

SOUTH WEST SYDNEY ACADEMY OF SPORT

MEN'S NETBALL PROGRAM

2021





Welcome to the

South West Sydney Academy of Sport

Men's Netball Pilot Program

2021

Congratulations on your selection into the South West Sydney Academy of Sport Men's Netball Squad - we are glad you have joined the family!

This guide is intended to provide sports program-specific information to help you and your family get off to a great start and plan a productive season.

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About the Academy

Mission Statement

The South West Sydney Academy of Sport aims to provide high quality, community focused, talented athlete and coach identification and development programs which assist athletes and coaches to successfully realise their sporting potential.

The Academy's focus is therefore more on the development of athletes with a mindset of competing with, rather than competing against other athletes so that both may gain development and success.

"To see an athlete, develop and achieve their sporting potential several years from now is more important than the trophy that sits in a cabinet meaning nothing". (Craig, 2003)

Principal Roles

The principal roles of the South West Sydney Academy of Sport are to:

- Facilitate the development and support of talented junior athletes in the region
- Provide these athletes with access to specialist support services including coaching, sports science, and sports medicine.
- Identify and support the development of high-performance coaches at the local level.
- Provide a clear pathway for athletes from the junior development through to State and National representation.

Servicing the wider community

The Academy Administration Centre is located at 2/298 Queen St, Campbelltown.

The Academy provides an administrative service from this location, with the majority of squad sessions occurring at local sporting grounds and venues throughout the Academy catchment area.

This decentralised approach allows athletes from the region access to train within their own club and association environments, as well as promoting the SWSAS pathways to our community's club level athletes.



Acknowledgement of Country

The land on which the South West Sydney Academy of Sport is located, and where our athletes train and compete is the traditional land of the Dharawal people.

The South West Sydney Academy of Sport acknowledges the Traditional owners of Country and recognise their continuing connection to land, waters, and culture.

We pay our respects to their Elders past, present and emerging.

Men's Netball Program Objectives

The South West Sydney Academy of Sport (SWSAS) and Mens Netball NSW (MNNSW) program will cater for male athletes who are turning 12 - 16 years old in 2021. Successful Athletes will be a part of a development program with the focus to develop individual skills and court craft in the game of netball.

The program aims to provide athletes who have finished playing at an Association level, further training, and skill development to assist in their progression and performance at MNNSW representative trials and junior development program.

This program is targeted for young male athletes who have been playing Netball at an Association level, or within their School.

Eligibility

- Athletes must be turning 12 - 16 years old in 2021.
- Athletes must currently be or become (upon nominating) a registered member of Mens Netball NSW.
- Athletes must reside in, or attend school, or play sport within the Academy area of Campbelltown, Camden, Liverpool, or Wollondilly local Government areas.

Athlete Levy

- A pilot program levy of \$200 (GST inclusive) will be applicable to all successful Athletes.
- A uniform including a walkout polo, shorts, training singlet/t-shirt, and SWSAS water bottle will be provided as part of the overall program.
- All Athlete levies MUST be paid in full within 14 days of invoiced date, or the scholarship offer may be withdrawn; unless agreed Board of Management arrangements have been confirmed or a payment plan has been organised with SWSAS Sports Programs Manager, Daniel - daniel@swsas.org.au

Program Support Staff

Moira Gaha - Head Coach

The program will be facilitated by Moira Gaha, MNNSW Opens Mens Coach. Appointed Senior Head Coach in 2021.

Moira was awarded the highest accolade in coaching in recent years, as she secured her high-performance accreditation after being in the elite environment for several years. Moira has a wealth of experience in elite talent mobilisation, and one of the strongest state and representative team performance records from the women's game. Amongst her accolades are coaching roles for the NSW Waratahs and Blues in the ANL League, 8 years of national underage championships where she has brought home a gold or silver medal each time and more than two decades of coaching in NSW State League.

Heath Brown - Assistant Coach

Moira will be ably assisted by Heath Brown, former Australian Mens Player, with Elite Coaching credentials and having also Coached the Australian Mens 23's and been involved with NSW State League at the Premier level.

Daniel Currinckx – SWSAS Sports Programs Manager



DANIEL CURRINCKX
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SOUTH WEST SYDNEY ACADEMY OF SPORT
SWSAS
Youth • Sport • Excellence • Community

SWSAS Policies and Procedures

The Academy policies and procedures, expectations of athletes and further information on the Academy and your position within the Academy can be found in the Athlete Information Manual, provided to you in your welcome pack, or by contacting the South West Sydney Academy of Sport Office.

Athlete's Commitment

In addition to the respective [SWSAS Athletes Code of Conduct](#), Athlete's must be committed to:

3. "Playing by the Rules" Athlete Behaviors

Being a good sport

- Play with respect, integrity, and fairness
- Be modest in victory and gracious in defeat
- If you win, do not rub it in
- If you lose, do not make excuses
- Control your temper
- Do not use bad language or make derogatory remarks.

