

# Central Coast Heart

## 2020 Annual Report

Our Central Coast Heart values of care and commitment were on show during a season that didn't unfold as we'd planned and presented many new challenges for players, coaches and administrators.

Competition commencements were delayed due to the need to protect our community's health during the COVID-19 pandemic and the requirement to develop and implement COVID-19 Safety Plans and protocols to ensure our sport could operate safely.



After what was "the longest pre-season ever" the Premier League and Metro League competitions commenced in July for shortened seasons.

Our three local netball associations also had delayed starts and did a fabulous job of organising competitions in very demanding circumstances.

Thank you to all who were part of the Heart during this unprecedented season - your efforts and support were very much appreciated.

# Our sport

- During the COVID-19 lockdown our Premier League players provided training tips and drills via Central Coast Heart's social media to encourage our netball community to keep fit and to provide an insight into our elite conditioning and skills programs.



- Our Twilight @ Gosford 2019 won the Sport & Active Recreation Event of the Year at the Central Coast Sport Awards.



- And at the end of 2020 Central Coast Heart conducted its first twilight events (Trylite and Hot Shot) at Woy Woy Peninsula.

**“Thank you for an amazing 4 weeks of competition and extra court time for the kids...”**



# Our pathways

Central Coast Heart fielded three teams in the 2020 Dooleys Metro League and Origin Energy Premier League competitions.

Central Coast Heart's Premier League Open team set a new record for the longest winning streak in the competition's history and was the form team all year finishing on top of their conference (with twelve wins and one loss) and (after a number of season-ending injuries) placed fourth at the end of the finals series.



*“All season the girls have been an absolute delight to watch. Things don't always work out but last night was inspirational in terms of effort and attitude. For me they have been the best team all year.”*

Central Coast Heart's Premier League Under 23s team finished the regular season in second place in their conference and in third place at the end of the finals series. A number of these players also took the court for our Opens team, demonstrating the depth of talent within the squad.

Central Coast Heart's division two Metro League team finished the season in ninth place with our young team showing plenty of potential against more experienced combinations and, with their positive attitude, putting in place a solid foundation for a successful 2021 campaign.



# Our achievements

- Central Coast Heart Premier League Open Coach, Amber Cross, was appointed head coach of the NSW 17U team for 2020.
- Playing for the NSW Swifts former Central Coast Heart player, Lauren Moore, was named MVP in the opening round of the Suncorp Super Netball competition.
- Former Central Coast Heart Umpire Scholarship holder, Karlee Farthing, received her National A badge this season.
- And, during 2020, Maddie Taylor played her 75th Premier League game for the Central Coast Heart Open team.



## CENTRAL COAST LEAGUES ATHLETE OF THE YEAR 2020

Open - **Jazmyn Rodwell**

Under 23 - **Erin Asquith**

# Our partners

Thank you to our partners for their support in a challenging year.

### GOLD PARTNER

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