Netball ACT Academy
Develop a Diamond Athlete Information Pack
And Selection Policy

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1. PROGRAM OVERVIEW

The Netball ACT Academy (NACTA) Programs are a partnership between Netball ACT, the ACT Government through the ACT Academy of Sport (ACTAS) and Netball Australia. A number of programs are delivered as part of the Academy with varying levels of involvement from the three stakeholders, the ACTAS/NACTA structure is as follows:

- **Gold**
  - ACTAS/NACTA Gold
  - Developing International Athlete
  - Nationally identified athlete with the potential to progress to World Class and/or Internation Class Athlete status within 1 – 3 years
  - Delivered as an ACTAS Scholarship Program

- **Black**
  - ACTAS/NACTA Black
  - Potential International Athlete
  - Nationally identified athlete with the potential to progress to the Australian 19/U squad/team within 1 – 3 years and Developing International Athlete status within 4 – 7 years
  - Delivered as an ACTAS Scholarship Program

- **Pink**
  - NACTA Pink
  - Potential International Athlete
  - Nationally identified athlete with the potential to progress to the Australian 17/U squad/invitees within 1 – 3 years and Developing International Athlete status within 4 – 7 years
  - Delivered by Netball ACT utilising ACTAS Strenght and Conditioning services

- **DaD**
  - Develop a Diamond
  - Emerging Potential Athlete
  - State/Territory identified and Nationally endorsed athletes with the ability to progress to Potential International Athlete status within 1-3 years
  - Delivered by Netball ACT in accordance with Netball Australia’s Develop a Diamond Academy Program syllabus

The ACTAS/NACTA Programs are conducted as part of the Netball Australia national high performance pathway. The components are delivered as an ACTAS Scholarship Program which is an integral member of the National Institute Network (NIN) that supports the Netball Australia High Performance Unit to deliver its national objectives. The Netball Australia and Netball ACT objectives achieved through these programs are as follows:

<table>
<thead>
<tr>
<th>Netball Australia</th>
<th>Netball ACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>To deliver a world class netball program that prepares athletes and teams to win milestone events.</td>
<td>To provide a comprehensive athlete pathway that is consistent with the national framework</td>
</tr>
<tr>
<td>To identify and develop the next generation of pre-elite athletes for sustained international success</td>
<td>Provide talent identification opportunities for athletes within the ACT</td>
</tr>
<tr>
<td>To build and maintain effective relationships with key stakeholders to deliver the National High Performance Plan</td>
<td>Establish a daily training environment that complements the athlete pathway</td>
</tr>
</tbody>
</table>
2. SELECTION PHILOSOPHY

The NACTA Programs provide a daily training environment that supports the athlete pathway and are important and relevant in developing successful athletes. Netball ACT is committed to selecting athletes whose current performance indicates physical, tactical and mental potential to progress through the athlete pathway and develop as an elite netballer.

The NACTA athletes will be selected with the following overriding objectives:

i. To provide a pathway for ACT athletes who wish to compete for Australia
ii. To identify and prepare athletes for the transition into national elite programs
iii. To train and compete with a high performance culture

3. ELIGIBILITY CRITERIA

3.1. Athletes seeking selection to an NACTA Program must meet the following criteria:

i. Must be a member of Netball ACT or qualify to compete for the ACT at the National Championships and/or the Australian Netball League under the Birth Right Policy of Netball Australia
ii. Must meet Netball Australia’s eligibility criteria for the National Championships and/or the Australian Netball League
iii. Must be in good standing with their District and Netball ACT including no monies owing or no disciplinary action currently being pursued against them
iv. Must compete in the Netball ACT State League or Junior Championships
v. Must attend all activities identified in the Selection Requirements
   a) Where an athlete is unable to attend an activity identified in the Selection Requirements because of injury or extraordinary circumstances they can seek an exemption if they meet the requirements outlined in the Exemption Process. Appendix 5.
   vi. Must be of a physical and mental health and fitness standard consistent of a high performance athlete

4. SELECTION PANEL

The Selection Panel will be responsible for selecting the best possible squad to achieve the stated outcomes while maintaining the integrity of this selection policy. The Selection Panel will consist of the Coaching Technical Advisory Group (C-TAG).

