



STNA STiNgAs Development Policy

The STiNgAs program aims to develop players to play Netball 'The Australian Way.'

'Netball the Australian way' is a game of spatial awareness, lightning-fast movements, precision passing, dynamic attacking and defending moves, made within a team structure, and culminating in spectacular high shots at goal from anywhere within the goal circle. Either in attack or defence, fast hands, fast feet, quick thinking, and explosive speed completes the package.'

Squad members must play club and they must put their club commitments (training and games) ahead of their STiNgAs commitments. Squad members are role models to younger players and their peers and as such are expected to act responsibly and speak positively about the program. All Stingas players/coaches are required for pre/post game debrief.

Program success is measured by the improvement of individual players in terms of the goals listed below. Win/loss record is not a measure of success, it is all for development.

Goals

- Intensity, the players are at maximum exertion for extended periods.
- Building resilience against superior opponents. Core Skill Competency, the players improve high skill execution under pressure.
- Cognitive awareness, the players make consistently effective decisions that support the match strategy/team goals.
- Players are asked to provide some feedback on how they think they are going and what would help them maximise their goal development.

The Process to Achieve the Goals

- Players are requested to adopt the above goals and accept that this is how their performance is measured.
- Players have these goals reinforced at each game.
- Players are given feedback specific to their performance in terms of these goals after game.
- Players are deliberately placed in the most demanding on court situation, where possible.
- Players are given clear instruction on match strategy.
- Players are given a framework in which they are expected to take risks and be creative.

Training

Training opportunities are limited. Coaches may schedule trainings as they see fit but must avoid conflict with clubs. Non-compulsory specialist coaching sessions may be scheduled as part of the program.



Feedback

- Feedback is a mix of verbal and written –will be provided on game day/night incl. written team report (weekly).

Squad Management

- The playing squad for each game is announced a week in advance. Players may request weeks that they are not available prior to game day.
- Coaches will need to plan to ensure a full team is available for each match and keep good records of court time.
- The program endeavours to provide equal court time over the course of the season.
- Substitutions may be requested in the event there are not enough players to compete. The coach and the Coaching Convenor will collaborate to source an appropriate substitution based on the 2023 STNA Rep & Stingas Selection Policy.
- Match day starts 30 minutes prior to the match start time and finishes 20 minutes after the final whistle.
- Squad members not playing in a game are encouraged to attend but attendance is not compulsory.
- Coaches are encouraged to develop relationships with the players' club coaches with the aim of gaining mutual support of the players.

Benefits

- Helps STNA players to reach potential to play at the highest level possible.
- Prepares players for both the mental and physical intensity of the next level of the game.
- Develop players by playing in a tougher competition.
- Requires players to be risk takers and to show courage.
- Allows players to become role models.
- Stingas is almost fully funded and there is virtually no cost to squad members.

Eligibility

- Stingas 13 selected from 13 & Under divisions.
- Stingas 15 selected from 15 & Under divisions.
- Stingas 17 selected from 17 & Under divisions.
- TNL players are excluded from applying.
- The STNA Coaching Committee can amend the eligibility criteria as required to maintain athlete development and wellbeing.



Selection

- Players must register prior to attending trials via the online application form, provided by the STNA Office, by close of registration date.
- Up to 16 players will be selected per squad.
- Players must not wear club/representive uniform to trials.
- Selections of squads will be in accordance with the STNA Rep & Stingas Selection Policy.

Competition *(unless otherwise notified)*

- Stingas 13 play in the 15 & Under Division 1 roster (Saturdays).
- Stingas 15 play in the 21 & Under Division 1 roster (Wednesdays).
- Stingas 17 play in the 2nd Grade competition (Thursdays).
- Training is irregular, not weekly like club training.
- Stingas teams are not eligible to play in finals.
- Club always takes priority over Stingas games when required at club level.

Administration

The STNA Office will provide support to Stingas players and coaches through the maintenance of team lists, including contact details, allocation of uniforms, provide booking options for additional training as required and organisation of the end of season presentation event.

Other Relevant Policies/Documentation/Contacts

STNA Rep & Stingas Selection Policy

STNA By Laws

Coaching Convenor email - coaching.convenor@stna.org.au

STNA Office email – programsandevents@stna.org.au

Approval

Prepared by	Karen Leonard	Coaching Convenor	coaching.convenor@stna.org.au	Date: 27/01/2023
Approved by	Alison Lai	President (on behalf of the Board)	president@stna.org.au	Date: 06/02/2023

Revision History

Version	Approved by	Approved by	Amendment Notes
1.0	Name	Title	