

# FAQ

## Foundation Waratah Program

### What will athletes do at the Foundation Waratah sessions?

Programs will include activation and strength exercises, a warm-up focusing on correct technique in running, jumping and agility, a range of netball skills and education in nutrition, well-being and journaling.

The Foundation Waratah programs have been developed by Anita Keelan (Former Swifts Assistant Coach and Current Netball Australia Pathway Head Coach), Jill McIntosh (Former Diamonds Coach & Captain) and Netball NSW most experienced coaches.

Netball NSW has also consulted with experts in the areas of movement, strength, physiotherapy, performance science and psychology.

### I participated in the 2022 Foundation Waratah Program. Will this be the exact same program?

The Foundation Waratah Program has been designed to work on a two-year cycle to ensure that each session is unique to the athlete regardless to when they enter the program. Focusing on creating a fun environment, the program is to target the key fundamental skills of netball while building confidence and introducing the technical, tactical and physical attributes needed to progress through the Netball NSW pathway.

### Where to after the Foundation Waratah Program?

Foundation Waratah Program is the first step in the Netball NSW performance pathway. Leading from this program we encourage athletes to trial for their regional academies of sport (RASI). For more information on our regional academies please follow this link: <https://nsw.netball.com.au/academies-sport>

### Where will programs be held?

Netball NSW will hold sessions in multiple locations in regional NSW and metropolitan Sydney. All programs will be held at indoor venues. Venues will be in Ballina, Tamworth, Port Macquarie, Newcastle, Gosford, Shoalhaven, Wagga Wagga, Orange, North Sydney, Campbelltown and Netball Central. Dates and Timings can be found on the Netball NSW website.

### What are the dates of the programs?

The program will be comprised of 4 sessions. Three sessions will be held in February followed by 1 session in late August. This session will be a linked in session with the local Regional Academy Training Session which will give participants who will move on from this program an opportunity to have a taster of what is involved in the Regional Academy Programs. Some dates will vary

on the location. Please refer to the Foundation Waratah Session link on the Netball NSW website.

### I play representative netball. Is the Foundation Waratah Program for me?

Absolutely! Netball NSW believes representative players will benefit from the focus on individual development of a range of technical, physical skills and well-being skills. The dates have purposefully been set in February & August to enable you to focus on representative netball from March to July.

### I wasn't picked in a representative team. Am I a strong enough player to attend?

Did you know that many sports stars did not get selected in teams when they were young? Netball NSW knows that athletes develop at different stages and just because you were not selected this year does not mean you will not achieve your goals in future years. If you are motivated to be the very best you can be then these programs are for you.

### I would like to register but can't afford the fee. Is there any financial support?

Netball NSW aims to limit cost as a barrier and have been mindful to set the program costs at a level that covers delivery costs. We do understand that family circumstances vary and encourage families that cannot pay the registration fee at this time to email Mardi Aplin – General Manager Performance & Pathways [maplin@netballnsw.com](mailto:maplin@netballnsw.com) in confidence to apply for support. Please note there will be a limited number of supported places available.

### Terms and conditions.

- Bookings will open on 31<sup>st</sup> October, 2022. This is a first-in basis program and spots are limited depending on the location.
- Boys and girls must be turning 13 or 14 years of age in 2023 to register. Anyone who registers and are not 13 or 14 years of age, they will have their registration cancelled and refunded.
- There will be no reduction in fees if athletes miss 1 or 2 sessions.
- Consideration will be given to a refund if athletes have a long- term injury of illness and submit a medical certificate.
- If a session is cancelled due to unforeseen circumstances, a refund will be offered for the cancelled session.