



2025 Annual Report

Central Coast Heart is the pinnacle of the greater Central Coast-Hunter region pathway to elite netball for local players, coaches, and technical officials.

During the 2025 season Central Coast Heart celebrated its tenth season in the Netball NSW Premier League competition.

Promoting the game of netball

Encouraging participation

Central Coast Heart conducted a playing skills **clinic** at Niagara Park Stadium during the July school holidays targeting juniors (with a focus on foundational skills and building a love of netball) and intermediates (with a focus on developing defence, mid-court and shooting specialty skills).

Central Coast Heart coaches presented the Netball NSW Foundation Waratah clinic to over 40 players and six observing coaches at Niagara Park Stadium.

Following the regular season Central Coast Heart conducted the inaugural **4x4 Cup** across the weekend of 20-21 September at Lake Haven Recreation Centre. This inclusive new format consisted of 12-minute halves played in the goal third - with no set positions and all players having the opportunity to shoot goals worth 1. 2. 3. and 4 points. The 4x4 Cup was a fun end-of-season event, with Mia Harris named as the 2025 Shooter of the Tournament.

Central Coast Heart, its three foundation associations and a number of local clubs have all signed up to the Central Coast **Sports Hub** www.sportcentralcoast.org.au/sportshub - an on-line tool to provide information to the community on potential sport and active recreation opportunities that meet their needs.

Building capacity

Central Coast Heart has a standing offer to local coaches to attend regular season Premier League training sessions to gain insights into the elite environment and practical tips (including session plans). Over the years these **open coaching sessions** have been attended by academy, representative and community coaches from across the greater Central Coast-Hunter region.

Building the profile of Central Coast Heart

On 5 April Central Coast Heart hosted a **regular season Premier League home game** at Niagara Park Stadium. Over 400 people enjoyed the hotly contested Opens and 23U matches against North Shore United.

All Central Coast Heart's 2025 Premier League matches were **livestreamed** on Sideline Sports providing access to this competition for supporters unable to make the weekly trip to Sydney.

During the Premier League season Central Coast Heart was also active in **local media**. Central Coast Heart conducted radio interviews; as well as being featured in news items on NBN television.

On 1 August Central Coast Heart hosted the inaugural Heart Sports Luncheon at Wallarah Bay Recreation Club. The MC, world champion water polo player, Kerry Turner, captivated the audience with her anecdotes and knowledge of women's sport, while the panel discussion featuring Coolangatta Gold winner, Jemma Smith and Suncorp Super Netball umpire, Jordan Kiss provided fascinating insights into elite sport.

Building the profile of netball

During 2025 Central Coast Heart continued to promote the sport of netball and the achievements of local participants via its **social media**: www.centralcoastheart.com.au, Facebook (4.5K followers), Instagram and Tik Tok. A regular **e-newsletter** was also introduced this season.

In September Central Coast Heart conducted an activation (alongside Central Coast Mariners and Central Coast Basketball) in the sports zone at the Central Coast Grammar School annual **Spring Fair** to promote the sport and encourage participation in netball.

Sport Central Coast is a regional organisation (including representatives of the Office of Sport, Central Coast Council and Central Coast Academy of Sport) that facilitates collaboration and advocates on behalf of the region's sport and active recreation sector. The Chair of Central Coast Heart is a community member on the board of **Sport Central Coast**, providing netball with a position of influence for regional strategic sports advocacy and facilities planning.

Establishing pathways to the elite level:

Involvement with Clubs/Associations

Once again in 2025, 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 a number of club training sessions across the greater Central Coast-Hunter region to connect with young players and encourage their love of the game.

The board of Central Coast Heart includes **life members** from Gosford Netball Association, as well as life members from local netball clubs.

In addition, the Board, coaches and managers of Central Coast Heart **contribute to clubs and associations** in the following capacities: president, executive, honorary auditor, mentor, representative coach, representative manager, club coach, independent selector (of coaches), umpire and player.

Work with Netball NSW

Central Coast Heart board members and coaching staff are also accredited Netball NSW **Talent Selectors, Coach Educators, Course Presenters, Assessors and Development Officers** and NSW State team coaches.

Involvement with Academies

Central Coast Heart boasts the current **head coach** of the Hunter Academy of Sport and previous head coaches of the Central Coast Academy of Sport and Northern Inland Academy of Sport. Central Coast Heart players are involved as **specialist and assistant coaches** at the Central Coast and Hunter Academies of Sport. Central Coast Heart's head coach is also a **coach and player mentor** for the Regional Academy of Sport and Institutes.

To promote the development pathway, Central Coast Heart players attend training sessions at both the **Central Coast and Hunter Academies of Sport** to work with athletes on specialist skills.

Talented Athletes

In 2025 Central Coast Heart introduced its **Talented Athlete Immersion Program (TAiP)** - an individualised program to support and develop emerging athletes and expose them to a high-performance environment. Training on a court alongside Premier League players, TAiP athletes received specialist coaching from SSN, State and Premier Leagues coaches.

Elite Competitions

Central Coast Heart fielded **two teams** in the 2025 Netball NSW Premier League competition. The Opens team finished the season in 7th place and the 23U team finished the season in 8th position.

Athletes of the Year were Brooklyn O'Mara (Opens) and Laicy Costigan (23U); and Players' Players were Zoe Peden (Opens) and Jayda Grant (23U).

To promote men's netball, a NSW State Men's representative player was a **training partner** with Central Coast Heart's Premier League technical and strength & conditioning programs.

Technical Officials' Pathways

Central Coast Heart's highly accredited Umpire Coaches work closely with club and association umpires from across the greater region to ensure locally **identified umpires are supported** across all programs.

Building a sustainable organisation:

Partnerships

Central Coast Heart was proud to continue its partnership with major sponsor **Wyang Leagues Group** this season.

Foundation partner, the Central Coast community branches of **Bendigo Bank** continued their long-term commitment to Central Coast Heart in 2025 along with patron and Federal Member for Dobell, **Emma McBride** and Member for Wyong, **David Harris**.

Central Coast Heart also partnered with **Coast Sport** for high performance services, **Summit Sport** for merchandise and equipment, and **East Coast Beverages** for spring water.

Conclusion

Central Coast Heart continued to work hard to promote the sport of netball and provide high performance pathways during 2025.

Central Coast Heart looks forward to continuing to build a thriving, passionate netball community!

