

HBC Netball Centre – “Home of Hibiscus Netball”
To promote, organise and foster the game of Netball



Hibiscus Development Academy (HDA)

PURPOSE: To provide an intensive ‘off-season’ netball specific development academy for up to 25 identified athletes in each of the HDA courses. There will be 2 opportunities for new Academy members to participate in each of the 6 week blocks.

- The first Academy (Off Season) will run for 6 weeks starting Wednesday October 18 – Wednesday 22 November 2017.
- The second Academy (Pre Season) will run for 6 weeks starting Wednesday 28th February to Sunday – 8th April, 2018. Please watch the **website** for more details and how to apply.

WHO SHOULD APPLY: Enthusiastic, committed netball athletes, who are in the year 7, 8, 9 age group who are wanting to aspire to representative netball.

GOALS FOR ACADEMY MEMBERS: By the end “off season” programme each HDA member will:

1. Have attended 6 trainings, delivered by specialists in Netball centered –Technical skills, Nutrition, Physical strength and conditioning. Shown by their attendance at the workshops.
2. Have developed their own goals and player pathway for the upcoming netball year, evidenced in their own plan which has been signed off by the HDA Coach.
3. Have demonstrated improvements in the area of nutrition, strength, technical and mental skills in the game. Demonstrated in their performance graphs.

ACADEMY STAFF and ROLE

- HDA Coach – Tania Cargo
 - NNZ Performance Coach Award Candidate (2016/17), Rep Coach NNH U17-1 (2017), NNH Premier 2 Coach AUT 1, NZ Umpire.
- Strength and Conditioning Trainer – TBA
- CCA Coaches – Upon application - TBA

COST: \$100

EQUIPMENT: Each academy member will require

- Compression tights, water bottle, appropriate training clothing and footwear. Recovery food for each session. Mobile Device to record own process including video technology.

Outline of the Programme:

Date	Session Content	Staff
Wednesday 18 October	Baseline Measures Mental Skills Nutrition & Umpiring	<ul style="list-style-type: none"> • Strength and conditioning coach • HDA Coach, CCA Coaches
Wednesday 25 October	Strength & Conditioning Jump Landing & Ball skills	<ul style="list-style-type: none"> • Strength and conditioning coach • HDA Coach, CCA Coaches
Wednesday 1 November	Strength & Conditioning Specialist workshops	<ul style="list-style-type: none"> • Specialist coaches shooting, middle, defenders • HDA Coach, CCA Coaches
Wednesday 8 November	Strength & Conditioning Mental Skills & Game Application	<ul style="list-style-type: none"> • Psychologist • HDA Coach • CCA Coaches
Wednesday 15 November	Strength & Conditioning Specialist workshops	<ul style="list-style-type: none"> • Strength and conditioning coach • HDA Coach, CCA Coaches
Wednesday 22 November	Post measures Guest speakers	<ul style="list-style-type: none"> • Strength and conditioning coach • HDA Coach, CCA Coaches