



# ASC Netball Flyer

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Netball is one of the most popular women's sports in Australia with an estimated one million players nationwide. So, it's no wonder it's one of our most popular girls coaching programs at ASC. We've also been delighted to welcome a few interested boys to our camps too! Australian Sports Camps uses a professionally designed netball coaching program to improve all aspects of your child's game and much, much more. Our programs strike the perfect blend between technical coaching, engaging drills and skills, match-play and having fun.



# Talent

## Kate Moloney

Everyone at Australian Sports Camps passionately believes that 'Life's better with sport!' Our mission is to 'Help and inspire children to love sport.' So, we really want your kids to meet their role models and to be inspired by the very best. For over 40 years, talent appearances have been one of the pillars of our coaching programs.



# Previous Talent

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Australian Sports Camps has been proud to have the following Australian greats attend our camps:

- 01** **Kate Moloney** – Kate Moloney has played ten games for Australia and is the current captain of the Melbourne Vixen's Netball Team. Where she was part of their 2014 and 2020 premiership sides.

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- 02** **Kiera Austin** – Keira Austin is a professional Australian Netball Player for the Melbourne Vixens in the Suncorp Super Netball League. Kiera has also been part of the Australian National squad.

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- 03** **Olivia Lewis** – Olivia Lewis is a professional Netball Player in the Super Netball League for the West Coast Fever. Olivia has also been involved in multiple Australian Development Squads.

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- 04** **Tara Hinchliffe** – Tara Hinchcliffe is a professional Netball Player for the Queensland Firebirds. Hinchcliffe was signed by the Firebirds in 2018 after previously captaining and claiming MVP honours in the National Under 19's Competition.

# ASC Venues

We carefully select venues to provide an authentic 'Netball' experience for your children. Our camps run at the best council, school, and private school facilities in Australia. Where we have access to professional Netball standard courts for truly authentic 'Netball' sports camps.



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***This camp is a must do for any child who loves netball. A mix of drills and activities that set up some good habits***

***– Andrea S.***

For example, we run coaching programs at the Gold Netball Centre in Perth, where the West Coast Fever train for the Super Netball League. Also, our private school and council facilities are amongst the best available.



# ASC's Coaching Philosophy

The keys to coaching success at ASC are: skill improvement; focusing on key game fundamentals; providing an environment where children want to continue to play sport; irrespective of what your child's playing level is, sport should always be inclusive and fun; and whether you come in a group of ten, or individually, you are made to feel welcome.

These views are echoed in research. For example, Clearinghouse for Sport 'Factors influencing sport participation' states that peer interaction, positive environment, and venue accessibility are key factors in participation in sport.



## *Professionally Developed Programs*

Our coaching programs are written in conjunction with sports science professionals. We review them annually to keep up to date with the latest developments in sport.



## *Video Analysis & Playback*

To facilitate improvement, we conduct video capture, analysis, and playback review of key skills. Children get to see both their strengths and areas of improvement. 'Seeing is believing', as they say.



## *Written Coach Reports*

Your child will receive a hand-written report from their Group Coach, along with their testing results. The reports will highlight positive aspects of your child's progress throughout the three days.



## *Skill Improvement*

Proven over 40 years, we find that our three-day programs offer a great balance of technical training and fundamental skill development. Our coaching philosophy is progressive, with each day reinforcing and extending the skills learnt the previous day. Also, an important part of engaging children and having fun is to practice new skills during match play.



### *Small Group Sizes*

We aim for a coach to participant ratio of 1:10, to a maximum of 12. This enables your child to receive individual coaching and feedback. Whilst, experiencing the benefits of team / group participation.



### *One Coach*

Each group is pre-allocated a group coach for the duration of the program. This ensures, great rapport between the coach and children. Also, the coach really gets to understand each child's needs and skill level; working to bring out the best in them across the three days.



