

A large, stylized netball is the central focus of the page. It is rendered in a dark grey color with a grid of lines representing the ball's panels. Overlaid on the netball are several large, semi-transparent circles in various colors: a blue circle at the top left, a dark red circle at the top right, a dark green circle at the bottom left, and a dark blue circle at the bottom right. The background is solid black.

**NETBALL NORTHERN ZONE**

# **ELITE PERFORMANCE PROGRAMME**

*PREPARING INDIVIDUALS FOR THE HIGH PERFORMANCE NETBALL ENVIRONMENT*



# TONIGHT

- 2018/2019 Information
- Create and deepen understanding
- QUESTIONS – at the end



# ELITE PROGRAMME FOR ALL



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



# Who Leads it?



**NETBALL**  
NEW ZEALAND



# WHO PROVIDES EXPERTISE?

- National coaches, umpires, officials
- National selectors
- Managers
- Physiotherapists
- Performance Coaches
- Scouts
- Strength & Conditioning Coaches
- Support staff



# WHO PROVIDES EXPERTISE?



**NETBALL NORTHERN ZONE**

# **ELITE PERFORMANCE PROGRAMME**



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



# THE PROFESSIONAL GAME IS NOT FOR THE FAINTHEARTED





IT IS...



**PREMIERSHIP**  
NETBALL



**PHYSICALLY DEMANDING**



IT IS...



MENTALLY DEMANDING



IT IS...



EMOTIONALLY DEMANDING



IT IS...



**PREMIERSHIP**  
NETBALL



**DYNAMIC**



# A HIGH PERFORMANCE PROFESSIONAL REQUIRES:



- PROFESSIONALISM
- COMMITMENT
- FOCUS
- CONSISTENT EFFORT
- SELF LEADERSHIP



# SELF - LEADING

## RESPONSIBLE

- Decisions
- Communication
- Timeliness
- Learn about me

## TEAM WORK

Celebrate diversity

- Strengths / Work-ons



# HIGH PERFORMANCE SPORT IS NOT SOCIAALLY EQUITABLE

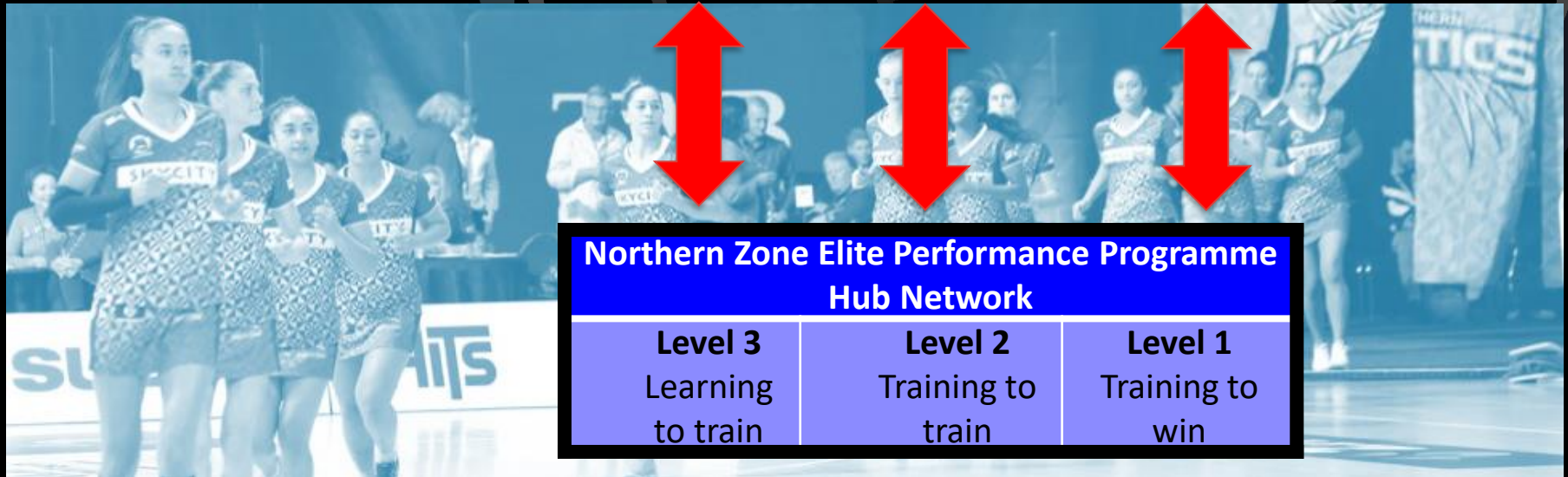
*Success doesn't  
come from  
what you do  
occasionally.  
It comes from  
what you do  
consistently.*

