



**NORTH SHORE DISTRICT SOFTBALL
ASSOCIATION INC.**

REPRESENTATIVE PLAYER AGREEMENT

**COMMITMENTS AND RESPONSIBILITIES OF NSDSA
REPRESENTATIVE PLAYERS**

**INFORMATION FOR PARENTS/GUARDIANS
AND PLAYERS**

WELCOME.....	- 3 -
PLAYER COMMITMENT	- 4 -
GENERAL.....	- 5 -
TRAINING	- 5 -
COMPETITION PROGRAMME.....	- 5 -
NSDSA OFFICIALS	- 6 -
TEAM MANAGEMENT	- 6 -
HANDLING PLAYER DISCIPLINE	- 7 -
Junior Players	- 7 -
Senior Players (i.e. Players 16 years of age and over)	- 7 -
REPRESENTATIVE UNIFORMS, APPEARANCE and KITBAGS.....	- 8 -
REP LEVY AND COSTS.....	9
MEDICATION, ALLERGIES, ILLNESS AND INJURIES	- 9 -
GENERAL DEMEANOUR	- 10 -
SOCIAL MEDIA	- 10 -
PLAYERS CODE OF CONDUCT	- 10 -
PARENTS/GUARDIANS CODE OF CONDUCT	- 11 -
SPECTATORS AND SUPPORTERS CODE OF CONDUCT	- 12 -
ORGANISATION	- 12 -
TRAINING SESSIONS	- 13 -
Warm up	- 13 -
Activities	- 14 -
General	- 14 -
PARENTS - HOW YOU CAN ASSIST YOUR CHILD	- 15 -
SELF RELIANCE.....	- 15 -
COMMUNICATION GUIDELINES	- 16 -
WET WEATHER ARRANGEMENTS	- 16 -
CONCLUSION	- 16 -
CHILD PROTECTION (PROHIBITED EMPLOYMENT) ACT 1998.....	- 17 -
PLAYER, PARENT/GUARDIAN ACKNOWLEDGMENT FORM.....	18
PLAYER MEDICAL INFORMATION AND MEDICAL CONSENT FORM.....	19

WELCOME

On behalf of the North Shore District Softball Association, hereinafter known as NSDSA, I welcome you to Representative Softball for this year.

You/your daughter has been selected in a NSDSA representative team. This will no doubt be a great experience and will assist in the development of higher-level softball skills that will support you/her campaign to gain higher honours in softball. We will endeavour to provide all the assistance that will be needed to achieve your/her goals and aspirations.

We wish you/her every success!

This Handbook has been assembled to assist you, the parents/guardians and/or player, with information on the operation of representative softball under the auspices of the NSDSA. It is considered that if all of us (parents/guardians, coaches, staff and NSDSA Committee) who are here to assist you/your child are informed of each other's actions then we can provide a better and more successful program.

Please take the time to read this Handbook and refer to it as needed. Remember it is designed to make life easier for all those concerned with delivering this Program.

I trust you/your daughter will enjoy your/her involvement with NSDSA representative softball and that *all of us* can contribute to your/her success. It is a great opportunity for you/her as a talented athlete and we encourage you/her to work hard, learn new skills, and then take those skills from one session to the next. Each new skill is a building block, a step if you will, to greater things in softball!

If you are a parent or guardian your support is essential for us to obtain the best results we can for your daughter. Please involve yourself with your child's development by supporting her in an appropriate and positive manner.

Wherever you can help us, please do, and feel free at any time to discuss your child's progress with the Team Manager. The Team Manager is at all times the parents and guardians contact point for feedback and or questions. Having said that please also remember that Managers just love passing on positives to the coaching staff!

Remember it's a joint effort for *your daughter's* benefit.

