

Overview & Objectives:

This program will provide development for potential Zone Academy athletes transitioning into the 15u age group. The focus will be on developing the athlete's potential for selection into the next level of pathway development, Eastern Zone Academy program, which feeds into the state team. The program will deliver components from the two Netball Australia Dare to Develop a Diamond Programs:

- 1) Dare to Develop a Diamond 11-13 yrs
- 2) Dare to Develop a Diamond Academy Program

Program Structure:

The program will provide 8 sessions at various locations across Gippsland and is aligned with the Netball Australia Develop a Diamond Academy.

- . Technical & Tactical (On court development in line with Netball Australia curriculum)
- . Physical preparation (Strength & Conditioning, testing etc)
- . Athlete Wellbeing (Education around approximately 8 topics)

Athletes will benefit from a training environment that is delivered by highly qualified coaching and support staff, with a focus on technical and tactical skill development.

Program Selection Criteria & Process

Netball Victoria sends scouts to the Association Championships tournament to TID talented athletes to identify those athletes who have been deemed as potential Zone Academy athlete's.

Services included in the Program

Induction Day includes:

Fitness testing

Musculo Skeletal screening

Presentations in:

Sports Psychology

Nutrition

Strength & Conditioning

ASADA

Coaching sessions:

8 x 3 Hour skills training sessions across Gippsland

Fitness testing x 2

Strength & Conditioning x 4

Athlete Education Day (ACE)

Follow up presentations on Sports Psychology, Nutrition, and other fields of Sports Science.

Costs & Further Information

Costs will vary from year to year depending on program numbers and uniform requirements and sponsorship arrangements.

For further information please contact the Academy office on (03) 51 27 0163.