



AFL Central Victoria Junior/Youth Academy

Netball Program

Information Booklet - 2019

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Introduction – The Central Victoria Academy Program



AFL Central Victoria Junior/Youth Academy - 2019

In 2016 AFL Central Victorian Commission commenced a development program for young netballers from across the region.

The players invited into the Academy receive a weekly training program. Approximately 20 athletes are selected in each age group.

The program for 12 year old and 13 year old players is conducted weekly on Wednesday after school.

The program for 14 year old players is a specialist program with players selected in either shooting, centre court or defence. The program focuses on improving specialist skills both as an individual and within a unit. The 14 year old players will train weekly on Monday after school.

Objectives of the Junior Academy Program

- Increase the depth of talent within the region through exposing more players to a higher level of training, participation and coaching
- Increase the standard of competition within the various junior leagues through upskilling players, giving them confidence to play at a higher standard of competition
- Develop an elite talent pathway
- Complement association programs
- Influence the on-field behaviour and values of young players

AFL Central Victoria Academy Operations



Overview of Operation:

The AFL Central Victoria Junior Academy operates under the direction of the AFL Central Victoria Commission.

Carol Cathcart is responsible for the netball operations and takes on the role as Head Netball Coach. Each age group is allocated two coaches to deliver the program.

Cost:

All AFL Central Victoria Academy participants are required to pay a registration fee.

The fee is \$190 and includes:

- Coaching
- Load Monitoring
- Athlete Education
- Competition component
- AFL Central Victoria Training Singlet (returning athletes may deduct \$15 if the 2018 singlet still fits)
- AFL CV Warm Top (returning players will receive long sleeved top unless warm-up top is too small)
- AFL Central Victoria Hoodie (returning athletes may deduct \$30 if the 2018 hoodie still fits)

All fees must be paid by the first night of the program through My Netball (payment difficulties can be negotiated with Carol Cathcart).

Training Program:

The program will commence with a parent information session and initial physical testing:

- All age groups – Wednesday 13th February – 4:30-6pm

Squad Training:

- All age groups will train separately
- 14 years – Mondays from 18th from 4:30-5:45pm
- 12 and 13 years – Wednesdays from 4:30-5:45pm starting 20th February
- No training on public or school holidays unless advised
- No training in May to allow players to compete with teams in tournaments for their association/club
- Final training session last week in July
- Presentation in August

Match Schedule:

Every effort will be made to provide all players with match play. AFLCV will enter the Sunbury tournament in July. Games will be played along side the football program wherever possible.

The Academy Program consists of an information/testing session, training/games/education/recovery and an exit session.

AFL Central Victoria Academy Philosophy



Academy Philosophy:

Young participants play netball for a variety of reasons but primarily for fun, enjoyment and a sense of team. It is a privileged position to assist young players to achieve these goals. This is not a role to be taken lightly as their experience at your junior netball club or in the case of the AFL Central Victoria Academy will have a strong bearing on whether or not they will have the confidence and skill to progress at some time in the future.

The Coaching Philosophy at the AFL Central Victoria Academy is about player development and enjoying the process of this development. We must continue to build upon these foundations through maintaining a positive and enjoyable learning environment at all times.

Team sports have long been recognized for their ability to help mould the values and work ethic of young people for future years. Whether or not children continue to play team sport as an adult, it is often the lessons they learn about team work as a young participant in sport that stands them in good stead for the workplace and life in general.

It helps teach the importance of never giving up irrespective of the circumstances, always striving for one's personal best.

As a region we define success not necessarily in our win/loss ratio, but in the endeavours of our players and the support structures that clubs put in place around each of their teams. We define success in terms of skill mastery as well as making a contribution to the broader personal development of our players.

AFL Central Victoria Academy goals are for each player to exit our academy program a better player and a better person!

Academy Philosophy & Values

1. Team 1st
2. Encouragement and Team Spirit
3. Responsibility (ready to train/play)
4. Achievement (best effort/performance)
5. Enjoyment
6. Respect and Discipline
7. Work Ethic (assists achievement)
8. Continual Improvement