



## Omega Netball Club - Team Selection Guide

Several factors will be considered by the Head Coaches when selecting teams each season:

- 1. Team sizes:** to minimise the number of fill-in players required throughout the season, teams will ideally comprise of 9 players, however where necessary 10 or 8 players are acceptable
  - To help manage player rotations on game day, coaches with teams of 10 may prefer to arrange a “rostered week off” for their 10<sup>th</sup> player. The rostered week off could be a planned absence, or may also be an absence due to illness, to maximise the number of games each player participates in per season.
- 2. Age:** For most players it is in their best interest for their development to play in the youngest age group they are eligible to play in. As such players should register for the appropriate youngest age group.
  - If you wish to play in a higher age group, (subject to minimum age requirements), you may choose to register in a higher age group however placement in a higher age group is at the discretion of the club and cannot be guaranteed.
  - In some circumstances to balance team numbers or skill development we may on exception place players in a higher age group (in consultation with parent/guardian).

Age groups based on year of birth are as follows (for 2026 playing year)

18&U: 2008 - 2010  
15&U: 2011 - 2012  
13&U: 2013 - 2014  
11&U: 2015 - 2017  
9&U: 2018 – 2019

- 3. Player skill:** players should be placed in a team that aligns with their skill level, based on the information available to the head coach at time of team selections. Players should not be placed in higher section than they are capable of playing in due to friendship requests, or to balance team numbers.
- 4. Friendship requests:** Omega will honour one reciprocated friendship request within the same correct age group per season. Where there is a difference in skill level between the players, the stronger player will be placed in a lower section team. Friendship requests that are not reciprocated, or multiple friendship requests will not be considered during team selections.



5. **KDNA Representative squad players and training partners (“Rep players”):**  
Where possible will be placed in a section 1 or section 2 team for their correct age group, unless they have a reciprocated friendship request and the friend does not have the skill levels / capability to play in the higher section.
  - Rep players may also be moved up to a higher age group 6 months before they would normally move up, if the head coaches deem it would benefit their skill development
6. **Team composition:** teams should comprise a balance of players capable of covering all positions across the court (note this does not apply for 9&U, 11&U sections 2 and below). Teams will be selected from the top team in each age group and proceed downwards in order to meet team number requirements, which may result in player movement between teams from season to season. Where possible, we will aim to keep teams together for a full year (Autumn & Spring season).
7. **Team Coaches:** Omega relies on the support of volunteer adult and junior coaches from within our community, and the Head Coaches will do their best to allocate a suitable coach to each team. However, where this is not possible due to a shortage of willing volunteers in a particular season, a team will be responsible to either coach or provide a coach for their team.

### General information:

**Process:** Head Coaches will assign teams and review together. Teams will be sent individually to coaches for review. Further discussion may take place amongst head coaches / team coaches if required.

**Junior Coaching:** where teams are allocated junior coaches, a parent from each team needs to be available for training and game day to support the coaches with general supervision of the players. Max 2 junior coaches coaching per team. The nominated parent must hold a current Working With Children’s Check.