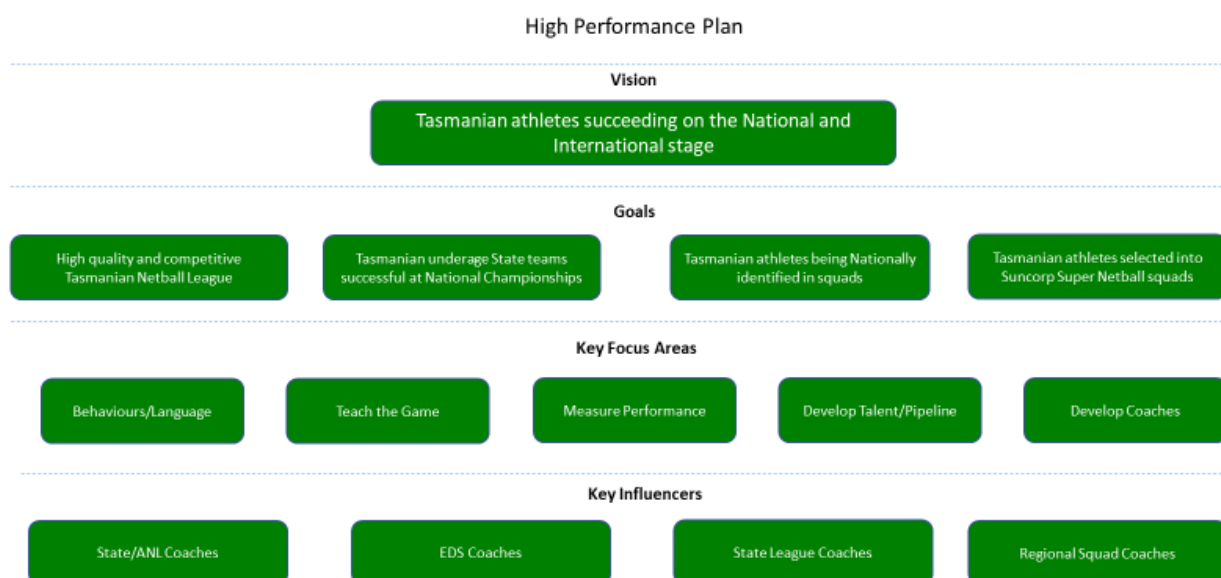


The Elite Development Squad (EDS) program is Netball Tasmania’s High-Performance Pathway program. The purpose of the program is to provide a high-performance training environment for identified Tasmanian athletes, supporting them to reach their full potential and play at the highest level possible.

TASMANIAN WAY	DELIVERABLES
ELITE MINDSET	<ul style="list-style-type: none"> • Personal Accountability • Emotional Awareness • Commitment • Learning Mindset • Self Confidence
ELITE CONDITIONING	<ul style="list-style-type: none"> • Position Specific Benchmarks • Personal Accountability • Work Rate
ELITE EXECUTION UNDER PRESSURE	<ul style="list-style-type: none"> • Clean Hands • Footwork & Movement patterns • Touch and Placement • Shooting Accuracy • Repeat Efforts • Decision Making



The 2020 Program takes on a slightly different model to that of 2018 and 2019 and the specific details for each of the three (3) tiers are explained further in this document.

EDS Pathway program BLACK - (formerly EDS 1)

Athletes included in the EDS BLACK program will be those selected into the Tasmanian Magpies ANL program for 2020 and Identified Potential ANL athletes

There will be a minimum of ten (10) and a maximum of fifteen (15) athletes selected in this program and identification will occur through the following:

- Australian Netball League
- Tasmanian Netball League
- National Underage Championships
- EDS Programs

This program will have Full Tasmanian Institute of Sport (TIS) Support which will encompass the following

- 2 x Gym sessions per week (scheduled)
- 1 x Conditioning Session per week (scheduled)
- Scheduled Fitness Testing conducted by the TIS
- Other additional services ie Nutrition, Sports Psych
- Weekly structured Court Sessions with an accredited Coach,

The Court Sessions will include the following:

- ANL Team Development
- Tactics/Systems/Structures
- Unit (position) Specific Development

This program will run from the end of January 2020 to the end of November 2020.

