



SDNA Fast Track 11's

Invited Talent Identified Players born 2015
Accelerating the next generation of SDNA Talent

Program Overview:

Designed to nurture emerging netball talent and provide a strong foundation for future SDNA Representative Teams, the SDNA Fast Track 11's program is the first step in our player development pathway. It prepares athletes for possible selection in the 2027 SDNA Association Representative Teams through high-quality coaching, structured skill development, and early exposure to representative standards.

This program replaces the former *October Opportunities Program* and offers athletes turning 12 in 2027 a valuable opportunity to experience development-focused training in a representative environment.

Talent Identification & Eligibility:

Athletes are talent-identified by SDNA clubs and Association selectors throughout the winter season.

To be eligible, athletes must be turning 11 years of age on or before 31 December 2026.

Successful athletes will receive an invitation via email in late August/early September 2026.

Program Focus:

Selected athletes will participate in a 5-session training program, delivered by specialist coaches and focused on:

- **Core Netball Skills Development** — ball control, footwork, movement patterns, positional foundations
- **Fitness & Movement Development** — agility, balance, coordination, junior-appropriate conditioning
- **Game Play & Decision-Making** — tactical awareness, reading the play, confident on-court choices
- **Teamwork & Representative Expectations** — communication, discipline, leadership, positive team behaviours

Representative Match Experience:

The program concludes with athletes competing in teams at the 2026 Southside Demons Netball Carnival, providing valuable match-play experience in a representative setting.

Program Dates & Times:

Session 1: Tuesday 29 September – 9am – 12pm

Session 2: Wednesday 30 September – 9am – 12pm

Session 3: Thursday 1 October – 9am – 12pm

Session 4: Thursday 15 October 5pm – 6.30pm (Time - TBC)

Session 5: Thursday 22 October 5pm – 6.30pm (Time - TBC)

Session 6: Sunday 25th October — *Southside Demons Carnival at Southern Districts*

Program Cost:

Cost: \$200 (plus 2.03% transaction fee)

What to wear: Black or navy shorts; a program shirt will be supplied.

What to bring: Water bottle, sunscreen.

Important Information:

Athletes who are unavailable to attend the 5-week program can still trial for the 2027 12U Representative Team Program. Usually held in February

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