

EMPOWER
PLAY

CONTACT

Invitation and Parent Information

Welcome to **CONTACT**. We are inviting you to help take netball from the court to the clouds.

What is CONTACT?

CONTACT is an ONLINE empowerment program which has been created to build relationships between a coach and their team during times of non training and game play.

The program focuses on creating opportunities for coaches to engage in the players wellbeing while nurturing the ever important team and coach relationship. It looks to develop a players awareness of self and that of their team mates, through a series of open discussions and reflection activities.

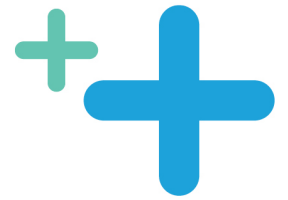
How does it work?

CONTACT sessions are run by a coach via any online video conferencing platform. Your coach will initiate the online session at the arranged time, players participate by joining in on the video conference.

There are 6 CONTACT sessions each made up of 4 x 10 minute activities:



- The Warm Up
- Training Review
- The Game Plan
- The Cool Down



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Details for the CONTACT Sessions

PLATFORM LINK: Insert the link here for your team to access

Pre Activity: Please complete the Personality test before the CONTACT 1 session.

Download your Personality test and all your CONTACT worksheets from <https://teamgem.com.au/contact-player-resources/>

Session	Date	Time
CONTACT 1 FIRST CONTACT		
CONTACT 2 DISCOVERING SELF		
CONTACT 3 BUILD CONFIDENCE		
CONTACT 4 MY PASSION		
CONTACT 5 MY PROFILE		
CONTACT 6 TEAM CONTACT		

