



NETBALL NORTHERN ZONE
ELITE PERFORMANCE PROGRAMME

PREPARING INDIVIDUALS FOR THE HIGH PERFORMANCE NETBALL ENVIRONMENT



HIGH PERFORMANCE SPORT IS NOT SOCIALLY EQUITABLE



*Success doesn't
come from
what you do
occasionally.
It comes from
what you do
consistently.*

HARD WORK
**BEATS
TALENT**
WHEN TALENT
DOESN'T
WORK HARD.



THE PROFESSIONAL GAME IS NOT FOR THE FAINTHEARTED



IT IS...



PHYSICALLY DEMANDING



IT IS...



MENTALLY DEMANDING



IT IS...



EMOTIONALLY DEMANDING



IT IS...



PREMIERSHIP
NETBALL



DYNAMIC



A HIGH PERFORMANCE PROFESSIONAL REQUIRES:



- Commitment
- Focus
- Consistency of effort
- Self reflection
- Self reliance
- A strong support network
- Teamwork
- Resources



NETBALL NORTHERN ZONE

ELITE PERFORMANCE PROGRAMME AIMS TO...

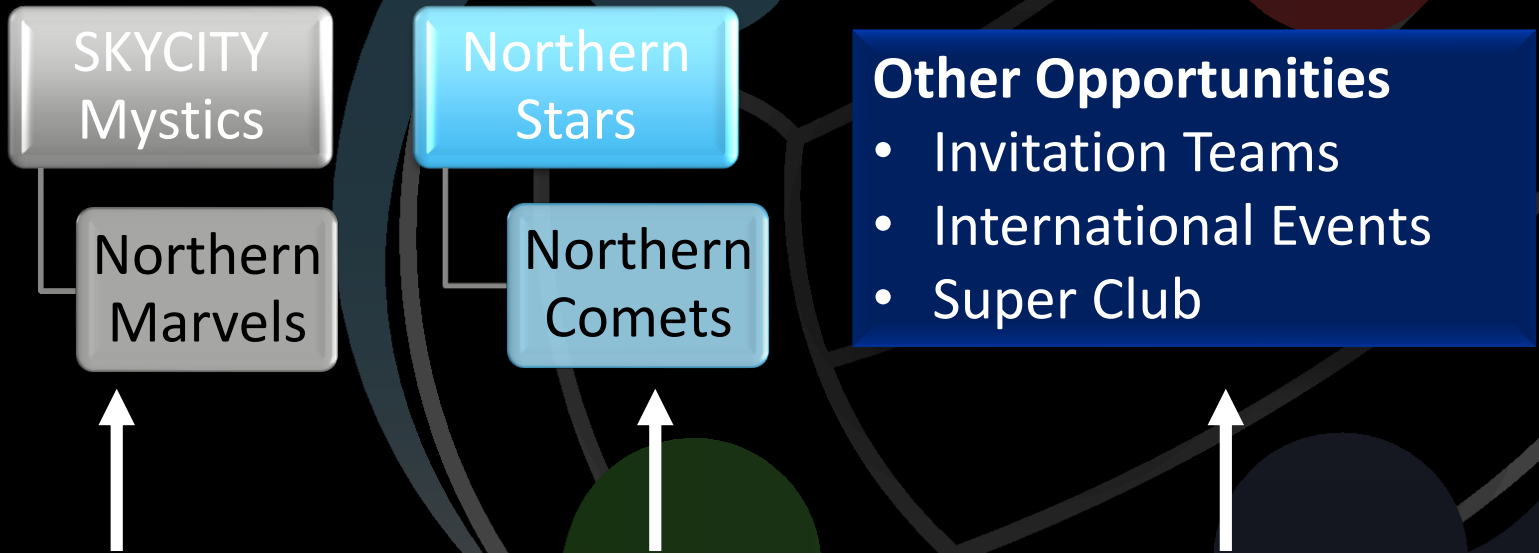
Preparing great individuals who can succeed and win in a high-performance netball environment.



