March 2015

SPECIAL INTEREST NETBALL PROGRAM

Dear Students / Parents

Thank you for your interest in the Blackwood High School Special Interest Netball Program.

Since 1994 Blackwood High School has conducted the Special Interest Netball Program to foster excellence and elite skills in talented young athletes.

The netball program is open to girls who demonstrate talent and potential in netball, and is available as a subject in Year 8, 9, 10 and 11.

The program is endorsed by Netball South Australia (Netball SA) through the provision of resources and specialist coaching.

The Netball Program is aimed at students who

- demonstrate skill and a commitment to netball
- wish to spend time in further development
- aim to compete at a higher level than that of the average student.

This may include school, club, regional association or state level.

Entry to the program is by application and a trialling process conducted by Netball SA.

Selection criteria will include:

- potential high level of ability/performance indicated through skills testing
- a high level of coachability
- a positive sporting attitude
- a positive attitude towards school and study
- a history of high standard of good behaviour, attendance and social skills
- member of a netball team (club or school)
- a documented high level of ability / performance.

The Special Interest Netball Program will be a demanding course that requires students to be motivated and capable both academically and physically.

The Program will incur fees to cover travel, equipment and clothing. (Levy $80 plus Uniform costs)

Applications forms are being accepted now for the Program for 2016 and need to be returned to Blackwood High School by MONDAY 4 MAY 2015.

For further information please feel free to contact me on 8278 0900 at Blackwood High School.

Bianca Reddy
Netball Manager
Special Interest Netball Program
SPECIAL INTEREST NETBALL PROGRAM

STRUCTURE

The structure of the program allows students to pursue their interest in netball as well as maintain a focus on academic study. It is a multi-faceted educational program focusing on Netball and the essential elements building towards successful performance in sport. The aims and objectives of the International Baccalaureate Middle Years Programme (IBMYP) are incorporated as the students extend their skills, performance standards and knowledge while valuing an active, healthy lifestyle.

SKILL DEVELOPMENT

Students will perform skills with efficiency, accuracy and consistency. The Netball Australia National Skill Development Pathways form the basis for specific content in each year level from basic skill to advanced/tactical play. They include:

- Footwork/movement
- Attacking/defending
- Landing one foot/two feet
- Throwing catching on the move
- Ball handling/release
- Game strategies

A variety of forms of feedback will be used including skills check lists and video analysis of techniques.

FITNESS

Year 8: Students develop awareness of the concept of fitness, the specific demands of Netball and how to prepare themselves for their performance.
Year 9: A specific fitness developmental program including core stability, strength & power.
Year 10: Specific fitness program according to individual needs (agility, aerobic). Focusing on strength, power and speed.
Year 11: Weights programs with a focus on fast twitch muscle development. Fitness training for intense court play.

THEORY COMPONENT

The subject is predominantly practical however specific theory work is also undertaken. Topics covered will include:

- Team play and tactics (practical and theoretical)
- Position purpose (practical and theoretical)
- Positional play (practical and theoretical)
- Fitness (practical and theoretical)
- Coaching (practical and theoretical)
- Umpiring (practical and theoretical)
- Nutrition
- First Aid
- Sports Psychology
- Prevention and management of injuries
- Pathways in Netball (goal setting, club administration)
- Certificate II in Career Oriented participation
- Workplace Practices at SACE Stage 2 subject (Year 11’s)

COMPETITIONS

The netball program also competes in a range of competitions/carnivals

- Specialist Schools Play Offs at Netball SA Stadium, Mile End, Adelaide
- Knock Out Netball Competition
- Southern Zone Netball Competition Netball SA Stadium, Mile End, Adelaide (Yr’s 8 & 9)
- Waverley International Netball Championships Melbourne (Yr’s 10 & 11)
- South East Carnival Mt Gambier (Yr 9’s)
- Blackwood Recreation Centre Competition (Yr 9’s)
2016 SPECIAL INTEREST NETBALL PROGRAM

(Please tick the appropriate box)
☐ Current Year 7  ☐ Current Year 8  ☐ Current Year 9  ☐ Current Year 10

APPLICATION FORM

STUDENT INFORMATION

Surname: ___________________________ Date of birth: ____________

Given Names: ___________________________

Address: ___________________________

PARENT/CARER’S INFORMATION

Surname:  (1) ___________________________  (2) ___________________________

Given Names:  (1) ___________________________  (2) ___________________________

Contact Phone:  (1) ___________________________  (2) ___________________________

Email:  (1) ___________________________  (2) ___________________________

NETBALL HISTORY - level of involvement. Please complete appropriate boxes

<table>
<thead>
<tr>
<th>Club Name:</th>
<th>Grade/ Age Group</th>
<th>SAPSASA</th>
<th>Association Representation</th>
<th>Preferred Positions (2 only)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Details</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

To be filled in by the student who is applying:

Why do you wish to be part of the Netball Program?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
REFERENCE FROM 2015 SCHOOL
(to be completed by teacher/school)

Student Name: ____________________________
Current School: ____________________________
Primary School Teacher’s Name or Secondary Care Group Teacher’s Name: ____________________________

PLEAS USE RANKING SCALE FROM 1 (very poor) to 5 (excellent)

<table>
<thead>
<tr>
<th>Numeracy Skills</th>
<th>Literacy Skills</th>
<th>Work Habits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Attendance</th>
<th>Behaviour</th>
<th>Social Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

Please comment on the following by ticking appropriate boxes:

**SPORTING ATTITUDE**

<table>
<thead>
<tr>
<th></th>
<th>Always</th>
<th>Sometimes</th>
<th>Rarely</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abides by rules/spirit of game</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accepts umpire’s decisions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acknowledges performances of others</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SKILLS**

<table>
<thead>
<tr>
<th></th>
<th>Always</th>
<th>Sometimes</th>
<th>Rarely</th>
</tr>
</thead>
<tbody>
<tr>
<td>Displays sound basic skills</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Displays more advanced skills</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Performs basic skills in competitive/pressure situations</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Performs more advanced skills in competitive/pressure situations</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**APTITUDE**

<table>
<thead>
<tr>
<th></th>
<th>Always</th>
<th>Sometimes</th>
<th>Rarely</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responds well to advice/criticism</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Attentive</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stays on task</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exerts a positive influence on others</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is keen to succeed / improve</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Any other comments

Thank you for your time.

Signature of teacher: ____________________________
Date: ________________