Yours in softball
Laura Ovens
Vice President, Representative and
Development Program Management
NSDSA

PLAYER COMMITMENT

PLAYER COMMITMENT

Players selected for NSDSA representative teams are expected to:

- ◇ Attend all team meetings
- ◇ Attend all training sessions
- ◇ Attend all team commitments on time and in a positive manner
- ◇ Attend Regionals and State Championships and all other competitions entered by the team
- ◇ Complete their responsibilities as outlined in this agreement
- ◇ Whilst attending all team commitments be an active and attentive participant
- ◇ All senior players or parents of junior players are expected to assist at North Shore working bees if they are in a current team or have been in a team in the past 12 months,

GENERAL

Outlined below are details regarding North Shore District Softball Association's Representative rules and regulations, which includes the responsibilities for the players, parents, guardians and supporters. The Medical Details and Player/Parent/ Guardian Acknowledgement Forms are on pages 18,19 and 20. Players and or parents/guardians (if the player is under 18 as at 31 December) are to sign to acknowledge that they have read the contents and will abide by the standards required. The return of this form signed by players and or parents/guardians is mandatory.

This form is to be returned to the Vice President Representative Affairs NSDSA PO Box 950 St Ives 2075 – or handed to an NSDSA official at the Players and Parents/Guardians meeting. Failure to return this form by the date of the Players and Parents/Guardians meeting may affect the ability of the player to commence training with the team.

TRAINING

1. Training sessions are arranged by the coach after consultation with the team and officials and may be called several times per week. Sessions are usually of two to three hours or more in duration and may be on nights or weekends. The duration and occurrence of training will depend upon various factors amongst which are the age of the players and the schedule of up-coming tournaments. Teams will commence training where possible at least two months prior to Regionals. Training sessions are sometimes called with very little notice although Managers and Coaches try to be flexible and co-operative with the schedules. The Team Manager will communicate alterations to training schedules.
2. Players are expected to attend ALL training sessions. If absence is necessary permission MUST be sought from the team Manager within a reasonable timeframe. Repeated or unjustified absences may result in a player being removed from the team.
3. The level of commitment is high. Players should not make arrangements to participate in other activities where it will prevent full commitment to this Representative softball team. **ALL** other activities ie; other softball teams, additional softball training, and non-softball activities must be made known to the coaching staff within one week of selection into the team. The coaching staff will assess any other activities as to their appropriateness to the welfare of the team and player. The coaching staff may request that other activities are curtailed for the duration of the Representative team's season.
4. Parents are asked not to wait and watch during training sessions.

COMPETITION PROGRAMME

1. The following competitions are available for Representative teams. Development teams may also be entered into some of these tournaments.
2. The Regional tournament is usually played on a Sunday (4 - 8 weeks before the State Championships). Our Region is North Shore, Hornsby and Manly Associations.
3. **State Championships** are held for all age groups, with the most recent timetable having U11 in April, U13s in November, U15s in September, U17s in April, U19s in June, Opens in August and O35s in June.
4. **Teams may also be entered** to compete in invitational tournaments (city or country) as part of their development, eg Seabreeze, Treetops, Ghosts, Waverley, Canberra.

TOURNAMENT/CHAMPIONSHIP ARRANGEMENTS

1. If a team is staying together in accommodation for a tournament or championship, all players must stay with their team for the duration of the tournament or championship.
2. All players and officials are expected to stay for the closing ceremony/presentation at all tournaments.
3. NSDSA organises umpires for Regional, State Championships, Waverley and the Canberra tournament. All other umpiring requirements are to be organised by the respective team Manager.
4. The Team Manager will allocate duties to all players/parents. These duties will include, but are not limited to: fruit boxes, ice, moving equipment around the diamonds. All players/parents are expected to perform these duties promptly to assist with the well running of the team.

NSDSA OFFICIALS

TEAM MANAGERS, SCORERS, COACHES, UMPIRES

Remember all these officials are volunteers. It actually costs them money to participate. Please do what you can to help them. Treat them with respect. Officials may be reimbursed for significant out of pocket expenses (when - or if - they remember to ask) but NONE are paid salaries. Parents should aim to provide help throughout the squad and team programmes and particularly during tournaments to assist with the smooth running of the team.

