



*A pathway from
grass roots to elite netball
for Central Coast athletes*



Our vision

A thriving, passionate netball community on the Central Coast.

Our values

Care

We work as a team to build and nurture relationships in our communities.

Commitment

Our passion for netball drives us to promote the sport and develop pathways for athletes to achieve their potential.

Honesty

We are professional, trustworthy, loyal, consistent and accountable.

Proudly supported by



**Long Jetty/Berkeley Vale Podiatry
Torrens Conveyancing**

Gosford Netball Association - Woy Woy Peninsula Netball Association - Wyong District Netball Association

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How it all started

Introduction

It is with great pleasure that we present this report on the accomplishments of the Central Coast Heart in its inaugural Premier League season.

From the idea that there should be a pathway from grass roots to elite netball for Central Coast athletes, this venture has blossomed into something that the region can be very proud of.

Our inaugural season was a steep learning curve. Strategies were developed and frameworks and systems were put in place to ensure the organisation ran efficiently and professionally.

Programs were implemented to promote the game of netball across the Central Coast including opening up Central Coast Heart training sessions to aspiring coaches in the region, supporting local netball events and running netball clinics for young players.

In addition, to further promote the game, a social media presence was established with our most successful Facebook post reaching 7,237 people.

The results we've achieved in our first year are a result of hard work and reflect the Central Coast Heart's values of care, commitment and honesty.



Standing (from left): Samantha Gribble (Gosford Netball Association), Emma McBride, Jody Sharpe, Frank Passmore (Wyong District Netball Association), Bronwyn Rumbel.

Seated (from left): Lisa Coakley (Woy Woy Peninsula Netball Association), Di Selby, Donna Judge, Amber Cross.

History of Central Coast Heart



The 2013 ANZ Junior Club of the Year was the Central Coast team – Pelicans.

The Central Coast has proven itself to be a successful netball region comprising three associations, fifty clubs, almost 6,000 players plus volunteer umpires, coaches, managers and supporters.

In 2011 Gosford Netball Association, Woy Woy Peninsula Netball Association and Wyong District Netball Association came together to form Central Coast Netball.

Central Coast Netball started out with one team in the 2011 State League competition expanding to four teams in 2015 and winning their first title in 2014.

A committee, comprising Dianne Selby, Amber Cross, Megan Sharpe and Donna Judge, was established in 2014 to prepare a bid for one of the eight licences in the inaugural Netball NSW Premier League competition.

Central Coast Netball was the only non-metropolitan franchise to successfully secure a licence in the new competition and the Central Coast Heart was born!

With the support of netballers across the region, the Central Coast Heart fielded two teams (Opens and Under 20s) in the inaugural 2016 Premier League season.

Making it happen

Our Community Partners

Platinum Partner – Central Coast Leagues Club

Central Coast Leagues Club was formed in 1954 and was the first registered club established on the Central Coast.

In another first, the Central Coast Leagues Club joined with Central Coast Heart as a platinum partner for the new Premier League competition.

Peter Blacker, General Manager of Central Coast Leagues Club noted, “The newly formed Premier League is an exciting opportunity for talented local netballers to compete in an elite competition.”

Central Coast Leagues Club is dedicated to supporting the community and their partnership with the Heart demonstrates this commitment.



Central Coast Leagues Club is located in the heart of Gosford overlooking the spectacular Brisbane Water.

The Central Coast Heart’s season launch and end-of-season presentation were both held at the Central Coast Leagues Club.



Eddie Johnson, on behalf of Central Coast Leagues Club, signing up as a Platinum Partner.

Gold Partner – Bendigo Bank

With five branches across the Central Coast, Bendigo Bank was proud to come on board as a gold partner during the Central Coast Heart's inaugural season.

Bendigo Bank believes successful customers and successful communities create a successful bank – so they are pleased to be able to offer financial guidance to netballers and their families across the region.



Silver Partner – Long Jetty/Berkeley Vale Podiatry

It was a delight to have the team at Long Jetty/Berkeley Vale Podiatry as an inaugural silver partner.

Centrally located on The Entrance Road at Long Jetty, their team of podiatrists assess, diagnose and treat sporting injuries along with a range of foot care conditions including bio-mechanical/postural conditions, diabetic foot conditions, arthritic conditions, occupational injuries, orthotic prescriptions and nail surgery.



