



GUIDE FOR


GROWN UPS

2024





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WELCOME

So you're thinking of signing your child up for Woolworths NetSetGO BUT you don't know exactly what Woolworths NetSetGO is and that's okay. This guide is to help you understand the program, where it is offered in the ACT and how to sign up!

WOOLWORTHS NETSETGO

They're young, they're small, and they got energy to burn. It's time to play netball with Woolworths NetSetGO.

Woolworths NetSetGO is Australia's official starter program for girls and boys aged 5 to 10. It's a chance to learn the netball basics, get outside and make some friends. For a lot of kids, this is the first time they'll pick up a netball or chuck on a bib. It's a learning experience. And a lot of fun.



OUR PROGRAM PHILOSOPHY

Woolworths NetSetGO prides itself on developing an inclusive, fun and extraordinary program and we have a few key philosophies to help us do this:



We are totally inclusive

We don't turn any kid away and we actively seek new kids to play.



We make things fun

More games, less drills. We practice netball skills with a game-based learning approach.



We are curious

We are a sport which tries new things and uses our creativity to deliver extraordinary experiences.



We instill confidence in kids

Modified equipment and rules increase moments of success, sense of achievement and help develop skills safely.



We are agile

We can pivot and move fast, trying new things to continue to be the best sport for kids to play.



We are committed

We provide feedback, attend meetings and are continually working together to become an amazing team.

LEVELS OF PROGRESSION (TIERS)

To help kids navigate through the netball part of the program, Woolworths NetSetGO has added three levels (or tiers) of progression. These tiers will help coaches run age and skill level appropriate activities for their kids, maximising their engagement in the program. Please note that progression through the tiers is based predominately on the skill level and changing needs of the participants (e.g., not restricted by age ranges).



Net

Perfect for 5-6 year olds

Perfect for little hands and little feet, you'll use modified equipment like bean bags, hoola hoops and softer balls.

Set

For 7-8 year olds

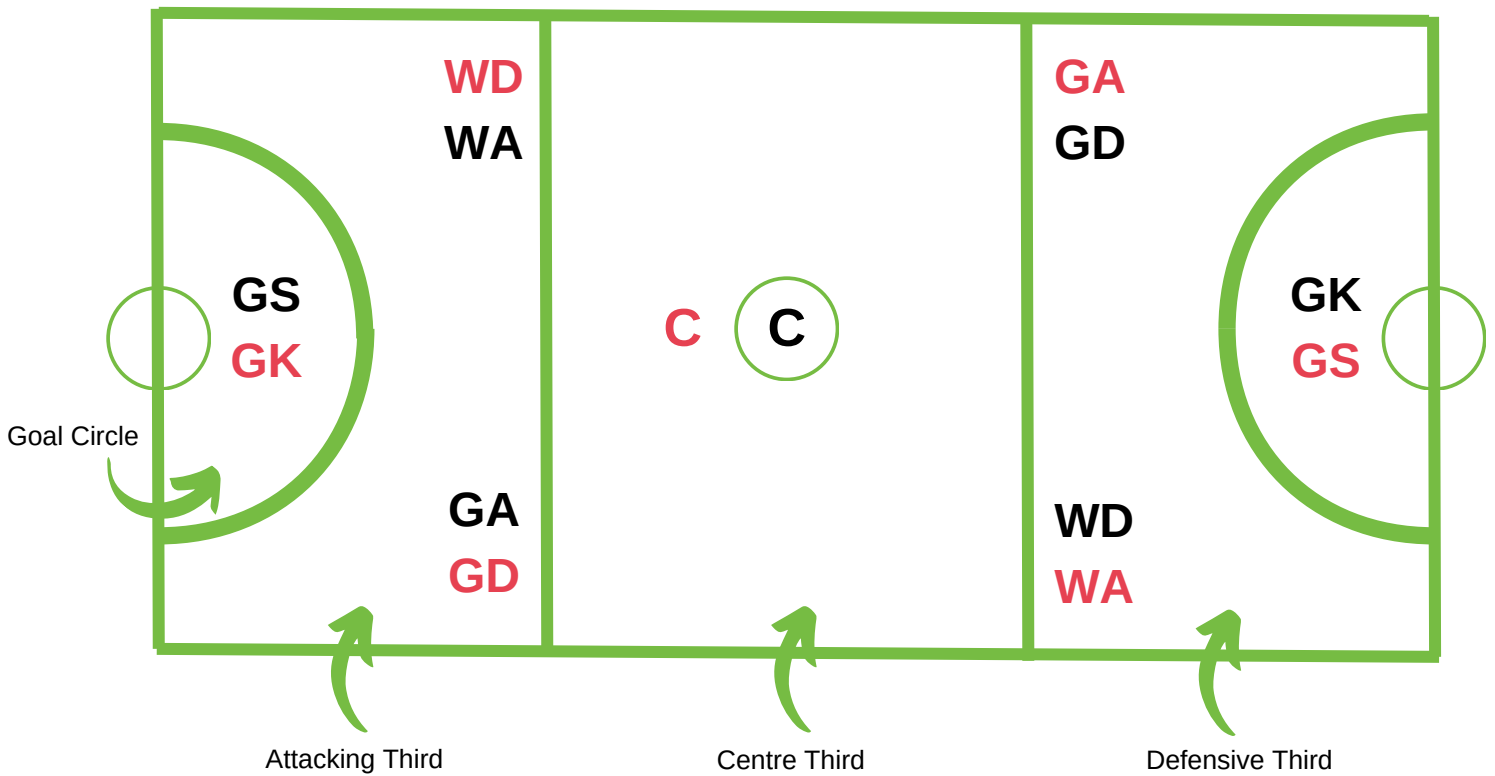
All about practicing your skills and playing modified games using a smaller ball perfect for growing hands.