TEAM MANAGEMENT

Diamond time in all championship or tournaments will be at the discretion of the coaching staff. In U11 and U13s all players have to play some portion of every game at State and Regional Championships. In all other age groups only 9 players can take the field and the remaining players must be "*on the bench*" for the duration of each match in order to allow for replacement of an injured player at any time (less than 9 "*legal*" players available and the match is forfeited). A player may sit on the bench for the entire tournament (although Coaches try to avoid this), be used only as a "*designated player*", or as a "*Flex Player*" as a fielder only or as a pinch hitter or pinch runner used only once in a match.

During lead up tournaments or practice games the Coach will try to give equal diamond time to all players, to assess players and try them in various positions that will suit the team balance (not necessarily where the player, parent/guardian may prefer) and start to build teamwork and combinations. It is the intention during these tournaments that girls will be given as even time on the diamond as the Coach can arrange, however, circumstances and player balances within a team sometimes make this difficult. It is critical that parents/guardians support the Coaches who will be endeavouring to give as much diamond time as possible to each player in these tournaments.

During the Regional and State Championships, **the best nine players for the team's situation during the game, as judged by the Coaches, will be on the field.** We are there to win games and to plan so that we have the best line up possible to play the Final. The Coaches will make the right decisions for the team. This is not about any one individual. This will always be about the right nine, right time, right game.

If a Player/Parent/Guardian wishes to discuss any of the aforementioned topics they must contact the Team Manager.

The Manager has control of the team in all other matters of organisation, discipline and care.

Only team officials and players are allowed in the dugouts and team areas during warm-ups and games. Even if a player suffers an injury, parents are still not permitted in the official area. The team officials will deal with the injury.

Do not talk to or distract the scorer during a game. The scorer is performing an official function and one that requires continuous attention to the game.

Players are not allowed to leave the team area during matches whether playing or not. During tournaments players are under the Manager's complete control from start to finish and are expected to be with their team at all times. Players should not leave the team (or team area) without permission.

HANDLING PLAYER DISCIPLINE

There are many issues confronting our Representative Players in coping with personal and team dynamics and demands. At times these issues can affect the harmony and focus of other Players and the Team. While NSDSA always wants the best for its players, it also has obligations to the team, the association and to Softball NSW. With this in mind NSDSA has taken steps to ensure that a correct and proper protocol is observed by Team Officials in dealing with any problems that may occur.

The protocol covers two levels of players to ensure that we have a specific and fair process in the eventuality of either a junior or senior player requiring serious disciplinary action.

Junior Players

If the Head Coach and officials consider it necessary for more serious action due to the attitude or a lack of discipline of a player:

- ◇ The VP Reps is to arrange an initial meeting with the player's parents/guardians, the VP Reps, NSDSA President, Team Manager and Head Coach.
- ◇ The meeting will outline the issues facing the team officials and ask for assistance from the parents/guardians in reaching a suitable outcome with the player.
- ◇ Parents/guardians will then be asked to discuss the issues with their daughter, allow her to respond and offer her comments and hear any of her concerns.
- ◇ Parents/guardians should then be requested to arrange a meeting with the VP Reps, Team Manager, Head Coach, parents/guardians and daughter to reach a suitable outcome.
- ◇ At the conclusion of the meeting a documented agreement should be signed by the parents/guardians, team officials and player so that there is a clear statement of action to be implemented both for the player and the team officials.
- ◇ An agreed review date should be set to again meet with parents/guardians and player to ascertain the success of the agreement.
- ◇ NSDSA officials are dedicated to ensuring the success of any agreement in the interests of the player, team and team officials.

Senior Players (i.e. Players 18 years of age and over)

If the Head Coach and officials consider it necessary for more serious action due to the attitude or a lack of discipline of a player:

- ◇ The VP Reps is to arrange for a meeting with the player, VP Reps, NSDSA President, Team Manager and Head Coach.
- ◇ The player will be given the reasons for the meeting as outlined by the officials of the team and be given the option of having a friend, fellow player, parent/guardian to attend with her.
- ◇ The meeting will attempt to iron out the issues facing the team officials and ask for a suitable outcome from the player.
- ◇ At the conclusion of the meeting both the team officials and player should sign a documented agreement so that there is a clear statement of action to be implemented both for the player and the team officials.
- ◇ An agreed review date should be set to again meet with VP Reps, NSDSA President, team officials and player to ascertain the success of the agreement. If an agreement cannot be reached the matter will be referred to the full NSDSA Committee. If this is not possible, e.g. the issue has arisen during a championship, the player may be asked to leave the team.
- ◇ NSDSA officials are dedicated to ensuring the success of any agreement in the interests of the player, team and team officials.

