



# 2018 ANNUAL REPORT



## Central Coast Heart

A collaboration between the region’s three netball associations to promote the sport and provide pathways from grass roots to elite netball for local players, coaches, umpires and officials.

Central Coast Heart Premier League Open team following their 2018 grand final win.

30 October 2018

## Introduction

Central Coast Heart's success in 2018 was built on the foundations established since our inaugural season in 2016 to build a thriving, passionate netball community on the Central Coast!

During the past twelve months Central Coast Heart has continued to promote netball across the coast - from social twilight competitions to Net Set Go programs, conducting coaching and playing skills clinics and, of course, our elite netball program.

The highlight of our season was undoubtedly Central Coast Heart winning the Netball NSW Premier League Open Grand Final in September! Such an exciting night and a fitting reward for all of the commitment and hard work both on the court and behind the scenes.

***Thank you to all who have been part of the Heart during our most successful year ever***

A special thank you to our foundation platinum partner, Central Coast Leagues and foundation gold partner, the Central Coast community branches of Bendigo Bank. Your continued support of the region's most popular female sport is appreciated by netballers across the Coast. This year we also welcomed into the Heart family a new bronze partner, Imperial Centre Gosford.

Thank you to all who have been part of the Heart during our most successful year ever and we look forward to continuing to work together to provide a range of netball opportunities for the Central Coast.



One of Central Coast Heart's passionate supporters, David Talyor.

## Promote the game of netball on the Central Coast

- Central Coast Heart conducted 2017 Social Twilight @ Gosford attracting **66 teams** and **100 new players** to netball (an increase on the 34 teams at the 2016 Social Twilight @ Wyong).



2017 Social Twilight @ Gosford.

- Coast Heart Heart players facilitated the eight-week Net Set Go program for 5-6 year olds at Wyong District Netball Association during June-July-August.
- Central Coast Heart conducted **two coaching clinics** giving 18 Central Coast and Hunter coaches, along with athletes from the Central Coast Academy of Sport netball squad, a behind the scenes look at Central Coast Heart training sessions including handy tips, drills and methods to help their own teams.
- **130 young netballers** attended playing skills clinics conducted by Central Coast Heart for 7-14 year olds during July and August.



Young fans with Central Coast Heart Under 20s players.

- Over 100 local netball-lovers took part in the 2018 **Coasties' Commute** and travelled to Sydney on 11 August to support Central Coast Heart in their round seven clash against Eastwood-Ryde Hawks. It was a great opportunity for supporters to get close to the on-court action and to observe what happens on the bench during a game. Young fans were also able to **meet players** from both the Opens and Under 20s teams and **get their Central Coast Heart posters autographed.**

- Courtesy of the Wyong branch of Bendigo Bank, **two supporter buses** made the trip to Premier League matches at the Genea Netball Centre this year - one for the Coasties' Commute in August and another for the Opens Grand Final in September.



Central Coast Heart supporters at the Premier League Open Grand Final.

- Almost all of Central Coast Heart's 2018 matches were **live streamed on BarTV** - with hundreds of local supporters watching the matches each week.
- **Five editions of our Heart Beat e-newsletter** were issued during 2018 - with 315 recipients receiving our final newsletter in September (compared with 67 recipients of our first newsletter issued in 2017).
- Central Coast Heart and netball in the region were promoted via **regular features and interviews** on NBN television, local radio (Coast-FM, and 2GO) and in the print media (Sydney Morning Herald, Daily Telegraph, The Herald, Newcastle Star, Central Coast Express Advocate and Central Coast Chronicle).



Amy Wild training with the Woy Woy Peninsula 13s rep team.

- Captain of Central Coast Heart Opens team, Amy Wild, conducted a **coaching session for the winner** of our Heart Beat e-newsletter sign-up promotion (the Woy Woy Peninsula 13 years rep team).

## Establish pathways to the elite level for local athletes, support staff and officials.

In 2018 Central Coast Heart fielded an Opens and Under 20s team in the Netball NSW Premier League as well as a Division 2 team in the Dooleys Metro League. Both competitions were played at the Genea Netball Centre at Sydney Olympic Park.

