

## Athlete Resource – Selecting a Club

This resource has been developed utilising the Netball Australia document “A RESOURCE TO SUPPORT AUSTRALIAN NETBALLERS TRANSITION IN 2017”. While this resource was developed predominantly to assist athletes in the transition to the new National Netball League. The guiding principles and activities are transferrable for all players aspiring to play their best Netball.

### **STEP ONE - Personal Values Resource**

Your values are the things that you believe are important in the way you live and work. They (should) determine your priorities, and, deep down, they're probably the measures you use to tell if your life is turning out the way you want it to. When the things that you do and the way you behave match your values, life is usually good – you're satisfied and content. But when these don't align with your personal values, that's when things feel... wrong. This can be a real source of unhappiness and conflict.

It's important to identify your values then PRIORITISE them because when making a decision, you'll have to choose between solutions that may satisfy different values. This is when you must know which value is more important to you. Keep working through the list, by comparing each value with each other value, until your list is in the correct order

#### **Personal Values Checklist**

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Achievement</li> <li>• Advancement and promotion</li> <li>• Adventure</li> <li>• Arts</li> <li>• Autonomy</li> <li>• Challenge</li> <li>• Change and variety</li> <li>• Community</li> <li>• Compassion</li> <li>• Competence</li> <li>• Competition</li> <li>• Cooperation</li> <li>• Creativity</li> <li>• Decisiveness</li> <li>• Democracy</li> <li>• Economic security</li> <li>• Environmental stewardship</li> <li>• Effectiveness</li> <li>• Efficiency</li> <li>• Ethical living</li> <li>• Excellence</li> <li>• Expertise</li> <li>• Fame</li> <li>• Fast living</li> </ul> | <ul style="list-style-type: none"> <li>• Fast-paced work</li> <li>• Financial gain</li> <li>• Freedom</li> <li>• Friendships</li> <li>• Having a family</li> <li>• Health</li> <li>• Helping other people</li> <li>• Honesty</li> <li>• Independence</li> <li>• Influencing others</li> <li>• Inner harmony</li> <li>• Integrity</li> <li>• Intellectual status</li> <li>• Leadership</li> <li>• Location</li> <li>• Love</li> <li>• Loyalty</li> <li>• Meaningful work</li> <li>• Money</li> <li>• Nature</li> <li>• Openness and honesty</li> <li>• Order (tranquillity/stability)</li> <li>• Peace</li> <li>• Personal development/learning</li> </ul> | <ul style="list-style-type: none"> <li>• Pleasure</li> <li>• Power and authority</li> <li>• Privacy</li> <li>• Public service</li> <li>• Recognition</li> <li>• Relationships</li> <li>• Religion</li> <li>• Reputation</li> <li>• Security</li> <li>• Self-respect</li> <li>• Serenity</li> <li>• Sophistication</li> <li>• Spirituality</li> <li>• Stability</li> <li>• Status</li> <li>• Time away from work</li> <li>• Trust</li> <li>• Truth</li> <li>• Volunteering</li> <li>• Wealth</li> <li>• Wisdom</li> <li>• Work quality</li> <li>• Work under pressure</li> <li>• Other: _____</li> </ul> |
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### Review Values

List you top 3-5 Personal Values

- 1.
- 2.
- 3.
- 4.
- 5.

## **STEP TWO**

### Review Life Goals

List you top 3 life goals achieved?

- 1.
- 2.
- 3.

## **STEP THREE**

### Review Netball Goals

List you top 3 netball goals achieved?

- 1.
- 2.
- 3.

### **STEP FOUR**

| Goals for Future                                               |
|----------------------------------------------------------------|
| List your top 3 goals (Netball and Life) for the next 3 years: |
| <u>2024</u>                                                    |
| 1.                                                             |
| 2.                                                             |
| 3.                                                             |
| <u>2025</u>                                                    |
| 1.                                                             |
| 2.                                                             |
| 3.                                                             |
| <u>2026</u>                                                    |
| 1.                                                             |
| 2.                                                             |
| 3.                                                             |

### **STEP FIVE**

| Ideal Club                                       |
|--------------------------------------------------|
| What are the characteristics of your ideal club? |
| <br><br><br><br><br><br><br><br><br><br>         |

### **STEP SIX**

***Questions to answer when considering a netball club***

#### **NEW TO VNL**

- Does the club's culture, players, coaches, staff, program and training environment align to your Personal Values? (eg. loyalty, trust, honesty, opportunity, hard work etc)
- Does the current club's culture, players, coaches, staff, program and training environment support your future goals in Netball and Life?

#### **ALREADY PLAYING VNL**

- Compare the characteristics (Opportunities and Threats) in your current club versus your potential club. Which club has more opportunities and less threats in respect to you achieving your Netball and Life Goals?
- Compare the Strengths and Weaknesses in your current club versus your potential club. Which club has more strengths and less weaknesses in respect to you achieving your Netball and Life Goals?

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Considerations of a Club include:

- High Performance, Coaching and Support Staff and Athlete Services?
- Training Facilities and Environment?
- Club Culture and Expectations?
- Court Time Opportunities?
- Tactical and Technical Development?
- Explore Off Court Responsibilities and Opportunities?
- Club sponsors and accountability?
- Club's financial viability?
- Support for your Dual Life – Balancing Netball and Work/Study?
- Collaboration with Netball Victoria and Netball Australia Program/Opportunities?
- Leadership opportunities available?

Talk this through with someone you Trust:

- Your Parents and or Partner
- A Mentor, former Player, trusted person
- Past Coach
- SIS/SAS Personal Excellence Advisor (if a VIS Scholarship Holder)
- Club Wellbeing Manager or Club officials
- Netball Victoria Wellbeing Coordinator or other Netball Victoria staff

***When you have a big decision to make, one of the smartest things you can do is conduct a SWOT!***

### SWOT of CURRENT Netball Club

| Strengths     | Weaknesses |
|---------------|------------|
| ✓             | ×          |
| ✓             | ×          |
| ✓             | ×          |
| Opportunities | Threats    |
| ➤             | ▪          |
| ➤             | ▪          |
| ➤             | ▪          |

### SWOT of POTENTIAL Netball Club

| Strengths     | Weaknesses |
|---------------|------------|
| ✓             | ×          |
| ✓             | ×          |
| ✓             | ×          |
| Opportunities | Threats    |
| ➤             | ▪          |
| ➤             | ▪          |
| ➤             | ▪          |