



School Clinic Information



*Proud Sponsors of
Netball Alberta School
Clinics Programme*

- Netball Alberta (N.A.) is willing to provide Netball Coaches to come into your school and run clinics on the basics of Netball.
- Each clinic will consist of three 45 minute (minimum) classes to be conducted during the schools regular PE Curriculum.
- N.A. provides all the equipment necessary to run the clinic: Netball Posts, Netballs and Bibs (Pinnies).
- The cost to the school is \$100.00 by cheque, made payable to A.N.A. This covers the schools membership to the Alberta Netball Association for the current school year in which the clinic takes place.
- Also provided is an Information Pamphlet for each child. This outlines a small history on Netball, the basic rules and the playing positions. It also has a section on 'Players Code of Conduct' with an emphasis on fair play and good sportsmanship.
- There is a Netball Curriculum available to teachers as a free download from our website www.netballalberta.com.
- Our Development Officer; Jessica Mitchell (Cell: 403-996-8041) will be willing to discuss any ongoing Netball Development opportunities for your school such as organising Intramurals between other interested schools or your own school netball programme..
- Following on from the school clinics, any children interested in taking up the sport of Netball will be invited to join the N.A. League. Please refer to the website: www.netballalberta.com for any further information.
 - E-mail: coach@netballalberta.com
 - Phone: 403-281-8042
 - Fax: 403-251-0163
 - Address: Box 270, 7620 Elbow Drive S.W., Calgary, AB. T2V 1K2.

We sincerely hope that your school takes this opportunity to develop the sport of Netball. It is a sport that is enjoyed by all ages from 7 years to 107 years throughout the world.

The current Alberta U18 Provincial Team are also three time Canadian National Champions. All of these players learnt to play Netball as part of this N.A. school clinics programme. We have several Alberta players who have been selected for the Canadian National squad, and will be representing Canada in several tournaments Worldwide.



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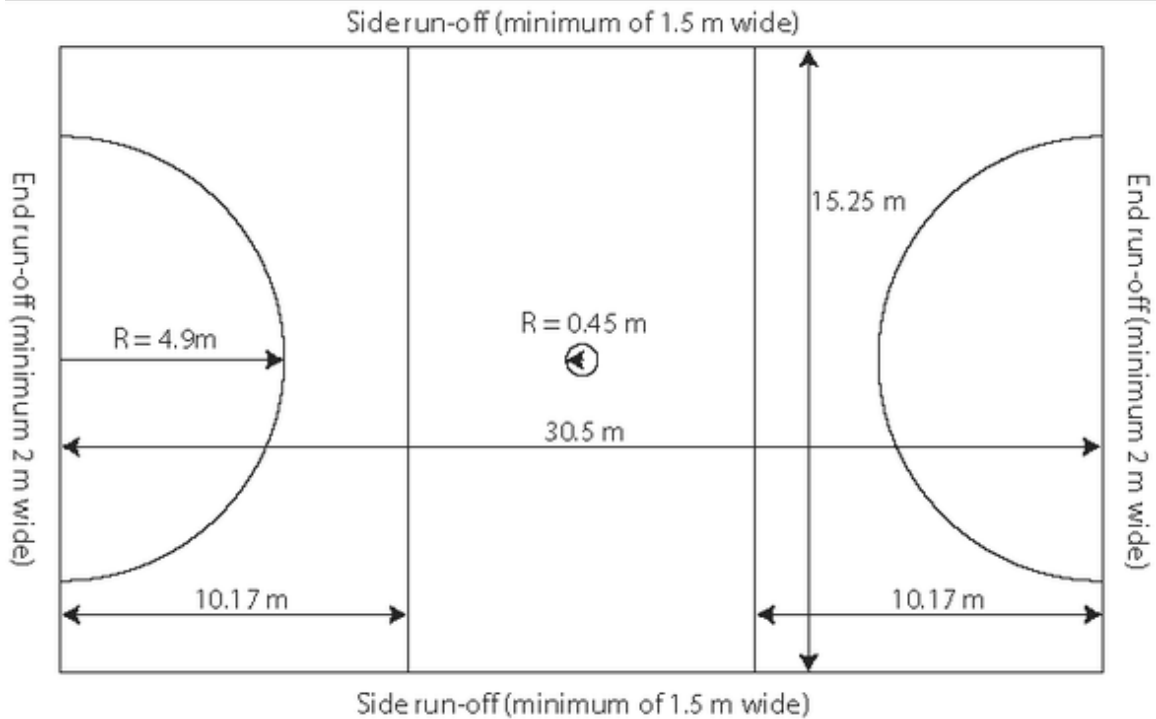
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Netball Court Dimensions

Team bench area (minimum of 1.5 m wide) optional on category 1 and 2 courts



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NETBALL COURT (Indoor or Outdoor use) - Recommended Specifications

Category 2 courts are indoor courts intended for local league, school, recreation and community use.