REPRESENTATIVE UNIFORMS, APPEARANCE and KITBAGS

NSDSA buys the various playing uniforms and sells them at cost to players. Orders are placed with managers and must be paid for before delivery. U11 and U13 playing uniforms and jackets are currently hired from NSDSA. Training uniforms, kitbags etc are to be purchased.

Playing Shirts and Pants are **ONLY TO BE WORN AT OFFICIAL NSDSA GAMES**. They **MUST NOT** be worn for training or at any other time

NO patches are to be attached to the Representative Jacket.

The NSDSA Representative Team uniform has been designed and implemented to portray a professional image and to contribute to a team feeling and purpose. Wear it with pride.

Batting helmets and face guards may only be purchased from NSDSA. Face Guards are compulsory for all players in U15s and above. Shin pads are compulsory for all players in U19s and below. Mouth guards are strongly recommended for all players.

For all trainings and matches players are to:

- Tie long hair back
- Remove **all** jewellery (leave it at home)
- Wear a NSDSA cap or visor, unless indoors
- Keep their shirt tucked in at all times
- Refrain from rolling up sleeves of undershirts.

At all times Players and Officials are to represent NSDSA in a professional manner.

The Head Coach will advise the team of items to be included in all kitbags at all times.

These items could include but are not limited to:

- ◇ Hand towel

- ◇ Face washer
- ◇ Koolit
- ◇ Ice `n` Easy
- ◇ Thera Bands
- ◇ Suntan lotion, zinc cream, lip protector
- ◇ Insect repellent - roll-on or lotion
- ◇ Small iced water container (named)
- ◇ NSDSA Sloppy Joe
- ◇ Plastic garbage bag for wet weather
- ◇ Ground sheet/poncho
- ◇ Hair pins, hair ties, comb/brush
- ◇ Spare socks and underwear
- ◇ Boot laces
- ◇ Personal hygiene items (e.g. deodorant, tampons/pads, tissues)

REP LEVY & COSTS

A levy of \$150 per year is payable by all players selected into a rep or development team. It is expected that the levy and any other costs (eg expenses for a travelling team) be paid promptly.

MEDICATION, ALLERGIES, ILLNESS AND INJURIES

1. A Representative Player Medical Details Form is required to be completed by each player or by parents/guardians for the player. If a player has to take any medication, suffers any allergies, is injured or has a medical condition that could be relevant, then the Team Manager needs to be aware of this. This information is confidential and held by the manager only. **Completion of a medical declaration is mandatory.**
2. Any medication to be taken during a tournament must be handed in to the manager. The Team Manager, in accordance with the parent's written request, will administer the medication.
3. In the case of injury or illness during a tournament or championship, parents should not remove a player before consulting the Team Manager.
4. In the interests of the welfare of the team and individual players, the Team Manager must be informed of any injuries or illness at any time during the training or competition period. It is the Team Manager's responsibility, in consultation with the parents and the Head Coach, to decide on a player's medical fitness for each match. The Head Coach has the right to request an independent medical assessment of any player for whom the Head Coach has concerns of their medical fitness to play or train. In such circumstances, a player will not be permitted to play or train until the medical assessment has been received and medical clearance given to resume sporting activities.

5. The Team Manager must be advised of **any personal or home issue** that could impact on a player's fulfilment of commitments or her performance at training, tournaments or championships.
6. Should a player be injured or ill and unable to attend training or take part in any scheduled game, the treating doctor must provide a medical clearance BEFORE the player will be allowed to rejoin the team.
7. In the event of any injury (softball related or otherwise) or illness, players must notify the Team Manager as soon as possible. Professional attention should be sought immediately and a written report is required indicating an indication of the estimated time a player will be unable to train/play. The report is to be given to the Team Manager. If a player will be unable to train or play for a period of 4 weeks or more they must advise the VP Representative Affairs and their position on the team may need to be reviewed.

