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# WAVES ATHLETE HANDBOOK





# WELCOME



## MESSAGES

### Jill Hunter - President

Hello, this is Jill your President of Peninsula Waves. I would like to welcome all our athletes both past and present along with their families to what I expect to be an incredible 2024.

With the opening of our wonderful new stadium in a new VNL setup and the ongoing commitment of the many who have contributed in some way to ensure we keep moving forward I thank you.

Thank you to FDNA for being our partners in all we do, we are indeed a family.

It is a privilege to lead such an amazing club where our only objective is to provide a pathway for our players to shine.

I will look forward to catching up with those I know and getting to know our newest. See you all soon!



### Gen Blaze - Administrator

Congratulations to all the successful athletes who gained a position in one of our VNL or PENS teams for 2024.

I am looking forward to getting to know you all and watch you play and grow on your Peninsula Waves journey.

Our new home at Jubilee Park Stadium is so amazing, and I can't wait for all the athletes to use the facilities and for Peninsula Waves to host VNL games there.

This year is an exciting one with the newly structured divisions in VNL, The Super 19s Series and our talented bunch of 17&U athletes coming through.



Please reach out to me at any time with any questions or concerns however big or small. I am always happy to chat and try and help wherever I can.





## Sue Hawkins - High Performance Coach

Welcome to Peninsula Waves where we promote High Performance behaviour and culture from everyone. We take a holistic approach with our athletes and coaches.

Our smiles are free and abundant. Be the best version of yourself and challenge oneself to strive further than ever before.

We listen, we review and drive our program to continue to be better each year.

I look forward to working with you all.



## Keira Cenin - Championship Coach



Welcome to Peninsula Waves, 2024!

We welcome those of you who are new to Waves and those who are returning for another year.

We are so excited to work with everyone within our community to continue to build our fantastic club.

I hope you enjoy being able to train, play and watch our athletes in action in our fantastic new home stadium across the 2024 season, we are so lucky to finally have a home to make our own.

As a coaching group, we are here to support you as athletes and individuals through your own unique netball journeys.

Wishing you all the best for a great 2024 season





# PENINSULA WAVES NETBALL CLUB



Peninsula Waves is one of only 12 clubs to hold a VNL license. That license was first awarded to FDNA for the 2009 season.

Peninsula Elite Netball is our development program that fields teams in 17&U and 19&U.

This program has been successful in preparing athletes for the VNL and we are passionate about developing our own pathway for athletes as well.

## OUR VISION

Peninsula Waves facilitate the development of athletes through the high-performance netball pathway.

## OUR VALUES

WINNING

ATTITUDE

VALUE

EVERYONE

SUCCESS WILL COME







# CONTACTS COACHES

NAME	POSITION	CONTACT	EMAIL
Jill Hunter	President	0400379091	jillynet@bigpond.com
Sue Hawkins	High Performance Coach	0477705657	suesnikwah@gmail.com
Keira Cenin	Championship Coach	0430306268	keirawills@hotmail.com
Brieannan DeJong	Championship Assistant and VNL Stats	0412058479	brieannand@gmail.com
Chris Vickery	23&U Coach and Open Development Assistant Coach	0417553830	cvickery658@gmail.com
Fance Morrell	23&U Assistant Coach	0417034326	fancemorrell@gmail.com
Lyshae Barry	Open Development Coach	0452257771	Lyshaebarry@hotmail.com
Kirsten O'Callaghan	19&U Development Coach	0412204072	ksb16513@gmail.com
Jess Cox	19&U Assistant	0412932044	jess.one4all@gmail.com
Elizabeth Carrie	PENS 19&U Coach	0452188016	elizabethcarrie1@hotmail.co.uk
Sarah Howie	PENS 19&U Assistant Coach	0400076810	sara.one4all@gmail.com





# CONTACTS COACHES

## CONTINUED

NAME	POSITION	CONTACT	EMAIL
Jane Piotrowski	17&U Development Coach	0417591890	piotrowskijane4@gmail.com
Jodie Carroll	17&U Development Coach	0422566839	jcarroll@pgs.vic.edu.au
Carol Gregorovich	17&U Development Coach	0427357352	pandcgregorovich@bigpond.com
Layla Sorraghan	17&U Assistant Development Coach	0477775576	layla.sorraghan178@gmail.com
Nathan Bonney	S&C Coach	0412529792	nathan@physicalresults.com.au
Kelly Haynes	Pathways Coach	0409704219	pathways@peninsulawaves.com.au
Gen Blaze	VNL Administrator	0403743747	admin@peninsulawaves.com.au
Melissa Kingston	FDNA Operations Manager (Financials)	9776 5155	operations@fdna.com.au





# COMMUNICATION

Please make sure you are on Team App and registered to the Peninsula Waves Netball Club as the majority of communications are here or sent via email.

