



**INNERWEST**  
NETBALL  
ASSOCIATION  
CINTRA PARK CONCORD

# ABOUT US

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## Welcome to Inner West Netball Association

We offer a wide range of competitions designed for competitive and social players, coaches, and umpires of all ages and skill levels.

At Inner West Netball Association, we value diversity and believe that everyone should have the opportunity to participate in netball.

Our core values emphasise teamwork, respect, and creating a fulfilling and fun experience for all our members.

We are incredibly proud to have served our community with passion and dedication for nearly 60 years!





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# HISTORY

## Our Story

Since 1965, we've been proud to provide both competitive and social netball opportunities in the Inner Western suburbs of Sydney. What began with just 12 clubs and 30 teams has grown into a vibrant netball community.

From humble beginnings in a tin shed with 9 netball courts, we've expanded to 24 asphalt courts, 14 grass courts, and a state-of-the-art administration building with a BBQ area for all to enjoy.

Over the years, we've had the honour of hosting the Australian Netball Team during their senior carnival in preparation for the 1982 World Championships—a testament to the high standards and rich tradition of netball in our community.

We look forward to being part of your netball journey, and we're excited to continue growing the sport together!





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# COMPETITION

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## WINTER DAY COMPETITION

- April to September
- 14 Round Competition with a 3 Week Finals Series
- Games are Played on Saturdays
- Modified and Juniors Play from 8:30am, 9:30am, 10:30am, 11:30am
- Cadets, Senior, Men's and Mixed Play from 12:30pm, 1:50pm, 3:10pm 4:30pm
- Club Uniform Policies will apply

Registrations Open in January and Close based on individual Club Policies.

## SPRING EVENING COMPETITION

- October to December
- 10 Week Round Competition, Winner First past the Post
- Relaxed Club Uniform policy will apply

Registrations Open Late September and Close based on individual Club Policies.

1. All Playing Times are Fixed each week
2. IWNA Fixtures and Divisions are available at [PLAYHQ](#)





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# LET'S PLAY

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## COMPETITION DIVISIONS

### Competition Age & Divisions

- **Modified: Ages 8-9 Girls and Boys**
- **Juniors: Ages 10-12 Girls and Boys**
- **Juniors: Ages 13-15 Girls**
- **Cadets: Ages 16-17 Girls**
- **Seniors 18+ years**
  - **Ladies Only**
  - **Mens Only**
- **Mixed Netball**
  - **Cadets: Ages 13-17**
  - **Senior: Ages 18+**
- **NetSetGo - Run at Club level**

**NB: IWNA endeavour to set up a Boys Division, please contact your clubs if you need more information.**





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# LET'S PLAY



Where Netball Starts, but the Fun Never Ends!

Woolworths NetSetGo is Australia's leading grassroots netball program, designed for children aged 5-10 to experience the joy of netball in a fun, safe, and welcoming community. Our mission is to develop confident, and active kids who will grow a lifelong love of team sport, all while building essential skills.

[To Find Out More...](#)





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# LET'S PLAY



## NET

NEW to Netball - Ages 5-7 years

Inner West Mini Magpies Program introduces children to the basics of netball through fun, simple activities that keep them moving and engaged.

Our Clubs at Inner West have the NetSetGo Experience available for you. Whether you are after a Saturday Program or a Weekday program and please check with the Clubs below to find what best suits you!



**Save the Date:**  
**Gala Day**  
**August 24th**



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# LET'S PLAY



## SET

At Inner West "Set" is our Modified 8 & 9 Year Age Divisions.

The games are played on grass courts with their team and they play competition games with adjusted rules to allow for fun and learning.

## GO!

At Inner West "Go" is our 10 Year Age Division.

The games are played on the asphalt court, with the full rules being applied and Finals Series played.

Learning and Friendship continues whilst also having fun with increased competition.