**LIFE'S  
NOT  
FAIR.**

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



# CONTINUUM TO HIGH PERFORMANCE



←
**NNZ PATHWAY**
↔
**ZONE PATHWAY**



**Individual development**

**Individual growth**

**Training v Practice**

**Formal & Informal**

**Self-Led & Determined**

**FOCUS**

**Lead**

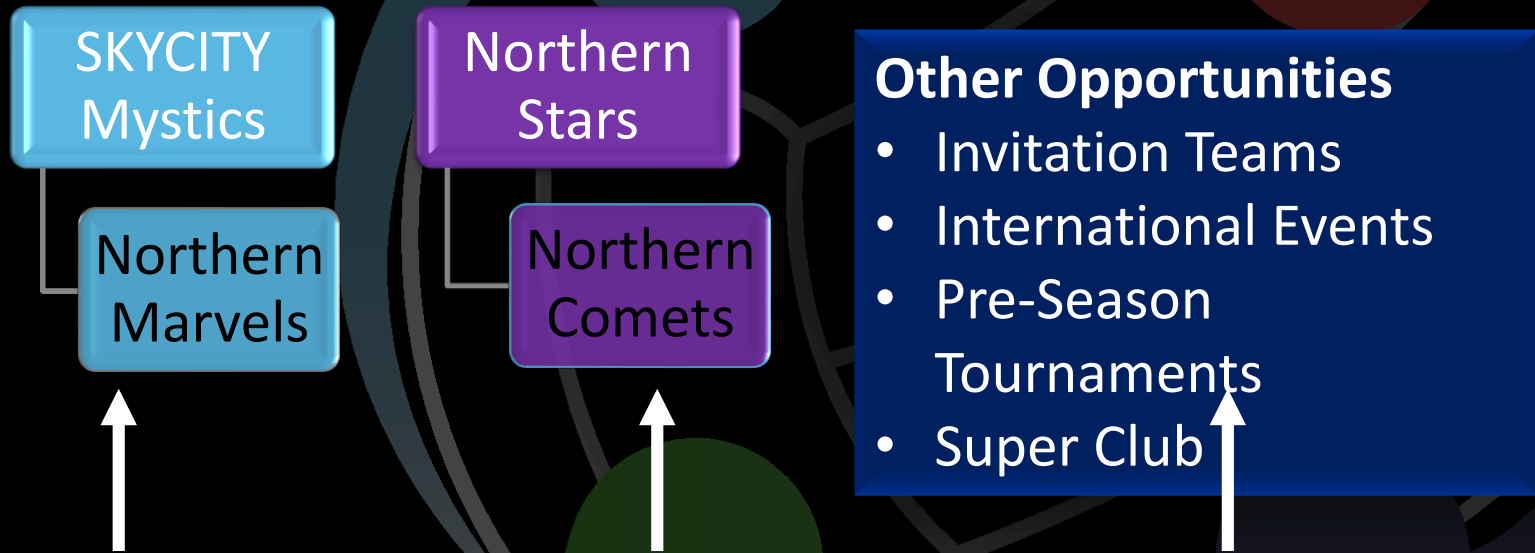
**Mentor**

**Track**

**Teams On-Court - Connect**



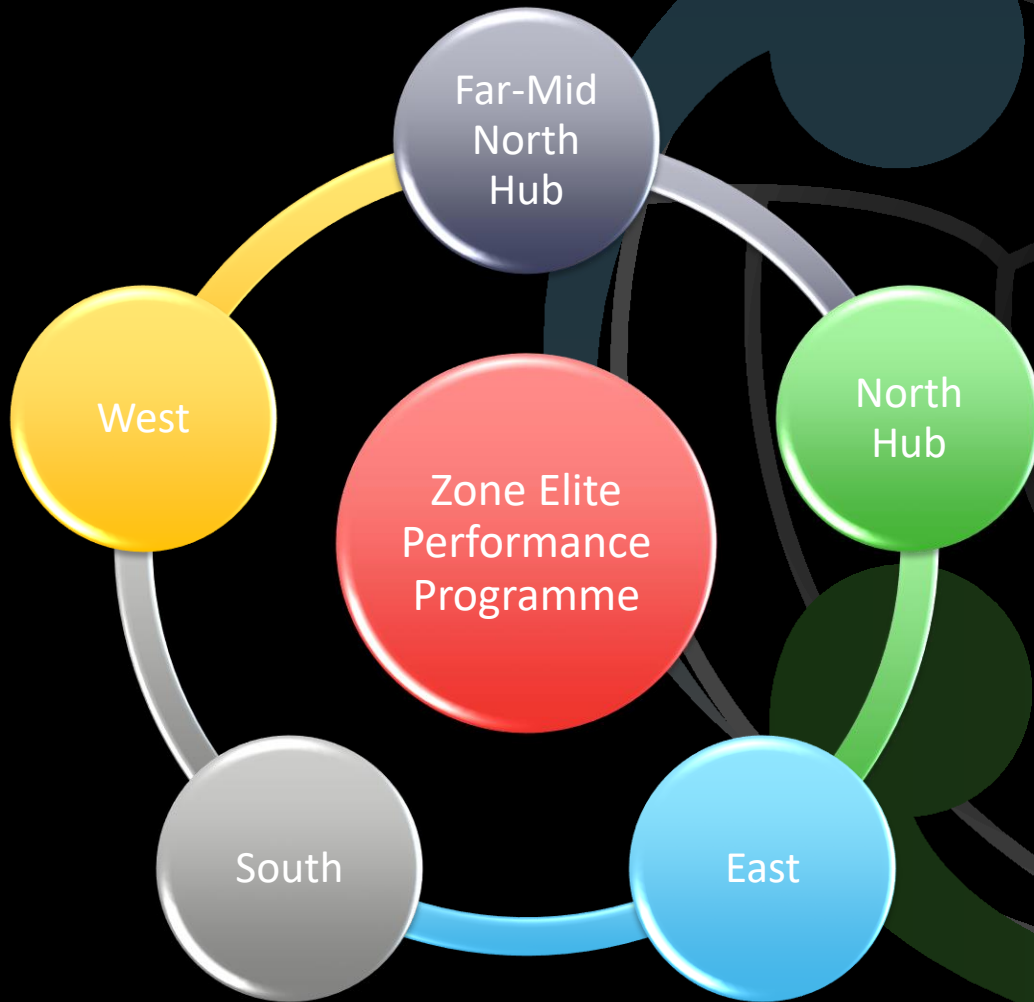
# THE NORTHERN ZONE PERFORMANCE STRUCTURE



