

What is the Netball NSW State Team Program?

The State Team Program is designed to identify and select up to twelve (12) of the best athletes in their relative age group to achieve consistent success at the National Netball Championships. The program is also designed to recognise the potential of athletes to participate at National Netball Championships standard and to assist those athletes to achieve their individual potential at National level.

What are the National Netball Championships?

The National Netball Championships is an annual tournament between Member Organisations within Australia. The National Netball Championships consists of three divisions: 21 & Under, 19 & Under and 17 & Under. The 19 & Under and 17 & Under divisions will be played as a combined event and the 21 & Under division as a standalone event. The events will be held in each State on a set rotation.

What teams does Netball NSW select?

- 17 & Under
- 19 & Under
- 21 & Under

When are selection trials?

17 & Under

Selections will be conducted in three (3) phases with a time frame in line with Netball Australia guidelines. Phase I & II will be conducted approximately five (5) months before the Championships. The final selection will be conducted within four weeks of Phase II.

19 & Under

Selections will be conducted in two (2) phases. Phase I will be conducted approximately five (5) months before the Championships. The final selection will be conducted within four weeks of Phase I.

21 & Under

Selection trials will be conducted approximately two (2) months before the National Championships.

A paper selection may be held.



State Team Information Package



The dates for the 2011 team selections are:

21 & Under

Final: 17th April 2011 (morning) if required**

**NB – At this stage a paper selection will be conducted for the 2011 21/U State Team. Nominees will be advised by 4 April if selection trials will be held.

When do nominations open?

21 & Under

Nominations for the 21 & Under State Team will be called for approximately three (3) months prior to the National Championships.

How do I nominate to trial?

Nomination forms for all State Teams will be available from the Netball NSW website: www.netballnsw.com

Who do I return my nomination form to?

Athletes will be responsible for submitting completed application forms to the Netball NSW office by the required date marked *Application: Player Nomination*.

Nomination confirmation letters/emails will be sent within 5 working days of receiving the nomination form. If you have not received confirmation within 5 working days of sending your application, it is your responsibility to contact Netball NSW.

When do nominations close?

Closing dates for nominations will be fourteen (14) days prior to the selection date.

What if I submit my nomination form late?

Late applications will not be accepted unless submissions in writing outlining compassionate circumstances are received by Netball NSW within 48 hours of the closing date. The reason(s) for the late application must be disclosed and include, where appropriate, relevant documentary evidence. Netball NSW will determine if the athlete is to be permitted to trial.



What if I am injured or sick and am unable to trial?

Where an athlete fails to attend selections and that athlete believes that special or compassionate reasons prevented them from attending, a written application may be made to Netball NSW within 24 hours of the commencement of selection. The reason(s) for non-attendance must be disclosed and include, where appropriate, relevant documentary evidence. Netball NSW will determine if the athlete is to be permitted to be considered for selection.

What requirements do I need to trial?

All applicants for selection must be current financial members of Netball NSW.

Are there any age specific selection considerations?

Athletes eligible for 19 & Under selection may only be considered for 21 & Under selection where there is no other suitable 21 & Under applicants in the required position. In the case of two athletes whereby one is still eligible for the 19 & Under age group and an older athlete who is only eligible for the 21 & Under age group, both with the same level of experience, the older athlete is to be selected into the 21 & Under Team.

How are State Team trials run?

21 & Under

Selection trials will be conducted with all athletes trialling in their nominated positions playing matches against each other. Netball NSW allocates athletes to positions.

What should I wear to trials?

All athletes should wear their team bodysuit or dress.



What should I bring to trials?

- Enough food and hydration for the day as there will be scheduled breaks throughout
- The canteen may be open for your convenience
- Sweat towel
- Strapping tape/braces

There will be no physiotherapist at trials however first aid supplies are available where required.

Athletes need to ensure no jewellery is worn to trials. This includes nose and belly button rings.

Who are the selectors?

