



## 2023 Annual Report

Central Coast Heart is a collaboration between the region's three netball associations to promote the sport and build a pathway from grass roots to elite netball for local players, coaches, umpires and officials.

Central Coast Heart is governed by a Board, comprising representatives of the region's three associations along with six independent members, which has a range of skills including sports administration, pathway/program development, marketing and promotion, fundraising and sponsorships, finance, legal and participation in elite sport.

The 2023 season consolidated the post-COVID return to competitive and community netball as Central Coast Heart worked towards its vision of a thriving, passionate netball community on the Central Coast.

Central Coast Heart's key personnel and player roster (via athlete appearances) continue to contribute to the netball and broader community through a number of roles and events.

### ***Promoting the game of netball on the Central Coast.***

#### Encouraging participation

Central Coast Heart annually conducts a series of **clinics** (geographically dispersed across the Central Coast and into the Hunter). These clinics are targeted at:

- juniors - aimed at increasing foundational skills and building a love of netball:
- intermediates - aimed at developing specialty skills (defence, mid-court and shooting) and building connections with Heart athletes; and
- umpires - to provide an introduction to a specialist umpiring skills program.

Central Coast Heart conducted a **social twilight** at Woy Woy Peninsula Association in 2023. With an emphasis on fun these social competitions (conducted since 2016) have attracted new players (including first time players across all age groups and genders) that translated into regular season registrations at local Associations.

Central Coast Heart, its three foundation associations and a number of local clubs have all signed up to the Central Coast **Sports Hub** [www.sportcentralcoast.org.au/sportshub](http://www.sportcentralcoast.org.au/sportshub) - an on-line tool to provide information to the community on potential sport and active recreation opportunities that meet their needs.

## Building capacity

In 2023 Central Coast Heart co-hosted a **community coaching workshop** (with Coast Sport and the Central Coast Academy of Sport) targeted at grass roots and pathway coaches. The workshop, held in April 2023, focused on strapping, pre-hab and warm-ups, injury prevention, performance enhancement and recovery, hydration and nutrition plans.

Central Coast Heart has a standing offer to local coaches to attend regular season Premier League training sessions to gain insights into the elite environment and practical tips (including session plans). In the past these **open coaching sessions** have been attended by academy, representative and community coaches from across the wider Central Coast and Hunter region.

## Building the profile of netball

All of Central Coast Heart's 2023 Premier League matches were **livestreamed** on Cluch TV to provide access to this competition for supporters unable to make the weekly trip to Sydney.

Central Coast Heart promotes the sport of netball and the achievements of local participants via its **social media**: [www.centralcoastheart.com.au](http://www.centralcoastheart.com.au), Facebook and Instagram (@centralcoastheart).

During the Premier League season Central Coast Heart is active in **local media**. Central Coast Heart conducts weekly radio interviews; as well as being featured in news items on NBN television. Central Coast Heart works to raise the local profile of netball through nominations in the annual **Central Coast Sport Awards**. In 2022 Gima Crowdy was a finalist in the Coach of the Year category and in 2023 Amber Cross and Noah Stephenson were nominated in the Coach of the Year and Young Sportsperson of the Year categories.

In 2023 Amber Cross won the Community Coach of the Year at the **Sport NSW Sport Awards**. In addition to her role as Central Coast Heart head coach, Amber has been appointed the NSW 19U coach for 2024.

Sport Central Coast is a regional organisation (including representatives of the Office of Sport, Central Coast Council and Central Coast Academy of Sport) that facilitates collaboration and advocates on behalf of the sport and active recreation sector in the region. The Chair of Central Coast Heart is a community member on the board of **Sport Central Coast**, providing netball with a position of influence and a seat at the table for regional strategic sports and facilities planning.

### ***Establishing pathways to the elite level:***

## Involvement with Clubs/Associations

Central Coast Heart coaches and players actively support the annual Aspire **11s development** charity fundraising day in Newcastle.

Central Coast Heart players also attend **Senior and Junior State Titles** to support representative players and coaches from their local associations. Players also attend the end-of season grand final days at their local associations.

The Board of Central Coast Heart includes **four life members** from Gosford Netball Association, Woy Woy Peninsula Netball Association and Wyong District Netball Association plus life members of two local netball clubs.

In addition, the Board, coaches and managers of Central Coast Heart **contribute to clubs and Associations** (across the wider Central Coast-Hunter region) in the following capacities: president, executive, umpiring convenor, social media manager, honorary auditor, representative program mentor, coach mentor, representative coach, representative manager, club coach, umpire mentor, umpire and player.

