



2022-2023 SENIOR SQUAD EXPECTATIONS

- Have PRIDE in the National Squad – you are the role models
- Communicate with each other, ask questions
- Punctuality – arrive so ready to start at expected time
- Sunday training – start at 10h00 when Seniors only one day – train arrival time a challenge
- Wear Swiss Netball kit – training top with black skort/shorts/leggings at all training sessions
- Be honest about injuries
- Develop personal fitness and agility outside of training sessions
- Support/ideas for individual training from management
- Teamwork/Commitment
- Open, honest, upfront communication
- Encouragement on and off the court
- Management team to challenge athletes and athletes to challenge each other
- Creative and constructive feedback structure between athletes
- Positive attitude on and off the court
- Management to understand acoustic issues in sports halls
- Inclusivity – everyone should feel part of the team
- Visualisations/demos of drills
- Understanding sometimes you are having a bad day – and communicating this to management and fellow Squad members
- Individual feedback from coaches
- Ownership/responsibility/trust
- Able to heed feedback from management and players
- Individualised exercises/support for problems on court/development
- Give 100% all the time – always imagine you are in a game