Silver Partner – Torrens Conveyancing

Central Coast Heart was pleased to have another long-time supporter of netball in the region, Torrens Conveyancing, as a silver partner in its inaugural season.

At Torrens Conveyancing they put 100% effort, dedication and detail into their work – just like the athletes at the Central Coast Heart.



Our Netball Community

Central Coast Heart would not be the success it is without the ongoing support of the three netball associations from across the region.



Gosford Netball Association

Gosford Netball Association was formed in 1961 as the Gosford Women's Basketball Association. Over 50 years later they are still based at Adcock Park in a 27-court complex with over 2,600 players.

In May 2016 Central Coast Heart athletes ran the barbecue as part of the Pink Sports Day raising funds for the Breast Cancer Network.



Woy Woy Peninsula Netball Association

Woy Woy Peninsula Netball Association was formed in 1980 and is based at Lemongrove Reserve.

In August 2016 Central Coast Heart Athletes ran a well-attended clinic for 9-10 year olds at Woy Woy.



Wyang District Netball Association

Based at Baker Park, Wyong District Netball Association was formed in 1961 and now boasts more than 2,500 players during their Saturday winter netball competition.

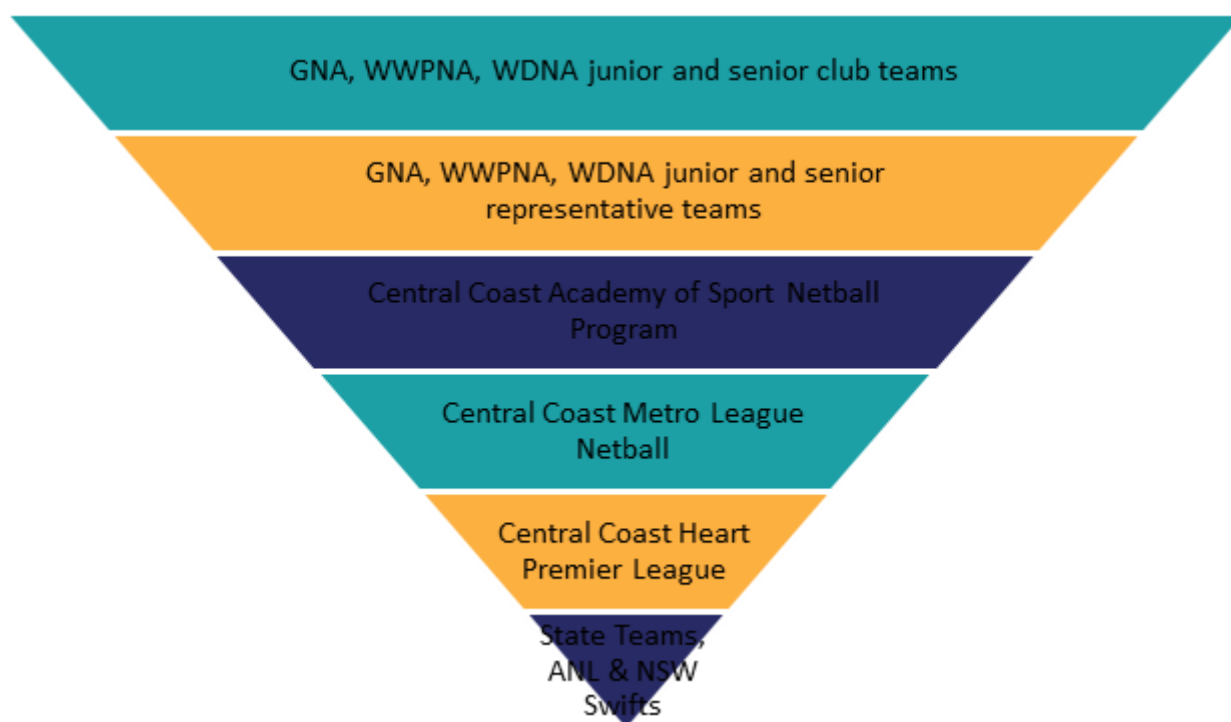
In August 2016 Central Coast Heart athletes attended the Net Set Go presentation at The Entrance and also attended an All-Age Carnival at Wyong, presenting the winners and runners up with their medallions.



Our Netball Pathway

An objective of Central Coast Heart is to establish pathways to the elite level for local athletes, umpires, support staff and officials.