Create a pathway that keeps the best individuals involved in Netball at the highest level



THE NORTHERN ZONE PERFORMANCE STRUCTURE

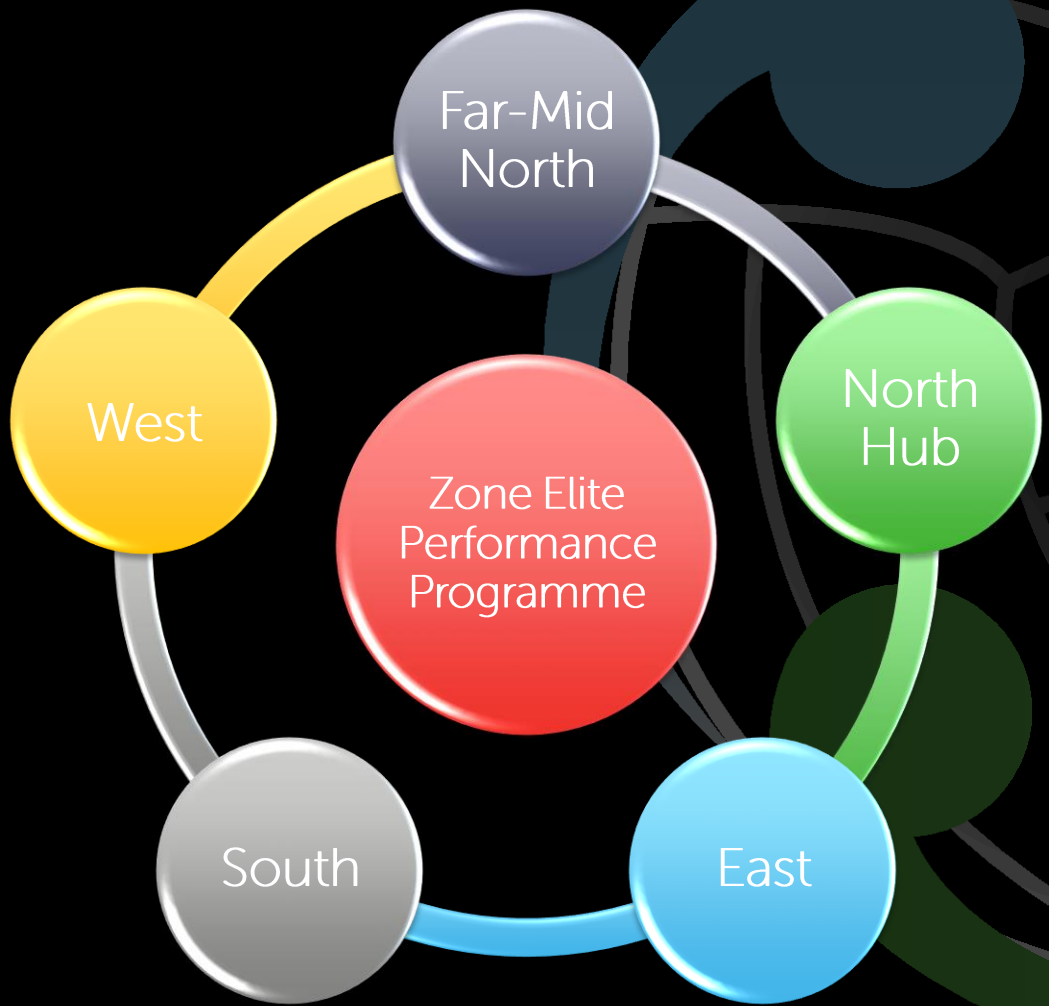


NORTHERN ZONE ELITE PERFORMANCE PROGRAMME

OPERATE OUT OF PERFORMANCE HUBS ACROSS OUR ZONE, ACROSS THE YEAR



HUB SYSTEM



Provides...