GO

For 9-10 year olds

Highlight the skills they have learnt and play modified matches with supporting umpires and encouraging coaches.

Playing Positions



GS - Goal Shooter

Scoring goals is the main aim of the game for the GS. They are only allowed into the attacking third.

GA - Goal Attack

The GA sneaks into all sorts of pockets of space in the centre and attacking thirds of the court.

WA - Wing Attack

The WA is the little helper every shooter needs. They are allowed into the centre and attacking thirds, but cannot go into the goal circle/

GK - Goal Keeper

The GK is the very last line of defence on the netball court.

GD - Goal Defence

GD works together with the GK to stop the GA and GS from shooting goals in the goal circle.

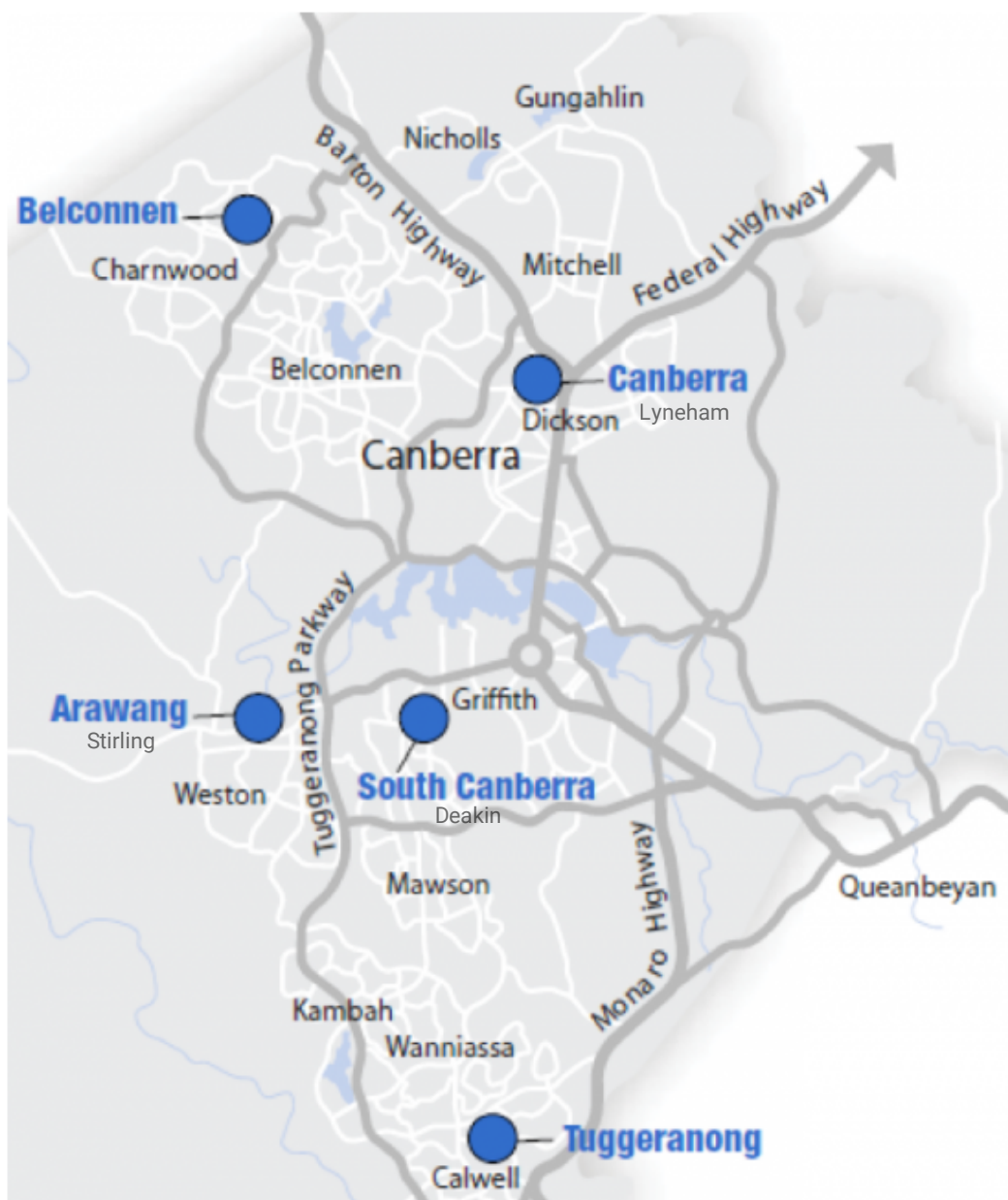
WD - Wing Defence

The WD goes where the WA goes in the centre and defensive thirds of the court.

C - Centre

This speedy all-rounder moves everywhere on court except the shooting circles.

NetSetGo Providers in Canberra



Netball ACT Participation Coordinator:

Caity Hanna

Phone: (02) 6241 4088

Email: caitlin.hanna@netballact.com.au



Player Packs

How to redeem my participant pack

Once you have registered your child to an official Woolworths NetSetGo provider, you will receive a separate e-store activation email (check you junk if it does not appear in your inbox). After the account has been activated, store credit will automatically be applied to your account. All you need to do is add the participant pack to your cart, provide your mailing details and process the order.

Every registered Woolworths NetSetGO participant will receive a Participant Pack.

First time NetSetGO'er

If this is the first time your child has participated in Woolworths NetSetGO, the pack will include a Woolworths NetSetGO size 4 netball and t-shirt.

Participants will have the option to personalise the t-shirt with their name at the time of redemption for an additional \$10.

Experienced NetSetGO'er

If your child is returning to Woolworths NetSetGO for another year, we are excited to offer an alternate pack offering. The pack will include a drawstring bag and a water bottle.

