

ACTIVE
LIFESTYLE

SPORT

SPORT EXCELLENCE

Pre-Elite Levels

Elite and Mastery Levels

Sustained Success at E2

A member of the Australian Netball Diamonds Team that wins multiple medals/cups over several high

M

Podium Success

A member of the Australian Netball Diamonds Team that wins a medal/cup at major international events

E₂

Senior National Representation

Selected to the Australian Netball Diamonds Squad/Team for major international events

E₁

Breakthrough & Reward

A recipient of a contract in the Suncorp Super Netball League (SSN), and/or selected in the National 21/U Squad/Team

T₄

Practicing & Achieving

Committed to a daily training environment within The Capital Spirit AND/OR competing in the Australian Netball League.

T₃

Talent Verification

Confirmed as a potential talent through State Team selection and performance at the National Netball Championships

T₂

Demonstration of Potential

Demonstrating talent at an Academy Program level;
OR nominated by your local club/coach and invited to try out for a talent identification screening day.

T₁

Sport-specific Commitment &/or Competition

Participating in a competition for a local club and/or school/university and attending regular coaching sessions for development.

F₃

Extension & Refinement of Movement Foundations

Participating in organised modified netball activities such as NetSetGO!, Sporting Schools and/or participating in informal netball activities such as playing in the backyard/park with friends and family.

F₂

Basic Movement Foundations

Learning all the fundamental movement skills including locomotor, object control, aquatic and acrobatic skills.

F₁