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# MELBOURNE EAST

Netball Association

# Representative Team

INFO PACK

2026

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# VERSION HISTORY

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Version	Date	Changes	Author
1.0	27/8/16	Document Creation	Craig Moyle
1.1	14/9/16	Updated with feedback from Rep Committee and coaches	Craig Moyle
1.2	26/9/16	Updated with feedback from MENA Exec	Craig Moyle
1.3	7/10/16	Updated with feedback from MENA Committee	Tracy Lawrence
1.4	29/07/17	Yearly updates and feedback from Rep Committee	Kylie Spears
1.5	21/08/2018	Yearly Updates	Tracy Lawrence
1.6	14/09/2018	Updated with feedback from Rep Sub Committee	Exec
1.7	Sept 2019	Annual Update	Merryn Brien
1.8	Sept 2020	Annual Update	Tracy Lawrence
1.9	Sept 2021	Annual Update	Tracy Lawrence
1.10	Nov 2023	Annual Update	Cheryl Begg
1.11	Oct 2024	Annual Update	Cheryl Begg
1.12	Sep 2025	Annual Update	Cheryl Begg

# INTRODUCTION

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Hello to all our players, parents and caregivers and welcome to the Melbourne East Netball Association (MENA) Representative Program.

We aim to give our players the opportunity to play netball at a higher level and develop to their highest potential.

Representative netball provides an opportunity to further develop and hone players' netball skills and provides a pathway where players can aspire to play at elite levels. Playing a higher level of sport also develops strong personal and team discipline.

Playing representative netball for MENA is an honour and comes with certain expectations. This Information Pack exists to remind you of those expectations and as a guide to the program and to answer common questions.

MENA Rep Teams 13U, 15U, 17U & Open play in an Association competition at Waverley throughout the year with the night depending on the team. Teams also play in tournaments throughout the year. The 11 and under squad is a development squad with the focus being on preparing the players for future representative netball. This squad trains from February to September in preparation for a minimum of 4 Tournaments throughout this period. Dates of tournaments will be made available once our calendar is determined. If an 11U competition is offered at Waverley, MENA will determine if we are to compete.

MENA Rep Team 19U play in the State Super Netball Series Eastern Conference at Waverley between March and August on Friday evenings.

MENA Rep Boys / Males, play in the MLeague competition at the State Netball & Hockey Centre in Parkville on Wednesday evenings.

We hope you have a great year and look forward to seeing you grow as players and people within our program.

# PLAYER EXPECTATIONS

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We want all our teams and players to be successful in a competitive but harmonious environment. We encourage all our players to bring a positive attitude to the program and strive to be their best selves.

- We would encourage all our players to:
- Have and display respect and support for your coach and team manager.
- Respect and support your fellow team members.
- Respect the umpires and their decisions.
- Commit to attending every training session.
- Commit to maintaining fitness.
- Support our relevant fundraising activities.
- Wear your correct uniform.
- Attend all MENA functions including Presentation Night

We need our players to be aware of and adhere to the Netball Victoria Codes of Behaviour

[Code of Conduct - Netball VIC](#)

# PARENT EXPECTATIONS

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We expect parents of players to behave in a fair and reasonable manner in line with the following expectations:

- Total respect and support of your child's coach and team manager
- Respect for your fellow parents
- Respect for umpiring decisions, regardless of your opinion
- Respect for all the players in your child's team and their opposition
- Support of relevant fundraising activities
- Positive support for players
- Under no circumstances can parents coach from sidelines – or call out

We expect parents to be aware of and adhere to the Netball Victoria Code of Behaviour

[Code of Conduct - Guardian.pdf \(netball.com.au\)](#)

# ELIGIBILITY

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## Age

All age groups are calculated by the age you will turn in the competition year. The age groups are that age and under.

For example – Competition year is 2026.

- Katie turns 15 on 29/11/2026 so will be playing 15U.
- Grace turns 16 on the 31/3/2026 so will be playing 17U.

For the 11U development squad we only accept players who will be turning 10 or 11 in the playing year.

For 14U males, players must turn 11 to 14 years old in the competition year.

For 17U males, players must turn 15 to 17 years old in the competition year.

For 19U female, players must turn 15 in the playing year and 19&U as of December 31<sup>st</sup> in the playing year.

## Qualifying

As the Representative Program is representing MENA, we require all participants in the program to play with a MENA club during the domestic seasons with the exception being 14U & 17U Boys, 19Us and Open players who currently are encouraged, but not required to play on a Saturday or with a Wednesday night team.

Players will need to have played enough games to qualify for finals in BOTH seasons Spring and Autumn or applicable competition seasons in 2026 and are expected to fully participate in their team's season.

Failure to meet this condition will result in a loss of a place in the program. Extenuating circumstances may be taken into account by the Rep Subcommittee.

