



Blackwood High School Special Interest Programs

At Blackwood High School we have two Special Interest Programs, Netball and Football.

Our Special Interest Netball Program started in 1994 and is endorsed by Netball South Australia (Netball SA) through the provision of resources and specialist coaching.

Our Special Interest Football Program started in 2010 and it provides the opportunity for students to maximise their development and knowledge as they will train and receive coaching within the school curriculum.

Both programs run as a subject from Year 7 through to Year 11 and students are required to complete an application form and take part in a trial for entry to the program.

| CARE

| ACHIEVEMENT

| RESPECT |



Special Interest Netball Program



The Special Interest Netball Program is open to girls who demonstrate talent, potential and strong interest in Netball. This program is conducted to foster excellence and elite skills in talented young adults.

The program is aimed at students who:

- demonstrate skill and a commitment to Netball
- wish to spend time in further development
- want to compete at a higher level than that of the average student, which may include school, club, regional association or state level.

Students in the program will have the opportunity to:

- complete appropriate coaching and officiating qualifications and courses
- obtain a first aid certificate
- engage with successful state and national athletes, coaches and experts via workshops.

The program is integrated into the school curriculum and is part of the subject pattern and assessment. This year long program also includes the health topics as covered in the HPE curriculum along with a small selection of other practical HPE topics.

Structure of the Program

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 Program (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
- Game strategies
- Ball handling/release
- Throwing/catching on the move

A variety of feedback to support skill development 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 and power.

Year 10: Specific fitness program according to individual needs (agility, aerobic) which focuses on strength, power and speed.

Year 11: Weights programs with a focus on fast twitch muscle development and fitness training for intense court play.





Theory

The subject is predominantly practical however specific theory work is also undertaken.

Topics covered include:

- Team play and tactics (practical and theoretical)
- Position purpose (practical and theoretical)
- Coaching (practical and theoretical)
- Umpiring (practical and theoretical)
- Pathways in Netball (goal setting, club administration)
- Workplace Practices at SACE Stage 1 subject (Year 10)
- Workplace Practices at SACE Stage 2 subject (Year 11)
- First Aid
- Sports Psychology
- Prevention and management of injuries
- Fitness (practical and theoretical)
- Nutrition

Competitions

The Netball Program also competes in a range of competitions/carnivals:

- Knock Out Netball Competition
- Southern Zone Netball Competition - Netball SA Stadium (Year 8 and 9)
- Blackwood Recreation Centre Competition (Year 9)
- Waverley International Netball Championships Melbourne (Year 10 and 11)

Selection Criteria

Entry into the Special Interest Netball Program is by application and a trial process which is conducted by Netball SA.

The selection criteria includes:

- 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 good behaviour, attendance and social skills
- member of a netball team (club or school)
- a documented high level of ability/performance

The information indicated by the teacher on the school reference about the above criteria will be taken into consideration.

Subject Levy

The Special Interest Netball Program incurs a subject levy to cover travel and equipment used throughout the program. This cost is reviewed annually and is approved by the Department for Education Chief Executive. The cost for each year level is as follows, please note that this subject levy cost can change and does not include the netball uniform.

Year 8: \$250/year
Year 9: \$280/year
Year 10: \$290/year
Year 11: \$230/year

Uniform

When commencing the program, students will be required to purchase a Netball dress for games and events. Students will be fitted in the first few weeks of Term 1 each year. Once students have been sized they will be required to order the dress through 100% Netball. Families will receive a fact sheet to complete this purchase.

All students are expected to purchase the follow uniform items from Devon Clothing, the Blackwood High School uniform supplier.

- Tracksuit (jacket and pants)
- PE Sports Top
- Black Sports shorts
- Supportive Netball shoes (not available for purchase through Devon Clothing)



Student Expectations

To be selected as part of the Special Interest Netball Program is exciting. If you accept your position in the program, there are certain expectations that will help you to achieve your personal best in all aspects of Netball and as a learner.

- Remain in the program for the duration of Years 7 to 11 to experience all advantages of the program. **Students are required to commit to a minimum of 2 years.**
- Play club Netball outside of the school for a minimum of one season each year. This promotes the school's program to the wider community and allows the students to practice all aspects of what they have learnt in class in a competitive environment.
- Demonstrate positive behaviour and be a role model, in particular when wearing the Blackwood High School Netball uniform. The program includes many excursions, events, camps, interstate and country trips in which members of the community will be present.
- Attend all lessons, even if injured. Students will be able to complete alternative/modified/recovery sessions.
- Remain motivated and capable both academically and physically.
- Maintain an IB grade of 3 or higher (Year 7 - 10) or a C or higher (Year 11) in all subjects across the year. Complete all required work and push to achieve your personal best. Students in the program will have their academic progress in all subject areas monitored and if necessary, will receive counselling to assist them to meet all academic requirements.
- Participate in the Whole School Athletics Carnival for a minimum of five events, including 400m or 800m, and this does not include novelty events.
- Students in Year 8 are required to participate in Year 8 Aquatics, Pool Day and Camp. Year 9 students are required to participate in Year 9 Aquatics.
- Year 8 and 9 Netball students will play Zone Netball during Terms 2 and 3. This competition is played at Netball SA on Wednesday afternoons. Private charter buses will transport students from school and back again. Year 11 Netball students will be required to be officiators (coaches and umpires) for the Zone Netball Competition.



Special Interest Football Program



The Special Interest Football Program is open to boys who demonstrate talent, potential and strong interest in Football. This program is conducted to foster excellence and elite skills in talented young adults.

The program is aimed at students who:

- demonstrate skill and a commitment to Football
- wish to spend time in further development
- want to compete at a higher level than that of the average student, which may include school, club, regional association, state and SANFL level.