All members of the Selection Panel must declare any real or perceived conflicts of interest to the General Manager of Netball ACT; it is the responsibility of the General Manager to determine if a conflict of interest could affect the outcome of the selection process and if so, replace the member of the Selection Panel. In the event that one or more of these individuals is unavailable to fulfil the role of selector for any reason, the General Manager will appoint a suitably qualified replacement.

The Selection Panel will have the scope to invite athletes to join the DADA Program. In inviting athletes, it must be clear that this does not constitute pre-selection and the athlete will still be required to fulfil the eligibility and selection criteria.
5. **SELECTION CRITERIA**

Athletes seeking inclusion in an NACTA Program must fulfil the selection requirements outlined in Appendix 1.

Nominating athlete will be assessed by the Selection Panel based on their performances at the following events and/or activities:

- Netball ACT State Team Selections
- ACT Schoolgirls Selection Trials
- CCC ACT State League
- ACT Junior Netball Championships
- Participation in previous NACTA Programs

Nominating Athletes will be assessed on the key performance areas as identified in the Netball Australia’s National Athlete Pathway. The skills that will be assessed by the Selection Panel for each program are provided in Appendix 2.

6. **SQUAD FORMATION**

Athletes will be notified of their selection/non-selection via the Netball ACT website with the final squad to be posted at a specified date and time as identified in the Appendix 3 – Key Dates. Non-selected athletes will be provided feedback upon request.

7. **KEY DATES**

The key dates for the establishment and delivery of the NACTA Programs are provided in Appendix 3.

8. **APPEALS PROCESS**

A nominating athlete that has not been selected to an ACTAS/NACTA Program has the right to appeal the decision in accordance with the *By Law 05/06 – Appeals*. The key points of the appeals process are as follows:

i. Appeals must be lodge with Netball ACT within 14 days of the decision being notified to the athlete

ii. A fee of $100 must be paid at the time of lodging the notice of the appeal
   a) The fee will be refunded if the appeal is upheld
   b) The fee will be forfeited in the appeal is dismissed

iii. Neither party shall be entitled to legal representation at the hearing of the appeals panel

iv. If the appeal is upheld, Netball ACT has 14 days from the time the recommendation is forwarded to the President to consider appropriate action
9. **POWER TO AMEND**

This policy can be amended at any time by the Board of Netball ACT if the Board is of the opinion that such an amendment is necessary as a result of any change in the Netball Australia guidelines, to give effect to the policy following discovery of a drafting error or oversight or for any other reason determined to be in the best interests of Netball ACT. Netball ACT shall not be responsible or liable in any way to anyone as a result of any such amendment.
APPENDIX 1 – 2014 SELECTION REQUIREMENTS

Athletes seeking selection to an NACTA Program are required to:

i. Complete a NACTA Nomination form (Appendix 4)

ii. Currently or previously participated in at least one of the following events and/or activities:
   a) ACT State Selections
   b) National Netball Championships
   c) ACT Schoolgirls Selection Trials
   d) National Schoolgirls Netball Championships
   e) CCC ACT State League
   f) ACT Junior Netball Championships
   g) Participation in a previous NACTA Program

iii. Commit to all program activities including but not limited to:
   a) Any group or individual court session
   b) Any strength and condition session
   c) Any athlete welfare/education sessions

iv. Be available for public appearances, school clinics and holiday programs where appropriate and as agreed between Netball ACT the individual athletes

v. Meet the **athlete financial contribution of the program.**
   a) Develop a Diamond $150.00