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# OUR CLUBS

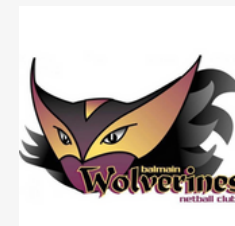
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Our clubs offer members many different options, from NetSetGo Programs, Juniors, Seniors, Mens and Mixed Netball.



[Ashbury Netball club](#)

[Balmain Wolverines](#)



[Briars Netball Club](#)

[Burwood United Netball](#)



[Five Dock All Saints](#)

[Greenlees Netball Club](#)



[Haberfield Netball Club](#)

[Leichhardt Wanderers Netball club](#)







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# OUR CLUBS

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Our clubs offer members many different options, from NetSetGo Programs, Juniors, Seniors, Mens and Mixed Netball.



ROSEBANK  
COLLEGE

[Petersham Netball Club](#)

[Rosebank College – School Club](#)



Santa  
Sabina  
College

[Santa Sabina Colledge - School Club](#)



[St Scholastica's College – School Club](#)



[Summer Hill Lakers Netball Club](#)

[Sydney Uni Netball Club](#)



[Tigers Netball club](#)



[West's Magpies Netball Club](#)





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# COACHING

**Be the Heart of Our Team—**

**Volunteer as a Coach!**

At Inner West, coaches play a pivotal role in shaping the success and growth of our young players. By volunteering as a coach, you become an essential part of our vibrant community, fostering the Fun and Love of Netball that defines Inner West.

We're committed to supporting our coaches, providing clear pathways, resources, and encouragement to help you thrive in this rewarding role.

Whether you're experienced or just starting, there's a place for you to make a difference!

**📞 Contact your Club today to learn more about coaching opportunities.**

**Let's grow together!**





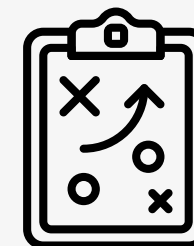
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# COACHING

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# STARTING OUT



## Taking the First Step to Coach

There are many opportunities to begin your Coaching Journey!  
At Inner West the best place to start is with one of our Affiliated Clubs, where they can help you with Coach Questions.

There are a number of “formal” things Inner West would like to ask you to complete as well

### STEPS TO START:

1. Apply for a Working With Children Check [Service NSW](#)
2. Register as a Coach on your Clubs Member Registration Page
3. Read and Download the Netball Rules Book [Rule Book](#)
4. ATTEND Inner West Coaching Clinic (early March) [Register Here](#)
5. When possible, Begin Learning - Complete Coach Foundation Accreditation Course via [Netball Learning](#).



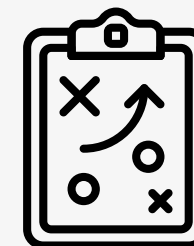


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# COACHING

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# COACH TOOLS



## FIXTURES FOR YOUR TEAM

The Inner West Netball Association (IWNA) [PlayHQ](#) provides fixtures by age / grade and division.



## COACH DEVELOPMENT

We are always Learning and taking on a Coaching role is no different! A lot of research and years of developing Netball Drills, Skills and Strategies are all at your finger tips.

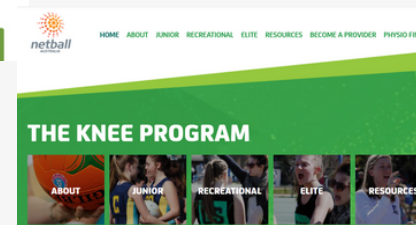
Netball Australia has a structured Accreditation Pathway which is perfect for anyone who wants to take the next step.

1. Framework [Guide](#)
2. Netball Learning [Centre](#)



## COACH TOOL KIT

1. Netball NSW Coaching Resources [Here](#)
2. Netball NSW - The Netty Way [Here](#)
3. The Absolute Best Program to Help Knees in Netball [Here](#)



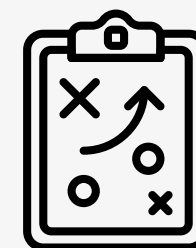


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# COACHING

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## OUR REPS



### Take the Next Step in your Coaching Journey!

If your passion for Coaching is calling you to be a part of something more, then at Inner West we have the Junior and Senior Representatives Program. We look for qualified and experienced Coaches to take on these valuable roles.

