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# SmartParent

## How to support your Netball Player

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Simple Strategies to help reduce injury risk &  
ignite the love of Netball

For more information visit [www.netballsmart.co.nz](http://www.netballsmart.co.nz)



NETBALL  
NEW ZEALAND

**ACC SportSmart**





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I've played Netball from the age of 13 right through to the elite level with the Silver Ferns. I'm currently a Secondary School coach and I am a proud mother of two futureFERNs players.

Being a SmartParent is important to me and I can play a huge role in assisting my kids to grow to love the game in a safe environment. I'm their biggest fan and their loudest cheer leader.

This resource helps me to understand the evolving player as they move through puberty to adolescence and maybe even on to high performance. As parents we need to understand what helps and what might hinder our kids to be the Netball player they want to be...gosh imagine if it was around in my time coming through the ranks!

Join me in becoming a SmartParent and support your children so they can grow and explore and most importantly love our game

**Jodi Brown**

[former Silver Fern]

SmartParent Ambassador

# NetballSmart

NetballSmart is an evidence-based injury prevention strategy based on 6 principles. (See below) It helps improve a player's performance in sport by improving player capability and preventing injuries.

As a parent you want the best for your child, but sometimes knowing what to do or how to support your child to be the best they can be, is challenging.

SmartParent has been specifically designed for the 'Netball Parent' with tips and simple strategies to inform action to help you grow your child's love for sport whilst reducing their risk of injury.



## Your Role as a Netball Parent



Sideline Support  
& Leads the Cheer!



Nutrition



Driver



Team Manager  
& Coach Supporter



ATM



Support



Encourager



First Aider



Life Coach



Water Person



Personal Trainer



Personal Assistant

## The Experience is what matters..

Children need Inspiration, Connection, Empowerment, Play & Variety in their sporting experiences.

The attitudes and behaviours of adults in the youth sporting environment should focus on the development rather than the performance climate.

### What Is The Development Climate

- » Focuses on effort and improvement, emphasis is on getting better - accepts mistakes as they enable learning. Recognises effort.
- » Everyone matters - regardless of ability. A sense of belonging and support is grown.
- » The kids share control and are given time to correct their own mistakes.
- » Play is used to develop fundamental movement skills; a variety of sporting experiences are encouraged.

### What Is The Performance Climate

- » Focuses on winning and losing. Results matter and mistakes aren't allowed!
- » Ability is rewarded rather than effort.
- » Only the best matter and the adults make all the decisions.
- » Pressure is applied to focus on one sport and training is drilled, repetitive and performance based.

### How To Create A Development Climate

- » Ask your child what they love about Netball. It may surprise you!
- » Focus on the development of skills. Kids can be competitive but it's not all about the result.
- » Praise effort. Value and support commitment.
- » Focus on the child's improvement and learning. Mistakes help their learning.
- » Encourage participation in sport for enjoyment, health & well-being. Not all of our kids are going to be elite athletes and that is OK!

### Values & Life Skills

The values and life skills developed in sport are more important than the 'team' they make!



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## SmartParent: Player Welfare

Smart Player Welfare is ensuring there is a balanced approach to a player's wellbeing. As a SmartParent, focus on supporting and encouraging your child at home and on the side-line.



### Side Line Cheerleader

Fun is very important to encourage a life-long connection with sport. Lead the cheer.

**Ask your child...**

**What did you enjoy? What did you learn?**

### Code Of Conduct

- » Keep it FUN!
- » Celebrate successes.
- » Focus on the positives.
- » Recognise effort and improvement.
- » Support everyone, including the opponents.
- » Respect the officials.



## SmartParent: Player Welfare

Playing a range of sports (diversification) improves performance and decreases injury risk.

### Early Specialisation vs Diversification

Children & adolescents are not mini adults and should not be treated that way when it comes to training.

Early sports specialisation is defined as training in one sport for > 8 months of the year, choosing a single main sport and/ or quitting all sports to focus on one sport.

Early specialisation is linked with an increased injury rate, higher drop out and burn out rate. Formalised intensive training in one chosen sport during pre-pubertal years imposes demands on children that are exhaustive and create high physical and psychological pressures.

### International Evidence Shows Us:

- Early specialisation is not linked to becoming an elite athlete.
- Unstructured play supports health, well being and physical development.
- Support your kids to take part in several physical activities, structured and unstructured.
- Sporting diversification improves overall sport performance and decreases injury risk.
- Specialisation in Netball (or any sport) should be delayed until 15-16 yrs.
- Developing fundamental movement and Netball skills through early adolescents (Year 7 & 8) is more important than focusing on competitive play (Reps).



