



## 2017 Netball Program

### Overview & Objectives

Netball Victoria has recently partnered up to deliver a WestVic Sovereigns Netball Academy program which provides development for potential Zone Academy athletes transitioning into the 15U age group. The program will deliver components from the two Netball Australia Dare to Develop a Diamond Programs:

1. Dare to Develop a Diamond 11-13yr olds
2. Dare to Develop Diamond Academy Program

**The aim of this agreement is to both assist Netball Victoria to reach and service regional areas and to support aspiring Netball athletes in the Western Victoria region.**

### Program Structure

The program will provide approximately 8 sessions via two blocks of four sessions (one on November 20, 27 & December 4, 11 and a second block in July 2017) and is aligned with the Netball Australia Develop a Diamond Academy.

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

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

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.

Strength and conditioning testing will be undertaken and monitored to review each athlete's development across the WestVic Sovereigns Netball Academy program. **This will include short weekly session during terms 2 and 3, at a day/time/venue negotiated with you.**

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.

### Program Selection Criteria & Process

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

### Services included into the Program

- Two blocks of 4 x 3 hour training sessions on-court; provided in November/December and July/August.
- Musculoskeletal screening; followed by Strength and conditioning programming/weekly gym sessions in terms 2 & 3.
- Provision of personal development workshops (Nutrition, Psychology, Media Skills, Olympian Address); with scope to add additional workshops to meet the needs of the athletes.
- Uniform.

### Cost & Further Information

- Cost = \$320 + GST per annum. This cost covers all service provision within the program.
- For more information, please contact the Academy's Office on (03) 5327 9890.