# KEY DATES

## Squad Training

Tues, 6 Jan	<b>13 &amp; Under, 15 &amp; Under and 17 &amp; Under Optional Training</b>
Thurs, 8 Jan	<b>13 &amp; Under, 15 &amp; Under and 17 &amp; Under Optional Training</b>
Tues, 13 Jan	<b>13 &amp; Under, 15 &amp; Under and 17 &amp; Under Optional Training</b>
Thurs, 15 Jan	<b>13 &amp; Under, 15 &amp; Under and 17 &amp; Under Optional Training</b>
Tues, 20 Jan	<b>13 &amp; Under, 15 &amp; Under and 17 &amp; Under Optional Training</b>
Thurs, 22 Jan	<b>13 &amp; Under, 15 &amp; Under and 17 &amp; Under Optional Training</b>
Sun, 25 Jan	<b>11 &amp; Under, 13 &amp; Under, 15 &amp; Under and 17 &amp; Under Compulsory training commences</b>
Sun, 25 Jan	<b>13 &amp; Under, 15 &amp; Under and 17 &amp; Under Team Announcements</b>
Sun, 8 Feb	<b>11 &amp; Under, 13 &amp; Under, 15 &amp; Under and 17 &amp; Under Training (AM) MENA Family Fun Day –ALL MENA Rep Families (3pm-6pm)</b>
TBC	<b>14/17&amp; Under Boys/Males, Female 19 &amp; Under to be advised closer to the commencement of their season</b>

## 2026 Parent Meeting and Greet Info Session

- Sunday, 7<sup>th</sup> December 2025

## Summer Fitness Program

- All 11 & Under, 13 & Under, 15 & Under, 17 & Under will be provided with a Summer Fitness Program, with optional training sessions to be held in January. Details to come specific to each Age Group
- 14/17 & Under Boys/Males and 19 & Under Females will be advised closer to the commencement of their respective seasons / competitions.

## Training

- 11 & Under, 13 & Under, 15 & Under and 17 & Under - First training session: Sunday 25<sup>h</sup> January 2026
- The following age groups will be confirmed closer to the commencement of their respective seasons / competitions;
  - Boys / Males 14 & Under and 17 & Under
  - Female 19 & Under

## **MENA Family Fun Day**

- Sunday 8<sup>th</sup> February 2026 – Elizabeth Bridge Reserve, Durham Road, Kilsyth
- Expected player attendance for ALL PLAYERS and family members are welcome
- Activities include; Inflatable Slide, Foam Cannon, Colour Run, Dunking Machine & BBQ
- Cost is \$15/player and includes food and drink. Food and drink can be purchased on the day by non-players.

## **Calendar**

View the calendar on our web site - <https://menanetball.com.au/calendars/>

# UNIFORM

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Our uniform consists of:

## Core Compulsory Uniform

- MENA A-line dress &
- MENA undershorts

OR

- MENA Game Day singlet &
- MENA Game Day shorts
  
- MENA socks
- Warm up top (not required by 11U Development squad)
- Hoodie
- Bag (not required by the 11U Development squad)
- Training top (included in fees for new players)

## Optional Merchandise

- Jacket
- Blankets
- Beanies

Information regarding uniform orders for new players will be emailed out following team/squad selection. You can also find more information about Uniforms on our web site at <https://menanetball.com.au/repuniform/>

It is important that players are in full uniform for games and tournaments to foster Melbourne East Netball Association values of team identity, unity, equality and teamwork.

# TRIALS

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Trials are generally held in October of each year. Dates will be published on our website and social media pages. At the completion of trials squads will be named in each age group.

For 11, 13 and 15 age groups (if required) there will be a screening session for any players that are new to the MENA Rep program. Players will be invited from here to attend the trials if required.

There will be a first cut after the first week of trials and players will be notified by the Thursday before the second week of trials whether they have made the second cut or not.

After the second week of trials players will be notified whether they have made the squad in the week following.

Players will have five days following notification of making a team to accept the offer before it is revoked, and another player is approached. **A non-refundable deposit of \$200 will need to be paid at this point to secure your place in the program.**

The offer is for the full year, please do not trial if you can't commit for the full year.

# TEAM/SQUAD SELECTION

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## Age Group Squads

11U players remain in a squad for the full year and are placed into various teams for tournaments. These teams may change each tournament.

Initially players for all other age groups will also be selected into Age Group squads. Squads allow opportunity for coaches to further observe players during training sessions. Likewise, giving players greater opportunity to demonstrate their ability and skills to coaches during these sessions. U13, U14, U15, U17 & U19 teams will be finalised and communicated prior to Round 1 of the Waverley/Parkville competitions or determined by the Head Coach.

Once teams are finalised they will include a minimum of 10 players per team – as per selection criteria of 4 mid courters, 3 defenders and 3 goalers.

