

NETBALL PROGRAM PHILOSOPHY

1. Barwon Sports Academy Overview

The mission of the Barwon Sports Academy is to identify, support and nurture regional athletes, coaches and families through education, elite training and pathway integration, enabling success in sport and life.

We will achieve this by.

- Delivering leading edge pathway support
- Focus on holistic sport and education growth
- Promotion of behaviours aligned with leadership and success
- Encouraging athlete responsibility and resilience

We are one of six regional academies in Victoria supported by the Victorian Institute of Sport and partner with state sporting associations to provide rich environments for regional athletes to flourish. Each sporting partnerships requires a Program Manager and Head Coach who work with the BSA team to develop and deliver our programs.

2. BSA Values

- **Excellence** - We strive for high standards in everything we do — planning, preparation, delivery, and outcomes. We pursue continuous improvement and hold ourselves accountable to deliver quality experiences for athletes, coaches, and partners
- **Integrity** - We act with honesty, fairness, and respect, always prioritising safety and doing what's right. We foster a culture of trust where decisions are made ethically, transparently, and in the best interests of all involved.
- **Inclusion** - We create a welcoming and caring environment where all people feel valued, respected, and safe. We celebrate equality and diversity and work to remove barriers so everyone can thrive in sport, regardless of background and circumstances.
- **Collaboration** - We work together with our community, clubs, coaches, families, and partners to build a stronger sporting community. We believe

success is shared and value open, respectful communication and meaningful partnerships.

- **Care** - We are committed, caring, and energised by the positive impact of sport. We nurture enjoyment, friendship, and personal growth.

3. Long term Athlete Development (LTAD) Framework

Netball Victoria development principles:

Centers on appropriate age, staged progression with an emphasis on enjoyment, skill development and positive attitude. The focus is on a five stage Netball skills Development Framework for players: Foundation, Development, Intermediate, Advanced and Elite. This is complimented by other development programs like the Talent academy for elite athletes and the Elevate Program for emerging athletes aged 15-18.

Player development stages

- **Foundation:** This is the introductory stage, often seen in the NetSetGO! program, which focuses on fundamental motor skills and modified games for children aged 5-10.
- **Development:** A progression from Foundation, where players continue to build on fundamental skills.

Intermediate: Players have a solid grasp of fundamental skills and begin to develop more complex techniques and tactical understanding.
- **Advanced:** This stage involves advanced skill execution and tactical decision-making.
- **Elite:** The highest level of player development, focusing on the highest levels of skill, tactical complexity, and physical preparation.

4. The role of netball program in our region's pathway

The BSA Netball program is positioned to support 13–15-year-old players in the development stage of their progress. The program considers players who have been identified in the Association Championships (U13) and the BSA trials that are held in Oct/November annually. It will suit talented players who are looking to develop their skills and understandings in pursuit of progressing

along the High-Performance pathway. The goal is to provide coaching, holistic education and strength and conditioning advice and experiences that help our players be in the best position to be identified for the Netball Victoria Talent Academy trials.

The BSA recognise both the Netball Victoria pathway and the Barwon region pathway opportunities in existence. Please see the attached document highlighting these.

5. What is the goal of the netball program?

The goal of the BSA Netball program is to provide netball related skills and understandings that can assist players have a chance to reach their full potential and give themselves the best chance to perform at their best level in Talent Academy trials. Players may aim to establish themselves in state or national development squads, graduate to further representative squads and ultimately be the best netballer they can be.

6. Key netball component

We aim to provide a holistic balanced program that includes technical, tactical, physical, mental and lifestyle components. These can consist of.

Technical development – Building and refining skill mechanics

Tactical development – Improving decision making and game intelligence. This includes match play strategy, patterns of play, adapting to opponents & situational awareness. Play construction and specific tactics is also included as is game style development. Identifying strengths and optimizing tactics is also a consideration.

Physical conditioning – A focus on building the body to meet the sports demands. Strength, power, speed and agility, endurance and mobility, flexibility and recovery protocols are focus areas.

7. Holistic education (Sport specific)

- Goal setting
- Nutrition for competition

- Injury prevention (Understanding your body, MSK, loads, recovery)
- Mindset (Psychology involved in tennis)
- The pathway to national representation in netball
- Netball ambassadors sharing insights & Q & A

8. Selection

Trials will be conducted on Saturday or Sunday in October or November. We need to take into consideration the trials for local Association representative teams and flyer trial. Applications will include name, age, playing position, local coach, club, history and any previous squad experience.

9. Questions please contact

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“Empowering Barwon's sporting community to shine on the world stage—sustainably, innovatively, and together.”

GEELONG/BARWON REGION

Netball Victoria 17U & 19U State (16-19 years + 24 athletes)



Elevate (15-18 years + 50 athletes)



Netball Victoria Talent Academy (15-16 years + 180 athletes)



Barwon Sports Academy - Victorian Regional Academies of Sport **Talent ID** (13-14 years + 7 Academies)

BSA Program - 3 x 3 hour expert coaching (includes sport specific education elements) + strength and conditioning (Term 2 & Term 3) + inclusive tiered education program



Geelong Cougars (U17 + U19)
-Flyers, see Vicky McElliott.



Association, league and representation teams
(Trials in October/November, GFL, BFL, GCNA, GDFNL, Colac. Play January-May - **Talent ID**)



Clubs + Schools + SSV