21 & Under

3 Selectors - NSW Swifts Coach or NSW Swifts Assistant Coach (Senior Selector), Team Head Coach and one other selector appointed. Two observers may also be appointed.

What if I don't get selected into a State Team?

If you are not selected into a current State Team, it does not mean you will not be selected in the future. All athletes have different skill levels and develop at different stages. If you are not selected, we would encourage you to try out for your local Regional Academy of Sport or Metropolitan Link Program to further develop your skills and facilitate your development.

You can also request feedback from the selection panel by contacting Netball NSW. This constructive feedback should be taken onboard and discussed with your current coach for you to keep working on.

Below we have included some player testimonials from athletes who were not selected into a State Team until later in their netball career.

Player Testimonials

Kristy Durheim – made her first State Team at 21 & Under.

Age: 22

Position: WA/C

State League Association: Manly Warringah

Junior Association: Lismore

Netball Career:

2010 ANZ Championship Minor Premier with NSW Swifts

2010 Australian Netball League (NSW Waratahs)

2010 State League Waratah Cup Champion



2009 NSW 21 & Under State Team
2008 – 2010 State League Waratah Cup
2007 – 2010 NSWIS Scholarship Holder

Since the age of 12 when I made my first Lismore representative team I began travelling to Sydney for State Age and State Championships. It was at these carnivals that I saw talented netballers in Sydney dominate the court and win titles. It was not until I was 15 that I thought about trialing for the NSW Combined Catholic Colleges team; this being my first trial in an unfamiliar territory it was very overwhelming and as such I was not selected.

In 2004 when I was 16 I came back to Sydney to trial for the 17 & Under State team - having been bottom age for 17's I did not expect to be selected but saw it as an opportunity to be seen and develop my skills, inevitably I was not selected.

In 2005, I trialed for NSWCCC again and was selected which was a nice reward for all my hard work. This selection gave me the confidence to trail again for the 17/U State team, however once again I was unsuccessful.

In 2006 I was reselected in the NSWCCC team and at the age of 18 trialed for the 19/U State Team. Being bottom age group I thought that I may not be selected but saw it as another opportunity to be seen; I was not selected.

In 2007 I moved to Sydney and began my scholarship with NSWIS and playing State League for NSWIS. It was here that I really began developing my skills playing alongside some really talented netballers. I trialed for the 19/U team with the real expectation that I would be selected, however I was not and was devastated. After the initial disappointment I fuelled my frustration into training and improving my skills, determined to prove myself next year at 21/U trials.

In 2008 I trialed as bottom age at 21/U and knew I was in with a good chance to be selected, my game had improved and I was starting to be recognised largely due to the NSWIS program. Unfortunately I was not selected and was the only person in NSWIS not to be selected in an ANL team for 2008. I was extremely disappointed but having known that I was so close to making the 21/U side only fuelled me to once again train hard and prove myself the following year. Inevitably I was called into the NSW Waratahs ANL side in 2008 due to an injury which was a great experience and made me determined to continue developing my skills so that I was in the best position I could be when I trialed again for 21/U in 2009.

In 2009 I was finally selected in my first State Team at the age of 21!! I was extremely proud of my selection and this provided me with the confirmation that I am good enough to be playing at this level and perhaps further. That same year I was later selected in the NSW Blues ANL side and used this experience again to develop skills, train hard and take advantage of the great coaching.

In 2010, I was called into the NSW Swifts Team due to injury and this was the 'icing on the cake' for me, proving that all my hard work and persistence was worth it. 2010 was also a successful year for ANL, as I was selected in the NSW Waratahs side that came second.