Central Coast Heart provides a mechanism to foster local talent (without losing this talent to Sydney) which, in turn, strengthens grass roots netball as Premier League athletes, coaches, managers and umpires do not have to leave the Central Coast and can stay with their local clubs to mentor others.



Our inaugural season

Our High Performance Program

We are extremely proud of the High Performance Program we ran in 2016. The success of our High Performance Program was largely due to the time and effort put in by the professional and experienced team we assembled.

- Amber Cross – Head Coach – Opens
- Nerida Stewart – Head Coach – U20s
- Megan Sharpe – Assistant Coach – Opens
- Jessica Morgan – Assistant Coach – U20s
- Jenene Carling – Manager – Opens
- Pamela Proctor – Manager – U20s
- Marion Van Munster – Coach Mentor
- Alison Broadbent – Specialist Coach
- Lauren Hill – Umpiring Mentor Coach
- Adrian Schultz – Strength & Conditioning Program Advisor – University of Newcastle, Exercise & Sport Science Department
- Rochelle Hardwick – Strength & Conditioning Coach - University of Newcastle, Exercise & Sport Science Department
- Simone Williams – Lead Physiotherapist – Physiotherapy Sports Clinic

Our High Performance Program began with athlete induction in October 2015. Among other things, induction included pre-screening of athletes and a briefing on the off-season strength and conditioning program. Athletes completed a 12-week home strength and conditioning program between October and December, then came together in early January at the first ever Central Coast Heart Training Camp. Camp included a range of testing protocols, skills sessions, team building activities, and several educational seminars (nutrition, recovery, and injury management and prevention).

Regular skills training sessions began in mid-January with 1-2 sessions held every week (30+ sessions in total) throughout the course of the season. These sessions included numerous specialist presentations by Alison Broadbent and Marion Van Munster. Regular strength and conditioning sessions also began in mid-January with 30+ sessions completed at a variety of indoor and outdoor locations across the entire season. In addition to the on-court strength and conditioning sessions, athletes were given supplementary programs to complete themselves at home and in the gym. Re-testing of athletes was performed in April and in July. Athlete load management and wellbeing was consistently monitored throughout the season.



Our Athletes

Under 20s



Standing (from left): Jessica Morgan (Assistant Coach), Nerida Stewart (Coach), Tarsha Hawley, Piper Nowland, Bronte Doorn, Laura Rodger, Demi Evans, Pamela Proctor (Manager).

Seated (from left): Katelyn Stansfield, Lauren Baxter, Madison Hilton, Carly Leembruggen, Claudia Rodwell.

Development Squad



(from left) Jacinta Clark, Hannah Stewart, Abbey Hackmann and Jazmyn Rodwell.

Umpire



Jordan Kiss

Opens



Standing (from left): Megan Sharpe (Assistant Coach), Amber Cross (Coach), Lisa Spencer, Natasha Robards, Leanne Grevenitz, Madeleine Taylor, Tamara Black, Jenene Carling (Manager).

Seated (from left): Jacklyn Lahari, Tianna Cummings, Kayla Sbrugnera, Kristen Kessler, Alicia Walsh.

Absent: Lauren Moore.



Under 20s
Athlete of the Year
Tarsha Hawley

Under 20s Players' Player
Laura Rodger

Athlete of the Year
Kristen Kessler

Players' Player
Madeleine Taylor

Results

In our inaugural season we achieved our goals of fielding competitive teams and setting the foundation for a strong team culture from which we could build in future years.

The Under 20s finished the season in 6th place with five wins, one draw and eight losses – with many of those losses being by very small margins.

The Opens finished the season with six wins, one draw and seven losses, narrowly missing the semi-finals on a goal countback.



Individually our coaches, athletes and umpire also had outstanding accomplishments:

- Nerida Stewart – Netball Australia Targeted Coach Program
- Lauren Moore – NSW Swifts
- Kristen Kessler – NSW Under 19 team Vice Captain & Premier League Player of the Year
- Demi Evans – NSW Under 17 team Captain & NSW Institute of Sport Scholarship
- Jacklyn Lahari – Papua New Guinea national team Co-vice captain
- Carly Leembruggen – NSW Under 17 development squad
- Madison Hilton – NSW Under 17 development squad
- Jordan Kiss – Umpire at New Zealand Men's National Championships

Looking ahead

We appreciate and thank everyone that has contributed to the success of the Central Coast Heart in its inaugural 2016 season and we are excited about the opportunities to build upon what we have already achieved in 2017.





