



## **Net Set GO! is Netball Australia's Junior Netball Program and is now available through Netball Tasmania.**

### **Introduction**

Net Set GO! Is Netball Australia's Junior Netball Program.

It has been developed to provide children from the age of 5 to 10 years with the best possible learning and playing experience that enables them to develop a positive introduction to netball, ensuring enjoyment and continued participation within the sport.

Net Set Go! Incorporates Netball Australia's modified junior programs FunNet and Netta into a fun and safe weekly program.

The program incorporates skills, activities, minor games and modified matches and will be co-ordinated by accredited coaches to ensure a quality experience for all participants.

### **The major objectives of Net Set Go! Are:**

1. To provide every primary school aged child in Australia with the opportunity to experience netball.
2. To deliver a national junior development program that promotes netball participation.
3. To address the issues of childhood obesity by providing a low cost, easily accessible and community based exercise option for primary school aged children, in particular young girls.
4. To provide primary school aged children, especially girls with the opportunity to meet and interact with elite netball role models.
5. To provide a skill development program that provides, especially young girls with the same opportunities to experience sport, develop self-esteem and learn new skills.
6. To provide opportunities for children and parents to participate in physical activities together.

The program has been designed to complement the existing netball infrastructure by providing community groups such as associations, clubs and schools with quality resources and equipment to deliver an age and skill appropriate netball program.

### **Program Benefits**

- A program that enables all individuals to experience personal achievement in terms of competence, enhances self-esteem, social co-operation, maximum participation and skill development in a fun environment.
- Appropriate warm-up activities.

- Appropriate skill teaching in a sequential program.
- Appropriate skill activities and games.
- Appropriate Netta netball matches using modified Netta rules.
- Appropriate trained/experienced coaches and umpires.
- Ethical behaviour conforming to Netball Australia's Codes of Behaviour.
- Each 12 week participant will receive a Net Set GO! branded netball, player bag and activity book;
- Opportunity to develop motor skills through fun games and exercises;
- Physical activity and encouragement;
- Confidence and enhanced self esteem through positive reinforcement;
- Potential to continue with the sport and engage in an active, healthy lifestyle;
- Development of skills at a young age to maximise opportunities for further development within the sport in the future.
- Value for money.
- Peace of mind knowing that your child is participating in a quality controlled, accredited program.
- The opportunity for parents to spend time with their child and contribute to their child's social and motor skill development.

**Costs & Times:**

- The cost for the 10 week Net Set Go! Program is \$70.00.
- The commencement date for the fun registration night is Monday Monday 31 August.
- Each session will run for approximately 50 minutes once a week for 6 weeks.
- Sessions will be held on Monday afternoons from 4.15 pm.

**Contacts:**

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