



CENTRE

HANDBOOK

2023






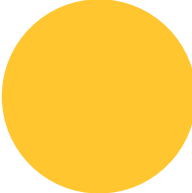
Operational Manual
2023



Woolworths NetSetGO
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WELCOME

Welcome to Woolworths NetSetGO. We are so glad you are here to create awesome experiences for kids across Australia as they have a go at netball. You are joining a network of passionate and dedicated people who are determined and excited to create extraordinary sport experiences for kids. Woolworths NetSetGO is all about having fun, meeting new friends while learning the basics of netball.

We're here to support you along the way, in your role as coordinator, this manual will help you learn the ins and outs of the program while also letting you know where you can find further support when you need it.

As a coordinator for your local Woolworths NetSetGO centre, we cannot thank you enough for the time and energy you will put into Woolworths NetSetGO. .

We hope you are excited for what 2023 will bring and to jump onto the court with eager, nervous, and excited NetSetGO'ers.

Netball Australia and the Woolworths NetSetGO Team



WHY KIDS LOVE WOOLWORTHS NETSETGO

We spoke with kids about their experience in Woolworths NetSetGO and it became apparent that we are hitting a “sweet spot” with a good balance of socialisation and providing an environment to have-a-go. We found that kids stay in Woolworths NetSetGO to play, to grow and to dream. These experiences can be described as the way

- Kids connect with the game
- Kids develop skills and competence
- How kids can envision future success
- How kids develop confidence



Grow

This is about the foundations of safety... safe to play, safe to learn. This is where kids learn more than just the game, supported by an encouraging coach and an environment that sets them up for success in the future. This experience is highly valued by parents.



Play

This is about the sense of belonging...I belong here with my friends and on this team. It is about social fit, connection with others and the ability to play at the level required. This is an opportunity for us, to not just harness the connections for kids, but also for parents and the netball community.



Dream

This is about the game – the competition – and this is where things like role models and aspiration exists. In our little Net kids, this can show up as a connection with the coach or other older kids who help out. For our GO kids, this can be things like aspiring to play at the next level, to have an official role like coach or umpire or maybe to win.



“It’s just really fun and it’s an activity and like, it’s one of my best sports that I can play.”
9 year old, NSW

“I feel happy when I play netball, we just have fun every time.”
9 year old, NSW

KIDS CORE NEEDS

Kids are more likely to call an experience “fun” when their core needs are met. There are 6 core needs of kids, and it’s our aim as a program to meet these needs in every kids that joins us along the way.

Belonging

Kids need to feel like they belong, that it matters to someone that they are there.



Attention

Kids need attention, and for their presence to be noticed and acknowledged.



Safety

This is about feeling that you can relax, that you can trust the people around you.



Independence

Kids need to feel (age-appropriate) independence - they they are their own person and can act independently.



Achievement

Kids need to feel a sense of achievement, that they have done something they couldn't do before.



Fairness

Kids need to feel that things are fair - that they are not at a disadvantage to the people around them.



OUR PROGRAM PHILOSOPHY

Woolworths NetSetGO prides itself on developing an inclusive, fun and extraordinary program and we have a few key philosophies to help us do this:

1

We are totally inclusive

We don't turn any kid away and we actively seek new kids to play.

2

We are curious

We are a sport which tries new things and uses our creativity to deliver extraordinary experiences.

3

We are agile

We can pivot and move fast, trying new things to continue to be the best sport for kids to play

4

We make things fun

More games, less drills. We practise netball skills with a game-based learning approach.

5

We instil confidence in kids

Modified equipment and rules increase moments of success, sense of achievement and help develop skills safely.

6

We are committed

We provide feedback, attend meetings and are continually working together to become an amazing team

ROLES IN WOOLWORTHS NETSETGO

There are some important roles that make Woolworths NetSetGO happen.

THE COORDINATOR

Our Centre Coordinators are the key people behind the awesome experience we provide kids and parents in Woolworths NetSetGO. They undertake a number of tasks to ensure the programs run seamlessly. They also are the key contacts for Member Organisations and Netball Australia to get in touch with about your program.

