



# Melbourne East Netball Association

Registration No: A0011747L

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## Tournament and Travel Guidelines

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When participating in tournaments and travelling with Melbourne East Netball Association (MENA) teams all parents, players, coaches, team managers and committee members are representatives for our Association. Your actions reflect on the reputation of us all.

The coaches, team managers and committee members that travel with playing members are taking responsibility for their safety and good conduct. For the good of the program and all players, all members need to abide by the following guidelines or risk return to their home at their own or their parent/guardian's expense:

- **Notification of whereabouts** - The team manager that you are travelling with must be made aware of where you are at all times. For instance, if during your free time you decide to go to the laundry room or pool, you need to make your adult in charge aware of your destination and the time of your return. The buddy system is to be used and no one is to wander off alone at any time.
- **Rooms** – Room lists will be put together by the Coaches and Team Managers.
  - Once a member is assigned to a room, that is where they will sleep. The Association does not wish to search for players in emergencies. Lights out will be followed. You will be expected to be in your room.
  - Under no circumstances will males be allowed in female rooms or females allowed in male rooms.
- **Respect property** – While you pay to use the facilities where the team is staying – the rates are set for reasonable use and care of the facilities. Use consideration and common sense when occupying your rooms. Swimming pools and common spaces are for the use of everyone, so it is important to leave them in the same condition as they were prior to your use.
- **Respect people** – Travelling means sharing spaces with team mates and groups of other travellers.
  - Be respectful of your roommates' property and their requirements for rest – observe the lights out rules and keep the noise to a minimum i.e. turn phones off at night, consider time when getting up.
  - Other travellers deserve to eat their meals and occupy their room and any recreation facilities without groups of noisy, netballers disturbing them. Have fun but be respectful.
- **Be responsible for you** – Feed and rest yourself reasonably so that you can play at your best for your team.
  - Remember to provide your body with foods high in carbohydrates (pasta, breads, cereal) as those foods are the best source of sustained energy, especially the night before a game. Fats and large amounts of protein found in steaks, french fries and hamburgers are hard to digest and can or may make you feel sluggish.
  - Drink plenty of liquids during the hours prior to and following your games so your body has enough fluids to support the continuous physical exertion of your games - **ESPECIALLY WHEN PLAYING IN WARM, DRY CLIMATES.**
- **Know the schedule** – Know your schedule so that others do not have to spend their time looking for you or helping you to gather your gear in time to be ready for the team.

Following these guidelines will make travelling and playing more fun for everyone – as well as preserve the image of all of the Association and Teams.