

Sports Academy Netball Program



NETBALL ACADEMY

Helensvale State High School is known for their outstanding Sporting Academy. The Netball program offers athletes the opportunity to train under the guidance of professionals and develop in an environment that emulates the elite. Our programming is split over three days covering Athletic Development: Strength & Conditioning, Skills and Game Play with a theory lesson focusing on Game Tactics and Body Insurance. State of the art equipment provides our athletes with the opportunity to train to their utmost potential with the support of individualised programming. The elite and experienced perspective of past Australian Diamond Jo Morgan and past NSW Waratah Nadja Kundrus-Little is evident in the girls' game play. Former Helensvale SHS student and past Australia Diamond, Chanel Gomez, is also part of the academy coaching staff. We uphold high expectations on the court and ensure our athletes are achieving on the academic stage as well. Our students take pride in all aspects of their schooling whilst upholding the positive ethos of our school motto, Respect, Responsibility and Resilience.



NETBALL TRIALS

As part of your student's application for the Helensvale State High Sport Academy Netball Program we require students to participate in a practical trial to showcase their range of skills, techniques and capabilities. Netball trials will be in two parts- a Fitness Trial and a Netball Skills Trial. With this in mind, the following information outlines the skills that will be gauged in the workshop.

Fitness Test:

- 20m sprint
- Vertical Jump
- Beep Test

Ball Skills:

- Left handed
- Right handed
- Overhead

Attacking:

- Acceleration
- Footwork

Defending:

- Dictating
- Tracking
- Intercept

Tactical Awareness:

- Positional Expectations



Attire: A hat, netball playing shoes, ankle guards or strapped if needed, comfortable trial attire e.g. bike pants and singlet.

ACADEMY APPLICATION PROCESS **IMPORTANT DATES**

YEAR 6 applying for Year 7 Academy Classes

Date	Event
Tuesday 21 February 2017	Academy applications open. Application must be submitted electronically or in hard copy to the Helensvale State High administration office.
Thursday 2 March 2017	Academy applications close
Saturday 4 March 2017	Excite Exam held at Helensvale High
Tuesday 14 March 3:15-5:00 approx.	Japanese Exam; Dance Workshop; e4e Workshop; Art Workshop
Wednesday 15 March 3:15-5:00 approx. Meet at SWELL	AFL, Netball, Volleyball, Soccer- Fitness and Skill Trials
Thursday 16 March 2017 3:15-5:30pm approx.	Rugby Union, Track & Field; Touch
Friday 31 March 2017	Academy applications notified and scholarships announced via e-mail

ACADEMY APPLICATION

ALL Applications must include only the following:

- Application form
- A statement that lists achievements
- Year 5 Semester 1 and 2 school reports
- Year 5 NAPLAN results

(No Yr. 6 Teacher reference necessary)

Plus Practical Component – as per academy requirement (e.g. exam, workshop, trial, audition etc.)

APPLICATION FOR 2 ACADEMY PROGRAMS

Students are able to apply for 2 Academy Programs as per below table and are asked to rank their preferences as the timetable structure may not allow them to participate in all programs they are accepted for.

If applying for multiple academies students may apply for 2 only in the following combinations:

EXCITE + Arts OR Japanese OR e4e OR Sport
SPORT + Arts OR Japanese OR e4e



NB. An application fee is attached to this program and must be paid on submission.