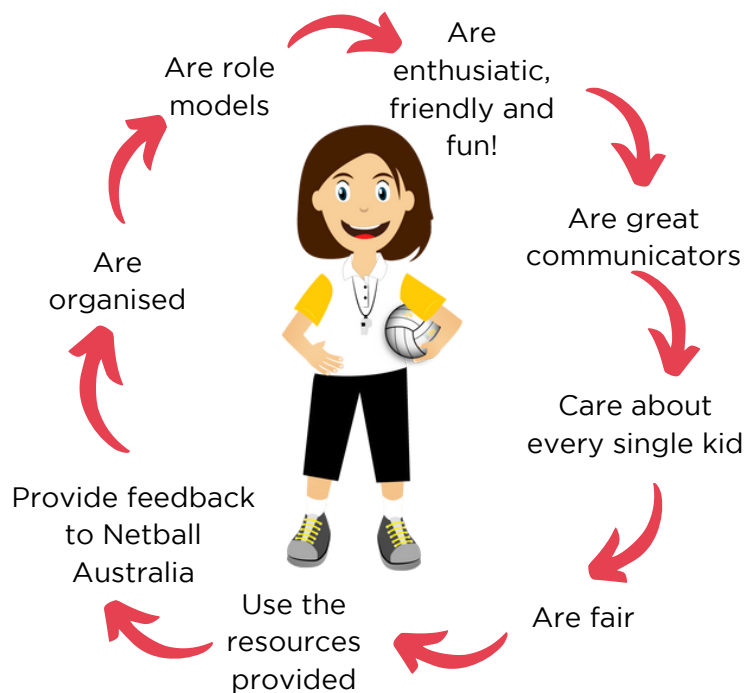
"Our Coordinators are the glue that hold programs together. They connect coaches, volunteers and parents to deliver an extraordinary experience for young kids in the community. The program wouldn't exist without their passion!"
- MO Coordinator



THE COACH

Woolworths NetSetGO is the first experience a kid or parent has with netball. Whether you are a long-time netball die hard, or first-time-roped-in coach or even a young, aspiring netball coach you serve such an important role in the program. Please note all coaches must hold a valid Working With Children's Check.

"The coaches are really nice and if you make a mistake they don't get mad at you, they like make a joke out of it."
9 year old,
NSW



LEVELS OF PROGRESSION (TIERS)

To help kids navigate through the netball part of the program, Woolworths NetSetGO has added three levels (or tiers) of progression. These tiers will help coaches run age and skill level appropriate activities for their kids, maximising their engagement in the program. Please note that progression through the tiers is based predominantly on the skill level and changing needs of the participants (i.e. not restricted by age ranges).

Net
Perfect for 5-6 year olds

Perfect for little hands and little feet, you'll use modified equipment like bean bags, hoola hoops and softer balls

Set
For 7-8 year olds

All about practising your skills and playing modified games using a smaller ball perfect for growing hands.

GO
For 9-10 year olds

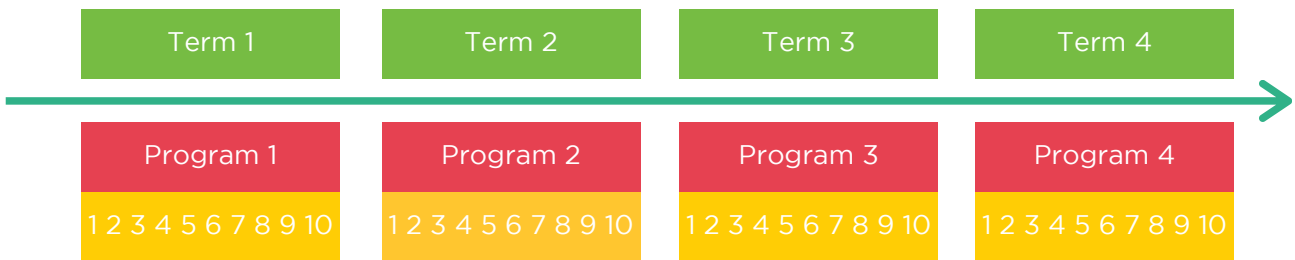
Highlight the skills they have learnt and play modified matches with supporting umpires and encouraging coaches.



