



Netball Service Delivery Program

Purpose

Netball Victoria has recently partnered up with South West Academy of Sport to provide talent development for potential Zone Academy athletes transitioning to the U15 age group. The program provides opportunities and exposure for Athletes to high performance sporting knowledge. Specifically the Dare to Develop a Diamond Netball program within the Victorian Netball Development Pathway.

The aim of the program is to both assist Netball Victoria to reach and service regional areas and to support aspiring Netball athletes within the South West region.

Objectives

The objective of the Service Delivery Program is to offer the athletes with sports science components and personal development at a local level.

South West Academy of Sport provides sport programs that integrates both the physical and mental aspects of elite sport through an athlete centred approach and focuses on the processes needed to achieve the required short and long term goals.

The Netball Program will:

- 1) Identify regional athletes with long term characteristics for high performance netball
- 2) Provide athletes the tools necessary for them to develop as high level athletes; athlete education, strength and conditioning, physical assessment testing, access to a Sport Science and Sports Medicine service provider network
- 3) Involve and support the personal development of regionally based netball coaches in the program for the betterment of future netball athletes

Targeted Squad

Athletes in the under 15 age group.

Selection Criteria

Netball Victoria scout potential talented athletes to identify those athletes who have been deemed as future Zone Academy athletes through a number of means:

1. Netball Victoria State Screening Days
2. Athletes who trialed for the Zone Academy during the last 2 years but missed out
3. Athletes in VNL Development Squads for the coming year.
4. Athletes may be included in the program based on current and potential ability.

Structure of the Program

If accepted into the program, 100% attendance is expected at the 4-5 sport specific netball sessions between February and July. The program will emphasise three key components:

- Technical & Tactical (On court development in line with Netball Australia curriculum)
 - Athletes benefit from a training environment that is delivered by highly qualified coaching and support staff, with a focus on technical and tactical skill development.
- Physical Preparation (Strength & Conditioning, testing etc.)
 - Strength and conditioning testing will be undertaken and monitored to review each athlete's development across the South West Academy of Sport program.
- Athlete Wellbeing (Education around approximately 6 key topics)
 - Component three covers the educational aspect of the program focussing on areas such as Time Management, Nutrition and Hygiene, Goal Setting, Motivation and Mental Toughness.

The program will run from February to December. Athletes in the program will receive:

- Coaching sessions
- Netball Victoria Player Manuals
- Weekly supervised strength and conditioning sessions
- Sports science support
- Musculoskeletal screening
- Athlete Education sessions (ie sports nutrition, psychology in sport etc)
- Media training
- Access to a broad range of medical service providers at a reduced cost
- Athlete Calendar
- SWAS Award Night Ticket
- SWAS uniform

Cost and Further Information

Cost = \$ 425 per annum. This cost covers uniform and all service provision within the program.

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