



netball
NEW SOUTH WALES

PATHWAYS PARENT RESOURCE

Supporting your daughters

Enjoy the Challenge



Pathways

Enjoy the Challenge

Girls in Sport

Why?

- Increase self esteem
- Better body image
- Extra social circle
- Improved communication skills
- Improved academic performance
- And more...

Yet!

- Teenage girls drop out of sport twice as fast as teenage boys

What part can Parents Play?

- 1) Help to develop independence
- 2) Encourage positive role models
- 3) Support balance in life and sport
- 4) Work together to transform challenges into opportunities
- 5) Be aware of any changes in your daughter's behaviour and check in- R UOK

1 Road to Independence

- Nurture increasing independence- things like checking their own schedule, sending their own emails, packing their own bag, looking at NNSW website, making positive food choices will promote strong emerging talent behaviours
- Empower confidence to speak up- listening attentively and without judgement to what your girls have to say will build confidence and self-worth
- Encourage honest and open conversation with coaches-supporting your daughter to speak for themselves about injuries, goals and other things that are happening in their lives will help build that very important coach-athlete relationship
- Support goal setting and high self-expectations- Understanding your daughter's goals will help develop accountability
- Applaud efforts outside of structured sessions- Promoting consistency and hard work in areas such as stretching, S&C, foam rolling, shooting, ball work and physio rehab exercise will increase motivation

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2 Importance of Role Models

You can't be what you can't see

- Go to netball games with family, friends, teammates or watch together on the television
- Share inspiring stories with your daughter and promote the stars at all levels of netball
- Talk openly about the gender in-balance in the media and how it is in our hands to change
- Watch open training sessions of the level above-State Teams, ANL, SSN
- Highlight women supporting women & girls supporting girls
- Link to social media initiatives such as #teamgirls
- Buy game tickets as a birthday or Christmas gift
- Always remember-parents are the ultimate role models for their children

3 Physical Support

- Refuel, Rebuild, Rehydrate & Reinforce
- Monitor & help manage load and gradual progression
- Insist on 1 full day of rest each week
- Enable 8+ hours of sleep each night
- Keep ice in the freezer for ice baths and ice for all niggles
- Connect with a massage
- Buy a foam roller as a gift
- Encourage hot & cold showers
- Connect with a massage
- Set a goal together – EG increasing flexibility by following a yoga or tai chi series, increasing endurance with a 20-minute walk/jog that slowly gets faster, increasing strength-NNSW has a series of videos for any keen families

4 Mental Support

Leave the coaching to the Coaches and support in the way they need.

Try asking your daughter:

- How can I best support you?
- What is it you want me to do for you on competition days?
- What keeps you motivated?
- What do you see in my behaviour when I am supporting you best?
- What do you enjoy most about playing?

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Encourage Balance

- Meditation, breathing techniques & mindfulness activities
- Sleep at least 8 hours
- Regular down time & relaxation
- Balance socialising & fun with sport

Carissa Tombs former Aussie Diamond and mum of Latika (GIANTS training partner), Talani and Ukeisha

"It is important our children are active and enjoying the activity they choose.

Our 3 girls have been lucky enough to have the opportunity to experience a variety of sports, individual and team, with all 3 leaning towards Netball simply because at an early age the majority of their friends were involved.

As a parent and an ex athlete, I didn't mind what sport they participated in, knowing the enjoyment I had over the years from a variety of sports, the friends made, the health benefits and the life lessons that being in a competitive environment teaches you is invaluable.

I believe a parent should lead by example. A poorly behaving parent will always have an adverse effect on their children, likewise, a parent that continually praises and puts their child on a pedestal, can also be detrimental to an athlete's growth.

Teaching them to respect, encourage and support their team mates and their opponents, to lose gracefully, to be tolerant, to work together as a team to achieve a common goal, these attributes will contribute to being the best you can be on and off the court.

As an athlete - don't be afraid to make mistakes, however be sure to learn from them - there's a quote I think is perfect for when things don't go to plan: **"It's not how you get knocked down, but how you get back up"**.

If an athlete doesn't learn from their mistakes, then how do they grow and improve?

Most importantly, parents need to ensure their children enjoy what they do, are having fun and don't forget to smile! Sport is supposed to be fun!

Sandra Hadley-Mum of Paige Hadley, NSW Swifts Vice Captain

There could not have been a prouder mum than me as Paige held the SSN Trophy high after the epic 2020 Swifts grand final victory over Sunshine Coast Lightning.

