



# CENTRAL COAST HEART

## ANNUAL REPORT

# 2024

[www.centralcoastheart.com.au](http://www.centralcoastheart.com.au)

Central Coast Heart Annual Report

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## Season 2024

## Promoting the game of netball

### Encouraging participation

Central Coast Heart conducted three playing skills clinics with 109 participants across the Maitland and Niagara Park clinics during the April school holidays and the Lake Haven clinic during the July school holidays.

Central Coast Heart conducted social twilight at Woy Woy Peninsula Association with over 200 participants in junior, senior and mixed games (and more players have registered for the 2024 competition). With an emphasis on fun these social competitions (conducted since 2016) have attracted new players (including first time players across all age groups and genders) that have translated into regular season registrations at local associations.

Central Coast Heart is on the Central Coast Sports Hub [www.sportcentralcoast.org.au/sportshub](http://www.sportcentralcoast.org.au/sportshub)



Central Coast Heart is a collaboration between the region's three netball associations to promote the sport and build a pathway from grass roots to elite netball for local players, coaches, umpires and officials.

During the 2024 season Central Coast Heart has actively progressed its vision of a thriving, passionate netball community.



# Building the profile of Netball

During 2024 Central Coast Heart hosted two regular season Premier League home games at Niagara Park Stadium with over 1,000 people enjoying the round 12 and 14 matches against Panthers and GWS Fury.

All Central Coast Heart's 2024 Premier League matches were livestreamed on Sideline Sport.

Central Coast Heart promotes the sport of netball and the achievements of local participants via its social media: [www.centralcoastheart.com.au](http://www.centralcoastheart.com.au), Facebook (4,152 followers), Instagram (with most reels reaching over 3,000 and some over 5,000) and introduced Tik Tok (483 followers with some posts being watched over 35,000 times).



## Establishing pathways to the elite level

Supporting Clubs/Associations/Academies

In 2024, Central Coast Heart coaches and players actively supported the annual **Aspire 11s development** charity fundraising day in Newcastle during February.

Central Coast Heart players attended club training sessions across the greater Central Coast-Hunter region to connect with young players and encourage their love of the game. Central Coast Heart players attended training sessions at both the **Central Coast and Hunter Academies of Sport** to work with athletes on specialist skills.



# Premier League and Metro League Awards 2024

## Metro League Division 5

Grand Final Winners!

Players' Player – Jemma Wooden

Coach's Award – Lana Kaal

Other achievements:

Jemma Wooden - NSW Regional Emerging Talent team.

Ellora Grierson – NSW Regional Emerging Talent Team.



## Metro League Division 2

Players' Player – Tahnee Potter

Coach's Award – Emily Sanders

Other achievements:

Jaylah Boney – First Nations Emerging Talent Team, Captain

NSW First Nations Team

Acacia Elers – NSW 17U State Team, NSW First Nations team,

Australian Black Swans Team

Ellie Stacey – NSW 17U State Team, NSW First Nations Team

Sienna Liva – NSW Regional Emerging Talent Team



## Premier League 23U

Players' Player – Charlotte Neal

Athlete of the Year – Savannah Angelozzi

Other achievements:

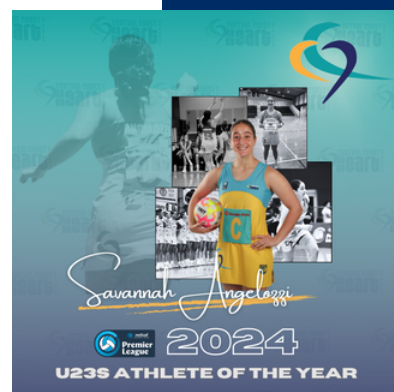
Savannah Angelozzi – NSW Mixed Open Netball team

Grand final MVP and All-Stars 7 team

Jayda Grant – First Nations Emerging Talent Team,

First Nations NSW Team and Goal Attack of the

Tournament at First Nations Nationals.



## Premier League Opens

Players' Player – Brooklyn O'Mara

Athlete of the Year – Hope White

Other achievements:

Gima Crowdy – Apprentice Coach NSW 17U team

Nikkia Humphreys – Assistant Coach NSW Regional Emerging Talent

Hope White – 19U Australian squad, 19U NSW State Team - Player of the

Match in the gold-medal winning game, 19U Australian squad,

Giants Academy, Giants Reserves.

Milly Roach – Giants Academy, Giants Reserves.





# 2024 Training Partners and Supporting Staff



## Training Partners

Three local male athletes in the NSW State Men's teams were training partners with Central Coast Heart's Premier League Opens team in its technical and strength & conditioning programs.

Noah Stephenson was invited to the 17U Men's Australian squad selection camp and Brock Starkey was a member of the Australian 17U Men's team as well as being named in the All-Stars 7 team.



## Support Staff

Amber Cross – Coach of gold-medal winning 19U NSW State team and finalist in 2023 Central Coast Sports Awards

Chris Portlock - Physio for 17U NSW State team, Giants Academy and Giants Reserve team.

Jess Harrison – Physio for 19U NSW State team, Australian Mens & Mixed Netball campaign, the Marie Little Shield team, the NSW First Nations team and in Suncorp Super Netball Reserves.



# Building a sustainable organisation

## A big thank you to our partners:

Wyong Leagues Group became our new platinum partner in 2024.

### Wyong Leagues Group

The Central Coast community branches of Bendigo Bank continued their long-term commitment as a foundation partner of Central Coast Heart.

Patron and Federal Member for Dobell, Emma McBride, continued her support and was joined by netball fan and Member for Wyong, David Harris.

Summit Sport and LookPro partnered with Heart to provide special club offers.

### Community Bank

East Gosford, Ettalong Beach, Kincumber,  
Lisarow and Wyong



## Conclusion

During 2024 Central Coast Heart continued to work hard to promote the sport of netball and provide high performance pathways for players, coaches, umpires and officials.