Teams will be reassessed mid-year and some movement between teams may occur at this point. Some movement between teams may also be required during the season due to injury or other circumstances.

All complaints about the selection process will be dealt with in accordance with MENA's by-laws listed on <https://menanetball.com.au/rules-regulations/> and the Netball Australia Member Protection Policy <https://netball.com.au/member-protection-dispute-resolution/>

## **Emerging Talent/Training Partners**

Emerging Talent Squad and/or Training Partner positions are offered to players not successful in securing a position within their Age Group Squad. They will train with the squads and participate in the well-being and development programs alongside other players. If it becomes necessary to fill a vacated position in one of the team's due to injury, illness or withdrawal from the program they may be offered the opportunity to take up a permanent position in a team. Emerging Talent Squad and/or Training Partner positions are offered at the discretion of the Head Coach in consultation with the selectors. The fee for this will be communicated to the players being offered these positions.

# TRAINING

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## General

Training is held at Maroondah Nets, at HE Parker on a Sunday for all age groups, between the hours of 8:30am-2pm. Each age group will have a designated time during these hours. Attendance at all training sessions is compulsory. Teams will be rotated around the indoor and outdoor courts at the Maroondah Nets.

## Absence

It is the responsibility of each player to inform your coach, via a phone call, if you are unable to attend training as early as possible. You will be required to provide details of why you cannot attend training in writing to your coach. Non-attendance at training can result in reduced court time. Any player who is absent from training on a regular and continual basis without an accepted reason may be removed from the program, without refund.

## Uniform

Training uniform (sports shorts/skins and MENA training top) is compulsory attire at all sessions. Dresses/Shorts & Singlet are only to be worn for match play.

## Weather

Players are required to attend training sessions in inclement weather conditions unless otherwise notified by their Coach or Team Manager. Having access to the indoor courts at the Maroondah Nets, teams will still train if the weather does not permit training outdoor.

## What to Bring

Bring a drink bottle and towel or mat and any other item prescribed by your coach. Prepare for the weather conditions.

## Hair/Jewellery

Hair should be tied back, and no jewelry should be worn, piercings may be taped.

## Public and School Holidays

MENA do not usually run sessions on the Sunday of long weekends however there may be training on the Monday evening and will be confirmed in the training calendar. There may also be training in the first or last weekend of school holidays. These will also be confirmed in the training calendar.

## Supervision

Players under 18 should not be dropped off and left at training unless either your Coach or Team Manager is present. Players under 18 need to be picked up by an adult at the conclusion of training. No player is to leave the courts without adult supervision unless an arrangement has been made with their parent or guardian.

# INJURIES/ILLNESS

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Any player who sustains an injury or becomes ill must notify their coach immediately. Injured players are expected to attend training sessions, tournaments and Waverley.

A letter from the primary care giver/doctor stating that they are able to resume training may be required.

Where a player has a long-term injury the coach should be notified of the management requirements of this injury and the effect on the players ability to train and play.

In the event of a player being unavailable for the remainder of the season – a player from the team below or list of emergencies will be bought up into the team.

# COURT TIME

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Court time and the allocation of player positions is up to the discretion of the Coach apart from the following guidelines.

## **Waverley / Parkville Competition**

### ***Regular Season***

Court time will be based on the requirements of the team in order to achieve the best possible performance in each match. Due to the nature of representative netball, players cannot be guaranteed equal court time.

Coaches will ensure players receive a minimum of two quarters per game, provided training attendance and commitment requirements have been met.

Players in first teams (13s - 19s), minimum court time is not guaranteed and will be at the discretion of the coach.

### ***Finals***

In finals, court time is decided entirely by the Coach. There is no minimum requirement.

## **Tournaments**

In single day tournaments court time is decided entirely by the Coach. There is no minimum requirement.

In two day tournaments court time on day one is as per regular season and day two is decided entirely by the Coach.

# TOURNAMENTS

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## Schedule

Tournaments are played throughout the year on Sundays in varying locations around Melbourne and games usually consist of 2 x 7min halves. Teams can expect to play between 5 - 9 games throughout the day.

Tournaments will be selected by the MENA Head Coach in consultation with the coaches. Once dates for tournaments are confirmed they will be shared with the teams.

Your fees cover the following number of tournaments:

- 11U: 4 tournaments at minimum
- 13U, 15U and 17U (Female): 2 tournaments

Additional tournaments may need to be funded via parents or via additional fundraising. The decision to schedule extra tournaments will be made by the Head Coach and the MENA Sub Committee in consultation with the coaches.

## How to Prepare for Tournaments/On The Day

- Ensure you are well hydrated and that the appropriate food has been eaten the day before.
- Arrive at least 1 hour before match start time, or as advised by coach.
- Read the weather forecast and bring appropriate items e.g. warm clothing for the cold, sunscreen and extra hydration for hot weather.
- All players are expected to support our other association teams in finals.
- Sports energy drinks, fruit, jelly snacks, sandwiches are an important part of maintaining energy levels throughout the day

## Marquee

- There will be a roster for marquee duty. This involves helping put up and take down the marquees.
- Marquees are for use of players only.