Paige has played netball since she was (6) years old, starting at (the local club in Penrith), playing junior reps, being a part of Western Sydney Academy of Sport, State Teams, NSWIS, selection in the Diamonds and an amazing 8 years at the Swifts.

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To young girls looking at Paige, it may appear that being at the top is all smooth sailing but nothing is as easy as it seems. Injuries, not being selected and sitting on the bench have all been a part of Paige's journey.

In our house we have always said- **"The end is what you make it"**. I have always encouraged Paige to believe in herself, to stay positive and to re-evaluate her goals when things don't go her way.

I am so proud of Paige's netball achievements, but even more proud of how she has grown as a person through sport, she is determined, committed, strong and self-reflective.

Always remember to emphasise the fun when your girls are playing sport, just one look at the Swifts should remind you that is what it's all about.

Mindfulness in Minutes

By **Martha Lourey-Bird, MSP BSP (Ex SC), Exercise & Sports Scientist**

Mindfulness simply means "being in the present while accepting things for what they are without judgement" and there's a whole lot of science to back up the hype that's developed around it-particularly for athletes.

The list of scientifically proven benefits that mindfulness can deliver for athletes is long and includes:

- have superior sport-related coping skills, less sport-related anxiety and find it easier to get and stay in the zone, all of which have been shown to improve athletic performance.
- are better able to fall and stay asleep, following night-time training sessions.
- have higher pain tolerance and awareness, both of which are useful during the rehabilitation process post injury.

Mindfulness also provides general health and wellbeing benefits. Research shows that when you practice mindfulness regularly, over time, a range of healthy things can happen, including:

- feeling happier, less stressed and more resilient;
- being less forgetful and better at making decisions;
- and a stronger understanding of your personality and why you react the way you do to certain things.

Mindfulness doesn't have to be a time-consuming pursuit, either. And you don't need to attend a class or pay for the privilege. In fact, sometimes all you need is just a minute or two.

Here are three mindfulness techniques that are a good place to start if you're new to the mindfulness world. They're all really simple to do and you only need 10 minutes max, if you or your young athlete wants to try them on for size.

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The 1-Minute Breathing Technique

- Set your phone's timer to one full minute.
- Push start and, as soon as you do, give your full attention to your breathing and nothing else, focusing on each breath in and each breath out.
- If your mind starts to wander, don't panic – simply redirect it back to the rise and fall of your breaths.



Load Management Guidelines for Emerging Talent Athletes

Finding and maintaining the fine balance between gradually increasing training and competition loads and recovery and rest is both an art and a science that requires constant communication between players and coaches and family.

Load Checklist

Load Management Area	Checklist
<p><i>Ask your daughter regularly- How are you feeling?</i></p> <ul style="list-style-type: none"> • Monitor closely if your daughter is tired or injured regularly, chances are they are doing too much 	<input type="checkbox"/>
<p><i>Minimise large week-to-week fluctuations.</i></p> <ul style="list-style-type: none"> • A fast increase in workload is a major risk factor for injury and often happens in two situations: Athletes returning to the sport after an injury or athletes returning to full training after a long period of inactivity such as off-season. 	<input type="checkbox"/>
<ul style="list-style-type: none"> • Be aware that younger athletes are less able to tolerate high training loads and require longer periods to achieve these loads safely. 	<input type="checkbox"/>
<p><i>Help your daughter to make smart decisions.</i></p> <ul style="list-style-type: none"> • Reinforce – each time they get selected in a program- they will need to step back from something else. 	<input type="checkbox"/>
<p><i>Balance strength and conditioning with court sessions and match play.</i></p> <ul style="list-style-type: none"> • Strength is important for athlete long term development and to reduce risk of injury. • An ideal week would have a maximum of 4 high intensity sessions. This could be Netball training OR match play OR training, or playing another sport or on leg conditioning. • An ideal week would have a minimum of 3 strength sessions programmed. Athletes can do effective strength at home with minimal equipment. Only needs to be 20-30 minutes. 	<input type="checkbox"/>
<p><i>Emphasise that recovery is as important as hard work for continued growth.</i></p> <ul style="list-style-type: none"> • When athletes have 2 days of high intensity court sessions or match play they should follow with an easy day. E.g. Play Netball on Saturday, go the oval and do a running session on Sunday, then have a rest or get off legs on Monday. • All athletes must have 1 full day rest each week. 	<input type="checkbox"/>

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