**NORTHERN ZONE ELITE PERFORMANCE PROGRAMME**



# HUB SYSTEM



## Provides...

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



# TIMELINE



Sep Oct Nov Dec Jan Feb Mar Apr May Jun Jul Aug

↓  
NZEPP starts

↓  
BNL Trials

↓  
ANZP & BNL Starts

↓  
ANZP & BNL Ends

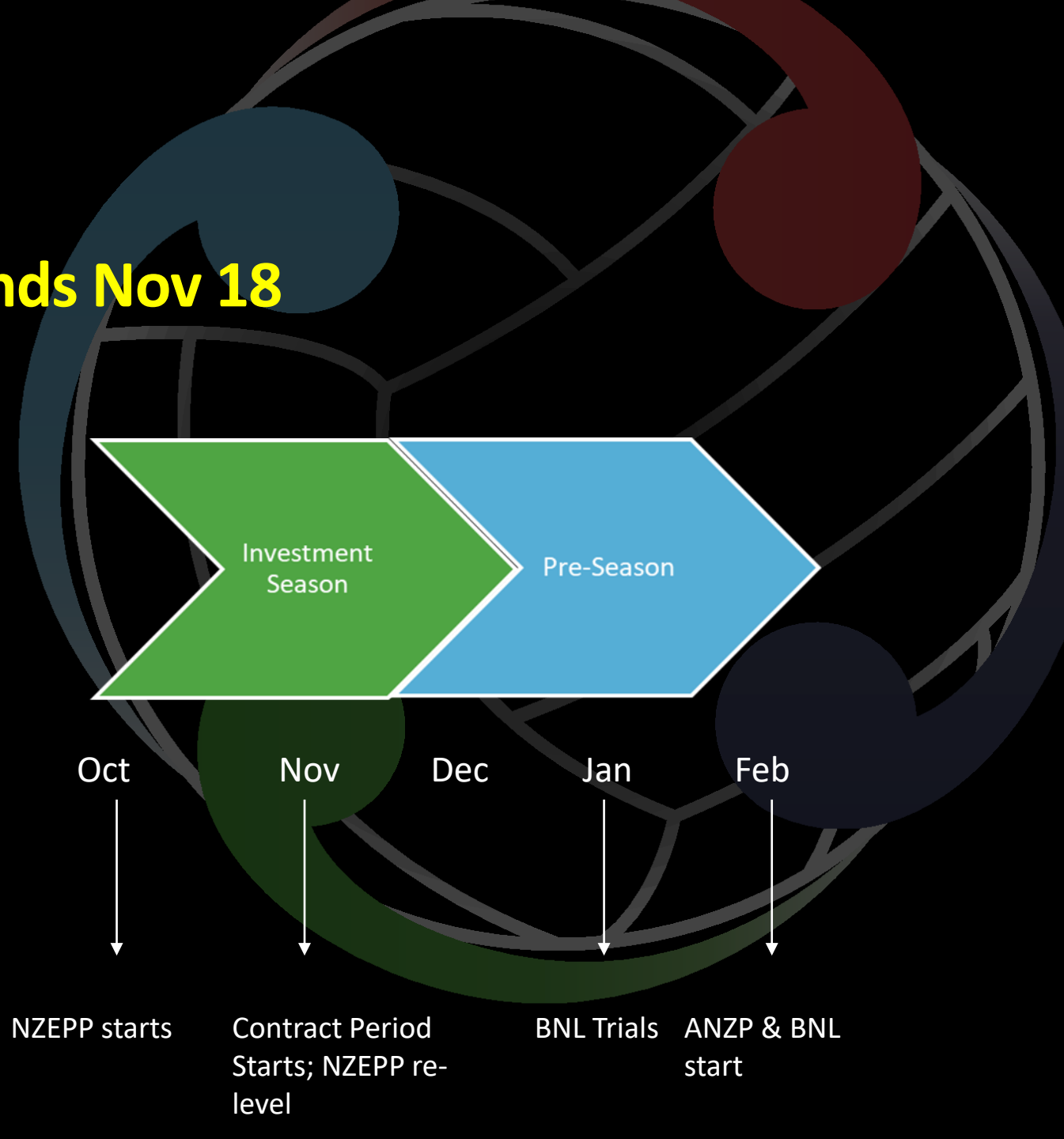
Club/School starts

U19s  
U17s  
Club/School finishes



# BLOCKS

- **Block 1 – ends Nov 18**
- **Block 2**
- **Block 3**



Oct

Nov

Dec

Jan

Feb

Investment  
Season

Pre-Season

NZEPP starts

Contract Period  
Starts; NZEPP re-  
level

BNL Trials

ANZP & BNL  
start



# LEVELS

- Level 1
- Level 2
- **Level 3**



# Investment season framework

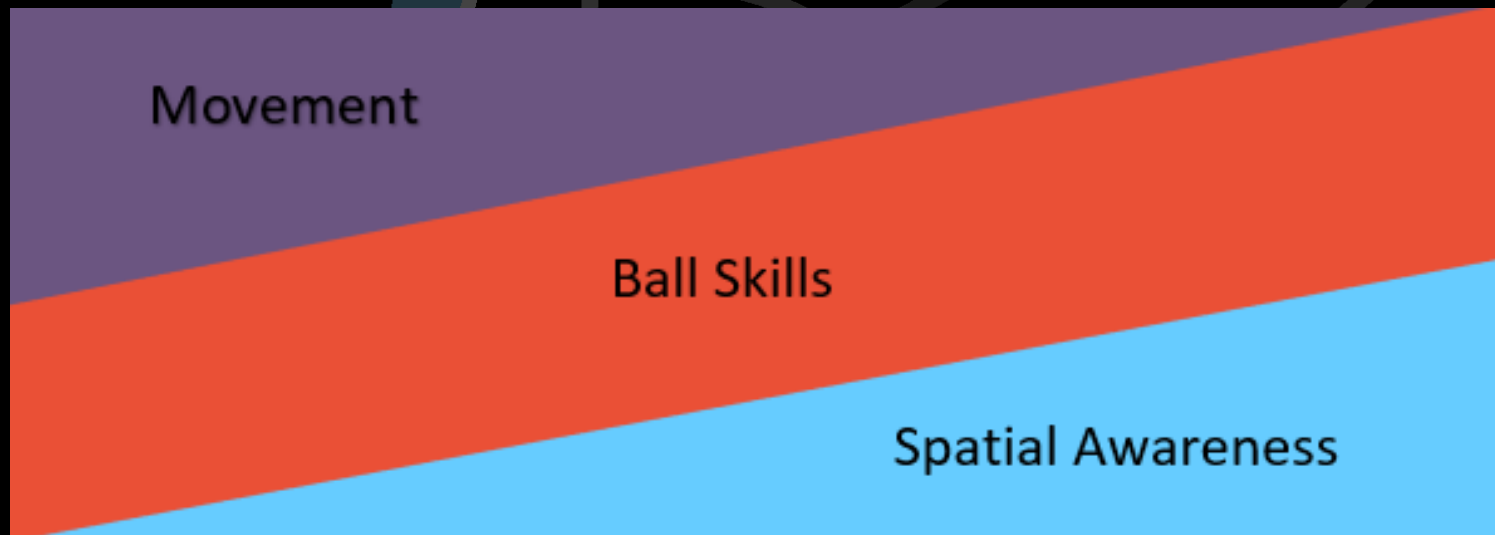
**Game  
Understanding**

**Game Skills**

**Movement**



# Investment season framework



Movement

Ball Skills

Spatial Awareness