### *Qualifications*

All ASC coaches have relevant AFL Level 1, or above, coaching accreditation and or senior coaching and playing experience. Most importantly, our staff are passionate about working with children and the sport they love.



### *Coaching Director*

In addition, every camp is overviewed by a senior coaching director. Their role is to deliver a quality program and to ensure our coaches are providing an engaging, safe, and challenging three-days. Our coaching directors often have teaching backgrounds, coupled with semi-professional or professional sports experience.



### *Environment*

We provide a safe and inclusive program, catering for all playing abilities and backgrounds. Also, fostering a love of sport whilst having fun and a great social experience.



# Accommodating **Beginners**

Beginners are encouraged and welcomed at ASC. We select appropriate staff who have the relevant experience for coaching each age group. We also understand a three-day program needs to be structured differently for different age groups. For instance, younger children will require more drink and rest breaks. Also, for cricket, children will play with age-appropriate equipment e.g., soft, bouncier balls for beginners.

ASC provides all the necessary equipment, but you are welcome to bring your own gear too.



## **First Timers**

If this is your first camp and you don't know other children attending, don't worry! Our coaches are selected on their suitability to work well with children. Also, we run ice-breaker activities on Day 1, enabling everyone to get to know each other.

## **Pre-grouping of Participants**

At Australian Sports Camps we pre-group all children according to their age, playing background and skill level. This allows our programs to start on schedule and maximize your children's experience. We also welcome and accommodate friendship groups. Making your kids feel very comfortable learning with their friends and other children their own age and ability.

# Why do Sport **With ASC?**

## History

Australian Sports Camps have run coaching programs for over 40 years in sports such as Football, Netball, Cricket, Soccer, Hockey, Basketball, Rugby Union, and Tennis. We provide the best sports coaching for boys and girls of all standards. In fact, some very high-profile players, past and present, have attended ASC Camps as juniors. Including Michael Slater (ASC Cricket Camp), Mark Philippoussis (ASC Tennis Camp), James Hird and Harry Taylor (ASC AFL Camps).

## Great Way of Trialling a Sport Before Joining a Club

Participation in a new sport can be costly for first timers. That's why an ASC three-day coaching program can be a great way of seeing if your child wishes to continue playing. So, it's a great way of trialling a sport before buying lots of equipment and paying club fees. Lastly, it can also provide your child with a great head start, prior to joining a sport and / or club.

## Child Safety and Protection

At ASC, we have implemented and integrated multiple child safety and protection policies into our business. There can be no compromises on quality and safety. Below are some of the important child safety measures at our camps:

- All staff must have a relevant Working With Children Check.
- The facilities we use require all staff to be double vaccinated.
- Recording important medical background information during on-line registration.
- Nut-free and no food-sharing policies.
- Covid-19 safety protocols.
- Every camp has a qualified first-aid officer on site.



## Get Active

There is a clear link between participating in sport, keeping active and overall well-being. It's also great to get the kids away from their screens!

# Biggest & Best

Size and experience matters! Here's some of the benefits:

### Heaps of choice!

- We operate every school holidays across Australia and have multiple camps running in very Capital City (except Darwin).
- Choose the venue and dates that best suit your family's busy schedule.

### The best coaches and camp assistants!

- Because of our size, reputation, and consistency of work, we attract some of the best coaches and camp management in Australia.
- We have many long-term coaches and camp assistants who share our values.

### The best run programs

Because we attract such a lot of participants it's much easier to get the right group sizes, which really benefits everyone.

### No corners cut!

We don't need to compromise on anything, facilities, programs, coaches, support, customer service and safety.

**40 years of experience speaks for itself! Please try the largest, safest, and best sports camps in Australia!**



Australian Sports Camps. Since 1982.

Our mission is to 'Help and inspire children to love sport'.  
Everyone at Australian Sports Camps passionately believes  
that '**Life's better with Sport!**'  
Book Now and Get Ahead of the Game.

## Get in touch now

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