#### [Work with Netball NSW](#)

Central Coast Heart board members and coaching staff are also accredited Netball NSW **Talent Selectors, Coach Educators, Course Presenters, Assessors and Development Officers**.

#### [Involvement with Academies](#)

Central Coast Heart boasts the current **head coach** of the Hunter Academy of Sport and previous head coaches of the Central Coast Academy of Sport and Northern Inland Academy of Sport. Central Coast Heart players are also involved as **specialist and assistant coaches** at the Central Coast and Hunter Academies of Sport. Central Coast Heart's head coach is also a **coach and player mentor** for the Regional Academy of Sport and Institutes.

To promote the development pathway, Central Coast Heart players attend two training sessions at both the **Central Coast and Hunter Academies of Sport** to work with athletes on specialist skills. Central Coast Academy athletes are also invited to **selected workshops/sessions** with Central Coast Heart to provide them with exposure to the elite environment.

#### [Linkages between Metro League and Premier League](#)

To ensure a **seamless pathway** Central Coast Heart is the region's umbrella organisation across the Premier League and Metro League competitions.

Central Coast Heart fielded **four teams** in the 2023 Netball NSW Premier League and Metro League competitions.

Annual selections for Central Coast Metro League and Premier League teams are part of an **integrated two-phase selection process** carried out during October-November each year.

In 2023 there were five Premier League U2tis **training partners** in the Central Coast Div 2 Metro League team.

Premier League players make appearances (as role models) at Metro League training for **specialty coaching sessions**.

#### [Promotion of Men's Netball](#)

It was exciting to have Men's teams from across the Hunter-Central Coast region enter the **2023 State Titles**.

Local male athletes selected into State Men's teams are **offered training partnerships** with Central Coast Heart's Premier League Under 2tis in their technical and strength & conditioning programs.

## Technical Officials' Pathways

Central Coast Heart's Umpire Coach works closely with club and association umpires from across the wider region to ensure locally **identified umpires are supported** across all programs.

When Jordan Kiss was identified by Netball NSW as a Tier 1 Metro League umpire, Central Coast Heart offered Jordan a full **scholarship** including a full strength & conditioning program. In 2023 Jordan achieved her All Australia umpiring award.

A Central Coast Heart Board member is currently the **umpiring convenor** at two associations across the Central Coast-Hunter region.

## Track Record in elite netball

Central Coast Heart is a recognised pathway to elite netball.

Lauren Moore is a local Wyong junior representative player who progressed through the Central Coast Academy of Sport into Premier League and is now in the Suncorp Super Netball competition.

Hope White is a Hunter junior representative player who progressed into Premier League, with Central Coast Heart, then the 17U state team and in 2023 was named in the 17U Australian squad.

## Regional

Central Coast Heart personnel have been coaches of the NSW Emerging Regional Talent Squad.

## State

The silver medal winning 2023 NSW 17U team includes both a head coach and a player from Central Coast Heart. While the NSW19U team includes the Central Coast Heart physio.

For 2024 Central Coast Heart coaches have been appointed as head coach of the NSW 19U team and apprentice coach of the NSW 17U team.

Central Coast Board members have also previously held the position of NSW state team apprentice coach, NSW 17U and 19U assistant coach and head coach of Northern Territory 17U, 19U and ANL teams and the Northern Territory Institute of Sport.

## National

The 2023 Suncorp Super Netball competition included a Central Coast Heart player (Lauren Moore) and umpire (Jordan Kiss). A Central Coast Heart coach is a foundation member of the NSW Swifts; and a board member played for both the NSW Swifts and the Queensland Firebirds.

## International

A Central Coast Heart coach was the head coach of the Papua New Guinea national netball team in 2023.

Central Coast Heart's board and coaching staff include a former Diamond and Commonwealth Games gold medallist; and a former Australian 19U, 21U and Fast Five-player.

### ***Building a sustainable organisation:***

#### Partnerships

For the 2023 season Central Coast Heart was excited to announce a further five-year partnership with the Central Coast community branches of **Bendigo Bank**. Central Coast Heart's other foundation partner, **Central Coast Leagues Club**, continued its investment in Heart's high performance program; while patron and Federal Member for Dobell, **Emma McBride**, also continued her support of Central Coast Heart during 2023 to promote netball across the region.

#### *Conclusion*

Central Coast Heart has worked hard to promote the sport of netball and provide high pathways during 2023 and we appreciate all those individuals and organisations who have collaborated with us in this endeavour.

Looking forward to continuing to work together to build a thriving, passionate netball community!