All three Central Coast Heart teams made the final series in 2018 - a great achievement for our players, coaches and team officials.



The victorious Premier League Opens team in front of local supporters.

The Premier League Opens team finished 2nd on the ladder. Despite having only eight players available for their semi final, they defeated ERNA Hawks in the semi final 59 to 57 to progress directly to the Grand Final. In the Grand Final they faced ERNA Hawks again, winning 60 to 55 with Central Coast Heart captain, Amy Wild, being named as the game’s Most Valuable Player. A well-deserved and outstanding result!



Premier League Under 20s minor semi-final.

The Premier League Under 20s finished 3rd on the ladder and won their minor semi-final 46 to 40 against Manly Warringah Sapphires. They were defeated by GWS Fury in the Preliminary Final 44 to 56. A huge improvement on 2017’s seventh place finish.

The Metro League Division 2 team finished 4th on the ladder and were defeated in their minor semi-final by Campbelltown District 42 to 47. An excellent result for the team's first year in Division 2 (after being runners-up in Division 3 in 2017).



Metro League Division 2 in action during the season.

Individually our players, coaches and officials also had an impressive year:

- Madeleine Taylor was the joint winner of the 2017 **Premier League Player of the Year** Award (making it two from two for Central Coast Heart with Kristen Kressler winning the inaugural award in 2016).
- Lauren Moore was named in the **NSW Swifts** team for the 2019 Suncorp Super Netball competition.
- Nakita Jackson was named in the both the NSW and **Australian Under 17s** team.
- Four athletes were named in the **Netball NSW Talent Development Squad**: Demi Evans, Milla Evans, Jessica Kelly, Brooklyn O'Mara and Jazmyn Rodwell.
- While another five athletes were selected in the **Regional Development Squad**: Hannah Cullen, Isabella de Vivo, Eliza Hand and Georgia Ray.
- Central Coast Heart head coach, Amber Cross, achieved her Elite Coaching Accreditation this year and was also named as the 2019 **coach of the NSW Under 17s** team.
- While Central Coast Heart Under 20s coach, Megan Sharpe achieved her **Advanced Coaching** Accreditation this year.
- Central Coast Heart **bench official**, Frank Passmore, officiated throughout the season in the Metro League competition and also in the Premier League semi-finals.
- Central Coast Heart's three scholarship **umpires**, Karlee Farthing, Rachel Shallow and Jess Alexander supported our coaches on the training court and umpired in the Metro league competition throughout the season. Karlee also umpired in the 2018 Premier League competition.

## Central Coast Heart 2018 Awards

Central Coast Leagues Athlete of the Year:

- Premier League Under 20s - **Eliza Hand**
- Premier League Opens - **Amy Wild**



Central Coast Heart Premier League Opens Captain, Amy Wild, speaking at the 2018 presentation night watched on by vice-captain, Alicia Walsh, and head coach, Amber Cross.

Other major award winners for 2018 were:

- Metro League Players' Player - **Jacinta Clark**
- Metro League Coach's Award - **Casey Judge**
- Premier League Under 20s Players' Player - **Milla Evans**
- Premier League Opens Players' Player - **Amy Wild**

## Build a reputation as a well-operated organisation

- Central Coast Heart complied with all Netball NSW requirements and provided regular updates throughout the season to the region’s three Associations.
- Central Coast Heart maintained its foundation partners: Central Coast Leagues and the Central Coast community branches of Bendigo Bank with the latter committing to a five-year sponsorship. Central Coast Heart also welcomed a new bronze partner, the Imperial Centre at Gosford.



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- Central Coast Heart provided signage to promote its platinum and gold partners at Premier League matches and on the BarTV live stream.



Net Set Go at Wyong.

•In order to be financially sustainable, Central Coast Heart undertook numerous fundraising activities during the year including a trivia night, major fundraising raffle, barbecues, Net Set Go program, playing skills clinics and social twilight netball.



Barbecue at Gosford.

*Care - We work as a team to build and nurture relationships in our communities.*

*Commitment - Our passion for netball drives us to promote the sport and develop pathways for athletes to achieve their potential.*

*Honesty - We are professional, trustworthy, loyal, consistent and accountable.*

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