Become part of the Specialist Netball Program
_Endorsed by The Department of Education_

at John Forrest Secondary College

NETBALL TRIALS
at John Forrest Secondary College

YEAR 7 ENROLMENT - 2017
(Applications accepted from Year 6 Students)

Applications close Friday 29 April 2016

BACKGROUND
Students from metropolitan and country areas enrol full time in a comprehensive Netball Program from Year 7-12.

COURSE DESCRIPTION
In Lower School the four hour per week course covers:

- Development of netball skills – footwork, catching and throwing, goal shooting, attacking and defending (skills, strategies and positional play).
- Fitness training and testing.
- Professional coaching by well qualified teachers and specialist coaches.
- Match play – interclass carnivals, specialist netball schools carnivals, High School Cup Interschool competition and regional carnivals.
- History of Netball.
- Diet and nutrition.
- Sports medicine awareness course.
- Umpiring courses (player’s exam).
- Game Analysis – class teams, state league teams and national league teams.
- Player and team psychology (goal setting and team building).
- Guest speaker program.
- Equipment and shoe technology.
- Tours – country and interstate

TRIALS
- **TRIAL DAY 1 - WEDNESDAY 4 MAY 2016** (8.45am-11.00am).
- **TRIAL DAY 2 - WEDNESDAY 18 MAY 2016** (8.45am-11.00am).

Students will need to wear appropriate sports clothing and footwear, bring a water bottle and be responsible for all personal items.

Don’t hesitate to contact the college if you have any further queries about the Trial Day. We look forward to meeting you all.

Diane Papas
Specialist Netball Teacher

Hayley McKee
Specialist Netball Teacher

For further information about the John Forrest Secondary College Specialist Netball Program please contact Lynn McPherson (T: 9473 4035, F: 9272 6504, E: lynn.mcpherson@education.wa.edu.au).
SPECIALIST NETBALL PROGRAM
(Endorsed by the Department of Education)

APPLICATION FORM

Surname: ___________________________ Other Names: ___________________________
Parent/Guardian Surname: ___________________________ Other Names: ___________________________
Address: ___________________________________________________________________________
Post Code: ___________________________
Parent/Guardian Email Address: ___________________________________________________________________________
Date of Birth: ___________________________ Male/Female: ___________________________
Phone Number: ___________________________ Work: ___________________________ Mobile: ___________________________
Current School: ___________________________________________________________________________

How did you hear about this Course?

Primary School
Newspaper
Netball Club
Netball Coach
Other

Name of Netball Club (if applicable) ___________________________________________________________________________
Name of Netball Coach (if applicable) ___________________________________________________________________________

Please enclose:

• Copy of most recent school report.
• A written reference from your school (principal, class or phys ed teacher).
• Any other supporting information (references, copies of merit awards).

Please Note: Do not send originals with your application as documents are not returned.

Parent/Guardian Signature: ___________________________ Date: ___________________________

Please forward application to:

John Forrest Secondary College
180 Drake Street
Morley WA 6062

Attention Lynn McPherson

T: 9473 4035
F: 9272 6504
E: lynn.mcpherson@education.wa.edu.au