

## 2017 Netball Service Delivery Model

### Purpose

To deliver an elite netball program, in partnership with Netball Victoria, that provides add on benefits to the development of local players to assist them in their endeavours to be selected for future State Victorian teams. Our programs provide opportunities and exposure for Athletes to high performance sporting knowledge. Specifically the inclusion of Netball into the Academy fits within the Victorian Netball Development Pathway.

### Objectives

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

Sunraysia 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 2017 Netball Program will provide off-court programs and sessions to complement any on-court training that each athlete is already undergoing with their own coach.

Sunraysia Academy of Sport will support the coaching offered by the local and state sporting body, but will not deliver it.

- 1) Identification of 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, fitness testing, access to a medical service provider network
- 3) To involve and support the personal development of regionally based netball coaches in the program for the betterment of future netball athletes

### Targeted Squad

Athletes aged 12 years by 1 January 2017 and 15 years or under as of 31 December 2017.

### Selection Criteria

Netball Victoria has selected athletes based on;

1. Netball Victoria State Screening Days
2. Athletes who trialled 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.

To be eligible for entry, athletes must be registered and playing with a Club in the Mildura Netball Association or the Sunraysia Netball Football League. Players who no longer fulfil this requirement will be required to leave the program.

### **Selection Process**

All athletes offered a place in the 2017 Netball Program will be required to complete an application form and return it to the SAS office by Monday 17<sup>th</sup> February 2017.

### **Structure of Program**

The program will run from 6 March 2017 to 1 September 2017. Athletes in the program will receive:

- Netball Victoria will provide coaches to attend two sessions in Sunraysia. First session being around attack (14 May 2017) and the second around defence (16 June 2017).
- Netball Victoria Player Manuals provided
- Weekly supervised strength and conditioning sessions for 20 weeks on Monday nights 5.00-6.00 pm at Chaffey Secondary College gym (excluding school and public holidays)
- Mildura Dance International (six week program) once a week focus-fitness, agility, pivot & flexibility- -Tuesdays 4.00-5.00pm
- Sports science (fitness testing at least twice)
- One musculo skeletal screening at Kinetic Exercise Physiology Mildura
- Athlete Education sessions (ie sports nutrition, psychology in sport etc)
- Access to a broad range of medical service providers at a reduced cost
- Reduced Cost of Coorporate Membership at FIT Gym
- Athlete Calendar
- SAS Award Night Ticket

### **Cost of Program**

The athlete levy for the 2017 Netball program is \$510. If the levy is paid in full by Friday 17 March 2017, the **discounted athlete levy is \$480.00**.

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