## Transport

Parents are responsible for arranging transport to and from tournaments for their children.

# FEES

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## **Mixed 13U/ Female 15U/17U :**

- \$200 Non-refundable deposit upon accepting place in Rep Program
- \$830 Remainder of fees

Total Fees: \$1030 per year (not including Netball Victoria Membership or uniform)

## **14U / 17U Boys/Males M League:**

- \$200 Non-refundable deposit upon accepting place in Rep Program
- \$300 Remainder of fees (IF doing 2 seasons this will increase)

Total Fees: \$500 per year (not including Netball Victoria Membership or uniform) (IF doing 2 seasons this will increase)

## **19U :**

- \$200 Non-refundable deposit upon accepting place in Rep Program
- \$680 Remainder of fees

Total Fees: \$880 per year (not including Netball Victoria Membership or uniform)

## **11/U Development Squad:**

- \$200 Non-refundable deposit upon accepting place in Rep Program
- \$455 Remainder of fees

Total Fees: \$655 per year (not including Netball Victoria Membership or uniform)

If an 11s team is entered into a Waverley competition for the Spring 2026 season, fees will be additional to the above.

## **OPEN:**

- \$200 Non-refundable deposit upon accepting place in Rep Program
- \$300 Remainder of fees

Total Fees: \$500 per year (not including Netball Victoria Membership or uniform). The subsidised fees are a direct result of the ongoing and interactive support players provide through our MENA Representative program and reduced number of training sessions.

A non-refundable deposit of \$200 is paid to secure position in team/squad 5 days following notification of such. For 2025 there will be two options for you to pay the balance of the fees.

- Option 1 pay in full by 31st January 2026 (refer above Total fees *less deposit* for each age group) or
- Option 2 pay:
  - 13U/15U/17U - \$470 by 31st January 2026 and pay \$360 by 30th April 2026
  - 14U & 17U Boys - \$180 by 30<sup>th</sup> July 2026 and pay \$120 by 30<sup>th</sup> October 2026 (1 season only)
  - 19U - \$360 by 31st January 2026 and pay \$320 by 30th April 2026
  - 11U - \$255 by 31st January 2026 and pay \$200 by 30th April 2026
  - OPEN - \$180 by 31st January 2026 and pay \$120 by 30th April 2026

Failure to pay fees by these dates will result in your suspension from playing until they are paid, unless alternate arrangements have been made.

**NOTE: Cost of MENA functions such as the Family Fun Day, Annual Presentations are excluded in the above fees.**

All fees are inclusive of GST.

## Refunds

Your deposit is non-refundable. The balance of your fees are generally not refundable unless there are exceptional circumstances which will be evaluated on a case by case basis by the MENA Board based on recommendations from the Head Coach.

## Netball Victoria Membership

Netball Victoria Membership is to be paid online as part of your club fees by each player by the first training session in 2025. This is to ensure that you are covered by Netball Victoria's insurance for any injuries.

# MISCONDUCT

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Cases of misconduct by players or parents/caregivers are treated very seriously by MENA and will be dealt with in accordance with MENA's by-laws and the MENA Constitution listed on : <https://menanetball.com.au/rules-regulations/>

# COMMUNICATION

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Regularly refer to the MENA website, Facebook page and Instagram account for news, advice and links.

- MENA Facebook page at Facebook.com/MENAREp
- MENA web site at <https://menanetball.com.au/>
- Instagram @menaneball

# QUERIES AND CONCERNS

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1. Any queries should be first directed to the coach of your team at an agreed time.
2. Any queries or concerns should be discussed with your coach at training away from the playing group.
3. Please do not approach coaches with a query or concern at or after a game or at a tournament.
4. Any urgent matters can be brought to the attention of the Head Coach.

# REP SUBCOMMITTEE & HEAD COACH

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The Head Coach is responsible for the day to day running of the Rep Program with support from the Rep Subcommittee. Key focus areas include both Coach and Player development, mentorship for our Representative Team Coaches.

Our Head Coach is responsible for overall assessment of coaches and players within the program, works with Netball Victoria Talent Identification Pathway staff, Chisholm Region State Title personnel and all Victorian Netball League (VNL) clubs to promote and talent identify MENA Representative Players.

Our Rep Sub Committee is made up of volunteers from our community including a MENA Board Member.

Please feel free to contact them with queries or concerns.

Head Coach: Lindy Dowell [headcoach@menanetball.com.au](mailto:headcoach@menanetball.com.au)

MENA Operations: Merryn Brien [admin@menanetball.com.au](mailto:admin@menanetball.com.au)