## 9 REASONS WHY KIDS QUIT SPORT

- » It's not fun anymore.
- » Pressure to perform.
- » They are afraid to make mistakes.
- » Not enough playing time.
- » It's too competitive.
- » Too much emphasis on winning.
- » They have lost ownership of the experience.
- » No longer interested in sport.
- » Pressure from parents & coach.

### DID YOU KNOW?

Those who become elite athletes are more likely to have played multiple sports in their youth.

## Smart Parent: Player Welfare

Understanding overall training / activity volume = load management.

Here are the key loading principles that are applicable across all age groups:

### Rest Day



Every week your child should have 1 full day off all sport.

### 2 Game Rule



No more than 2 x full games of Netball per week - Playing more than this is not beneficial to your child's development.

### Age To Hours



The age to hours' simple principle - no more hours of structured sport than their age, per week.

Be aware of **HIT**:

- » Hours - of training?
- » Intensity - how hard?
- » Type - of training?

### Balance is better

Too little training or support activities and your child will be under prepared for the demands of the game.

Too much training or playing and they risk over training which significantly increases injury risk.



Just right- balance of training / playing / support work (core, strengthening)



Too little training or support work



Too much playing and training

## SmartParent: Training

Smart Training ensures the players body is prepared to play.

This includes understanding age appropriate training load and volume, strength, core, endurance, power and flexibility.

**Netball is a high demand sport. To be prepared for the physical demands, players need to be strong and fit!**

Fitness, strength and core underpins performance in Netball - young players need to be able to cope with the demands of the activity.

The NetballSmart Dynamic Warm Up (NSDWU) includes 4 strengthening exercises that can be completed at home at least twice a week as well as during training, to help build strength.



### THE BENCH - Static

Static bench on forearms (or hands) and feet.  
Lift pelvis off the ground.

**3 X 20-30 SEC**



### SIDEWAYS BENCH - Static

On elbow (or hand) legs out straight.  
Lift pelvis and maintain position

**3 X 20-30 SEC**



### RDL (Romanian Deadlift Leg)

Beginner Single Leg Romanian Deadlift

**3-5 EACH LEG**



### SINGLE LEG STANCE

Hold the ball (or imaging holding ball).  
Progress to moving ball around back.

**2 X 30 SEC EACH LEG**

“ If the player  
can handle  
the physical  
demands  
they can  
explore the  
game.”

### Sandra Edge

Silver Ferns (1985-1995)

89 test caps

21 test caps as captain

30 test caps as vice captain

Assistant Coach: Pulse



For further details on the NSDWU exercises and simple body weight and core strengthening programmes for players from Year 7 & 8 upwards check out [www.netballsmart.co.nz](http://www.netballsmart.co.nz)

## SmartParent: Movement

Smart Movement is developing a player's movement skill and technique correctly which allows them to play and enjoy their sport. Go to the Netball NZ or NetballSmart websites and find out more about workshops that you could do to support your child.

### Movement & Maturation

During puberty it is normal for co-ordinated & confident players to experience a period of clumsiness and uncoordinated movement.

Encourage your child to practice the fundamental movement skills relevant to Netball to help them transition through this phase.

Always remember, your child / adolescent / teen is still growing and developing (physically and mentally) let them continue to explore other sports and positions for as long as possible... even if they are already a great Goal Attack. This exploration of other skills will help to improve their movement capability and in the long run improve their game.

### Fundamental Movement Skills

Movement is the basis for all skill development. If your child can do the fundamentals well, they can grow with the game and continue to improve and perform on the court.

## DID YOU KNOW?

10 - 14 year olds have the highest number of injuries in Netball.

15-19 year olds have the most serious and significant injuries.

Learning to land & move well is vital in Netball to reduce the risk of serious injury & ACL rupture.



Running /Stopping



Agility / Coordination/ Balance



Jumping and Landing



Throwing and Catching

# SmartParent: Preparation

Smart Preparation prepares the mind and body before your child reaches the court. There are lots of areas that you can influence as a parent to help your child to be as prepared as possible for the demands of Netball

## Shoes

Shoes are a Netball player’s main piece of equipment. Shoe type is important.

- Play Netball in a Netball shoe. They are designed to stand up to the multidirectional demands of the game.
- Most Netball shoes are made with a running mid-sole so they can be used for both running and the multi directionals movements that occur in Netball.
- Ensure shoes have a good amount of tread to support the frequent stopping, change of direction and landings that happens in Netball.
- Running shoes are not designed to stand up to the demands of the game.



## Nutrition & Hydration

Help your child to be prepared by providing healthy food before and after their trainings / games. This will give them the fuel they need to train and play.

Busy adolescent Netball players need to eat well (sufficient & healthy). If food consumption (energy-input) does not match energy out-put, the adolescent Netball player is in a state of **low energy availability (LEA)**. This can affect overall health, well-being and Netball performance. Balance of important. For more information go to [www.netballsmart.co.nz](http://www.netballsmart.co.nz).