Melissa Tallent – made her first State Team at 19 & Under

Age: 19

Position: GS/GA

State League Association: Sutherland Shire

Junior Association: Shoalhaven

Netball Career:

2011 Australian Institute of Sport Scholarship Holder

2010 Australian 21 & Under Squad

2010 Australian 19 & Under Squad

2010 ACT 21 & Under State Team

2010 Australian Netball League (NSW Waratahs)

2010 NSW 19 & Under State Team

2009 – 2010 NSWIS Scholarship Holder

2010 State League Division 2

I played State Age division two all the way through to the 15s age group with the relatively small association of Shoalhaven. Having been selected into the Illawarra Academy of Sport at the age of 14, a couple of my rep coaches encouraged me to trial for the NSW 17 & Under State Team when I was bottom age, just to get a feel for the experience and what it was all about. I didn't have very high expectations for myself but figured I would give it a go, and ended up making the 18 player training squad before missing out on the team. While this was disappointing, the experience was extremely positive, and from that small taste of training I knew I wanted to play at a higher level.

The next year, 2008, I again missed out on the NSW 17/U Team. It was at this point that I realised that I needed to be playing in a higher division at State League in order to improve, so I trialed with Sutherland Shire and was placed in division 4. This involved travelling two hours twice a week for training and games, which my parents would willingly do for me.

I trialed for the NSW team again in 2009, in the 19/U age group, and again made the training squad, only to miss selection into the final team. Again, I was incredibly disappointed as I knew I was almost there. The frustration continued that year, with my state league season in division two interrupted by severe shin splints that limited how much training I was allowed to participate in. Despite this I was offered a green scholarship with NSWIS at the end of the year, and with my injury nearly managed, I was determined to make the most of this opportunity, especially the advice and knowledge of the coaching staff.

The selections rolled around for the 2010 19/U State Team and I was named in that team to contest the National Championships. As a result many other doors have opened for me, including being named in the 19/U and 21/U Australian Squads, the NSW Waratahs ANL team, progression into the Silver NSWIS program, and most recently a 2011 scholarship to the Australian Institute of Sport.

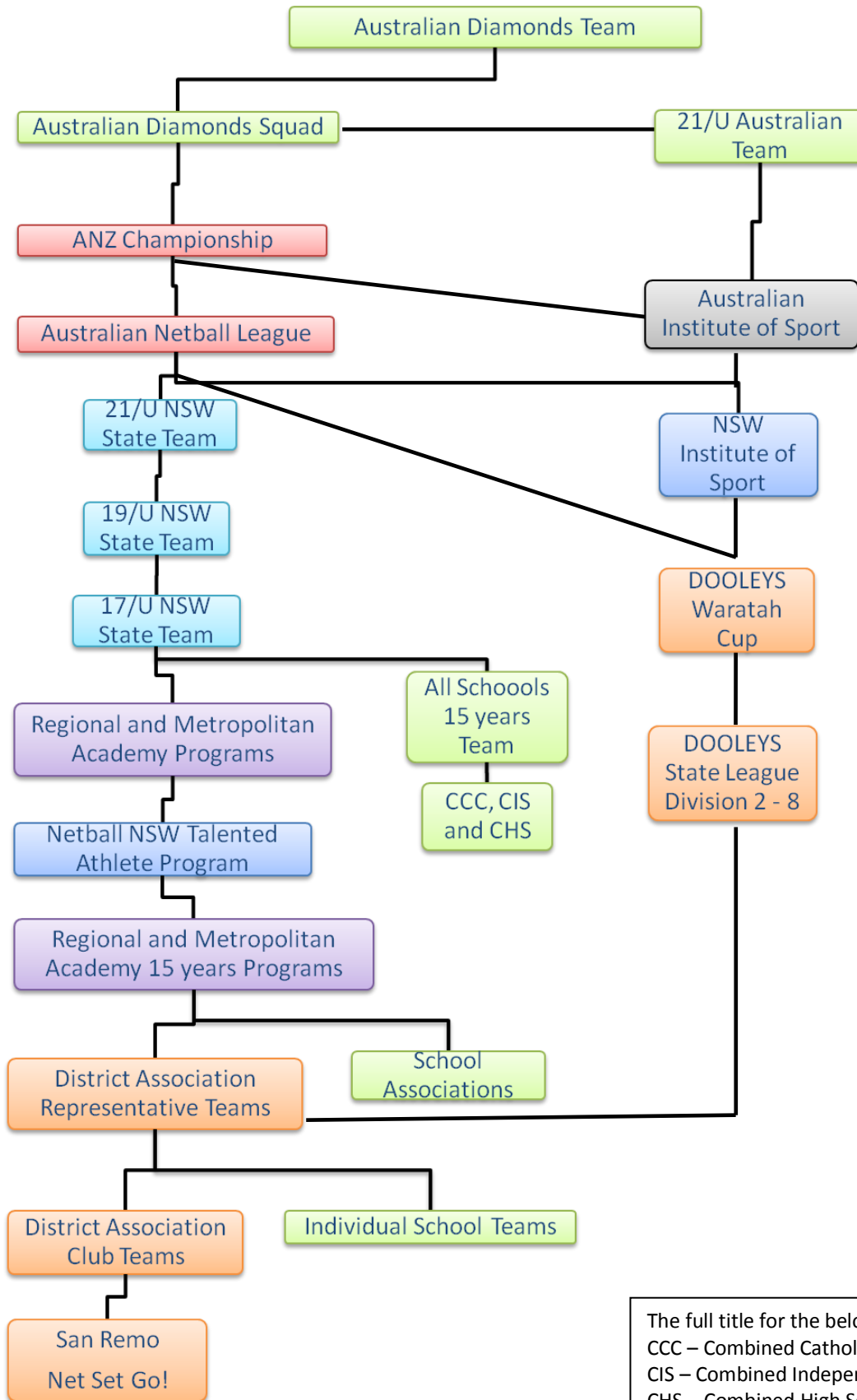
The experience of not being selected early on undoubtedly helped me to form a persistent and determined attitude, and along with a love of the sport, only pushed me to work harder to want to achieve success in the future. It has also helped me to not allow myself to get complacent with current achievements and to not take any opportunities for granted, but to make the most of them in order to continue improving.



