

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 in 2023, is available as a subject in Years 7 to 11.

The program is supported 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. It is an expectation that the students will commit to the program for a minimum of 3 years.

The program will incur a subject levy to cover travel and equipment. (Ranging from approximately \$230 to \$290 per year plus uniform)

Application forms are being accepted now for the 2023 Special Interest Netball Program and need to be returned to Blackwood High School by MONDAY 9 MAY 2022
Trial will be held at Blackwood High School:
Thursday 19 May 8:45am registration for a 9am – 11am trial

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



Peta Maher
Special Interest Netball Manager



Sharon Goldman
Principal

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 while extending their skills, performance standards and knowledge and 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 7: Introduction to fitness and setting goals.

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, aerobic endurance and speed.

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)
- Pathways in Netball (goal setting, club administration)
- Workplace Practices at SACE Stage 1 subject
- Workplace Practices at SACE Stage 2 subject
- First Aid
- Sports Psychology
- Prevention and management of injuries
- Fitness (practical and theoretical)
- Coaching (practical and theoretical)
- Umpiring (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, Mile End, Adelaide (Year 8 and 9)
- Waverley International Netball Championships Melbourne (Year 10 and 11)
- Blackwood Recreation Centre Competition (Year 9)



2023 SPECIAL INTEREST NETBALL PROGRAM

(Please tick the appropriate box)

Current Year 6
 Current Year 7
 Current Year 8
 Current Year 9
 Current Year 10

APPLICATION FORM

Please complete both sides

Student Information	
Given Names:	
Surname:	
Date of Birth:	
Address:	

Parent/Caregiver Information		
Given Names:		
Surname:		
Contact Number:		
Email Address:		

Netball History				
	Club Name and Grade/Age Group	SAPSASA	Association Representation	Preferred Positions (2 only)
Details				

To be completed by the student applying:
Why do you wish to be part of the Netball Program?

REFERENCE FROM CURRENT SCHOOL

To be completed by teacher/school and returned directly to Blackwood High School (blackwood@bhs.sa.edu.au) by the teacher

Student Name:	
Current School:	
Teacher's Name	

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

Numeracy Skills				
1	2	3	4	5

Literacy Skills				
1	2	3	4	5

Work Habits				
1	2	3	4	5

Attendance				
1	2	3	4	5

Behaviour				
1	2	3	4	5

Social Skills				
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/feedback			
Attentive			
Stays on task			
Exerts a positive influence on others			
Is keen to succeed/improve			

Any other comments	
Teacher Signature:	Date: