

SWAS. | ASCEND

TIER 2 SPORTING PATHWAY PROGRAM

NETBALL

2025

2025



SWAS HONOUR BOARD

We recognise current and past athletes who have spent time in SWAS, who have represented Australia, hold national records, or progressed to a professional sporting contract.

These athletes have paved the way for future SWAS athletes to reach the APEX of their sport as they climb their sporting pathway pyramid.



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Access to Skilled Coach Educators to Nurture Development

The entry level program for SWAS athletes is the ASCEND sporting program. ASCEND is an acronym highlighting athletes who wish to improve their performance and progress in their pathway pyramid through sport specific coaching.

Framework

ASCEND athletes will undertake sport specific coaching at key times throughout the year to assist in their preparation for pathway advancement opportunities. ASCEND sessions are not designed to replace an athlete's regular coaching and training sessions, but rather support and add value to those sessions.

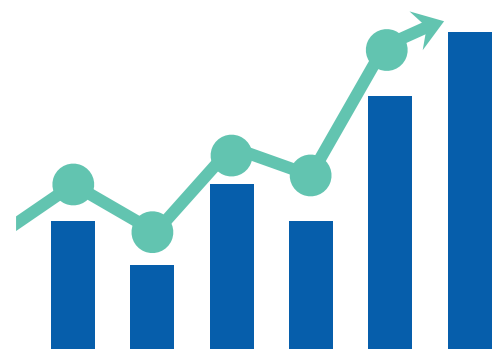
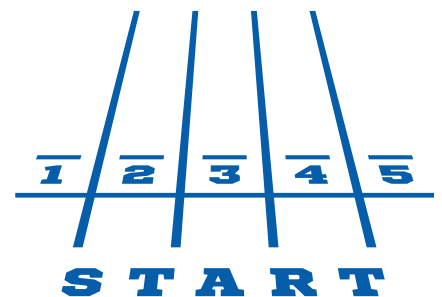
Number of Positions

The number of positions held by ASCEND athletes will be dependant on each sport and the number of available coaches.

Criteria

Each ASCEND program has a specific purpose to assist ASCEND athletes to perform at a higher level. Therefore it is an expectation that ASCEND athletes will participate in opportunities to represent, trial, or compete at a regional, state, or national level.

Athletes must be registered with their sporting body.



ASCEND Netball Program

SWAS and the other Victorian Regional Academies of Sport (VRAS) support emerging athletes in Victoria. The SWAS ASCEND Netball program, in partnership with Netball Victoria, provides development opportunities for regional athletes transitioning to the 15/U age group and who are seeking selection into the Netball Victoria Talent Academy Pathway Program.

SWAS delivers these opportunities by providing the following:

- 6x 2 hour training sessions - Dates TBC
- Access to SWAS coaching staff
- Beginner / At home physical conditioning program
- Access to the SWAS Member Portal and educational resources
- Other educational tools including Sports Integrity Australia and AIS portals

Key programmatic details

Utilising Warrnambool Stadium, Warrnambool

Inter-Academy (Oct - TBC)

Commencing with Trials in March '25 - October '25

SWAS Training Tee included

Limited to athletes born 2010/2011



Additional Services



SWAS will provide all ASCEND athletes with a limited strength and conditioning program or beginner gym program that can be performed at home with minimal equipment, or in the gym. Please note that SWAS does not provide gym access or a trainer as part of the ASCEND program, however this may be an additional opportunity as a fee for service throughout the year.

SWAS recommends athletes take time to build athlete education into their routines.



All ASCEND athletes will gain access to the SWAS Member Portal via the SWAS website. Here athletes will find various resources to help build their athlete mindset.

SWAS also highly recommends athletes familiarise themselves with the following resources;



SPORT INTEGRITY AUSTRALIA

Sport Integrity Australia:

Complete the prescribed e-learning modules to safeguard yourself and your sport;

- Clean Sport 101
- Anti-Doping Fundamentals (or Annual Update if previously completed)
- elearning.sportintegrity.gov.au



Australian Institute of Sport - Education:

Complete the five prescribed e-learning modules to help develop your athlete mindset.

- High Performance Sport in Australia
- What it means to be an elite athlete
- Athlete Wellbeing & Engagement
- Athlete self-care
- Money Matters
- ais.gov.au/health-wellbeing/athlete-wellbeing-education/modules

Optional Services:

SWAS may offer additional services at a cost to ASCEND athletes, and possibly other members of the sporting community.

These services may include, but are not limited to;

- Presentation Skills: How to construct and deliver a presentation
- Female Health: Unique impacts experienced by women in sport
- Elite Guest Speakers: Various topics
- Strength & Conditioning Programs

Application Process

Timing: Trials will take place on the 23rd of March at Warrnambool Stadium at 3 pm

TID: There are no specific Talent Identification requirements, however SWAS will conduct trials to determine the suitability of potential athletes. This will be at the discretion of the coaching staff. SWAS may use these events to TID future APEX athletes (see swas.org.au for details).

Application: A trial registration form must be submitted to take part in the trial process. To access the trial registration form scan the QR code below.



Payment: Payment must be made upon acceptance into the program. (Indicative 2025 cost: \$215 inc. GST). Payment plans are available.

For further details visit swas.org.au

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ceo@swas.org.au

www.swas.org.au

PO Box 26
Warrnambool VIC 3280

Level 3, Building A
Deakin University, Warrnambool
VIC 3280