	Net	Set	Session 1	Session 2
Session length	45-60 min	60 min	45-60 min	45 min
Kid to coach ratio	10:1	10:1	10:1	10:1
Warm up	5-10 min	5-10 min	5-10 min	5-10 min
Game-based activities	20-25 min	20-25 min	30 min	n/a
Modified game play	10-15 min (recommended 4v4)	20 min (recommended 4v4, 5v5)	20 min (modified mini match)	30 min (modified mini match)

PROGRAMS

A program is an 8-10 week block of sessions. Best practise programs are aligned to the School Terms. Centres may run multiple programs across different tiers, venues or time slots to create a variety of options for kids participating.



Why Term by Term?

Best Practise delivery of Woolworths NetSetGO is 8-10 week programs, aligned to the school term/

- Helps parents manage their family budgets
- Increases the opportunities for new kids to sample the program
- Decreases financial and time commitment of parents
- Provides more opportunities for kids to progress and celebrate achievements
- Maximises potential revenue for Centres
- Increase opportunities to work with local Schools
- Increase opportunities for kids to come back to netball in the same year
- Aligns to Netball Australia's National Marketing campaign, maximising new customer registration

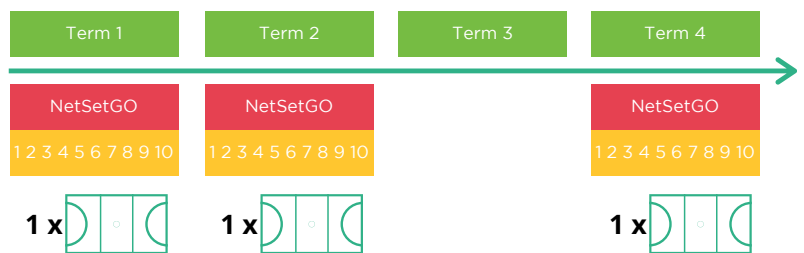
EXAMPLE OF PROGRAMS

Small Sized Centre

Small Centres have between 10-30 kids enrolled. Generally, they are from remote or less populated areas. These small Centres may not have the numbers to run a program every term.

Small Centres don't have the numbers to run separate tier programs and so combined the ages 5-10 in one program. Within the program, Centres can make small groups to manage the kids progression and development.

One court is recommended per program.



“You get to run around, and you get to try and shoot goals, and if you hit a goal then you feel really proud”
10 year old, VIC



EXAMPLE OF PROGRAMS

Medium Sized Centre

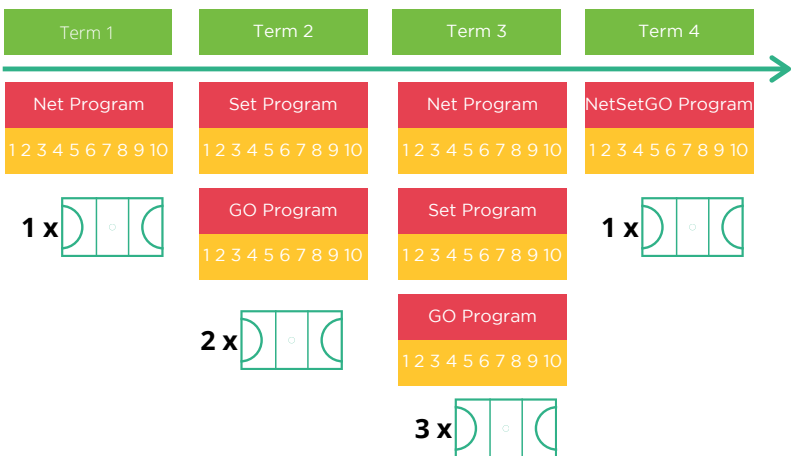
Medium sized Centres have between 30-100 kids enrolled.

Medium Centres are encouraged to run programs in tiers. Net and Set programs should be managed in larger program sizes and Centres can make small groups to manage the kids progression and development.

One court is recommended per program.

