



GOULBURN MURRAY  
**NETBALL ACADEMY**

# AFL Goulburn Murray Junior Netball Academy

**2020 Information Booklet**



# INTRODUCTION

In 2020 AFL Goulburn Murray will continue the development program after a successful inaugural program in 2019, for young netballers from across the region.

The Junior Netball Academy is an elite netball development program, an initiative from AFL Goulburn Murray to assist in the development of players from across the region.

In 2020 a netball program will be ran for 12, 13 and 14 year old players who will receive a 12 week specialist netball program predominately on Mondays after school.

The Academy Program consists of training sessions that will incorporate training, skill development, game sense, recovery, strength and conditioning, as well as educational sessions to develop these young players to achieve and be prepared for a higher level of Netball. The netballers will trial and be selected for their age group.



# 2019 PARTICIPANTS



# OBJECTIVES

The Goulburn Murray is striving to achieve a strong history in nurturing talented netball players.

AFL Goulburn Murray Commission has established a Junior Development Academy for the benefit of individuals, clubs, associations and junior coaches.

Participating and coaching with key focus areas:

- ▶ Provide quality based player development to support and complement Club, League and Netball Associations.
- ▶ Increase the depth of talent within the region through exposing more players to a higher level of training, participation and coaching.
- ▶ Influence the behaviour and values of young players by providing a high quality training and playing environment.
- ▶ To involve and support the personal development of regionally based netball coaches in the program for the betterment of future netball athletes



# OPERATIONS

Peita Sleeth is responsible for the netball operations and Ann Austin has taken on the role as Head Netball Coach. Each age group is allocated a head coach and assistant coaches to deliver the program.

# COSTS

All AFL Goulburn Murray Academy participants are required to pay a registration fee by the first night of the program. (Payment difficulties can be negotiated)

The fee is **\$230** and includes:

- ▶ All Coaching & Training sessions
- ▶ All training equipment
- ▶ Access to High performance Academy sessions
- ▶ Specialist Sessions
- ▶ Intra-Academy game play
- ▶ AFL Goulburn Murray Academy Training Top
- ▶ AFL Goulburn Murray Academy Hoodie



# PROGRAM OVERVIEW

## Training Program:

- ▶ The program will commence with a information session and initial physical testing.

## Squad Training:

- ▶ All age groups will train separately
- ▶ No trainings on public holidays and Limited training on school holidays
- ▶ Limited training in May to allow players to compete with teams in tournaments for their association/club

## Match Schedule:

- ▶ Every effort will be made to provide all players with some match play. AFLGM intends an Intra Academy games.
- ▶ The academy Program consists of an information/testing session, training/games/education/recovery and an intra club game play.



# PHILOSOPHY

Young participants play netball for a variety of reasons but primarily for fun, enjoyment and a sense of team. It is a privileged position to assist young players to achieve these goals. This is not a role to be taken lightly as their experience at a junior netball club or in the case of the AFL Goulburn Murray Academy will have a strong bearing on whether or not they will have the confidence and skill to progress at some time in the future.

The Coaching Philosophy at the AFL Goulburn Murray Academy is about player development and enjoying the process of this development. We must continue to build upon these foundations through maintaining a positive and enjoyable learning environment at all times.

Team sports have long been recognized for their ability to help mould the values and work ethic of young people for future years. Whether or not children continue to play team sport as an adult, it is often the lessons they learn about team work as a young participant in sport that stands them in good stead for the workplace and life in general.

It helps teach the importance of never giving up irrespective of the circumstances, always striving for one's personal best.



# PHILOSOPHY

We define success not necessarily in our win/loss ratio, but in the endeavours of our players and the support structures that clubs put in place around each of their teams. We define success in terms of skill mastery as well as making a contribution to the broader personal development of our players.

AFL Goulburn Murray Academy goals are for each player to exit our academy program a better player and a better person!

## Academy Philosophy & Values

- ▶ Team 1st
- ▶ Encouragement and Team Spirit
- ▶ Responsibility (ready to train/play)
- ▶ Achievement (best effort/performance)
- ▶ Enjoyment
- ▶ Respect and Discipline
- ▶ Work Ethic (assists achievement)
- ▶ Continual Improvement





# NETBALL PROGRAM PARTNERS





# GOULBURN MURRAY NETBALL ACADEMY

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