



Central Coast Heart Netball – Athlete Wellbeing/Load Management Policy

Central Coast Heart (CCH) has always and will continue to support our athletes' desire to stay connected with their associations.

To ensure our whole netball community is receiving, understanding, and relaying the same information, below is an outline of what programs and competitions CCH Premier League and Metro League athletes can be involved in throughout the pre-season training block and, during the competition season.

Yes

Metro League (ML) athletes can:

- **play with club team** (within their association) – on a modified schedule (see below) for the entire season.
- **train with club team** – on a modified schedule up until ML competition starts.
- **play with association representative team** – on a modified schedule.
- **train with association representative team** – on a modified schedule up until ML competition starts.
- **play in carnivals with association representative team** (as preparation for State Titles) – on a modified schedule.
- **play in State Titles** (with association representative team) – on a modified schedule.

Premier League (PL) athletes and training partners can:

- **play with club team** (within their association) - on a modified schedule for the entire season, however, cannot train with club team.
- **play with association representative team** – on a modified schedule, however, cannot train with their representative team.
- **play in carnivals with association representative team** (as preparation for State Titles) – on a modified schedule (see below).
- **play in State Titles** (with association rep team) – on a modified schedule.
- **play other organised sports** – on a modified schedule.

Modified Schedule:

- The athlete must first have the conversation regarding their proposed commitments/competitions with their Head Coach before committing to any other sport program.
- The athlete must understand, accept, and adhere to the jointly agreed arrangement/s discussed with their Head Coach and CCH team assigned physiotherapist.

Central Coast Heart prioritises athlete wellbeing above all and aims to make shared and informed decisions and recommendations regarding participation, that result in the best health, wellbeing, and performance of each individual athlete.

Central Coast Heart seek to ensure young developing athletes have a strong understanding of what load/overload is, the unfortunate consequences in relation to injury/injury management and, the impact on their ability to get on court.

We do not want our young athletes to “break”, we want to keep them on the court, we want them to have fun and enjoy the sport – so we need to work together to ensure they can!

Any questions please firstly communicate directly with the team Head Coach, Team Manager and/or contact Central Coast Heart’s High-Performance Manager highperformance@centralcoastheart.com.au .