PROPERTY	ENGLAND NETBALL REQUIREMENT
Principal Playing Area (as specified in the Official Rules of Netball)	30.5m by 15.25
End run-off (distance between goal line and any permanent or temporary fencing or fixtures)	3.05m at both ends of Court is the requirement for all new build courts. Where courts are laid end to end with no division fencing or change in surfacing, a common end-run of at least 3.05 m should be used.
Side run-off (distance between side line and any permanent or temporary fencing or fixtures)	Minimum of 3.05m at both sides of Court (see Note 1). Where courts are laid side to side with no division fencing or change in surfacing, a common side run-off of at least 4.00m may be used.
Ceiling height (indoor courts)	Minimum of 7.5m
Team bench/match officials area Between courts	Where space along the side of the court allows, an extra area 2.0m wide should be provided (see Note 2).
Surface Type	Any form of surfacing meeting the <i>Basic Requirements</i> as defined in the England Netball Performance Requirements for Netball Surfaces.
Line markings	White lines, 50mm wide (where other markings conflicts, other colours may be used except yellow)
Goal posts	Free standing or socketed goal posts with protective padding along the entire post length. Goal posts and padding to conform to the Official Rules of Netball (see Note 3).
Lighting	Indoor courts: Minimum maintained illuminance of 750 lux with a uniformity ratio of at least 0.7 (see Note 4 & 5).
Spectator seating	Optional



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Notes:-

1. End run-offs and side run-offs shall have the same surface as the playing area. They shall be free of all permanent and temporary fixtures at court level and to a vertical height of 2.5m. 2. Line Markings where the overall dimensions of an area do not allow a full size court and the specified side run-offs and/or end run-offs, the dimensions of the Principal.
2. Playing Area should be reduced to allow the required run-offs according to on-site safety.
3. To cater for young people's Netball (High Five Netball) and Wheelchair Netball, goal posts shall have adjustable net ring heights of 3.05m, 2.75m and 2.44m.
4. The values shall be measured on the playing surface. Measurements shall be made on a 5m grid over the court area.
5. Uniformity ratio = E_{min}/e_{av} .
6. It is recommended that the system also allows lighting at 200 lux for training etc.
7. Tennis post sockets and other equipment fixtures shall not be located within the playing area, side run-offs or end run-offs of the Netball court.



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Category 1 – NETBALL COURT (Outdoor use)

PROPERTY	ENGLAND NETBALL REQUIREMENT
Principal Playing Area (as specified in the Official Rules of Netball)	30.5 by 15.25m
End run-off (distance between goal line and any permanent or temporary fencing or fixtures)	3.05m at both ends of Court is the requirement for all new build courts. Where courts are laid end to end with no division fencing or change in surfacing, a common end-run of at least 3.05 m should be used.
Side run-off (distance between side line and any permanent or temporary fencing or fixtures)	Minimum of 3.05m at both sides of Court (see Note 1). Where courts are laid side to side with no division fencing or change in surfacing, a common side run-off of at least 4.00m may be used.
Team bench/match officials area between courts	Where space along the side of the court allows, an extra area 2.00m wide should be provided (see note 2)
Surface Type	Any form of surfacing meeting the <i>Basic Requirements</i> defined in the England Netball Performance Requirements for Netball Surfaces.
Line markings	White lines, 50mm wide (Where other markings conflict, other colours may be used except yellow)
Goal posts	Free standing or socketed goal posts with protective padding along the entire post length. Goal posts and padding to conform to the Official Rules of Netball (see Note 3)
Lighting	Not required



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Notes:

1. End run-offs and side run-offs shall have the same surface as the playing area. They shall be free of all permanent and temporary fixtures at court level and to a vertical height of 2.5m.
2. Line Markings:- Where the overall dimensions of an area do not allow a full size court and run-offs, either the dimensions of the Playing Area should be reduced to allow the required run-offs or the run offs should be a minimum of 2.5m, according to on-site safety.
3. To cater for young people's Netball (High Five Netball) and Wheelchair Netball, goal posts shall have adjustable net ring heights of 2.75m, and 2.44m.
4. Where any reduction in player area is required, then the area should be reduced equally between each Third. The Goal Circles and Centre Circle remain according to the Official Rules of Netball.
5. Tennis post sockets and other equipment fixtures shall not be located within the playing area, side run-offs or end run-offs of the Netball court.



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