

Athlete Fact Sheet

Development Program for male & female
aspiring athletes turning 13 & 14 in 2024



Who?

Foundation Waratah program is for athletes who:

- Are motivated to grow on and off the court
- Have strong netball skills for their age.
- Enjoy a physical challenge
- Like to meet new people
- Interested in further developing their fundamental skills
- Love netball

What?

- A series of 4 sessions on-court.
- Delivered in multiple locations throughout Metro & Regional NSW.
- 2-3 hours of learning, growth and fun.
- Held on weekends in indoor facilities.
- 4 Sessions in February
- Sessions developed by leading NSW High Performance coaches.
- Delivered by experienced coaches.

Why?

- To increase state-wide development opportunities and grow a love of the game across NSW.
- To establish a strong base of technical, tactical, physical and well-being skills that will help prepare athletes to progress on the pathway and enjoy netball for life.
- To support athletes to develop confidence and take risks in a welcoming, safe, and flexible environment that focuses on individual growth.
- To focus on inclusion rather than selection, knowing that athletes develop at different times.
- To provide an opportunity for community coaches all around NSW to have the chance to learn, meet new coaches and work alongside experienced coaches

Cost

Cost is \$110 (+booking fee) for 4 Sessions and Resources

Booking and FAQs

To register your place, read FAQ's and find out more about the Foundation Waratah program please follow the link.

<https://nsw.netball.com.au/foundation-waratah>

Bookings will open 1st October 2023.

Spots are limited in various venues so book early to guarantee your place.