GENERAL DEMEANOUR

NSDSA teams have established a high reputation in NSW Softball for good sportsmanship, appearance, discipline and attitude to the game. All players are expected to ensure that this reputation continues.

It is tradition and good manners that all participating teams remain for the Presentation of Trophies to the winning team and there are (depending on the age group) usually certificates for each team. This shows respect and appreciation of the efforts of the winning team and for the organisers of the event. All NSDSA Representatives must be in full uniform for all Closing Ceremonies and Presentations.

SOCIAL MEDIA

NSDSA recognises that Social Media such as Facebook and Twitter can be a useful communication tool. However, all players are to use Social Media responsibly and may never make any abusive comments, use foul language, post inappropriate pictures, or comment on another team or player. All players are to read the SNSW Social Media Policy which can be found under the Resources section of their website.

PLAYERS CODE OF CONDUCT

The general rules and standard code of conduct as per the normal NSDSA Softball competition apply, and the following specific aspects are raised:

1. At all times co-operate with your Coaches, manager, teammates and opponents. Without them you do not have a competition.
2. Work equally hard for yourself and your team. Your teams' performance will benefit and so will your own.
3. Compete by the rules and abide by the umpire's decision.
4. Be a good sport. Encourage fellow team members.
5. Control your temper. Make no criticism, either by word or gesture.
6. **AT NO TIME** take any illegal drugs.
7. **AT NO TIME** is a player or official to consume alcohol if under the age of 18.

8. **AT NO TIME** are you to attend a game, training session, team meeting or any general team occasion under the influence of alcohol or illegal drugs. To do so would facilitate your immediate removal from the team. The NSDSA committee would be informed and your future with the NSDSA reviewed. This may include your expulsion from the NSDSA representative system.
9. Wear the correct uniform with pride and remain in uniform whilst participating in a tournament game.
10. **MOBILE PHONES MUST BE OFF AT ALL TIMES.** There is no exception to this.
11. Whilst games are in progress all players **MUST** stay in the bench area. All equipment is to be kept neat and tidy. Parents are **NOT** to enter dugout area during warm-up or games.
12. Enjoy yourself and your fellow team members company.
13. Non-compliance by players may result in their removal from the team.

PARENTS/GUARDIANS CODE OF CONDUCT

The general rules **and** standard code of conduct as per the normal NSDSA Softball competition apply, and the following specific aspects are raised:

1. Focus on the child's efforts and performance rather than the overall outcome of the event. This assists the child in setting realistic goals related to her, by reducing the emphasis on winning.
2. Remember that your child participates in sport for their own enjoyment, not yours.
3. Teach children that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.
4. Encourage the girls to always play according to the rules.
5. **NEVER** ridicule or shout at a player for making a mistake or losing a game.
6. Support all the players on the NSDSA team, not just your own daughter.
7. Remember the players learn best from example. Applaud good plays from both teams.
8. Support all efforts to remove verbal and physical abuse from the arena.
9. Recognise the value and importance of volunteer Coaches. They give of their time and resources to provide recreational activities for the players and deserve your support.
10. Be courteous in communication with players, Coaches, officials and administrators. If there is a disagreement with an official, raise the issue through the appropriate channels.

11. Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background, sexual orientation or religion.
12. Supervision of your child outside of game time is your responsibility.
13. Understand that playing time and positions will be at the discretion of the Coach. Any concerns are to be taken up with the Team Manager. However **DO NOT** repeatedly approach the Team Manager over this issue. You are welcome to express your opinion, which will be conveyed to the Coaches. The Coaches will then consider the matter, make their decision and act accordingly. You will be given feedback from the manager and the matter will then be considered closed.

