



17&U Zone Age Group 2023 Commitment Form

The following will be the programme for the 17&U Zone Squad 2023:

- Zone Development Squad** – Players from schools that are not selected for National Round
Selection trial on Wednesday, 15 March 2023 at Kallang Netball Centre
 - 2 trainings per week from 20 March – 21 April (5 weeks)

Zones	Training Day	Time	Venue
North	Wednesday	6.30pm – 8.30pm	Singapore Sports School
	Friday	6.30pm – 8.30pm	
South	Tuesday	7pm – 9pm	Kallang Netball Centre
	Thursday	7pm – 9pm	
East	Tuesday	7pm – 9pm	Kallang Netball Centre
	Friday	7pm – 9pm	
West	Tuesday	7pm – 9pm	Singapore Sports School
	Wednesday	7pm – 9pm	

- Zone Squad** – Formed with players from schools in the National Round & Zone Development Squad
Selection Trial on Saturday, 29 April 2023 at OCBC Arena Hall 3
 - 1 training per week from 2 May – 4 August (14 weeks)
 - 1 National League game per week from 27 May – 4 August (10 weeks)
National League games for U17 are on **Wednesdays**.

Note: Each school can only send up to 5 students for the selection.

Zones	Training Day	Time	Venue
North	Friday	6.30pm – 8.30pm	Singapore Sports School
South	Tuesday	7pm – 9pm	Kallang Netball Centre
East	Friday	7pm – 9pm	Kallang Netball Centre
West	Tuesday	7pm – 9pm	Singapore Sports School

- National Age Group Squad** – to be selected from the 4 zone squads.
Selection to be held on Saturday, 15 July 2023
 - 1 training per week from 22 July – 5 August (3 Saturday trainings)
 - 2 trainings per week from 7 August – 18 August (2 weeks – weekday trainings)
 - KL Tour from 25 August – 27 August

FULL NAME (as in NRIC or Passport):	
EMAIL:	
MOBILE NO:	DATE OF BIRTH (DD/MM/YYYY): HEIGHT (cm):
PERSON & MOBILE NO. TO CONTACT IN AN EMERGENCY:	SCHOOL & ZONE:
LIST YOUR MEDICAL CONDITIONS/ ALLEGIES (IF ANY, EG: ASTHMA):	
PLAYING POSITION(S)	(1) (2)

Requirements for Selection & Training

- Players must be born in the year 2006 – 2008.

Safety Measures for Selection & Training

- Players can only attend the selection according to the time slot assigned to them.
- Players will not be allowed to attend selection/training if they are feeling unwell, or tested positive for COVID-19
- Players are strongly encouraged to inform their coaches on any pre-existing/ sustained injury.

As a nominated player, it is important that you understand and can commit to the training requirements for the 17 & Under Zonal Age Group Squad.

Action will be taken if players were to miss training without valid reasons.

After reviewing these commitments carefully, please complete the following, noting any issues with availability (eg: Exams) during the period advised.

To the best of my knowledge, I am available for all trainings noted.

I have an availability issue with the following dates or fixtures (please give brief reasons).

Through the Safe Sports Commitment, Netball Singapore is committed to ensure the safety and well-being of our athletes. Our policies and procedures seek to address risks to safe sport and to establish safe sport culture and practices. This refers to the inappropriate behaviour of Netball Singapore staff, the Age Group coaches, players and any other persons.

- If you are harassed or abused.
- If you saw someone who has been harassed or abused.
- If you saw any inappropriate behaviour and felt uncomfortable about it.

Please contact Poh Li Fang, Senior Technical Executive at:

- 63465063 (ext 123) or poh.lifang@netball.org.sg
- Alternatively, you can drop us a note at the letterbox at Netball Singapore’s office, or
- Make a report at: <https://www.netball.org.sg/make-a-report/>

The informant’s identity, and the investigation, will be kept **strictly confidential**.

Players are strongly advised to purchase personal/sports injury insurance prior to joining Netball Singapore’s Age Group Programme as injuries will not be covered by school or Netball Singapore.

I confirm that Netball Singapore will not be responsible or liable for any injuries or mishaps that may occur during the trials or the age group trainings and matches.

Player’s Signature: _____

Date: _____

Parent/Guardian’s Signature: _____
(if below 18 years of age)

Name: _____

<p>Endorsed by</p> <p>Teacher-in-charge: _____</p> <p>Signature: _____</p>
