



Aranmore Jets Netball Club

Each training day please remember to

- Have hair and nails ready and remove all jewellery prior to training commencing
- Be ready on the netball court for warm up at your teams allocated time
- **Failure to arrive on time or give advanced notice for non-attendance or lateness may result in less court time**
- Have plenty of water with you
- Respect your team members and Coach
- Respect other teams using the space training space as your team
- Most of all have fun

Each game day please remember to

- Arrive in plenty of time, at least 30 minutes prior to your start time to ensure an adequate warm up, late arrival may result in less court time
- Have your hair and nails ready for play and remove all jewellery prior to warm up
- Have plenty of water with you
- If a sunny day, please remember to apply sunscreen
- Respect your team members, your coach, the opposite team and most importantly the umpires.
Disrespectful behaviour from players or spectators is unacceptable and may result in players being sidelined or spectators removed from courtside.
- Parents and spectators please note:
 - During the game, if not on court, players are expected to stand beside the coach
 - During breaks the players are expected to sit in the team huddle with the coach
 - This is to ensure that they are focused on the coach and the game.
- Most of all have fun

Umpires

- Please remember that the umpires are in charge of the game and they deserve your respect.
- If you are having any issues with your opponents or spectators, your captain approaches the umpires during a break to discuss.
- **Spectators and other members of the team or coach are not to approach the umpires during or after the game.**
- Disrespectful behaviour towards an umpire is unacceptable (from spectators and players alike) and may result in players being sidelined or spectators removed from courtside.

Please inform you coach or manager if you are unable to play or train with as much notice as you can give.