Here is an example of what the week looks like in term 2.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GO Program - training			Set Program		GO Program - game	



Large Sized Centre

Large Centres have 100+ kids in their programs. It is recommend that large centres run a Net, Set and GO program each term. If the centre has the interest and the space, they could run more than one tier program each term too. (eg. provided two options for a Net program on a Monday or a Tuesday)

1 court per 30 kids 



Example of Term 1 weekly schedule for a large centre.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Net Program	GO Program - Training	Set Program			GO Program - Game	

Example of Term 2 weekly schedule for a large centre.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Net Program	GO Program - Training	Set Program	Net Program		GO Program - Game	
			GO Program - Training		GO Program - Game	

PARTICIPANT PACKS

Parents can locate their closest Woolworths NetSetGO centre through the Woolworths NetSetGO Finder located [here](#).

All Woolworths NetSetGO participants must register online through Play HQ (NSW,WA, TAS & SA) or Netball Connect (VIC, QLD & NT). Offline payments are not accepted for Woolworths NetSetGO and Centres should receive payment up-front for registrations.

Once the registration has been processed, participants will receive a separate e-store activation email. After the account has been activated, store credit will automatically be applied to their account. The participant will need to redeem their participant pack and process the order.

Participants registering for the first time will redeem the First Time NetSetGO'er pack which includes a t-shirt and a NetSetGO size 4 netball and participants will have the option to personalise the top with their name for an additional \$10. Returning participants will be able to redeem the brand new Experienced NetSetGO'er pack which includes a drawstring bag and a drink bottle. The pack will take between 3-7 business days to arrive at the participants nominated address.

For more information on the participant packs, check out our [frequently asked questions](#) page.

The Netball Australia fee will NOT be refunded once the pack has been processed. Refund or withdrawals relating to the other fee components are dealt with by the Member Organisations according to each entities refund policy. Please get in touch with your Member Organisation to find out more.



WOOLWORTHS NETSETGO SHOP

Woolworths NetSetGO have launched a brand new online shop which is your one-stop shop for Netball equipment and Woolworths NetSetGO merchandise. From backpacks, water bottles and hats to agility ladders, bean bags and more!

1st year Woolworths NetSetGO centres will receive a complimentary start-up NetSetGO equipment kit.

Returning centres will have access to exclusive promotions throughout the year on the Woolworth NetSetGO shop.

netsetgoshop.netball.com.au



NEED HELP?

Member Organisation Contact

Netball VIC

Contact: Megan Avery

Phone: (03) 9321 2246

Email: netsetgo@netballvic.com.au

Web: netballvic.com.au

Netball SA

Contact: Lucy Heard

Phone: (08) 8238 0510

Email: lucy.herde@netballsa.asn.au

Web: <https://sa.netball.com.au/>

Netball WA

Contact: Zara Hardwick

Phone: (08) 9380 3732

Email: netsetgo@netballwa.com.au

Web: www.netballwa.com.au

Netball ACT

Contact: Emma Brear

Phone: (02) 6241 4088

Email: emma.brear@netballact.com.au

Web:

<https://act.netball.com.au/woolworths-netsetgo>

Netball QLD

Contact: Georgia Elliot & Bronte Grancourt

Phone: (07) 3426 9523

Email: netsetgo@netballq.org.au

Web: qld.netballq.com.au

Netball NT

Contact: Gayle Nairn

Phone: (08) 8945 1733

Email: participationnorth@netballnt.org.au

Web: nt.netball.com.au/

Netball NSW

Contact: Stacy Harding

Phone: (02) 9951 5000

Email: netsetgo@netballnsw.com

Web: www.netballnsw.com/

Netball TAS

Contact: Mackenzie Queen

Phone: (03) 6282 1822

Email: mackenzie.queen@tasnetball.org.au

Web: <https://tas.netball.com.au/>

Woolworths NetSetGO General Enquiries

Contact: Netball Australia

Email: netsetgo@netball.com.au

Find More Information On Our Website

Woolworths NetSetGO Website

<https://netball.com.au/woolworths-netsetgo>

Frequently Asked Questions

<https://netball.com.au/woolworths-netsetgo-faqs>

Woolworths NetSetGO Pack & Shop Enquiries

DMC Sport

Email: enquiries@dmc sport.com.au

Phone: 03 7003 6859

www.netsetgoshop.netball.com.au