SPECTATORS AND SUPPORTERS CODE OF CONDUCT

The general rules and standard code of conduct as per the normal NSDSA Softball competition apply, and the following specific aspects are raised:

1. General encouragement in barracking is good and helps the team, e.g. "*Come on North Shore*", "*Well done North Shore*".
2. Applaud good performance and efforts from all players and teams. Congratulate all players on their performance regardless of the game's outcome.
3. Respect the decisions of officials and teach young people to do the same.
4. Never ridicule or scold a player for making a mistake. Positive comments are motivational.
5. Never comment loudly on plays - you don't know the instruction given by the Coach to the player.
6. Condemn the use of violence, harassment or abuse in any form (i.e. do not use foul language, sledge or harass players, Coaches, officials or other spectators).
7. Never call instructions to the players – **this includes calling plays - leave it to the Coaches and ensures they can be heard by the players**
8. Encourage players to follow the rules and the officials' decisions.
9. Stay still during plays from both teams - don't distract players.
10. Stay behind the dead ball line and out of the team area.
11. Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
12. Be ready to help when asked, e.g. putting up and packing away the dugout, moving equipment to subsequent diamonds during the day. Better still – offer your assistance.

ORGANISATION

- ◇ Arrive 15 minutes before the scheduled start time for any training or pre-match warm up

- ◇ Your bag should contain all items requested by the Head Coach.
- ◇ The lacing in gloves must be kept tight. Loose lacing is likely to break. Should your glove require tightening, or the lacing breaks, discuss with the Coaching staff the best way for it to be fixed.
- ◇ ALL belongings should be marked with your name.
- ◇ As the weather can change very quickly make sure you have some warm clothing with you or a change of clothes available in case it rains.
- ◇ Every effort will be made to finish training sessions at the advertised time.
- ◇ Paperwork / home assignments are to be returned at the correct time.

TRAINING SESSIONS

- ◇ Prior to a training session players should set some goals that they would like to achieve that day.
- ◇ Have your own drink container and top it up as necessary during the session. It is your responsibility to keep hydrated at all times.
- ◇ Keep the training area clean and tidy. Pick up any litter.
- ◇ At the end of each training session players are responsible for collecting all the training equipment.

On Arrival at Training

- ◇ Greet other team members and staff.
- ◇ Organise your gear (get out your glove, bat, drink container, helmet etc.)
- ◇ Check your appearance.
- ◇ Attend to any minor injuries (strapping, band-aids, etc.)
- ◇ Place your bags and equipment tidily in a row.
- ◇ Advise the Team Manager if you have any injury or if for any reason you are not able give 100% effort.
- ◇ Maintain a team presence prior to start of training – small groups are not to develop and will be addressed.

Warm up

- ◇ All social talk should cease.
- ◇ Turn off your mobile phone. It is not acceptable to send/receive calls, texts or emails or check social media etc during training or games.
- ◇ Treat the warm up as an important part of your preparation for the session ahead.

- ◇ Focus on what you are doing.
- ◇ Ensure all muscles groups are stretched. Muscles that are stiff or sore should be given extra attention.
- ◇ Players should start together and keep together.
- ◇ Throwing and catching without purpose is a waste of time. Use the warm up as an ideal opportunity to review / improve you basic mechanics in those areas.
- ◇ A high level of verbal encouragement for your warm up partner is expected.

Activities

- ◇ Teams are to train in a manner that reflects the goals of the members and the teams own high standards.
- ◇ Accept responsibility for your own training performance. Push yourself to do better.
- ◇ Remind yourself of your goals and check out how they are going.
- ◇ Stay focused, concentrate on developing yourself.
- ◇ Provide encouragement and support for everyone. The more verbal you become the more enthusiastic everyone else will be.
- ◇ Responsibility for training does not belong entirely on the officials. Everyone has a role. Standing around is wasted time. If you have finished, work on the mechanics you have just practiced.
- ◇ Unprofessional, immature behaviour is unacceptable (e.g. clowning about).
- ◇ During training sessions and games players are not permitted to contact their supporters (parents, friends, etc.). It is not acceptable for supporters to call out coaching advice to players, as it is distracting to that particular player and the team generally. Make sure your supporters are aware of this.