State Team Information Package



What is the Athlete Pathway?



The full title for the below is
 CCC – Combined Catholic Colleges
 CIS – Combined Independent Schools
 CHS – Combined High Schools



State Team Information Package



If I am selected into a State Team, what should I expect?

All athletes selected are required to comply with the Netball NSW State Team Player Agreement and National Netball Championship Participation Agreement.

Commitments

All athletes selected into their respective State Teams will attend the National Netball Championships. The 2011 Netball Australia National Netball Championships will be held:

- 21/U – Melbourne – to commence on 12 July and conclude on 17 July (team to travel to Melbourne on 10 July and return to Sydney on the evening of 17 July).

All athletes must attend all training sessions. Training sessions commence eight (8) weeks prior to the National Netball Championships and the dates and times will be confirmed by the team coach.

What if I can't attend training?

If you are aware of a commitment in advance, or up to midday on the day of training you must contact the High Performance Manager to seek approval.

If you become unwell or circumstances arise on the day of training after midday you must contact your team manager.

Fees

All athletes representing NSW in the 2011 State Teams are required to pay a player levy. This Levy assists in covering costs of training, travel, accommodation and uniform expenses. If athletes do not pay this levy prior to the National Netball Championships, they will not be permitted to attend.

Injuries and Illness

Athletes will be responsible for reporting all injuries and illnesses to their team medical personnel.

Where an athlete has an ongoing injury or illness, the athlete may be required to be assessed by a doctor nominated or agreed to by Netball NSW, who will assess the player in conjunction with the State Team Coach and Team Physiotherapist. High Performance Manager is to be notified of all such injuries or illness.

Team Induction

There will be a team induction held prior to the first training session. The induction will outline the State Team program and all player requirements leading up to and throughout the National Netball Championships.



State Team Information Package



During the induction, athletes will take part in the ASADA education session. All athletes may be subject to drug testing during the preparation for and whilst at the National Netball Championships.

Uniforms

All athletes will receive the following equipment from Netball NSW:

- Team dress
- Team tracksuit
- Team singlet
- Team polo
- Team bag
- Socks
- Drink bottle

All athletes must adhere to the State Team Uniform Policy.