Athletes who are unable to meet any aspect of the selection requirements must notify Netball ACT when nominating or as soon as practically possible.
APPENDIX 2 – PROGRAM SELECTION CRITERIA

SELECTION CRITERIA – DEVELOP A DIAMOND

Movement Skills

- Take-Off
  - Demonstrate efficient technique from a stationary and moving start
    - Straight movement forward and backward
    - Diagonal movement to the left and right

- Footwork
  - Demonstrate efficient running technique
  - Able to sprint and change direction
  - Side step
  - Speed of footwork
  - Recovery footwork
  - Working a number of combinations

- Jumping
  - Demonstrate efficient technique
    - Able to jump off left or right foot
    - Able to jump from both feet simultaneously
    - Able to turn in the air

- Landing
  - Demonstrate safe and balanced technique
    - Able to land on left or right foot
    - Able to land on both feet simultaneously
    - Able to pivot in all directions with outside turn

Ball Skills

- Catching
  - Demonstrate correct technique and accurate execution
    - Strong catch and snatch
    - Two hands
    - One hand control – both hands

- Throwing
  - Demonstrate correct technique and accurate execution
    - Shoulder pass
      - Dominant hand
    - Chest pass
    - Bounce pass
    - Lob pass
  - Placement of pass
  - Timing on release of pass
Attacking Skills

- Straight leads
- Diagonal leads
- Dodge
- Double dodge
- Change of Direction
- Front cut
- Holds
- Lunges
- Two leads
- Creating Space
  - Clearing leads
  - Clearing leads and drives
  - Clearing leads and re-offers
- Vision
- Decision Making
- Space Awareness
- Communication skills

Defending Skills

- Defensive footwork
  - Shadowing
- Body control and re-positioning
  - Recovery step
- One on one defending
  - Front position
  - Side position
- Adjusting body position as ball approaches
- Intercepting
  - Attack on the first ball
- Hands over the ball
- Delay and deny space
- Communication skills
- Working together in and out of circle

Shooting

- Demonstrate correct and accurate technique
  - Stationary
    - Short
    - Medium
    - Long
  - Step forward
  - Step back
  - Side step
- Rebounding
- Working together in and out of the circle
- Communication skills
Strategies

- Centre Pass – Attack
  - Simple set up positions
    - One on one
    - Two on one
  - Delivery of centre pass

- Centre Pass – Defence
  - One on one
  - Two on one
  - Working as a unit
  - Communication skills

- Base Line Throw-in – Attack
  - Simple back line throw-ins
  - Ability to read the play
    - Space Awareness
    - Decision Making

- Base Line Throw-in – Defence
  - One on one
  - Two on one
  - Communication skills

- Shooting Circle – Attack
  - Demonstrate the ability to apply and understand unit skills
    - Shooter/Goal Attack leads
    - Timing of leads
    - Rotations in the circle
    - Holds
    - Shooter to shooter passes
    - Rebounding

- Shooting Circle – Defence
  - One on one
  - Two on one
  - Communication skills
  - Change of body position as ball approaches
  - Defence of shot
    - Lean
    - Jump
    - Box out
  - Rebound
  - Outlet pass
APPENDIX 3 – 2014 KEY DATES

The key dates for the 2014 NACTA Programs are as follows:

**NACTA Programs – Develop a Diamond**

- Athlete nominations open: Friday 25th July
- Athlete nominations close: Thursday 7th August
- Athlete Selections: Wednesday 13th August (TBC)
- DaD Squad Announcement: Friday 15th August
- Athlete Induction: Wednesday 27th August
- Program Commencement: Monday 1st September
- Program Concludes: Friday 28th November
NOMINATION FORM

NACTA Programs
Develop a Diamond
2014 Athlete Nomination Form

Nominations are being sought for athletes wishing to be considered for the 2014 NACTA Program – Develop a Diamond. Athlete selections will be conducted in accordance with the NACTA Programs Selection Policy. Nominating athletes are required to complete the following nomination form and return to Netball ACT before the close of nominations.

