

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 2025, 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
 and school report*

The Special Interest Netball Program will be a demanding course and will require students to be motivated and capable both academically and physically. Course participants will have their academic progress in all subject areas monitored and, if necessary, will receive counselling to assist them to meet all academic requirements. **All students in the course are expected to maintain appropriate behavioural standards and commit for a minimum of 3 years. Students who do not maintain those standards may be removed from the program.**

The program will incur a subject levy to cover travel and equipment. (Ranging from approximately \$220 to \$300 per year plus uniform)

Application forms are being accepted now for the 2025 Special Interest Netball Program and need to be returned to Blackwood High School by MONDAY 18 MARCH 2024
Trial will be held at Blackwood High School:
Thursday 21 March 2024 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

Chris Brandwood
 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

- Statewide 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)

2025 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 (attachments accepted): |
|---|
| Why do you wish to be part of the Netball Program? |
| |
| |
| |
| |
| |

Office Use Only Accepted: Y / N Waitlist: Y / N

REFERENCE FROM CURRENT SCHOOL

To be completed by teacher/school and returned directly to Blackwood High School (bhs.info994@schools.sa.edu.au) by the teacher

*****PLEASE INCLUDE MOST RECENT SCHOOL REPORT*****

| | |
|------------------------|--|
| 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 | Usually | Sometimes | Rarely | Never |
| Abides by rules/spirit of game | | | | | |
| Accepts umpire's decisions | | | | | |
| Acknowledges performances of others | | | | | |

| Skills | | | | | |
|--|--------|---------|-----------|--------|-------|
| | Always | Usually | Sometimes | Rarely | Never |
| 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 | Usually | Sometimes | Rarely | Never |
| 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: |