

## PROGRAM INFORMATION

### BACKGROUND

The Netball program was introduced to Governor Stirling Senior High School in 2005. Students are able to enrol in the Netball Program as a four period per week subject consisting of both theory and practical based content from Years 7 - 12 .

Lower School (Years 7—10)	Senior School (Years 11 & 12)
<b>DEVELOPMENT OF SKILLS</b> Take off, landing, pivot and passing	<b>SKILL DEVELOPMENT</b> Strategies (spatial awareness, attack & defence strategies)
<b>GAME STRATEGIES</b> Back line throw in Centre passing Attack & defence	<b>ADVANCED GAME STRATEGIES</b> Contesting, recovery, anticipation & interception Court systems
<b>FITNESS</b> General cardiovascular respiratory training Sprint and Agility training	<b>METHODS OF TRAINING</b> Pre-season conditioning (performance model) Introduction weights, circuit & interval training
<b>HEALTH EDUCATION</b> Course includes puberty, smoking, drug & alcohol education, self-esteem & self concept, pregnancy & contraception, nutrition & diets.	<b>THEORY</b> Human Anatomy Body systems & exercise Community sport & recreation Health & fitness nutrition
<b>UMPIRING &amp; COACHING</b> Goal setting & team building JUMP umpiring program	<b>UMPIRING AND COACHING</b> Level 1 Accreditation
<b>COMPETITIONS</b> Lightning Carnival + Champion Schools Yr 8—Rockingham SHS/Governor Stirling SHS Interschool Competition Yr 9—Albany Great Southern Regional Carnival Yr 10—Interstate Competition—Gold Coast Yr 10—Northam/Governor Stirling Interschool Competition Yr 10—Northam/Governor Stirling SHS Interschool Competition	<b>COMPETITIONS</b> Singapore / Kuala Lumpur Tour Champion Schools Great Southern Tour Northam Carnival

## GOVERNOR STIRLING SHS NETBALL PROGRAM APPLICATION FORM

Surname	
Other Name(s)	
Parent/Guardian Surname	
Other Name	
Address	
Suburb	
Postcode	
Date of Birth	
Male / Female	
Home Phone	
Mobile Phone	
Current School	
Current Netball Club	
Netball Experience	
Parent/Guardian Signature	

### PLEASE ENCLOSE

A written reference from your school as well as a personal reference.

A copy of your most recent school report. You will be notified when the tryouts will be held.

**Details regarding the interviews and tryouts to be advised.**

Please forward this application to the School—address details are on the back.

## OUR SUCCESS STORIES

- ◇ 2007 WINNER YR 10 CHAMPION SCHOOLS
- ◇ 2007 JENELLE KEDING—STATE CAPTAIN  
CURRENT STATE LEAGUE PLAYER FOR RANGERS
- ◇ MEGAN BODDINGTON  
CURRENT STATE LEAGUE PLAYER FOR LIONS
- ◇ STUDENTS ARE REPRESENTED IN TDP AT SWANS



GOVERNOR  
STIRLING  
SENIOR HIGH SCHOOL

GOVERNOR STIRLING  
SENIOR HIGH SCHOOL

*Honour Before Honours*



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# APPLICATION FORM

# NETBALL PROGRAM