PLEASE LIKE/FOLLOW THESE SITES:



[www.facebook.com/PeninsulaWaves](https://www.facebook.com/PeninsulaWaves)



[www.instagram.com/peninsulawaves](https://www.instagram.com/peninsulawaves)

YOU CAN ALSO CONTACT US ON:



9776 5155



[admin@peninsulawaves.com.au](mailto:admin@peninsulawaves.com.au)



85 Hillcrest Road, Frankston 3199



[www.peninsulawaves.com.au](https://www.peninsulawaves.com.au)



# TRAINING & PLAYING VENUES



Frankston & District Netball Association  
Jubilee Park, 85 Hillcrest Road,  
Frankston



State Netball & Hockey Centre  
10 Brens Drive  
Parkville



Core24 Fitness Frankston  
313 Nepean Hwy  
Frankston



Waverley Netball Centre  
Cnr Waverley and Jells Roads  
Wheelers Hill

## KEY DATES

### Peninsula Waves Camp

Saturday 25th and Sunday 26th of November

### Pre-Christmas Training

Wednesdays: 29th November – 13th December

Sundays: 3rd December – 17th December

### 2024 Pre-Season Training Returns

Wednesday 10th January

Sunday 14th January

Wednesday 6th March -VNL Round 1

Friday 8th March - 19&U Round 1

Wednesday 31st January - 17&U Round 1 \*To be confirmed by WDNA

Friday 23rd August - Peninsula Waves Presentation Night







# PLAYER COMMITMENT

- Players are selected at Peninsula Waves/Peninsula Elite Netball for the complete seasonal year.
- Player movement between teams may occur on the recommendation of the Head Coach and/or Coaching Panel if required.
- Players must be available and punctual for all training sessions, matches and any other specified activities.
- Players must display commitment and positive attitude to all trainings and playing sessions.
- Players must adhere to the relevant Codes of Conduct  
<https://vic.netball.com.au/code-of-conduct>.
- Players must wear full uniform to games, training and promotional events.
- Players must always represent the Peninsula Waves netball club in a professional manner, demonstrating good sportsmanship, respect for coaches, teammates, officials and other participants.
- Teams must display a united and supportive attitude.

## TRAINING SESSIONS

- Players are required to train two to three times weekly as scheduled.
- Players are required to fulfil the fitness program as provided by the club.
- Players will be fitness assessed.
- Other trainings from time to time will be at alternate venues.
- Group sessions will be coordinated with CORE24 Gyms.

## COURT TIME

- The allocation of player positions and court time is at the discretion of the coach.

## UNIFORM

All players must wear the Peninsula Waves uniform whenever representing the club. It is important that all players are aware that they are representing our club when wearing the club uniform and behaviour must be seen to be positive and respectful.

**Match day uniform is compulsory.** Failure to wear match day uniform to competition is a breach of the code of conduct.

Any uniform queries should be emailed to VNL Administrator Gen Blaze at:  
[admin@peninsulawaves.com.au](mailto:admin@peninsulawaves.com.au)





# FEES

## FEES MUST BE PAID IN FULL PRIOR TO TAKING THE COURT

- The player fees are reviewed annually by the Peninsula Waves Committee and must be paid BEFORE the competition commences. Player fees for the 2024 season are \$450 for full time players and \$225 for emergency players– this is to cover the cost to employ coaching staff, competition entry, weekly court fees, umpires, equipment, first aid, training facility hire, awards and athlete management apps.
- Fees are non-refundable.
- Payment plans are available on request in writing to [admin@peninsulawaves.com.au](mailto:admin@peninsulawaves.com.au)
- The Committee has the option of restricting court time or replacing a player if these obligations are not met.
- Fees can be paid by direct credit as per the invoice details, please ensure you use your name as the reference.

# POLICIES

### Concussion

Peninsula Waves follow the Netball Victoria Concussion Policy.



Please use the QR code to lead you to the link below:

<https://vic.netball.com.au/sites/vic/files/2022-02/NV%20Concussion%20Management%20Policy-%20Final.pdf>

### Child Safety

Peninsula Waves Child Safety Policy Link: <https://peninsulawaves.com.au/child-safety/>



# RETURN TO PLAY POLICY



## Soft Tissue Injuries

Soft tissue injuries are the most common injury in sport. Soft tissue refers to tissues that connect, support, or surround other structures and organs of the body. Soft tissue includes muscles, tendons, ligaments, fascia, nerves, fibrous tissues, fat, blood vessels, and synovial membranes.

