

## HOW TO GET THE BEST OUT OF SELECTIONS by Sarah Wall

It's that time of year again - netball selections! Here are my quick tips to help up and coming netballers put their best foot forward on selection day.

**TIP 1:** Of course we all hit the hay nice and early the night before selections and ensure our bodies are fuelled - Preparation is key!

**TIP 2:** Make sure we arrive at the courts early, properly attired in the correct kit. If selectors say a certain attire is required, we must wear what they say. If they say "no bright clothes" or "no Rep T-shirts", we can't wear it. *In saying this, I always wore my lucky pink ribbon and if they didn't let me wear it in my hair, I would tuck it into my shorts :)*

**TIP 3:** Show confidence. Check ourselves in, it's our future so own it! It's not a great idea to let someone else do it for us.

**TIP 4:** Speak for yourself. Have a question? Simply ask - You've got this!

**TIP 5:** Put down the positions we think we will be the best at, considering the level we are trailing for. Don't just put your favourite position down. *For example I loved GD, but I realised my opportunity at the next level was to play mid court. So that's where I trialled.*

**TIP 6:** If a selector asks us to play a position that is out of our comfort zone, jump at the chance. They are looking at us there for a reason so never take this opportunity to step up for granted.

**TIP 7:** Follow directions of the selector/ coaches.

**TIP 8:** Get in the zone, whatever that means for you. An average quarter at selections is 5 - 7mins. Focus on the now, commit to every drive and let's back ourselves on our shots. We don't need to be looking over at mum, dad or even the selectors. Focus on the task at hand, eyes on the ball and be in the moment.

**TIP 9:** Have fun! Smile, encourage your teammates, even if we don't know their names, the selectors are always looking for leadership.

**TIP 10:** Selectors are looking for players with great attitudes. Let's show them how much we want it by chasing every loose ball and if we throw a bad pass, move on quickly. It's all in the body language so charge on and chin up.

Okay so let's say our name is not called out - Never ever give up!

Try another association or team and/or come back next year with more experience.

*I missed out on my first Victorian state team as they said I was too slow and as hard as that was to hear, the selectors were right. So I went back and worked on my footwork and speed until it became an absolute strength of my game.*

Too many people give up because a little hiccup along the way. Never let our dreams go because 1, 2, 3 or 4 people didn't believe in us.

And if we DO get in - CONGRATS!!! Grab onto the opportunity with 2 hands and never be complacent. Good luck to all netballers during this time.