NORWOOD NETBALL CLUB
FUTURES PROGRAM

CONNECTING IDENTIFIED INTERMEDIATE ATHLETES TO THE PREMIER LEAGUE ENVIRONMENT

PROGRAM OVERVIEW

The Norwood Futures Program provides selected Intermediate 1 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.

This is an outstanding opportunity for athletes to work towards their 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 athletes 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.

The Futures will be exposed to the following player pathway opportunities:

- Player progression and development overseen by the ***Head Futures Coach***, ***Fay Hart***
  - 2027 Premier League Reserves Assistant Coach
  - 2026 Premier League Reserves Head Coach
- **Michelle den Dekker**
  - 2027 Premier League Head Coach
- **Megan Jacobs**
  - 2027 Intermediate 1 Head Coach
- The Futures Training Environment will include:
  - Weekly indoor training in line with AMND/A Grade training (Thursdays)
  - Attendance at Premier League Camp on ***Saturday 6 February*** at Woodhouse (Venture Corporate Recharge Team Building activities)
  - Culture and Standards education delivered by Premier League Head Coach and / Futures Head Coach
  - Access to Lumin (Athlete Management System)
    - See link to provide insight to Lumin functionality: Lumin Functionality
  - **Pre-season training:** Fortnightly Monday sessions with Premier League and Reserves at Baseline Built during December and January.
- **Each selected athlete will receive individual development feedback:** Observation and monitoring, with feedback in consultation with each staff / coaches aligned.
- **Each selected athlete will be provided with the following materials:**
  - Training Top and Singlet
  - Training Shorts
  - Hoodie
  - Backpack

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

SELECTION POLICY:
In line with the Club Selection Policies, updated in September 2026, Intermediate and pathway players are expected to play in their selected age groups unless they are nationally identified or the Premier League Head Coach selects them for the Premier League / Reserves Teams.

INTERMEDIATE → FUTURES → TRAINING PARTNERS → PREMIER LEAGUE / RESERVES SQUAD

STATE, NATIONAL & INTERNATIONAL PATHWAYS	NORWOOD PATHWAY	NORWOOD CLUB TEAMS
↑ **NATIONAL & INTERNATIONAL** **Australian Diamonds** **Adelaide Thunderbirds —** Super Netball ↑ **STATE PERFORMANCE PATHWAY** **Adelaide Thunderbirds Futures** - Super Netball Reserves **SASI Athletes** ↑ **NATIONAL PATHWAY** **Netball Australia 17U and 19U Development Squads** ↑ **STATE PATHWAY** **Netball SA 17U and 19U State Teams** **Netball SA Rising Sisters** ↑ **STATE TALENT PATHWAY** **Adelaide Thunderbirds Talent Academy (ages 14–16)**	↑ **PREMIER LEAGUE & RESERVES**	↑ Norwood Premier League and Reserves **Selected at Premier League Trials – October**
	↑ **SENIORS – AMND LEAGUE**	↑ AMND / A Grade Teams **Selected at Pathways Trials – November** **NNC PL Training Partners** are selected from AMND League ↑ AMND Senior Teams **Selected at Winter (Feb) & Summer (Aug) Trials**
	↑ **INTERMEDIATES**	↑ Intermediate 1 & 2 Teams **Selected at Pathways Trials – Nov/Dec** **NNC PL Futures** selected Inter 1 athletes only ↑ AMND Intermediate Teams **Selected at Winter (Feb) & Summer (Aug) Trials**

HIGH-PERFORMANCE PARTNERS

BASELINE BUILT
BUILD YOUR BASE. BUILD YOURSELF.