### Water

Water is all that is needed to hydrate your child. Drink 500ml in the hour before activity and continue to drink during and after the training or game.

### Eat 2 hours before Game time



#### Breakfast

Cereal, yoghurt and fruit, scrambled eggs on toast



#### Lunch

Salad and meat sandwich or wrap, scrambled eggs on toast, toasted sandwich



### Eat within 30 min

After a training or game your child should have a nutritious snack to re-fuel their body. e.g. Smoothie, avocado on toast, banana, cereal and yoghurt.

## SmartParent: Warm Up, Cool Down and Recovery

Warming Up before Netball prepares your child for the upcoming activity.

Cooling down prepares them for the rest of the day.

Recovery prepares them for the next training session or game.

Allow enough time for your child to get to training or the game to be able to fully participate in their teams NetballSmart Dynamic Warm Up, and let them complete the cool down process at the completion of their game or training.



### Warm Up

The NetballSmart Dynamic Warm Up (NSDWU) is an evidence based warm up. The NSDWU is specifically developed for Netball and aims to enhance performance and prevent injuries at all age groups and levels. Completing the NSDWU is one of the simplest strategies to reduce your child's risk of injury.



### Cool Down

After the game allow time for your child to complete their team's recovery process, try not to rush away. Most teams follow this routine to help start the recovery process: Jog / Walk / Layer-Up / Hydrate / Stretch / Eat.



### Recovery Sleep

Sleep is the number one recovery strategy!

Technology inhibits normal sleep & acts as a barrier to quality sleep state.

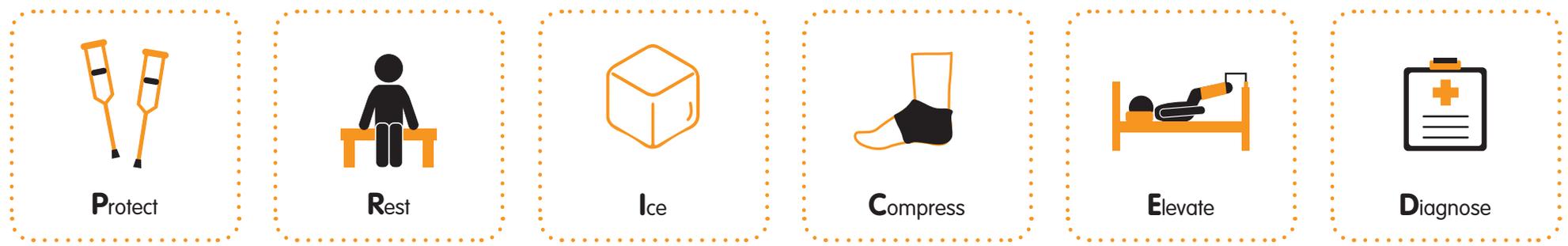
- Minimum of 8 hours (up to 9-10 hours) at least 5-7 nights per week = 61% injury reduction.
- Limit the impact of technology on sleep - all devices away at least 30 minutes prior to bed time.

# SmartParent: Injury Management

Smart Injury Management ensures injuries are identified, assessed and treated early.

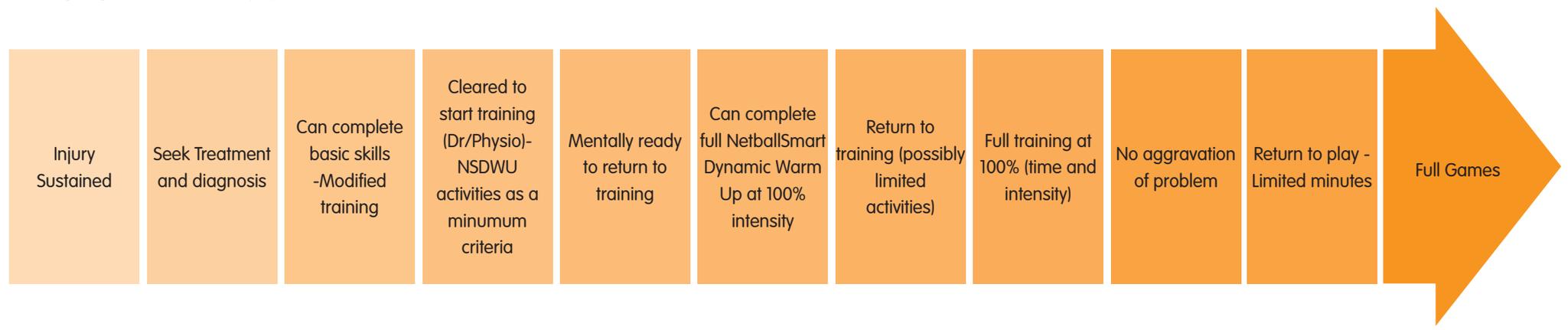
## Acute Injury Management

If your child sustains an injury apply the "P.R.I.C.E.D" principle as soon as you can. The most important part to this process is Diagnosis. Find a Physio / Doctor that regularly sees Netballers. Physio's / Doctor's are trained to guide your child through the recovery, rehabilitation and return to play process.



