



NETBALL ACADEMY

2021 EMERGING ATHLETE PROGRAM

BE YOUR BETTER

Purpose

The USC Netball Academy Emerging Athlete Program (EAP), run by the University of the Sunshine Coast aims to seek out gifted athletes from Netball and other sporting backgrounds to provide an invaluable pathway, learning opportunity and access to elite player training programs. The program will be the underpinning program for the USC Thunder with a future focus towards representing the Sunshine Coast Lightning and aligned representative teams, and will provide talented athletes the opportunity to attend a 12 month training program developing key attributes and skills necessary to make it to the top of netball.

Our mission is to empower futures through netball

Who is it for?

The Emerging Athlete Program is open to netball athletes involved in USC Thunder, Netball Association and School based players based in the wider Sunshine Coast Region. Athletes identified from outside of Netball may also be included and assisted with their transition into the sport. Athletes will be tiered within the program based around age and developmental level with a minimum age of 14 years considered.

Delivery

In collaboration with the Sunshine Coast Lightning and the USC Thunder, the programs will be facilitated by the USC Netball Academy and Program Manager Christine Voge. Christine Voge is a High Performance Netball Coach with experience working within the SSN, Netball Australia and Netball Queensland's programs and competitions. Emerging Athletes will additionally be exposed to coaches, athletes and service from Sunshine Coast Lightning, USC Thunder and USC High Performance Sport.

Program Benefits

The program will be delivered over one year through a range of camps, training, session, workshop opportunities and interactives session with regular coaching feedback matched to an athlete's skill and experience level. Academy athletes in the EAP will become part of a high-performance environment that includes the following key elements:

- Privileged access to an elite training culture;
- Admission to a high-performance netball pathway;
- The benefits of evidence-based sports science practices in state of the art facilities;
- Service provision, such as strength and conditioning, performance analysis, nutrition, injury prevention and sports psychology;
- Coaching in areas related to appropriate physical and psychological development, netball IQ, values, tactical knowledge and skill development;
- Professional experiences, such as training and match play opportunities with the Lightning and Thunder squads;
- Professional readiness inputs in areas such as leadership, motivation, load management, development of individual performance plans; performance reviews and feedback, media training and career planning; and



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- Introductory university experiences such as credit-bearing short courses in selected academic areas related to sport, e.g. sports marketing and sports event planning.

2021 Program Content

- Induction Camp: 14th February 2021 – On and off court training and education sessions
- Monthly training sessions and workshops – Skills, tactical and performance analysis opportunities
- Invitation to attend and observe the Sunshine Coast Lighting, Australian Netball Competition and USC Thunder training sessions and matches
- Online group connection with information and interactive sessions with skill tips, education bites and Q&A sessions
- Additional opportunities may include university short courses, work experience and internships

Cost

Athletes selected for the 12-month program will have access to all aspects at a yearly fee of \$750. Bursaries and payment plan options are available to eligible families.

Registration

Athletes wishing to register to trial for the USC Netball Academy, must be a player with a Member Association. The USC Academy selectors will view individual athletes across the USC Thunder Trial process or the stand alone EAP selections.

Please select **ONE** the appropriate nomination process for you below:

***A. Athletes wishing to trial for USC Thunder and USC Netball Academy EAP program:
Academy and Thunder Pre-screening – Thursday 14th January
5.00-8.00pm, USC Stadium***

Athletes will participate in skill sessions and match play opportunities during this trial.

This screening is required for any athletes who are NEW to the Hart Sapphire Series (i.e. have never been named in a team of 10 players in an HSS Ruby or Sapphire squad) AND are turning 16 years or over in 2021.

Athletes from this screening may be invited to progress to the USC Thunder Selections on Sunday 17th January 1-4pm and Thursday 21st January 5.30-7.30pm. Athletes who are unsuccessful in selection into the Thunder teams or selected as a training partner may be offered a position with the USC Academy Program for 2021.

Registration Fee \$20.

Click here to register for the Thunder Trials <https://www.trybooking.com/BMJYL>

14 & 15 year old Athletes wishing to trial for USC Netball Academy EAP program:

USC Netball Academy EAP Selections – Sunday 17th January 2021

9.00am-12.00pm, USC Stadium

Youth EAP Selections – turning 14 & 15 years in 2021



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Athletes will participate in skill sessions and match play opportunities during this trial.

Registration fee \$15.

[Click here to register for the Academy only trial](#)

[https://payments.usc.edu.au/onestopweb/USCNA Emerging Athlete Trials 2021](https://payments.usc.edu.au/onestopweb/USCNA_Emerging_Athlete_Trials_2021)

Athletes turning 16 years who want to be considered for the USC Netball Academy EAP will need to nominate with the Thunder for the pre-screening trial on the 14th January (Selection link A).

Nominations close: Monday 11th January 2020.

Selected Athletes will be offered a position with the USC Netball Academy the week commencing 25th January 2021

For any further question please contact the academy at netballacademy@usc.edu.au