# WHAT DOES IT COST?

**\$100 – Baseline cost**

**Level 1 & 2 have additional expenses (S&C, Gym and Trainer)**

## **Benefits**

Professional Development and Experiential Learning

Connection to Northern Zone HP community

First call opportunities

Ongoing support – takes many forms

T/Shirt





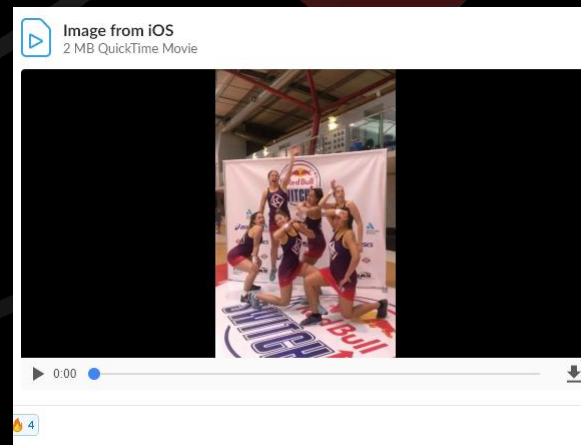
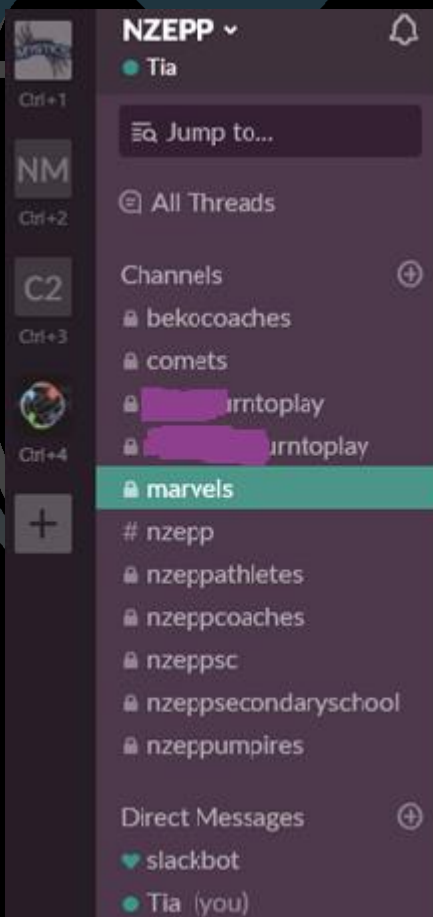
# COMMUNICATION CHANNEL

## SLACK

- Mobile
- Desktop

### Why

- One Place and Easy to Use
- Group Message
- Direct Message
- Free



# Calendars and Teams

Coach Calendar					
Venue West: AUT, Trusts, Netball Waitakere					
Venue South: Manurewa, Trusts, Bruce Pulman					
Monday 8:30pm-9:30pm	Session Type (Theory/Planning)	Wednesday 6:30-9pm	Session Type	Saturday AM	Session Type
August - Post Season					
Monday		Wednesday		Saturday	
NZEPP Applications Open					
September - Post Season					
Monday		Wednesday		Saturday/Sunday	
NZEPP coaches notified of application outcome			NZEPP Applications Close		
October - Investment Season					
Monday		Wednesday		Saturday	
Block 1					
Labour Day			Applications for BEKO Asst. Coach & Team Manager Open		
			Applications for BEKO Asst. Coach & Team Manager Close		
November - Investment Season					
Monday		Wednesday		Saturday	
			BEKO Asst. Coach & Team Manager Interviews		
			BEKO Asst. Coach & Team Manager Confirmed		
Block 2					
Professional Coach TBA					
December - Investment Season					
Monday		Wednesday		Saturday/Sunday	
Professional Coach TBA					
Professional Coach TBA					
Monday		Wednesday		Saturday	
Block 3					
Auckland Anniversary					
February - Pre-Season					
4	NZEPP Ends / Campaigns in full swing				

# Questions



<http://www.mynetball.co.nz/zones/northern/high-performance.html>

