

# 2018 Netball Program

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## OVERVIEW AND OBJECTIVES

Netball Victoria in partnership with the Barwon Sports Academy deliver a netball program which provides development for potential Zone Academy athletes transitioning into the 15U age group. The program delivers components from the two Netball Australia, Dare to Develop a Diamond Programs;

1. Dare to develop a diamond 11-13 year olds
2. Dare to Develop a Diamond Academy Program

The aim of this partnership is to assist Netball Victoria to reach and service regional areas and to support aspiring Netball athletes in the Barwon Region.

## DARE TO DEVELOP A DIAMOND

There are three key components that make up the Zone Academy Program

1. **Technical and tactical**  
(on court development in line with Netball Australia Curriculum)
2. **Physical Preparation**  
(Strength and Conditioning, testing etc)
3. **Athlete Wellbeing and Education**

## INCLUDED IN THE PROGRAM

- Musculoskeletal Screen
- 8-10 week block of strength and conditioning (worked around major comps/commitments)
- 4 x Sunday expert coaching netball sessions
- Athlete Education sessions (Injury prevention, nutrition, leadership, goal setting, motivation and mental toughness, time management etc.
- Medical support and discounts from leading providers in the region
- Leisure Link gym membership
- Discounts and bulk bill rates at Lake Imaging.
- 2 x pieces of uniform

## ATHLETE SELECTION

The BSA utilise Netball Victoria's talent identification process to select the girls whom are identified as potential Zone Academy athletes in 2019. There is a cohort of 13 and 14 year old girls who will also be invited to the BSA program for 2018. Program Manager Renee Garing also plays an integral role in the Talent ID process, working with a team of local representatives to further ID potential athletes.

## WHAT IS NEXT?

Through Netball Victoria and your local coaches you will be kept informed as to the trial dates for Association championships and any other relevant talent ID days. For further information please contact either Netball Victoria or Cameron at Barwon Sports Academy.

The BSA has worked hard over the past years to develop a program that suits the specific needs as well as works around time constraints of the athletes. We provide the highest level of coaching, support and guidance by utilising the best providers from within the region.

Hopefully this provides you with an insight into the BSA Netball opportunity.

## Cameron Loftus Chief Executive Officer

Barwon Sports Academy

Phone: 03 52 249 110

Mobile: 0423 650 219

Email: [cameron@barwonsportsacademy.org.au](mailto:cameron@barwonsportsacademy.org.au)

[www.barwonsportsacademy.org.au](http://www.barwonsportsacademy.org.au)

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