Athletes can be added or removed from this program throughout the year based on performances as assessed by coaches and selectors

EDS Pathway program WHITE – (formerly EDS 2)

Athletes included in the EDS WHITE program will be those selected in the 2020 17U and 19U State Teams including Training Partners targeted within the 16 to 18 year old age bracket (2002 -2004) as well as identified former State Team and potential State Team Athletes.

There will be a minimum of twenty (20) and a maximum of thirty (30) athletes selected in this program and identification will occur through the following:

- National Underage Championships
- 15U School Girls Championships
- Tasmanian Netball League
- EDS Program
- Regional Association Carnivals

This program will have support from the Tasmanian Institute of Sport (TIS) which will encompass the following:

- Program development for a Targeted Athlete Home Program
- 1 x Conditioning Sessions per week (scheduled)
- Scheduled Fitness Testing conducted by the TIS
- Other additional services ie Nutrition, Sports Psych
- Weekly structured Court Sessions with an accredited coach,

The Court Session will include the following:

- State Team Development
- Work Rate Establishment
- Tactics/Systems/Structures
- Unit (position) Specific Development

This program will run from March 2020 to the end of November 2020.

Athletes can be added or removed from this program throughout the year based on performances as assessed by coaches and selectors

EDS Pathway GREEN – (formerly EDS 3)

Athletes included in the EDS GREEN program will be those selected in the 2020 15U State Team including Training Partners as well as athletes that have been identified through the State Team Process within the 14 to 15 year old age bracket (2005 & 2006)

There will be a minimum of twenty five (25) and a maximum of thirty five (35) athletes selected in this program and identification will occur through the following:

- 15U State Team Process
- EDS Programs
- Regional Association Carnivals

This program will have the following:

- Generic Home Strength and Conditioning Program
- Scheduled Fitness Testing conducted by Netball Tasmania
- Weekly structured Court Sessions with accredited coaches,

The Court Sessions will include the following:

- State Team Development
- Work Rate Establishment
- Core Skill Development

This program will run from August 2020 to end of November 2020.

Athletes can be added or removed from this program throughout the year based on performances as assessed by coaches and selectors

15U State Team Selection Process

Trials for the 2020 15U State Team will be by invitation from Netball Tasmania. The Trial/s will be held in May 2020

Netball Tasmania have had Selectors in place throughout 2019 and they have been monitoring the performance of athletes in the following:

- NTNA, STNA, DNA & KNA Carnivals
- EDS programs

Netball Tasmania will also work closely with the Associations through this invitation process

Associations and or Clubs may also request that certain athletes be viewed in club competition, though clarification will need to be provided as to why the athlete has not been participating in any of the above selected teams or programs

17U State Team Selection Process

Trials for the 2021 17U State Team will be by invitation only from Netball Tasmania. The Trial will be held in late September/early October 2020

Netball Tasmania will have Selectors in place at the beginning of 2020 and will be monitoring the performance of athletes in the following:

- NTNA, STNA, DNA & KNA Carnivals
- National Underage Championships
- 15U Schoolgirls Championships
- Tasmanian Netball League
- EDS programs

Associations and or Clubs may also request that certain athletes be viewed in club competition, though clarification will need to be provided as to why the athlete has not been participating in any of the above selected teams or programs

19U State Team Selection Process

Trials for the 2021 19U State Team will be by invitation only from Netball Tasmania. The trial which will be held in late September/early October 2020.

Netball Tasmania will have Selectors in place at the beginning of 2020 and will be monitoring the performance of athletes in the following:

- National Underage Championships
- Tasmanian Netball League
- EDS Program

Associations and or Clubs may also request that certain athletes be viewed in club competition, though clarification will need to be provided as to why the athlete has not been selected in a State League program.

ANL – Tassie Magpies Selection Process

Trials for the 2021 ANL Tassie Magpies will be by invitation only from Netball Tasmania and trials will take place in mid/late November 2020, for program to start in late January 2021 to complement the start of the ANL season (Early May 2020). The program will continue post ANL competition and run to the end of November 2021.

Netball Tasmania will have Selectors in place at the beginning of 2020 and will be monitoring the performance of athletes in the following:

- Australian Netball League
- Tasmanian Netball League
- National Underage Championships
- EDS Programs

Netball Tasmania will be looking for the support of Associations and Clubs in ensuring that all applicable athletes are identified through these processes. If there are athletes that an Association and/or club would like the Netball Tasmania selectors to view outside of the above noted programs, then we encourage Associations and or Clubs to contact Netball Tasmania's Performance Pathway Manager.