General

- ◇ Inform the Team Manager or other staff if you have an injury or if there is any reason why you may not be able to give 100% effort. You must be able to realistically indicate if the problem will have a minor or major impact on your training and playing. Keeping an injury or problem to yourself is dangerous, selfish, unprofessional and not in the best interests of yourself or the team.
- ◇ Be prepared to stand up for yourself. If you have a concern, raise it with a member of staff. No one is going to get angry with you for expressing your opinion or asking a question, providing it is done a professional and polite manner.
- ◇ If you have a concern with a particular coaching technique used or which you are asked to use, raise it with the Coaches. Techniques you will be asked to undertake are ones that have been proven to be the most effective. You are expected to give these a fair try. If you find you can't do a skill the way it is presented then it should be discussed with the coaching staff. It is important that they find a technique that you are comfortable with and which works best.

- ◇ Should your club Coach express any concerns regarding techniques or wish to have further information about a particular practice or technique used in this programme they should make direct contact with the Head Coach. Difficulties sometimes are created because of misunderstanding or misinterpretation and it is best to get them sorted out as quickly as possible.
- ◇ Do not have parents make phone calls on your behalf. If you need to contact the manager, you do it.
- ◇ Swearing, use of foul language, displays of bad temper or sulking will not be tolerated.
- ◇ Do not blame others for your mistakes or failings. You will be respected for acknowledging your mistake; people think more of you for being honest.
- ◇ Enjoyment is a major part of all NSDSA representative team seasons. At this level "fun" should come from the knowledge that you have given 100%, performed well or achieved your goals – not from clowning around. There are ample opportunities within the program where frivolous activities are acceptable. During training, commitment to self-development must be total.

PARENTS - HOW YOU CAN ASSIST YOUR CHILD

Please provide your child with lots of support and encouragement. At all times be positive in your remarks and comments.

Please make it a rule to never criticise your own child, or anyone else's. Be aware that other people may interpret your comments as criticism, even if you didn't intend it to be.

Avoid criticising the coaching staff in front of your child. They need the player's respect and 100% support if they are to assist them to achieve their goals. This will be harder to get if the player is confused because of parental comments or attitudes. You can be assured that team officials will do the best job possible for each team member.

It is important to ensure that your child has a balanced lifestyle. This is an NSDSA Program that requires their sporting priority over all other sporting activities. At the same time it is important that they have time for their family, their schoolwork, their friends, social life, etc. – but these need to be kept in balance and in perspective.

You know your child better than we do. Please monitor their moods, tiredness, worries, injuries, fears, etc. and inform the Team Manager if there is anything that you feel will affect their development and training or which you believe they should be aware of.

All problems (no matter how small) need to be addressed immediately, not put aside to grow into major disasters!

SELF RELIANCE

It is extremely important that team members are self-reliant and adopt a professional attitude to their own development. There are skills the Coaches will be trying to develop in them. They will have to stand on their own two feet as their "career" develops and they will be informed of the expectations set for them and the behaviour required.

Under no circumstances should you to act as a "slave" or "gopher". Do not carry their belongings, go to the car for them, get things out of or carry their bags. If they aren't organised then they have to accept the consequences.

COMMUNICATION GUIDELINES

If it's about:

- ◇ Uniforms, tournaments or training sessions (location, times, etc.), or any personal or administrative problems - *Speak to the Team Manager.*
- ◇ A player's development, skill requirements, fitness requirements, or technically related question - *Speak to the Team Manager at first point – if required the Team Manager will then refer you to the appropriate Coach.*
- ◇ A major issue which has not been or cannot be satisfactorily resolved at the team level - *Speak to the NSDSA VP Representative Affairs.*

WET WEATHER ARRANGEMENTS

Generally the policy of "it's on regardless" applies, however, a training session may be relocated to another venue or, at worst, postponed if weather conditions or field conditions are beyond reasonable acceptance. The decision will be made as early as possible and will be communicated by the Team Manager either via SMS or Email.

