



## **High Performance Program**

### **Definition.**

High performance is when an athlete is given the netball skills and opportunity to develop and achieve their ultimate potential. It should provide them with the confidence to represent the province and the country.

### **Goals.**

To Provide:

- A comprehensive program for athletes to reach their potential.
- A program that is successful and captures the passion of the athletes
- A program that is integrated to include as many resources of training as is financially viable for each athlete
- IST training – include sports science, nutrition, fitness, netball skills, technical and tactical training, and welfare.
- A year long program
- Training in goal setting, performance psychology, decision- making, performance analysis (LTAD) and recovery.
- A program that develops a culture of successful learning, motivation and a positive attitude with a strong work ethic.
- A program that encourages working together and developing the skills to work together in stressful situations
- A program that encourages risk -taking and develops effective problem- solving
- A program that is supportive, encouraging and nurtures the athletes
- A program where athletes are treated with dignity and respect
- A program that recognizes the diversity that comes with physical growth and maturation and understands that young people grow at different rates. The programs are designed for the appropriate development stage of the athlete (LTAD).

Athlete Pathway.

See Athlete Pathway.