

# Implementation Guide for CONTACT

## An EmpowerPlay program

**Welcome to CONTACT** the online program from EmpowerPlay!

Congratulations you are now part of a network of providers across NSW delivering this exciting new online program supporting netball participants in their wellbeing and encouraging interaction between team mates and their coaches.

This Implementation Guide has been developed to assist CONTACT EmpowerPlay Providers, with clear guidelines to support the successful implementation of the product. This Guide prescribes the core requirements and recommendations for implementing the CONTACT EmpowerPlay program. EmpowerPlay Netball Providers must also observe the EmpowerPlay Netball Brand Guidelines.

Netball NSW welcomes feedback to inform the continuous development of this Guide; please forward all feedback to Netball NSW

### **What is CONTACT?**

CONTACT is an adaptation of the EmpowerPlay program which has been developed by Team GEM in partnership with Netball NSW. The CONTACT program is aimed at players aged 9 to 13 years

CONTACT 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 player awareness of self and that of their team mates, through a series of open discussions and reflection activities.

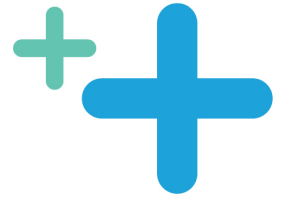
### **How does CONTACT work?**

CONTACT sessions can be run by a coach via any online video conferencing platform. The coach initiates the online session at an 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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### How does CONTACT work? cont.

#### Overview of a CONTACT session:

##### The initial CONTACT

The coach emails the players with an invitation to join the online video conferencing platform on a date and time selected by them. They choose either their originally scheduled training day or even on Saturday when they would normally have been playing.

##### The Warm Up

Checking in with each other, asking the question; Are you OK? What are you grateful for? And mindfulness, have you taken the time to be mindful?

##### Training

Review of how the previous weeks online training session activities and physical activities went. Worksheets are available for players to download.

##### Game Plan

Setting goals for the week ahead. Planning the training session activities and physical activities to do before the next CONTACT session.

##### Cooling Down

Setting the team's weekly affirmation. Coming up with the positive saying and power pose for the week ahead.

##### Outcomes

- Creates opportunities for coaches to engage in their players wellbeing
- Nurtures the player to player relationship away from the court
- Participants learn about confidence, respecting and understanding other personalities as well as covering different aspects of growth.
- Increased club spirit and sense of belonging
- Increase retention or members – keeps the participants playing for longer by providing positive experiences
- Coaches gain a better understanding of their players and how they can work best as a team
- Potential Growth in Participation – parents are attracted to clubs that care about their players both on and off the court





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### Roles and Responsibilities of Providers

It is expected that CONTACT EmpowerPlay Netball will be delivered consistently across the country. As such, CONTACT EmpowerPlay Netball Providers are required to ensure:

- Programs are set-up via the Website Provider Section
- Coaches/Managers and Participants acknowledge that participating in a CONTACT EmpowerPlay session means that;
  - the sessions will be conducted using an online video conferencing platform
  - participants must have a parent or care giver present while the online video conference session is active
- Promotion of EmpowerPlay Netball competition opportunities through appropriate marketing activities uses collateral templates provided, and is in accordance with relevant brand guidelines (TBC)
- Delivery of EmpowerPlay Netball programs is in accordance with the implementation guide and relevant Module Presenter Manuals.
- Management of appropriate presenters will support successful delivery
- Feedback is provided to Netball NSW regarding implementation to support continuous product development
- Participants in the EmpowerPlay programs conducted by Netball NSW and/or its affiliated Association/Club Providers must be financial members of Netball NSW

In addition to these responsibilities, each CONTACT EmpowerPlay Netball Provider is expected to deliver a welcoming, safe, exciting and social atmosphere for all participants. This is central to the successful delivery of CONTACT EmpowerPlay Netball. This atmosphere can be created by:

- Ensuring that all online video conferencing is conducted in the main living areas of each participants home and that a parent or care giver is present during the session
  - Participants wear their Association or Club apparel
  - Participants have access to the session worksheets prior to each CONTACT session
  - Having fun! (kids don't need another classroom)
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### Frequently Asked Questions

#### How do I access training and resources?

The delivery of this product is supported by the Team GEM Website. [www.teamgem.com.au](http://www.teamgem.com.au) Given the continued development of these resources, it is recommended providers do not save local copies of these files and manuals, but access them directly from the website.

To download the resources simply go to [www.teamgem.com.au](http://www.teamgem.com.au), and click on the CONTACT logo then select;

- **Coach Resources** for CONTACT sessions
- **Player Resources** for participants worksheets

#### What costs are involved with delivering the program?

There are no costs involved to download or implement the CONTACT EmpowerPlay program. Online video conferencing platforms like ZOOM offer FREE sign up for sessions less than 40 minutes. You may be required to download software to support your online video conferencing platform.

Always check with the online video conferencing provider for details regarding download software, pricing and terms of use. To the extent permitted by law, Netball NSW and Team GEM will not be liable for any direct or indirect damages as a result of the use of any online video conferencing provider.

Printing of worksheets for participants is minimal and can be printed in either colour or black and white.

