



Netball Program

**BINGARA
GORGE**

METRO



The Netball and Netball Umpire program, supported by Bingara Gorge, is a development and high-performance program for talent identified Athletes and Umpires from the South Western Sydney region.

This program is targeted for athletes who are participating within their respective association representative teams, state-age titles and championships, and aiming for selection within NSW Metro and Premier League teams, as well as future NSW and/or National squad and team selection.

OBJECTIVES

Create an environment where athletes can develop the necessary tactical, technical, physiological and psychological skill competencies to aid progression through their sports Athlete high Performance Pathway.

Provide fundamental individual and squad skill development sessions for athletes during representative off-season, and in-season maintenance programs, as a part of the Netball NSW High Performance Pathway program.

Compliment athletes local Representative team training, encourage and develop athletes to be leaders within those teams.

ELIGIBILITY

Athletes must be Female and aged between **15 and 16** years of age, in the program year, and reside in the local Government Area's of Campbelltown, Camden, Liverpool or Wollondilly.

Umpires must be aged between **14 and 18** years of age, in the program year, and reside in the local Government Area's of Campbelltown, Camden, Liverpool or Wollondilly.

Athletes and Umpires must participate and be a registered and financial member of Netball NSW.

SELECTION PROCESS

Athletes and Umpires must complete a South West Sydney Academy of Sport Athlete Nomination Form and attend the trial as listed.

If an athlete is unable to attend a trial they must provide a reason in writing, prior to that trial to gain an exemption.



Athlete Benefits

BENEFITS INCLUDE:

Recognised Athlete within the Regional Academy of Sport Network

Academy uniform

Regular on-court training sessions that will include individual and squad based fundamental skill development training, team dynamics and tactical skill development.

Access to Academy Athlete Health and Wellbeing Services

Education Program, including

- Athlete Induction,
- Media Skills and Athlete Development,
- Sport Science and Functional Movement
- Captains Class and Leadership Training,
- Practical Nutrition,
- Sport Integrity, and more

Supervised Strength and Conditioning Program/s

Fitness Testing and Functional Movement Screening

Athletes will be eligible for selection to compete at the ClubsNSW Regional Academy Games, Netball NSW Regional Academy Camp, and Regional Academy Challenge.

ATHLETE SCHOLARSHIP LEVY

An Athlete Scholarship levy of **\$400** inclusive of GST, will be applicable to successful athletes.

*Umpires, and successful athletes who are selected into NSW State Teams and Premier League Teams may be eligible for a "Performance Scholarship" discount.

Additional Camp / Tour costs may be applied for certain activities throughout the program year, however are heavily subsidised by the Academy and it's partners.



Nominate
Now>



For more information: swsas.org.au/netball

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