1. Junior State Titles Girls and Boys
2. Senior State Titles Girls and Boys
3. Metro League Winter and Summer Series
4. Men's League and Boys MLeague



Coaches applying for Representative Teams must hold or be working towards a minimum of Development Coaching Accreditation.

Head Coaches for Metro must have minimum Intermediate Coaching Accreditation.

For any further information on opportunities at InnerWest please contact our [Coaching Coordinator](#)



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# UMPIRING

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## Step Into the Action—

### Become a Netball Umpire!

Umpires are at the heart of our Netball community, ensuring the game is safe, fair, and enjoyable for everyone. But umpiring is about so much more than enforcing the rules—it's an opportunity to grow, connect, and thrive:

- ☀ **Connected** - Build lifelong friendships within the vibrant netball community.
  - ☀ **Respected** - Play a key role in creating a safe and positive game environment.
  - ☀ **Energised** - Experience the thrill of the game from a unique and exciting perspective.
- Whether you're a seasoned player or new to the game, umpiring offers clear pathways and strong support structures to help you succeed and enjoy every step of the journey.
- ☎ **Contact your Club today to learn more about umpiring opportunities. Join us and make a difference!**

Or go to [Netball NSW Umpiring](#) to find out more



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# REPRESENTATIVES

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The Inner West Representative Program gives players the chance to take their netball to the next level! It's all about developing your skills, having fun, and pushing yourself to be the best you can be. Playing at a higher level helps build strong personal and team discipline, while also improving your game with the guidance of our expert, accredited coaches.

Representing Inner West is a huge honour, and we are all about creating a competitive yet supportive environment. Our teams thrive on teamwork, positivity, and a can-do attitude. Come join us for a fun-filled journey where you'll not only develop your netball skills but also make lasting memories and grow as an athlete!





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# REPRESENTATIVES

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## Representative Expectations

At Inner West, we want every player to succeed in a competitive yet supportive environment. Bring a positive attitude, work hard, and always strive to be your best!

We ask all players to:

- Respect and support your coaches, managers, and teammates
- Show respect for umpires and their decisions
- Commit to attending training and fitness sessions
- Get involved in association fundraising activities
- Wear your uniform with pride
- Give back to your Club and Association Communities

PLAYERS: For further information please contact [innerwestreps@gmail.com](mailto:innerwestreps@gmail.com)

COACHES: For further information please contact [coachinnerwest@gmail.com](mailto:coachinnerwest@gmail.com)





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# REPRESENTATIVES

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**HART**  
**JUNIOR**  
STATE TITLES

**Ages U12 - U14**

The HART Junior State Titles is a flagship event within the Netball NSW pathway. The 3 day tournament showcases the strength of grassroots netball with young players from all over the state coming together to play the game they love.

For more information visit: [nsw.netball.com.au/hart-junior-state-titles](http://nsw.netball.com.au/hart-junior-state-titles)



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## Ages U15 - U17

The HART Senior State Titles is a flagship event within the NNSW pathway. The 3 day tournament showcases the strength of grassroots netball with players from all over the state coming together to play the game they love.

For more information visit: [nsw.netball.com.au/hart-senior-state-titles-0](https://nsw.netball.com.au/hart-senior-state-titles-0)



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DOOLEYS Metro League is one of the top netball competitions in New South Wales, offering week in, week out competition for the state's most talented netballers, coaches, umpires and administrators.

Contested on Monday, Tuesday and Thursday nights at Netball Central in Sydney Olympic Park on Wangal country, with more than 60 teams from across the Sydney Metro region battle it out for honours in six divisions.

For more information visit: [nsw.netball.com.au/dooleys-metro-league-0](http://nsw.netball.com.au/dooleys-metro-league-0)



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Join the Excitement of the Summer Series Competition!

