

February 2018

## SPECIAL INTEREST NETBALL PROGRAM

Dear Students/Parents/Caregivers

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.

} *Indicated by  
teacher on  
School Reference*

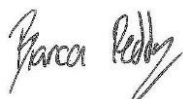
The Special Interest Netball Program will be a demanding course that requires students to be motivated and capable both academically and physically.

The Program will incur fees to cover travel, equipment and clothing. (Levy \$230 plus Uniform costs)

**Applications forms are being accepted now for the Program for 2018 and need to be returned to Blackwood High School by MONDAY 30 APRIL 2018.**

**Trial dates are Thursday 3 May 2018 from 9.00am to 10.30am and again on Wednesday 23 May from 9.00am to 10.30am at Blackwood High School.**

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



Bianca Reddy  
Netball Manager  
Special Interest Netball Program



Sharon Goldman  
Principal

## 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 focussing 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 Sports Coaching (Netball Focus)
- 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)
- Blackwood Recreation Centre Competition (Yr 9's)

## 2019 SPECIAL INTEREST NETBALL PROGRAM

*(Please tick the appropriate box)*

Current Year 7

Current Year 8

Current Year 9

Current Year 10

### APPLICATION FORM

*Please complete both sides*

#### 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*

	Club Name: ..... Grade/ Age Group	SAPSASA	Association Representation	Preferred Positions (2 only)
<b>Details</b>				

#### To be filled in by the student who is applying:

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# REFERENCE FROM 2018 SCHOOL

*(to be completed by teacher/school)*

Student Name: \_\_\_\_\_

Current School: \_\_\_\_\_

Primary School Teacher's Name or Secondary Care Group Teacher's Name:

\_\_\_\_\_

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

Numeracy Skills					Literacy Skills					Work Habits				
1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Attendance					Behaviour					Social Skills				
1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Please comment on the following by ticking appropriate boxes:

### SPORTING ATTITUDE

	Always	Sometimes	Rarely
Abides by rules/spirit of game			
Accepts umpire's decisions			
Acknowledges performances of others			

### SKILLS

	Always	Sometimes	Rarely
Displays sound basic skills			
Displays more advanced skills			
Performs basic skills in competitive/pressure situations			
Performs more advanced skills in competitive/pressure situations			

### APTITUDE

	Always	Sometimes	Rarely
Responds well to advice/criticism			
Attentive			
Stays on task			
Exerts a positive influence on others			
Is keen to succeed / improve			

Any other comments

Thank you for your time.

Signature of teacher: \_\_\_\_\_ Date: \_\_\_\_\_