



NORWOOD NETBALL CLUB

ROOKIES PROGRAM

CONNECTING IDENTIFIED INTERMEDIATE ATHLETES TO THE PREMIER LEAGUE ENVIRONMENT

PROGRAM OVERVIEW

The Norwood 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.

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.

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 initiated for each selected athlete to outline commitments, expectations and support throughout the season.

SELECTION	Up to Six Intermediate athletes selected each winter through PL/PLR and Intermediate trials.	LUMIN (Athletes Management System)	Lumin access for daily check-ins, wellbeing follow-up, scheduling, and RPE.
PRE-SEASON	Fortnightly Monday sessions with Premier League and Reserves at Baseline Built, December–January.	IN SEASON COURT DEVELOPMENT	Technical and tactical court sessions scheduled once a month (Monday's) for five months with Premier League and Reserves. (Dates added to Lumin once the draw is final)
UNIFORM	Singlets provided to each selected athlete	FEEDBACK	Observation, monitoring, and individual development feedback in consultation with their respective team coaches.



INTERMEDIATE → ROOKIES → TRAINING PARTNERS → PREMIER LEAGUE / RESERVES

HIGH-PERFORMANCE PARTNER
BASELINE BUILT
BUILD YOUR BASE. BUILD YOURSELF.

ONE CLUB • ONE PATHWAY • EVERY ATHLETE ADVANCING