The Summer Series Competition is your opportunity to step onto the courts at Netball Central and showcase your skills as we wrap up the year.

☀ Competition Start: Matches are expected to begin in October.

📢 Stay Updated: Expressions of Interest (EOI) updates will be shared on our socials, so keep an eye out! Get ready to be part of the action—follow us for more details as they're finalised by Netball NSW!

For more information visit:  
[nsw.netball.com.au/court-craft-summer-series](https://nsw.netball.com.au/court-craft-summer-series)



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Inner West has a fast paced growing community of Boys and Mens Netball

Netball NSW has a competitive [Men's Metro League](#), with the competition running early August to late December.

[MensMixedNetball](#) NSW has a developing Boys League, with the competition running September to late December.

All games will be played at Netball Central in Sydney Olympic Park.

For more information please contact: [innerwestmensreps@gmail.com](mailto:innerwestmensreps@gmail.com)



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# COURT MAP

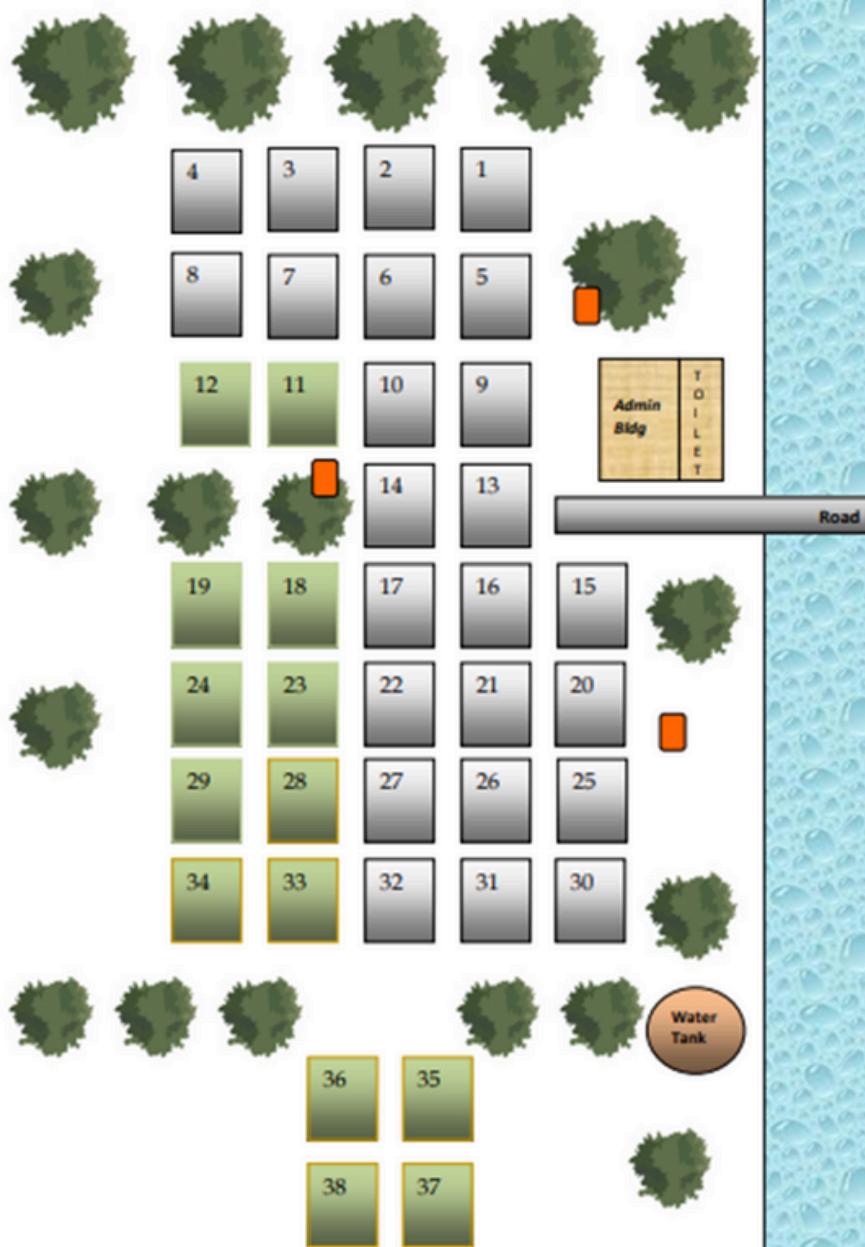
**Cintra Park**

[Crane Street](#)



[Concord](#)

[NSW 2137](#)





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# COMMITTEE

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## INNER WEST NETBALL ASSOCIATION EXECUTIVE

Position	Name
President	Leanne Blackmore
Secretary	Anne Tait
Treasurer	Denise Phillipson
Vice President	Catherine Nealon
Asst Secretary	Tracy Norman
Asst Treasurer	Natalea Hooymans
Competition Recorder	Kay Piper
Umpire Coordinator Seniors	Allayne Hobbs
Coaching Coordinator	Vicky Ventura
Senior Rep Coordinator	Cassandra Robinson
Junior Rep Coordinator	Susan Robinson
Competition Convenor Seniors	Gaye Northcott
Competition Convenor Juniors	Christine Eastlake



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# SPONSORS

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WESTS ASHFIELD  
CROYDON SPORTS  
MARKETS CLUB

[Holman Barnes Group](#)  
[HB Group - A Inner West](#)  
[Netball Major Partner](#)

HB Group continues their organisation commitment to corporate social responsibility with the goal to make a positive impact on the local community.

[Combine Air Training](#)  
[A Inner West Netball Major](#)  
[Partner](#)