## When Are They Ready To Return To Play?

Do not underestimate the need for adequate treatment and rehab before your child returns to play. The ideal graduated process for returning to training & games after an injury would be



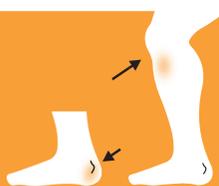
## SmartParent: Injury Management

Smart Injury Management ensures injuries are identified, assessed and treated early.

### Risks Of Playing Injured

Playing injured can make the current injury worse, leading to more extended periods out of the game. Due to pain or poor function your child will not move well, putting other areas at risk of injury. It is unlikely that they will enjoy the experience, nor be able to play to their abilities. Seek the advice of a physiotherapist / Doctor they can help with 'return to play' decision making and help weigh up the relative risks of returning to the court.

#### Age Related Injuries



- » Sore heels (Severs) and knees (Osgood Schlatters) are common during growth phases.
- » If heels/ knees are sore, decrease activity until the pain settles or seek medical advice to get accurate cause of symptoms.
- » These conditions go away once growing stops.

#### Ankle Sprain



- » 50% of players who have had an ankle injury will have another injury within two years.
- » Use the NetballSmart Dynamic Warm-Up (NSDWU) as a rehabilitation tool - it involves balance and landing.
- » Core and balance programmes are available at [netballsmart.co.nz](http://netballsmart.co.nz)

#### Anterior Cruciate Ligament (ACL)



- » Do Not miss an ACL injury.
- » The ACL is the pivotal ligament in the knee. It is critical for stability and stops the knee from pivoting.
- » Knee injury risk can be minimised by learning to land well. The NSDWU helps decrease ACL injury risk.
- » See the Landing Skills resource at [netballsmart.co.nz](http://netballsmart.co.nz)

### Concussion

Concussion is a traumatic brain injury (TBI). Whilst rare in Netball, concussion is becoming a significant public health issue and is increasingly more prevalent across all sporting codes. As Netball becomes faster and more physical, concussion risk potentially increases and hence awareness / treatment of concussion is important to protect the welfare of our players.

Concussion (and player welfare in general) is everyone's responsibility. Players, parents, coaches and officials need to act in the best interest of the player and their welfare by taking responsibility for recognising, removing and referring to a medical Doctor if a player is suspected of suffering a concussion. Check out Be NetballSmart about concussion on [www.netballsmart.co.nz](http://www.netballsmart.co.nz).



# SmartParent: 10 Tips to support your Netball Player

Simple Strategies to help reduce injury risk & ignite the love of Netball



## Lead the Cheer

Celebrate successes. Focus on the positives. Recognise effort & Improvement. Support everyone including the opponents. Respect the officials.



## Understand Load

Use the 'age-to-hours' simple principles! No more hours than your child's age per week across all activities. For full guidelines see the NNZ website.



## Sleep

Min 8 hours, 5-7 nights per week (reduces your child's injury risk by 61%). Technology away 30min before sleep.



## Shoes

Make sure the shoe has tread. A Netball shoe or a cross trainer is best for Netball. A running shoe lacks support and wears out quickly.



## Rest Day

Every week your child should have a full day off from all sport. This allows for mental & physical recovery and time to spend with friends and family.



## NetballSmart Dynamic Warm Up

Enhance performance and prevent injuries at all age groups. Perform at least 2x per week and a 60% reduction in all lower limb injuries may be achieved.



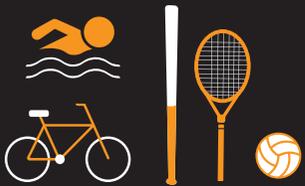
## Hydrate & Eat

Water is all the Netballer needs! Eating a good meal 2 hours before playing fuels the body. Help their recovery by providing healthy snacks for after trainings and games.



## Manage Injuries

Remember PRICED. If in doubt seek advice from a physio or doctor. At a minimum your child should be able to complete the NetballSmart Dynamic Warm Up before returning to the court.



## Diversification

Sporting diversification improves performance and decreases injury risk. Specialisation should be delayed until 15-16 yo.



## Maturation & Movement

During puberty it is normal for co-ordinated & confident players to experience a period of clumsiness and uncoordinated movement. Encourage your child to practice movement skills, especially landing!