



MEMORANDUM

To: QSNL License Holders, NQ State Team Staff, Firebirds Staff, **Date:** 24/1/18
From: GM Performance and Competitions **Pages:** 2
Re: 2018 Update: Shared Player Management Protocol

Background and Context

In season 2017 NQ in collaboration with our State Team and QSNL Coaching staff we initiated a policy to assist in the management of players through the period of time where there are multiple programs being conducted simultaneously. This program was successful in 2017 in reducing the injury rate and enhancing the overall wellbeing of players through a very busy period of netball.

The policy will be implemented again in 2018 after feedback was sought in November 2017.

Who does this plan involve?

- Queensland Firebirds Training Partners & Staff
- Queensland Fusion Team & Queensland EDP squad members & staff
- Queensland State League Teams (All Divisions) & staff
- Queensland State Underage teams & staff

What does success look like?

The purpose of this paper is to clarify the strategies that will be implemented to proactively manage "shared players", ensuring they can train and perform to a high standard right through the respective seasons.

How do we make this work?

All coaches acknowledged and agreed the following key points are essential to delivering on this strategy.

- everyone sees their own team as important and want success for their team and players.
- understand that no coach will have access to any player for 100% of their sessions
- everyone wants mentally and physically fit, strong athletes who are not overloaded or burnt out
- recovery time is important
- seek to avoid duplication of session types where possible (e.g. don't have 2 different S & C programs)
- coaches agreed to be solution focussed
- coaches agreed to demonstrate respect for all other coaches and programs

Which sessions are most important to coaches?

To establish a framework on which to base the allocation of players to events it was agreed that the following list accurately reflected the priority order of sessions.

1. Finals
2. Competition Rounds/Games
3. Final court session before game day/night (For State League Teams this is Mondays, for Fusion this is Thursday nights)
4. State Underage Team trainings (one per week)
5. The second court session each week (usually is skill and/or conditioning work).
6. Gym Sessions – See note below for more details re S & C programs

Who initiates communication about shared players?

The following steps are to be implemented to facilitate discussion between team coaches. (The format of communication is up to the individuals involved and based on what works best for each. It was also agreed that frequency of communication would not be mandated but all agreed to be proactive in this regard)

1. Netball Queensland will distribute the various State Team training and competition programs prior to the start of each campaign and be mindful of setting dates to avoid clashes with key State League events wherever possible. State Team trainings are open and State League Coaches are welcome to attend any sessions.
2. State Team (17U, 19U, Fusion/EDP) coaches will initiate communication via a phone call to State League coaches to discuss shared players once the State Squad and Team selections are finalised and before their respective programs commence. State Team and State League coaches to discuss and agree on the priority development areas for their shared players.
3. State League and State Team coaches to proactively contact each other if they have any concerns or questions and/or if they are aware of any situation with a shared player where their performance could be impacted.
4. State Team coaches to coordinate with State League coaches to visit court sessions on rotation of approximately 1 teams per week with the purpose of observing the State player in Club environment and talking to State League coaches.

In addition to the above, while players are required to notify their respective coaches if injured, if the injury occurs to any player during either a State Team or State League training/activity, as a courtesy, the coach will also immediately notify the other coach.

What happens when coaches don't agree?

In the situation where coaches disagree re the direction or plan for a player the following process should be applied.

1. Relevant coaches to work through the situation with best interest of player as priority, and bearing in mind the agreed priority sessions and the timing of respective major games/events.
2. If unable to reach resolution, either or both coaches should contact Performance Pathways Manager who will mediate a discussion and facilitate an outcome.

Strength and Conditioning Programs

Players who are members of the Queensland Fusion/EDP or Firebirds Training Partners will be provided with a Strength program by Netball Queensland and required to undertake one strength session per week with the EDP/Fusion squad overseen by Netball Queensland staff. They are then encouraged to do their second strength session in their own time or with their State League team (following the NQ prescribed program) and should undertake a conditioning session with their State League club.

Members of the Queensland 17U and 19U squads will undertake their Strength and Conditioning programs through their State League team. In situations where the State League team is unable to provide this, Netball Queensland will provide this program and work with player to find suitable facilities.

The Netball Queensland Physical Performance Manager (PPM) will establish a relationship with all State League S & C Coaches and assist to ensure there is consistency of programming philosophy to meet the needs of the sport and the players.

What happens when a player gets injured?

When a player who is a member of any State program, is injured the NQ appointed physiotherapist (RHP Physio) in consultation with NQ Sports Doctor if required, will be the final decision maker on player availability and rehabilitation plans. The NQ Physio will liaise regularly with and establish an effective working relationship with each of the physiotherapy providers to the respective State League teams to ensure communication lines are open and transparent. Where possible the AMS system should also be used to assist with information transfer.

If a member of a State team suffers an injury, they should:

1. Log it into AMS (which will notify NQ staff automatically)
2. Contact their respective State League coach via sms or phone call to notify as soon as practically possible after the injury, unless the State League coach is on the AMS.

Selection Processes and Timelines

The Queensland Fusion training squad will commence on February 4, 2018 and be trimmed down to 16 on February 19. Once the squad is reduced, any player who is a current member of the Elite Development Program (EDP) will only be required to complete the weekly Wednesday night strength session with the EDP/Fusion squad and will undertake the remainder of their training with their respective State League Team. As a member of the EDP squad they may still also undertake individual or small group sessions with NQ appointed specialist coaches, if these do not conflict with State League sessions.

The Underage training squads (16 in 17/U and 17 in 19/U) will conduct three Sunday trainings commencing on 21 January and a final camp on the 10-11 February before the teams to travel to the National Championships, and the training partners are announced. Following the team announcements, the 17/U and the 19/U teams will continue their Sunday trainings. There will be 2 further weekend camps; 3 - 4 March and 24 - 25 March before the teams leave for Nationals on the 15 April. The teams return to Brisbane on the Tuesday 24 April and will not be expected to resume trainings with their State League teams until Friday 27 April. Individual players may require additional time off following Nationals due to injury and this will be worked out with their respective State League coaches on a case by case basis.

Load Management Awareness

An NQ Staff member will send an email to all State League coaches immediately following the completion of the second ANL match of the round to advise of quarters played and physical status of Fusion players. With this information, State League coaches can plan their Monday night session and game plan for the Tuesday night.

Fusion players will also complete their triage session on Monday afternoons, immediately following which the RHP Physio will advise to the player if there are any restrictions for training that evening, and send email to all State and State League Coaches with status report on players the same evening. Players are not expected to train with their State League clubs on a Monday night if they have played most quarters during the ANL weekend.

Underage State Team coaches will share with State League coaches, plans for training weekends and, also provide a brief update on Sunday following the camp to State League coaches, enabling them to determine player involvement on the Monday night session. This may initially be via a phone call, but should also be in writing via email or sms.

State League coaches will advise State team coaches of any situation where they believe a player might be physically impaired during a game or session with their club team as well as how many quarters they played for them

In addition, QSNL coaches will have the opportunity to utilise the Athlete Management System (AMS) as an option in 2018. Details of this are contained in a separate communication.

Day by Day Calendar

Included with this email is a day to day calendar, which can be filtered by each program to determine who is training or playing with each team. If you require assistance in navigating the spread sheet please contact me and I can talk you through it.

Regards



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