Combining the world's most elite training technology with training programs of purpose, Combine Air creates fitness benefits that have been preserved for the elite for over 50 years.







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# LIBRARY

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## Inner Wests Policies and Forms

Inner West Competition Rules and Guidelines are important to ensure a Fair Play Competition



[Netball Rules World Netball](#)

[Inner West - Competition Rules \(Updated coming in 2025\)](#)

[Inner West - Competition Rules Mixed](#)

[Inner West - Modified Rules](#)

[Inner West - Clubs](#)

[Inner West - Court Map](#)

[Inner West - Coaching Clinic 1ST MARCH 2025](#)

[Inner West - Representative Policy \(under review\)](#)

[Inner West - Representative Handbook \(under review\)](#)

[Inner West - Executive](#)



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## Inner Wests Documents

Inner West Association Reports and Guidelines are important to ensure a Fair Play Competition.

[Inner West - Constitution](#)

[Inner West - Certificate of Currency](#)

[Netball Australia Insurance](#)

[Annual Report 2023](#)

[Annual Report 2024](#)



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## Netball NSW Policies and Links

Netball NSW is one of the largest sports organisations in the State overseeing Policy and Netball Competitions in NSW.

[NNSW Codes of Behaviour Policy](#)

[Netball NSW Photography Policy](#)

[20211209 NNSW Pregnancy Policy](#)

[Netball NSW Social Media Policy](#)

[Netball NSW Constitution](#)

[Netball NSW Affiliation and Membership Policy](#)

[Netball NSW Grievance and Dispute Resolution Policy](#)

[Netball NSW Volunteer Recognition and Awards Policy](#)





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## Netball Australia Policies and Links

Netball Australia's main objectives include fostering growth, connecting with local communities, and empowering women and men through sport.

[Safeguarding Children and Young People Policy](#)

[Member Protection Policy](#)

[Competition Manipulation & Sports Wagering Policy](#)

[Sports Medicine Policy](#)

[Inclusion of Transgender and Gender Diverse People in](#)

[Community Netball Guidelines](#)

[Conduct and Disciplinary Policy](#)





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# EVENTS 2025

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Inner West  
Calendar 2025



Turning 60 in  
2025

