 2
Grand Final	Winner SF B vs Winner C	Saturday September 9

**Week 15 for teams with a division of 6 – 11/1, 11/2, 12/1, 12/4, 13/2 & 14/3 play at 7pm;
12/2, 12/3, 13/1, 13/3, 14/1 & 14/4 play at 8:15pm.*

All NSG plays at 6pm

***Presentation Night for NetSetGO medals occurs after the games finish on Friday August 18*

SPECIAL EVENTS

Round	Match	Special Event
1	1	
	2	
	3	Pink Sports Weekend – supporting BCNA
	4	
	5	
	6	SHOOSH for Kids – Awareness Week
	7	
2	8	
	9	
	10	Crazy Hair & Sock Weekend – supporting Kids with Cancer
	11	
	12	
	13	
	14	

CLUB SERVICE ROSTER – FRIDAY NIGHTS AND SATURDAYS

On the night or day of your duty, could you please provide two (2) representatives from your Club to assist the Executive on duty.

Whilst on duty, the representatives will be asked to help with the general running of the competition. Representatives will be required to help with putting the bins out at the start of play and in the cage after the last game, refilling the toilet paper in the bathrooms, general tidying up and anything else required by the HDNA representative on duty.

Club Roster – Friday Nights – from 5.30pm to 6.30pm

Round	Match	Date	Club
1	1	Friday April 28	Beecroft
	2	Friday May 5	Normanhurst
	3	Friday May 12	Galston
	4	Friday May 19	Cherrybrook
	5	Friday May 26	Carlingford
	6	Friday June 2	West Pennant Hills
	15*	Friday June 2	No clubs needed for extra games
	7	Friday June 16	Pennant Hills
2	8	Friday June 23	Tangara
	9	Friday July 14	Beecroft
	10	Friday July 21	Thornleigh
	11	Friday July 28	St Agatha's
	12	Friday August 4	Hornsby Lions
	13	Friday August 11	Carlingford
	14	Friday August 18	Cherrybrook

**Week 15 for teams with a division of 6 – 11/1, 11/2, 12/1, 12/4, 13/2 & 14/3 play at 7pm; 12/2, 12/3, 13/1, 13/3, 14/1 & 14/4 play at 8:15pm. All NSG plays at 6pm.*

Club Roster – Saturday

Round	Match	Date	8am to 12pm (2 people)	12pm to 4pm (2 people)
1	1	Saturday April 29	Pennant Hills	West Pennant Hills
	2	Saturday May 6	Carlingford	Hornsby Lions
	3	Saturday May 13	St Agatha's	Galston
	4	Saturday May 20	Normanhurst	Thornleigh
	5	Saturday May 27	Cherrybrook	MSB
	6	Saturday June 3	Beecroft	Asquith
	7	Saturday June 17	West Pennant Hills	Loreto
2	8	Saturday June 24	Hornsby Lions	Carlingford
	9	Saturday July 15	Galston	St Agatha's
	10	Saturday July 22	Tangara	Normanhurst
	11	Saturday July 29	Thornleigh	Cherrybrook
	12	Saturday August 5	Loreto	Pennant Hills
	13	Saturday August 12	MSB	Beecroft
	14	Saturday August 19	Cherrybrook	Normanhurst

Thank you for your continued support.