A soft tissue injury generally involves one or more of the following structures via sprain, strain, or direct blows:

- **Muscle** – muscles are made up of fibres that shorten and lengthen to produce movement of a joint. Muscles are attached to bone by tendons.
- **Tendon** – tendons are slightly elastic connective tissue that connects muscle to bone.
- **Ligament** – ligaments are strong bands of inelastic connective tissue that connect bone to bone.

The biggest risk factor for soft tissue injury is a previous injury, and types of soft tissue injuries include:

- **Acute Injury** - Injuries that occur from a known or sometimes unknown incident. Signs and symptoms develop rapidly, for example; an 'egg' forming on the ankle from inversion.
- **Bruise (contusion, cork)** - Bruises are caused by a direct force applied to the body such as being kicked or making contact with a player and result in compression and bleeding into the soft tissue (hematoma). Signs and symptoms include swelling and/or discoloration.
- **Sprain** - Sprains are caused when the joint is forced beyond its normal range of motion resulting in overstretching and tearing of the ligament that supports the joint. Signs and symptoms include swelling, loss of power or ability to bear weight, possible discoloration and bruising, and/or sudden onset of pain.
- **Strain** - Strains are caused by muscles over-stretching or contracting too quickly, resulting in a partial or complete tear of the muscle and/or tendon fibres. Signs and symptoms include swelling, possible discoloration and bruising and/or pain on movement.
- **Overuse Injury** - Overuse injuries occur because of repetitive friction, pulling, twisting, or compression that develops over time. Signs and symptoms will develop slowly and include inflammation and pain.

The immediate treatment of any soft tissue injury consists of the RICER protocol – rest, ice, compression, elevation and referral. RICE protocol should be followed for 48–72 hours.

The aim is to reduce the bleeding and damage within the joint.

The No HARM protocol should also be applied – no heat, no alcohol, no running or activity, and no massage. This will ensure decreased bleeding and swelling in the injured area. This regime should be used for all ligament sprains, muscle sprains and muscle bruises.



# RETURN TO PLAY

## POLICY CONTINUED



You can expect full recovery from most soft tissue injuries in one to six weeks. The length of time depends on your age, general health, and the severity of the injury. In significant injuries, a plaster cast or splint may be needed. Sometimes surgery is the best option.

Referral to a medical professional for soft tissue injuries which occur in sport or physical activity, other than those which are minor, is recommended.

A player returning from injury that has previously been referred to a medical professional cannot return to play until cleared to do so by same.

### On returning to play

Peninsula Waves players can (not mandatory) provide documentation from their own medical professionals to assist Peninsula Waves Coaches and Physiotherapists in creating a return to play plan.

Peninsula Waves are sponsored by Peninsula Sports Medicine Group Langwarrin (PSMG) where VNL players receive 20% off and PENS players receive 10% off. We strongly recommend you use PSMG as they are also at training and games and will be best situated to assist in your recovery.

Regardless of who you visit, Peninsula Waves players will need to be assessed by our club physio who will communicate with their coach about limitations or clear the player to play, while creating a return to play plan.

The Peninsula Waves Administrator will happily help coordinating a time for this to occur either at training or at PSMG.

Should a Peninsula Waves player need more strength and conditioning to best recover from an injury, Peninsula Waves staff will organise a personalised S&C program for the player to return to full strength.

Peninsula Waves players will need to participate in training at 80% capacity or higher to be named in the game day team.

Peninsula Waves Physiotherapists will be in attendance on game day and will work closely with the injured athlete and coach on preventing recurrence of injury, court time management and recovery.

### Relevant Contacts

PSMG: [www.psmgroup.com.au](http://www.psmgroup.com.au)

Physio - Josh McMahon: [Joshua.mcmahon@apm.net.au](mailto:Joshua.mcmahon@apm.net.au)

Peninsula Waves S&C Coach - Nathan Bonney: [nathan@physicalresults.com.au](mailto:nathan@physicalresults.com.au)

Peninsula Waves Admin – Gen Blaze: [admin@peninsulawaves.com.au](mailto:admin@peninsulawaves.com.au)

Phone: (03) 9776 5155



# SPONSOR PARTNERS



- Players are expected to support our sponsor partners by engaging in their business products and/or services wherever possible.
- To access the contact information for our current Sponsor Partners, please visit our website: <http://peninsulawaves.com.au/current-partners/>
- Players must demonstrate positive advocacy towards our sponsor partners by endorsing their business.
- Players need to behave in a professional manner demonstrating an appropriate ambassador model for sponsor partners and the Peninsula Waves Netball Club.



**CORE24 Health Clubs** have been a long-serving, generous sponsor partner for Waves, providing both player and coach memberships and financial support.