Students in the program will have the opportunity to maximise their development and knowledge as they will train and receive coaching within the school curriculum. Students will have the opportunity to engage with successful athletes, coaches and experts via workshops. The program is integrated into the school curriculum and is part of the subject pattern and assessment. This year long program also includes the health topics as covered in the HPE curriculum along with a small selection of other practical HPE topics.

Students who qualify (SANFL U16 or U18 listed player) have the opportunity to complete an AFL Sports Ready Traineeship. As part of the traineeship, students will complete a Certificate III in Sport and Recreation, including a Level 1 AFL Coaching Certificate and Sports First Aid Certificate. Students will achieve SACE Stage 2 credits for this course.

Structure of the Program

The structure of the program allows students to pursue their interest in Football as well as maintain a focus on academic study. It is a multi-faceted educational program focusing on Football and the essential elements building towards successful performance in sport. The aims and objectives of the International Baccalaureate Middle Years Program (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. An individual's technique will be analysed, refined and practiced until the skills can be performed consistently during competition.

Sessions will be planned and run in conjunction with SANFL (South Australian National Football League) coaches and development officers. Skill sessions will focus on skill development, positional education, movement patterns, running patterns and attacking and defensive methods.

A variety of feedback will be used including video analysis of techniques and game play.

Fitness and Conditioning

Students will:

- develop and maintain fitness levels which enable them to extend their potential in Football
- analyse the fitness components of Football
- complete the AFL combine fitness tests
- identify a variety of training methods, principles and activities to improve and maintain appropriate fitness levels
- study injury prevention and management
- participate in resistance training focusing on injury prevention and technique.





Theory

The subject is predominatly practical however specific theory work is also undertaken.

Topics covered include:

- Team play and tactics (practical and theoretical)
- Positional play (practical and theoretical)
- Coaching (practical and theoretical)
- Umpiring (practical and theoretical)
- Prevention and management of injuries
- Pathways in Football (goal setting, club administration)
- Nutrition
- Sports Psychology
- Leadership Seminars
- GPS data analysis
- Fitness (practical and theoretical)

Competitions

The Football Program also competes in a range of competitions/carnivals:

- Inter-school carnivals
- School Sport SA Twilight Cup
- School Sport SA Knock Out Competition
- School Sport SA 9-a-side Carnival

Selection Criteria

Entry into the Special Interest Football Program is by application and a trial process which is conducted at the school.

The selection criteria includes:

- 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 good behaviour, attendance and social skills
- member of a football team (club or school)
- a documented high level of ability/performance

The information indicated by the teacher on the school reference on the above criteria will be taken

Subject Levy

The Special Interest Football Program incurs a subject levy to cover travel and equipment used throughout the program. This cost is reviewed annually and is approved by the Department for Education Chief Executive. The cost for each year level is as follows, please note that this subject levy cost can change and does not include the football uniform.

Year 8: \$120/year

Year 9: \$120/year

Year 10: \$120/year

Year 11: \$120/semester

Uniform

When commencing the program, students will be required to purchase a Football guernsey, shorts and socks for games and events. Students will be fitted on the transition day each year. Once students have been sized, an order will be made and families will be invoiced.

All students are expected to purchase the follow uniform items from Devon Clothing, the Blackwood High School uniform supplier.

- PE Sports Top
- Black Sports shorts
- Football Boots (not available for purchase through Devon Clothing)



Student Expectations

To be selected as part of the Special Interest Football Program is exciting. If you accept your position in the program, there are certain expectations that will help you achieve your personal best in all aspects of Football and as a learner.

- Remain in the program for the duration of Years 7 to 11 to experience all advantages of the program. **Students are required to commit to a minimum of 2 years.**
- Play club Football outside of the school each year. This promotes the school's program to the wider community and allows the students to practice all aspects of what they have learnt in class in a competitive environment.
- Demonstrate positive behaviour and be a role model, in particular when wearing the Blackwood High School Football uniform. The program includes many excursions, events, camps, interstate and country trips in which members of the community will be present.
- Attend all lessons, even if injured. Students will be able to complete alternative/modified/recovery sessions.
- Remain motivated and capable both academically and physically.
- Maintain an IB grade of 3 or higher (Year 7 - 10) or a C or higher (Year 11) in all subjects across the year. Complete all required work and push to achieve your personal best. Students in the program will have their academic progress in all subject areas monitored and if necessary, will receive counselling to assist them to meet all academic requirements.
- Participate in the Whole School Athletics Carnival for a minimum of five events, including 400m or 800m and this does not include novelty events.
- Students in Year 8 are required to participate in Year 8 Aquatics, Pool Day and Camp. Year 9 students are required to participate in Year 9 Aquatics.
- Participate in a variety of competitions such as SSSSA Twilight Cup, SSSSA Knock Out Competition and SSSSA 9-a-side Carnival.



Application Process

1

Complete the Special Interest Program Application Form which is available on our school website or available via the Front Office.

2

Provide your current school teacher with the second page of the application form for them to complete. Once completed return to Blackwood High School.

3

When your application has been received, each family will receive a confirmation email with details of the selection trials included.

4

Attend the selection trials, please note that there is the possibility of a second trial taking place.

5

Indicate on the Department for Education Registration of Interest Form that Blackwood High School is your first preference and include that you have applied for the Special Interest Program.

6

Once applications have been reviewed and the selection trial is completed, students and families will be notified of the outcome of their application via email and mail.

7

Confirm your position in the Special Interest Program via return email.

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T/A South Australian Government Schools
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Government of South Australia
Department for Education