CONCLUSION

Representative softball is **different!** It is hard softball because the competition is tough! There are, however, many benefits - some of which include: -

- ◇ The high standard played
- ◇ The extra coaching and improvement in mechanical and game skills
- ◇ The travel
- ◇ The friendships made by players and families
- ◇ The satisfaction of achieving a player's potential
- ◇ The discipline of playing in top teams under top coaches
- ◇ The development of mental, physical and social skills in playing a competitive team sport at a high level.

CHILD PROTECTION (PROHIBITED EMPLOYMENT) ACT 1998

Working with Children

Dear Rep parents/guardians,

The State Government in association with all bodies, particularly sporting but also where children are under the care of adults, has invoked legislation in 1998 called The Child Protection Act. This Act requires all adults to sign an undertaking that they are not a prohibited person under the terms of the Act.

North Shore District Softball Association has complied with this legislation by having issued instructions and advice to all adults involved in coaching and managing softball teams in the Association including NSDSA Representative teams.

In addition Coaches and managers should not be expected to be left with the players on their own. This places the official in a difficult position vis-à-vis the Act and can also have a major impact on the Coaches own time and other obligations eg family and employment.

You as a parent/guardian have a major responsibility in making sure that you are back on time to collect your daughter thus not placing the staff in an endangered situation under the Act.

I know that you will understand our desire to not have coaching Staff being placed in this type of situation and appreciate your co-operation in this matter.

Thank you for your understanding!

**Geoff Day
President
NSDSA Inc.**



PLAYERS, PARENT/GUARDIAN ACKNOWLEDGEMENT FORM

Player's Name:

Team Selected in:

Date:

We have read and acknowledge the information within the **Representative Player Agreement**, *Information for Parents/Guardians and Players* and will abide by the respective standards and requirements.

Signed
(Player)

Date

Parent's/Guardian's Name
(If player is under 18 as at
31 December the year of
State Championships)

Signed
(Parent/guardian)

Date

Received by Manager.....
(Name) + (Signature)

Date

Player Medical Information And Medical Consent Form	
Team	
Player's Name	
Please list any relevant medical information	E.g.: Asthma, allergies, diabetes, epilepsy, recent illnesses
Injuries in last 12 months	
Current injuries & treatment plan	
Spectacles/contact lenses	
Player's Home Address	
Player Email Address	
Home Phone	
Date Of Birth	
Medicare Number	
Health Fund Name & Number	
Next Of Kin	
Name	
Relationship To Player	
Address	
Email Address	
Phone Number/s	Home
	Mobile
Emergency Contact 1	
Name	
Relationship To Player	
Address	
Phone Number	Home
	Mobile
Emergency Contact 2	
Name	
Relationship To Player	
Address	
Phone Number	Home
	Mobile
Doctor's Name & Ph. Number	

If a player under 18 years of old is travelling with a team, eg Canberra, Waverley, and will not be accompanied by a parent, please provide the team manager with a name and contact details of an adult (eg another parent) who will be responsible for the player in case of illness/injury.

Name
Mobile

Information collected will only be made available to the coaching and management staff of this team. The coaches and management of this team will not pass the information onto any other person other than attending medical assistance if deemed necessary.

CONSENT

To be signed by player or parent/guardian if player is under 18 years of age as at 31 December the year of the State Championships.

I consent to the provision of medical treatment, or I consent to the provision of medical treatment for my child, and authorise hospitalisation if considered necessary by the coaching and management staff or any other NSDSA Official in the event that I as a player over the age of 18 years of age as at 31 December the year of the State Championships am deemed unable to give my verbal consent, or if my parent / guardian cannot be contacted or if an emergency situation occurs.

I further consent to transport to a medical facility, or I consent to transport to a medical facility for my child, by ambulance if deemed necessary by the coaching and management staff or any other NSDSA Official in the event that I as a player over the age of 18 years of age as at 31 December the year of State Championships am deemed unable to give my verbal consent, or if my parent / guardian cannot be contacted or if an emergency situation occurs.

Name :

Date :

Signature: