



Development program for aspirational athletes turning 13 & 14 in 2025

Who?

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

What?

- A series of 4 sessions on-court.
- Delivered across 2 Sundays In February and March
- Multiple locations throughout Metro & Regional NSW.
- 4-5 hours of learning, growth and fun.
- Held on weekends in indoor facilities.
- 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 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?

\$120 (+booking fee) for 4 Sessions, Resources and an online Interactive education session

REGISTER NOW

Bookings will open 1st November 2024.
Spots are limited in various venues so book early

nsw.netball.com.au/foundation-waratah