

THE KNEE PROGRAM

INFO FOR PLAYERS AND PARENTS

KNEE: Knee injury prevention for Netballers to Enhance performance and Extend play

PLAYERS - WHAT SHOULD YOU KNOW?

- It is worthwhile familiarising yourself with the Key Principles
- Read the manuals and understand the activities. This education will allow you to develop a sense of responsibility towards your warm up routine as well as understand the purpose and importance of the program
- The KNEE program will not only will reduce your likelihood of being sidelined by injury but will improve how you move when on court
- The standardised warm up means you will be able to enjoy a consistent structure if you play in a number of teams or squads
- Encourage your teammates, coaches and parents to understand the KNEE program. If everyone is familiar with it, there is a greater chance of everyone gaining benefit from it

PARENTS - WHAT SHOULD YOU KNOW?

- Understand the basics. Take some time to read the manuals to get a sense of why this is important for your child and the sport as a whole
- As a parent your advocacy to other parents and coaches is important
- This program has been developed so that a consistent approach to team warm ups can be delivered across the country, with the ultimate goal of player longevity in mind
- The resource provides clear guidelines for your child's participation that can be utilised in a variety of netball settings. This ensures consistency regardless of coach or team and facilitates a longer term improvement in skill and strength
- The ultimate aim of the program is to keep your children playing the sport they love without being limited by injury – what could be more important than that?

Footwear: There is an association with risk of injury and higher shoe/surface friction. It is therefore recommended that new shoes be worn in prior to being used competitively, particularly when coming into the periods of concentrated, repeated court work, for instance tournament settings.