**Overview - Bendigo Squad:**

The Bendigo Academy of Sport is proudly supported by Netball Victoria and all relevant Association and Leagues within our Victorian Regional Academies of Sport boundaries – Macedon Ranges, Mt Alexander Shire, City of Greater Bendigo, Loddon Shire and the Campaspe Shire.

The program we model is based around the Netball Victoria 15 and under aged athletes pathway structure of “Dare to be a Diamond”, by doing so are able to strongly assist Netball Victoria in developing the netball athletes of our region. A large percentage of our athletes go on to make Netball Victoria’s under 17 Talent Academy program.

A holistic approach to the development of young aspiring athletes is the foundation of the Bendigo Academy of Sport.

We are proud to be recognised as part of the official Netball Victoria Pathway

**Program Structure:**

The program provides x8 monthly training sessions between February and October each year. All sessions are based at the La Trobe University – Sports Hall in Bendigo. Training sessions are not conducted during May when association and league championships are being held.

Each training session is based around 3 pillars-

1. Athlete Education / Wellbeing
2. Physical Preparation
3. On Court Skills [technical and tactical]

Fitness testing is conducted by La Trobe University Exercise Physiology students and is held on the first and last training sessions of the program.

Strength and Conditioning programs are based on the fitness testing results. All athletes will receive a home-based S&C program and will also undertake a 1-hour S&C session prior to each on court session. Opportunities for some to attend the La Trobe exercise physiology laboratory on a weekly basis under the instruction of La Trobe University placement students will be available.

The Academy encourages club coaches to attend the training sessions whenever they are able.

**Coaching Group:**

The Coaching panel comprises highly credentialed coaches from the Bendigo region.

* Melissa Ryan [Advanced Accreditation]
* Additional coach/es to be selected

**Program Selection:**

Selection trials are by invitation only. Selection trials are held in November for suitably aged girls who have been talent identified by Netball Victorian TID officers. Identification events include Association Championships, club matches, tournaments and School Sport Victoria events. Leagues and Associations who do not enter teams in these events may forward information of talented athletes to the academy directly for consideration.

**Services provided include:**

* X8 two hour on court training sessions
* X8 S&C sessions
* X2 Fitness testing sessions
* Home based Strength & Conditioning Program
* X7 Athlete Education Components – injury management, diet/ nutrition, social media, podiatry, drugs in sport, gambling / match fixing, media / public speaking, sports psychology.
* Invitation to annual presentation evening
* Musculoskeletal screening by highly credentialed physiotherapists

**Costs and further information:**

* Cost $440 + uniforms [2020]

For further information regarding the program and or costing please contact the Executive Officer.

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