Respect your opponent

- Treat your opponent the way you would like to be treated
- Thank the opposition at the end of the match

Respect officials & support staff

- Accept and respect the official's decision
- Thank officials & volunteers at the races and training sessions
- If you have an issue, raise it in a professional way with your coach

4. Building a solid skill/fitness base within the sport of netball.

5. Attending all coaching/training, education sessions and camps or make **prior arrangements** and gain approval from SWSAS to be absent from any sessions.

Including:

- All skills/training sessions.
- Any Academy Camps.
- All SWSAS Personal development and Education sessions.

Note: We understand that from time-to-time athletes may be unable to attend sessions due to illness, holiday commitments or competing at a higher level within Men's Netball disciplines.

Parent Commitment

Parents play a role in the development of all athletes. We also encourage this to be positive and meet the [“Playing by the Rules”](#) principles.

Parents are reminded that in any competition or training environment that parents take on the role of Spectator and as such, are bound by the respective venue’s spectator codes of conduct and entry requirements/restrictions.

Parents failing to observe the above may result in their athlete being withdrawn from the program.

The Process

Punctuality

All Athletes are expected to arrive 15 minutes prior to any training and education sessions scheduled in events on Team App and planned out for the program.

Uniform

All Athletes are expected to arrive dressed in full SWSAS uniform given to them at the start of the program. This includes the White Walkout Polo (for education and competition), Training T-Shirt or Singlet (when training) and SWSAS Shorts. Other additional items that are available to purchase like hoodies or tracksuit may be worn, but Athletes need to consult with their coaches on when, and how to best incorporate these items, especially in public settings and representing the academy at venues.

Equipment

Always bring your own equipment including hydration (fluids) and nutrition (food) with you for the session. Sunscreen protection to be brought for all outdoor sessions. Netballs are provided by SWSAS, so if you bring your own, please make sure you have your name clearly labelled on it.

Communication

Key program information will be communicated via the Official South West Sydney Academy of Sport TeamApp directly to the athletes & parents.

southwestsydneyacademy.teamapp.com

This will be backed-up, where required, via email to athletes registered email address. Parents will be copied into emails for information purposes. Academy coaches may also be copied into communications where necessary and may be contacted directly for athlete information or coach development opportunities.

It is expected that athletes will check the app and their emails regularly (every couple of days) and respond accordingly.

It is the responsibility of the athlete to respond to all matters relating to training, education, and related logistics.

We encourage parents to talk to athletes about logistics and questions you may have and enable your child (athlete) to communicate directly with the Coaches via their own Team app or email address.

As one of the goals of the program is to build self-reliance in the athletes, therefore we strongly encourage athletes to be the main communicator of questions on matters relating to training, education, and related logistics prior to receiving correspondence from parents.

We will, of course, respond to any direct parent calls for issues relating to the health and wellbeing of the athlete.

SWSAS

NOW HAS ITS OWN APP



Your Team. Your App.

Download our awesome new app now and stay up to date with all the latest information!

Install the SWSAS App on your smartphone or tablet now!

Follow these steps:

1. Download Team App from the Apple or Google Play app store.



2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "SWSAS TEAM APP".
4. Choose your applicable access group(s).
5. If you don't have a smartphone go to southwestsydneyacademy.teamapp.com to sign up and view this App online.



Need help?

Contact: Daniel Currinckx

Email: daniel@swsas.org.au

Phone: 0246277622

teamapp.com

Training, Competition and Event Schedule

Training sessions will be held in weekly training sessions throughout the Academies local government areas of Camden, Campbelltown, Liverpool, and Wollondilly, proposed for Thursday afternoons.

Athletes will also be exposed to and educated in Sports Science Testing, Sports Specific Strength and Conditioning, a comprehensive Athlete Sports Education program culminating in a Development Competition at the end of the program. For more information on our education program please see - swsas.org.au/education-workshop

Note: *With the latest Covid restrictions and lockdowns placed on the greater Sydney region. All training and event schedules are subject to change but offer a current guide to what the academy propose to do once face to face training can resume in South West Sydney.*

Dates	Times	Session	Location
2/9/21	6pm – 8.30pm	Welcome / Introductions Sport Science Testing	Camden Netball Courts
9/9/21	6pm – 8.30pm	High Performance / S&C*	Camden Netball Courts
16/9/21	6pm – 8.30pm	S&C / Footwork and Timing	Camden Netball Courts
23/9/21	6pm – 8.30pm	Nutrition / S&C / Attacking Skills	Camden Netball Courts
30/9/21	6pm – 8.30pm	S&C / Defending Skills	Camden Netball Courts
7/10/21	6pm – 8.30pm	Specialist Training	Camden Netball Courts
14/10/21	6pm – 8.30pm	Drugs in Sport / Courtcraft	Camden Netball Courts
21/10/21	6pm – 8.30pm	S&C / Courtcraft	Camden Netball Courts
28/10/21	6pm – 8.30pm	Sports Psych / Courtcraft	Camden Netball Courts
4/11/21	6pm – 8.30pm	S&C / Courtcraft	Camden Netball Courts
10-12 November	All Day	Development Tour	TBC*

*S&C – Strength and Conditioning

*TBC – To be confirmed

Contact Us

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