Please be aware that eligibility to receive a participant pack varies by state. If you have any questions regarding this eligibility or ensuring your Woolworths NetSetGO program is set up correctly to ensure your participants receive their pack, please get in touch with your state or territory member organisation.

NACT Contact



Contact: Caity Hanna

Phone: (02) 6241 4088

Email: caitlin.hanna@netballact.com.au

Association Contacts



Arawang Netball Association - Stirling
Contact: general@arawangnetball.com
Website: <https://www.arawangnetball.com/>



Belconnen Netball Association - Charnwood
Contact: belconnen.netball@gmail.com
Website: <https://www.belconnen.netball.com.au/>



Canberra Netball Association - Lyneham
Contact: Lucinda McGilvrey
netsetgo.canberranetball@gmail.com
Website: <https://www.canberranetball.com.au/>



South Canberra Netball Association - Deakin
Contact: Molly Wright
scna.netsetgo@gmail.com
Website: <https://www.southcanberranetball.com.au/>



Tuggeranong Netball Association - Calwell
Contact: Natalie Rawsthorne
netsetgo@tuggeranongnetball.com.au
Website: <https://www.tuggeranongnetball.com.au/>

2024 NET TIER PROGRAMS

ARAWANG NETBALL ASSOCIATION

The NetSetGo NET Program will run at ANA for 10 weeks from Saturday 4th May, last session 7th September. Time TBA

ANA's fee for the program is \$50
Netball AUS fee: \$4.49
Netball ACT fee: \$80 (includes NSG pack)
Total: \$134.49



For more information, please contact competitions@arawangnetball.com

BELCONNEN NETBALL ASSOCIATION

The 2024 Winter NET skills program will run for 10 weeks from 9.30am - 10.15am on Saturday mornings commencing on Saturday 11 May 2024

BNA's fee for the program is \$20.51
Netball AUS fee: \$4.49
Netball ACT fee: \$80 (includes NSG pack)
Total: \$105



For more information, please contact: belconnen.netball@gmail.com

CANBERRA NETBALL ASSOCIATION

The 2024 NET program at CNA will run every Saturday from 9.30am-10.15am starting 4th May, last week 17th August excluding school and public holidays.

CNA's fee for NET is \$30
Netball AUS fee: \$4.49
Netball ACT fee: \$80 (includes NSG pack)
Total for NET: \$114.49



For more information, please contact netsetgo.canberranetball@gmail.com

SOUTH CANBERRA NETBALL ASSOCIATION

NetSetGo at SCNA will run for 12 weeks from 5th April, last week 31st August. The NET Program will run at 9am (subject to change), SET games will run at 9am & Go Games will run at 10am

SCNA's fee for NET is \$35
Netball AUS fee: \$4.49
Netball ACT fee: \$80 (includes NSG pack)
Total for NET: \$119.49



For more information, please contact scna.netsetgo@gmail.com

TUGGERANONG NETBALL ASSOCIATION

The NET program at TNA will run every Saturday for 9 weeks from 4th May, last week 6th July (excluding PH). TNA runs their NET program in each of the school terms.

TNA's fee for NET is: \$50
Netball AUS fee: \$4.49
Netball ACT fee: \$80 (includes NSG pack)
Total for NET: \$134.49



For more information, please contact netsetgo@tuggeranongnetball.com.au

2024 SET + GO TIER PROGRAMS

To join the 'Set' + 'GO' program you must be part of a club or school. There are many great clubs and schools across Canberra that you can join to play 'SET' + 'GO' in the District's Saturday Winter competitions. Contact one of these today and they'll get you sorted!

Please scan the QR code for a list of clubs + schools you can register with.

CANBERRA NETBALL ASSOCIATION



SOUTH CANBERRA NETBALL ASSOCIATION



BELCONNEN NETBALL ASSOCIATION



ARAWANG NETBALL ASSOCIATION



TUGGERANONG NETBALL ASSOCIATION

netsetgo@tuggeranongnetball.com.au