- Daily training environment
- Multi – level integrated training
- Learning environment
- Across zone opportunities



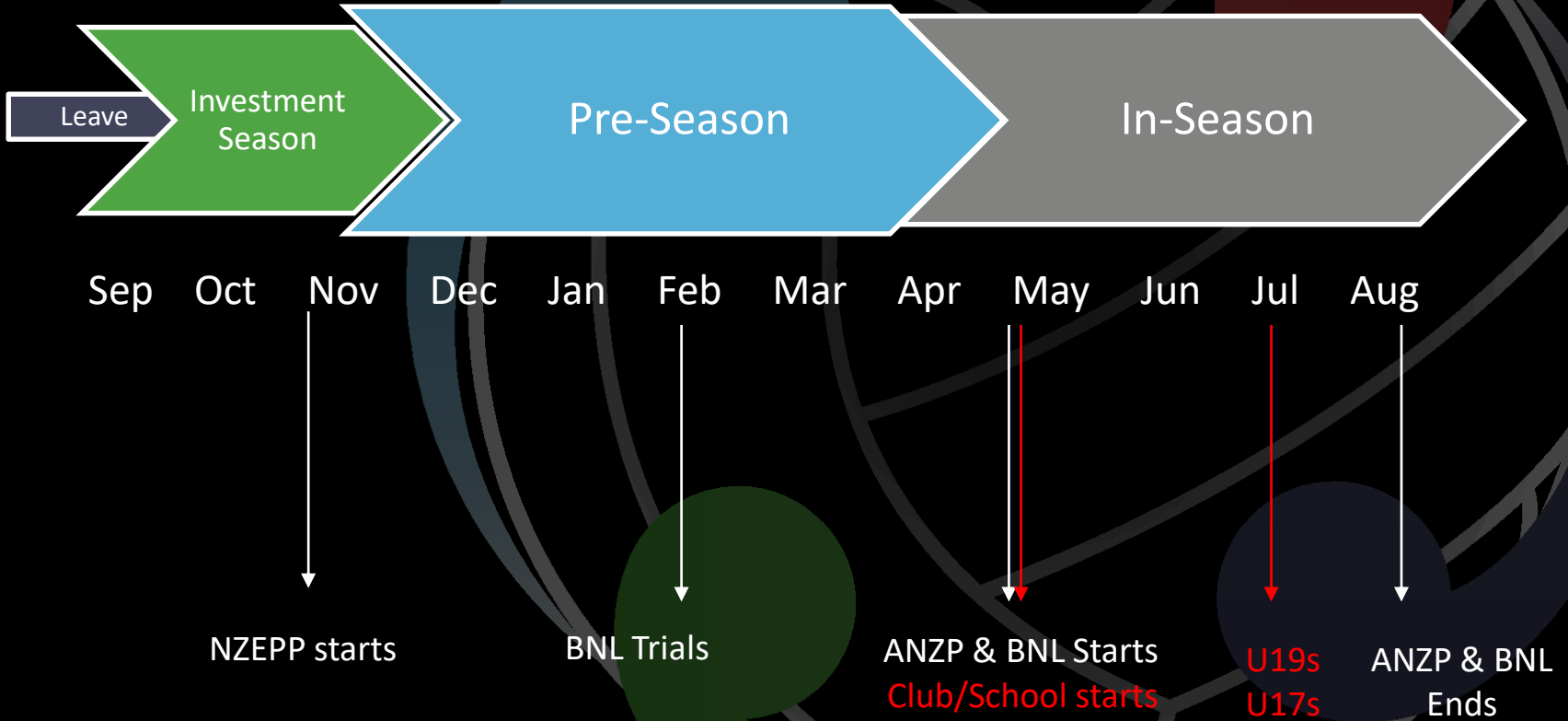
ELITE PROGRAMME FOR ALL



INTEGRATED LEARNING ENVIRONMENT FOR THE
ELITE WORKING TOGETHER
BUILD RELATIONSHIPS – GROW THE GAME



TIMELINE

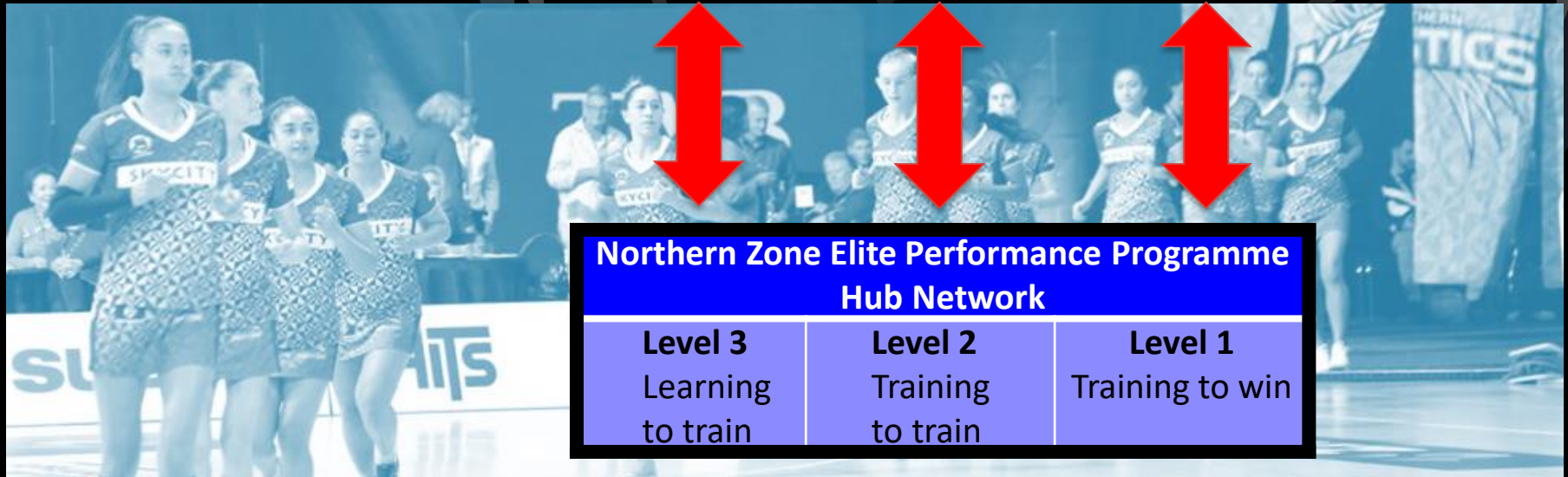


THE YEAR-LONG PROGRAMME INCLUDES:

- Individual development opportunities
- Growth in training principles –
Training v Practice
- Mentoring
- Leadership
- Monitoring & Recording progress
- Includes all aspects of Netball (Playing, Coaching, Umpiring, Officials, Managing, Administrating)



CONTINUUM TO HIGH PERFORMANCE



←
NNZ PATHWAY
↔
ZONE PATHWAY

A NETBALLER'S JOURNEY TO ANZ



3.5 X 5.5 X 48 X 6 =



Jens Hansen
GOLD & SILVER SPONSOR
PLAYER OF THE MATCH
TERA-MARIA AMANI
#MYSVVOU | Sunday 2 July

ELITE ATHLETE

(Hours, days, weeks, years)

Source: Swedish Confederation of Sport 1997



NZEPP...WHO PROVIDES EXPERTISE?

- National Coaches, Umpires, Officials
- National selectors
- Managers
- Physiotherapists
- Performance Coaches
- Scouts
- Strength & Conditioning Coaches
- Support staff



NETBALL
NEW ZEALAND



NETBALL
NORTHERN
Integrity, Unity, Loyalty, Excellence



APPLICATION/SELECTION PROCESS

- Application process

- Screening process

Capacity v Potential v Performance v Coached players

- What happens if I do get selected?

- Commitment and individualised programming LEVEL 1 & 2

- What happens if I don't get selected?



INDIVIDUALISED APPROACH TO DEVELOPING THE ELITE

We are aiming to find individuals who are, or can be taught to be:

- Self reflective, energetic, self sufficient
- To take responsibility
- To think for themselves and challenge
- Committed
- To accept and celebrate difference coexisting with others
- To communicate directly