1. PERSONAL DETAILS

Name and Surname
Address
Street or PO
Suburb
Postcode
Contact Details
Home Ph.
Mobile
Email
Date of Birth
Height

2. NEXT OF KIN

Name
Relationship
Emergency Contact No.
3. NETBALL DETAILS

<table>
<thead>
<tr>
<th>District</th>
<th>Club</th>
<th>District Coach</th>
<th>Coach Contact No.</th>
<th>Mobile</th>
<th>Preferred Playing Position</th>
<th>Highest Level Playing in 2013</th>
</tr>
</thead>
</table>

4. IMPORTANT INFORMATION

All nominating athletes must fulfil the selection requirements identified in the Selection Requirements section of the NACTA Programs Selection policy.

The dates for selection are identified in the Key Dates section of the NACTA Programs Selection Policy.

An athlete financial contribution will be charged for participation in the 2014 Academy – Develop a Diamond Program.

Nominations close on Thursday 7th August, 2014 and are to be returned by post, email or fax to:

Kim Clarke, Programs Administrator  
PO Box 423  
Dickson ACT 2602  
Email: netball@netballact.com.au  
Fax: 02 6241 2434

5. Declaration

I hereby nominate for consideration in the 2014 NACTA Program and I accept the above conditions and agree to be bound by the selection law and directions of the Board of Netball ACT and Netball Australia (Parent/Guardian signature required for players under the age of 18)

| Name | Parent or Guardian | Sign | Sign | Date | Date |
APPENDIX 5 – APPLICATION FOR EXEMPTION

2014 NACTA PROGRAMS
Develop a Diamond
APPLICATION FOR EXEMPTION

The following form is to be completed by nominating athletes wishing to apply for an exemption from a selection, training or competition commitment with the NACTA Program. The form must be completed in whole and supporting documentation must be provided where appropriate. Where required, please attach an additional page to support your application.

<table>
<thead>
<tr>
<th>Name and Surname</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td></td>
</tr>
<tr>
<td>Street or PO</td>
<td></td>
</tr>
<tr>
<td>Suburb</td>
<td>Postcode</td>
</tr>
<tr>
<td>Contact Details</td>
<td></td>
</tr>
<tr>
<td>Home Ph.</td>
<td></td>
</tr>
<tr>
<td>Mobile</td>
<td></td>
</tr>
<tr>
<td>Email</td>
<td></td>
</tr>
</tbody>
</table>

I am applying for the following exemption (please complete the corresponding section):

- Injury or illness
- Employment or education
- Bereavement
- Other

Sessions Missed:
- Selection
- From: 
- To: 
- Training
- From: 
- To: 
- Competition
- From: 
- To: 

Injury or illness

<table>
<thead>
<tr>
<th>Nature of Report:</th>
<th>Illness</th>
<th>Injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnosis:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Type of Injury:</td>
<td>New</td>
<td>Old / Recurrent</td>
</tr>
<tr>
<td>Cause of Injury:</td>
<td>Competition</td>
<td>Training</td>
</tr>
<tr>
<td>Other (specify):</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Status:</td>
<td>Modified Training / Competition</td>
<td>No Training / Competition</td>
</tr>
</tbody>
</table>
Expected Return Date: 

Medical Certificate Provided:  □ Yes  □ No

Employment or Education

Employer/Institution: 

Status:  □ Full-time  □ Part-time  □ Casual

Please provide the circumstances resulting in the required absences:

Supporting documentation provided:  □ Yes  □ No

Bereavement

Please provide the circumstances resulting in the required absences:

Supporting documentation provided:  □ Yes  □ No

Other

Please provide the circumstances resulting in the required absences:

Supporting documentation provided:  □ Yes  □ No

Declaration

I, ______________________________ declare that the information provided is true and correct and acknowledge that any misleading information may result in me being ineligible for selection.

Signed: ______________________________ Date: __________________________