CORE24 provide ALL VNL players with a complimentary 12-month gym membership and ALL PEN players with a complimentary 3-month gym membership.

More information about redeeming this offer will be shared on Team APP.

## Peninsula Sports Medicine Group

Another long-serving, loyal and professional sponsor partner who provide the club with Physiotherapist Josh McMahon for our VNL players.

Visit PSMG Langwarrin where VNL players receive 20% off and PENS 10% off. Just mention that you are with Waves when booking and paying!



**Frankston**

**Frankston Tyrepower** have been a treasured sponsor partner for over 20 years.

Owned and operated by the Hunter family, Frankston Tyrepower are a financial partner for Waves. Mention you are from Waves when you visit as discount offers are available for members and families.

## OSM - Orthodontic Specialists of Melbourne

Led by Dr. Ravi in both Frankston and Dandenong, the team at OSM offer a range of orthodontic treatments for children, teenagers and adults, all delivered with the most friendly and sincere care.

Dr Ravi and his team ensure we are playing with the best tools on the market by sponsoring our Peninsula Waves Comet netballs.



orthodontic specialists of melbourne



# SPONSOR PARTNERS CONTINUED



**Frankston RSL** support many sports across the Peninsula, including our Peninsula Waves teams.

In addition to providing financial support, the RSL also provide the club with discounted use of their facility for Peninsula Waves hosted events.

## Bendigo Bank

If you are looking for a home loan, head to Carrum Downs and visit Len Barda who will find the best possible option for you. Bendigo Bank Carrum Downs have been a financial sponsor partner for Peninsula Waves for over a decade.

 **Bendigo Bank**

Community Bank  
Carrum Downs and  
Marriott Waters



**Bay City Auto Group** joined our sponsor family in 2023 and are based in Frankston offering new and used vehicles.

Contact the Sawicki family at Bay City Auto if you are in need of a new car and make sure you tell them you're from Waves!

**RT Edgar** are also new to our Waves family. With the team based in Mount Eliza, led by Vikki Sayer, they are your experts for buying and selling homes in Frankston and The Mornington Peninsula.



**THE MAN  
IN THE  
STANDS**

**The Man In The Stands** is the man behind the lens - Paul Seeley, who has been providing both head shots and action photography for all Peninsula Waves VNL and PEN players, and for our websites and social media, for many years.

## Kukri

Peninsula Waves are proud to wear Kukri's enduring, high quality uniforms. Online shopping opportunities will be communicated via Team App and email, whilst a select amount of stock is also available on the FDNA website.





# Thank You



RT Edgar



SUPPORT THOSE WHO SUPPORT OUR WAVES  
[peninsulawaves.com.au/current-partners](http://peninsulawaves.com.au/current-partners)





# PENINSULA waves

*make sure you tag & share our  
partners whenever you visit!*

**HEALTH CLUBS > [www.core24.com.au](http://www.core24.com.au)**

Facebook: @CoreHealthClubs Instagram: @core24healthclub

**TYRES/ALIGNMENTS > [www.frankstontyrepower.com.au](http://www.frankstontyrepower.com.au)**

Facebook: @TyrepowerFrankston Instagram: @frankston\_tyrepower

**PHYSIOTHERAPY > [info@psmgroup.com.au](mailto:info@psmgroup.com.au)**

Facebook: @peninsulasportsmedicinegroup Instagram: @peninsulasportsmedicine

**ORTHODONTICS > [www.orthodonticspecialistsmelbourne.com.au](http://www.orthodonticspecialistsmelbourne.com.au)**

Facebook: @orthodonticspecialistsmelbourne.com.au Instagram: @osmsmiles

**HOME LOANS > Carrum Downs Regional Shopping Centre**

Facebook: @CarrumDownsCommunityBankBranch Instagram: @communitybankcarrumdownsmarr

**FUNCTIONS/ENTERTAINMENT > [www.frankstonrsl.com.au](http://www.frankstonrsl.com.au)**

Facebook: @FrankstonRSL Instagram: @frankstonrsl

**REAL ESTATE > Vicki Sayers, 0410 416 987**

Facebook: @rtedgarmorningtonpeninsula Instagram: @rtedgarpeninsula

**NEW & USED VEHICLES > [www.baycityautogroup.com.au](http://www.baycityautogroup.com.au)**

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**SPORTS PHOTOGRAPHY > [www.themaninthestands.com.au](http://www.themaninthestands.com.au)**

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**CLUB UNIFORMS > [www.kukrisports.com/au](http://www.kukrisports.com/au)**

[peninsulawaves.com.au/current-partners](http://peninsulawaves.com.au/current-partners)