NORWOOD NETBALL CLUB
ROOKIES 'FUTURES' PROGRAM

CONNECTING IDENTIFIED INTERMEDIATE ATHLETES TO THE PREMIER LEAGUE ENVIRONMENT

PROGRAM OVERVIEW

The Norwood 'Futures Rookies' Program provides selected Intermediate athletes with opportunities to develop their on-court and off-court capabilities within a connected, holistic, high-performance environment. The program supports each athlete's future journey towards their goal of representing Norwood in Premier League or Reserves in the future.

It is an outstanding opportunity to work towards the individual goals established throughout the program, develop greater self-awareness, and understand the standards, habits, and preparation required to become a high-performing athlete.

Future Rookies will also experience the privilege of learning alongside some of the club's leading players and coaches, building confidence, deepening their understanding of their own journey and continuing to strengthen their individual skill set.

Before the program begins, a club contract will be offered to each selected athlete to outline commitments, expectations and support throughout the season.

WHAT THE NORWOOD *FUTURE ROOKIES* PROGRAM OFFERS

Up to six Intermediate athletes are selected each winter through Premier League/Reserves and Intermediate trials.

- **Pre-season training:** Fortnightly Monday sessions with Premier League and Reserves at Baseline Built during December and January.
- **In-season court development:** Monthly technical and tactical court sessions with Premier League and Reserves on Mondays for five months. Dates will be added to Lumin once the draw is final.
- **Lumin access:** Daily check-ins, wellbeing follow-up, scheduling and RPE monitoring.
- **Norwood Futures Rookies singlet:** A Training Polo, singlet hoody and backpack to be provided to each selected athlete.
- **Individual development feedback:** Observation and monitoring, with feedback in consultation with each athlete's team coach.

INTERMEDIATE → FUTURE ROOKIES → TRAINING PARTNERS → PREMIER LEAGUE / RESERVES

HIGH-PERFORMANCE PARTNER

BASELINE BUILT
BUILD YOUR BASE. BUILD YOURSELF.