



SOUTHERN DISTRICTS NETBALL ASSOCIATION

Southern Districts Metro Development Program 2026

The Southern Districts Metro Development Program is a joint initiative between Fremantle Netball Association (FNA), Perth Netball Association (PNA), Southern Districts Netball Association (SDNA), and Wanneroo Districts Netball Association (WDNA). The program is designed to engage athletes who demonstrate potential and a desire to further develop their netball skills at a higher level.

The program brings together talented 12U, 13U, 14U, 16U, and 20U club players from our Association. Its core focus is to expose, educate, and develop athletes in the key concepts required to succeed in representative and high-performance netball pathways.

Each Association is permitted to enter up to 2–3 teams in each age division of the Metro Development Program.

Athletes who participated in the 2026 SDNA Representative Teams Program, either as selected players or training partners, will receive an automatic invitation to submit an Expression of Interest (EOI) to trial for the Metro Development Program. Athletes identified through the SDNA Talent Identification Program will also be invited to submit an EOI to trial.

The program includes:

- A **7-week intensive training block**, targeting both on-court and off-court development.
- A **6-week Friday night competition**, where athletes will compete against other Metro Associations at rotating venues.

The SDNA Metro Development Program requires **FULL** commitment to the following dates

Competition Training and Game dates

- Training Wednesday 14th October
- Training Wednesday 21st October
- **Match Round 1 Friday 23rd October – Southern Districts Netball Association**
- Training Wednesday 28th October
- **Match Round 2 Friday 30th October – Perth Netball Association**
- Training Wednesday 4th November
- **Match Round 3 Friday 6th November – Perth Netball Association**
- Training Wednesday 11th November
- **Match Round 4 Friday 13th November – Wanneroo Netball Association**
- Training Wednesday 18th November
- **Match Round 5 Friday 20th November – Fremantle Netball Association**
- Training Wednesday 25th November
- **Last Match Friday 27th November (Grand Final and Windup Round) – Southern Districts Netball Association**

Competition Match times

Times 6 pm - 12U 13U & 14U

7.30 pm - 16U and 20U

Games 4 x15min quarters

Divisions Div 1, Div 2 & 3 (depending on number of teams entered)

Cost per player to participate. - \$200.00

Teams will be selected from Trials of Talent Identified Athletes with a focus on our Rep Team Values.

- Training attendance at our Rep Team Program
- Coachability
- Improvement across the Rep Team Program
- **RESPECT — for coaches, teammates, opponents, and officials**

Trial dates for Invited Talent Identified players

12U – Monday 27th July – 5.30pm – Southern Districts Netball Association

13U – Monday 27th July - 5.30pm – Southern Districts Netball Association

14U – Monday 3rd August – 5.30pm – Southern Districts Netball Association

16U – Monday 10th August – 5.30pm – Southern Districts Netball Association

20U – Monday 10th August – 5.30pm – Southern Districts Netball Association

All teams announced on or website – by close of Business Monday 17th August.

If you have any question, please see the frequently asked question sheet

If you have any further questions, please email

Bev Gallager

Association Development

Southern Districts Netball Assoc

development@sdna.com.au

Phone: 9451 3377 Development Mobile: 0447 302 260

Due to the nature of my role, I work flexible hours and will respond to emails as soon as possible.