

NETBALL - BACKGROUND INFORMATION FOR NOMINATING ATHLETES

The Western Region Academy of Sport (WRAS) is a non-profit organisation that assists young athletes to achieve sporting excellence. WRAS supports athlete development in a holistic manner and recognises the value of education. WRAS expects athletes to be attending school or tertiary education, meaningfully employed or undertaking other educational or training opportunities.

The Greater Bank WRAS Netball program provides high performance coaching and training opportunities to up-skill athletes and assist them in progressing to higher representation within the sport of netball. The program is endorsed by Netball NSW and provides talented netballers the opportunity to grow as netballers and people within the framework of Netball Australia's Develop a Diamond program. The program sits between local representative netball and higher order representation such as NSW state team selection.

Who can nominate for the WRAS 2022 netball program?

- Athlete must turn 15 or 16 in 2022.
- Athletes must reside or attend school in the WRAS catchment area.
- Athletes must be a current registered member of their local association and Netball NSW.

Proposed Program of Events – guide only – dates and locations may be subject to change

The WRAS netball program will run from February 2022 to September 2022.

- Early February 2022 – 2-day Orientation/Team Bonding
- February-April 2022 – satellite sessions and squad training days dates and times TBA
- 2022 Regional Academy Camp hosted by Netball NSW- date and location TBA
- 8-10 April 2022 – Academy Games in Wagga Wagga
- *No WRAS training between Academy Games and the July training day due to the busy Club and Representative calendars. WRAS expects squad athletes to be playing club and representative netball*
- July- September 2022 – 3x squad training days dates and times TBA
- August 2022 – WRAS presentation evening
- September 2022 – Academy Challenge (3-day inter-academy event in Port Macquarie)
- Strength and Conditioning training program between Orientation and the Academy Challenge

How are selections made?

- Athletes wishing to be considered for the netball squad must complete the WRAS nomination form before the closing date/time and attend the Phase 1 trial. The Phase 2 trial is by invitation only.
- Being part of a previous WRAS squad does not guarantee selection.
- A detailed selection criteria is used which includes physical capabilities, technical competence, tactical awareness, potential to improve, competitive ability, individual application, coachability and behaviour, performance and results at specific events.
- A list of selected athletes is placed on the WRAS website and trialling athletes are advised by email.
- Offers must be accepted by the due date or it may be withdrawn and offered to another athlete.

What is expected of an athlete?

- If selected in a squad WRAS expects that this is the athlete's primary sport of participation
- Attendance at ALL activities in the WRAS program (including presentation evening). WRAS avoids clashes with higher level events run by the State Sporting Organisation. In certain circumstances exemptions can be applied for.
- Athletes are expected to adhere to the WRAS Code of Behaviour policy, participate to the best of their ability, display exemplary behaviour, show enthusiasm and maintain high dress standards.
- WRAS athletes are expected to commit to improving their physical profile and should be aware that this includes undertaking physical activities and testing. They are also expected to undertake an injury prevention program.

What does the program cost?

Athlete Levy	\$270
Compulsory uniform – WRAS polo shirt, training singlet, netball dress, white socks and hoodie	\$238
WRAS Uniform Subsidy	-\$33
TOTAL NEW ATHLETE	\$475
TOTAL RETURNING ATHLETE (no uniform cost)	\$270
Note:	
Each athlete will be required to pay an additional \$110 (estimated) to Netball NSW to attend the Regional Academy Camp	
Each Athlete will be required to pay an additional \$120 (estimated.) towards Academy Challenge if selected	

Athlete levy covers: WRAS membership and insurance, Intensive training sessions under the guidance of local elite coaches, Injury prevention screenings and training program, Sports science fitness testing, Educational seminars

Selected athletes will be advised how they can offset their levy by seeking personal sponsorships through the 'Friends of the Academy' program. WRAS also invites athletes to apply for assistance from funding received from some of the Central West ClubsNSW member clubs.

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