



Summit Netball Program



Summit Netball Program Information Booklet

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Baringa SSC Summit Netball Program Vision Statement

At the Baringa State Secondary College Summit Netball Program, we empower students to be confident, creative, and aspirational athletes and leaders—on and off the court. Through a culture of respect, integrity, and courage, our program fosters growth in athletic performance, personal values, and teamwork. We provide a supportive, high-performance environment guided by specialist staff where every player is valued, celebrated, and challenged to reach their summit. Through the Australian HPE Curriculum students will be exposed to all elements of being an athlete from targeted training, strength and condition, nutrition, recovery and personal ethics. We strive to inspire pride in every action, every game, and every future.



Program Overview

	Term 1	Term 2	Term 3	Term 4
Term Focus / Goal	<ul style="list-style-type: none"> Program Orientation Goal Setting Nutrition and Wellbeing 	<ul style="list-style-type: none"> Positional focus areas Team Dynamics Nutrition and Wellbeing 	<ul style="list-style-type: none"> Tactical Awareness Skill refinement Nutrition and Wellbeing 	<ul style="list-style-type: none"> Year Review Goal Reflection Nutrition and Wellbeing
Training	2 x Netball Lessons (in HPE) <ul style="list-style-type: none"> Baseline fitness Fundamental skills Teamwork & communication 	2x Netball Lessons (in HPE) <ul style="list-style-type: none"> Tactical awareness, game-play understanding 	2x Netball Lessons (in HPE for Yr 9) 1 x Training session (before/after school for Yr 7) <ul style="list-style-type: none"> Positional focus Leadership Game Analysis 	2x Netball Lessons (in HPE for Yr 9) 1 x Training session (before/after school for Yr 7) <ul style="list-style-type: none"> Skill consolidation Fitness re-testing Off season protocols
Strength and Conditioning (before/after school)	1 x Strength and Conditioning <ul style="list-style-type: none"> Gym Orientation Injury prevention and Recovery Protocols Strength program development / Phase 1 	1 x Strength and Conditioning <ul style="list-style-type: none"> Phase 2 of Gym Program Injury prevention and Recovery Protocols 	1 x Strength and Conditioning <ul style="list-style-type: none"> Phase 3 of Gym Program Injury prevention and Recovery Protocols 	1 x Strength and Conditioning <ul style="list-style-type: none"> Phase 4 of Gym Program Injury prevention and Recovery Protocols
Competitions	<ul style="list-style-type: none"> Super 7s Competition Sunshine Coast Secondary Schools Competition 	<ul style="list-style-type: none"> Super 7s Competition Vicki Wilson Cup Sunshine Coast Secondary Schools Competition Gala Day Competition (Yr 7) 	<ul style="list-style-type: none"> Super 7s Competition INFQ Competition Gala Day Competition (Yr 9) 	<ul style="list-style-type: none"> Super 7s Competition Netball Day Camp

Program Benefits

Curriculum

Students within our program will have access to three netball focused HPE curriculum lessons run by specialised staff. Students are exposed to netball specific skills, targeted



strength and conditioning sessions, nutrition, recovery and theory units which align with ACARA.

Strength and Conditioning

All year students will have access to at minimum 1 strength and conditioning session per week run in the school's industry standard gym. Each year level has individualised training programs specific to Netball to ensure our student athletes understand how fundamental strength movement patterns improve on court performance and reduce risk of injury. These sessions are coached by staff with qualifications including degrees in Sport and Exercise Science, Certificate IV in Fitness and experience in elite sporting programs.

Top Tier Competitions

Our Netball Program of Excellence provides multiple opportunities for students to compete in competitions across the year. Each year we nominate and compete within the Vicki Wilson Shield (Year 7-9) and Cup (Years 10-12), an elite state-wide competition held each year. Additionally, student athletes will compete in: Super 7's, INFQ, Gala Days and Sunshine Coast Secondary Schools Netball competition.

Netball Camps

Each year level will have the opportunity to engage with a netball day camp. These camps provide the opportunity for our teams to work through challenging environments and activities to build communication, resilience and teamwork. Furthermore, student athletes will have workshops that focus on the importance of athlete nutrition and recovery.

Partnerships

Our program has links with a variety of community and industry leaders which students will interact with throughout the year. These include training clinics, nutrition seminars run by industry leading dietitians and recovery facilities.



Coaching Staff



Erin Stenhouse

Coach / Specialist Teacher



Mitchell Wright

Sports Coordinator / Strength and
Conditioning



Makayla Krosch

Curriculum Lead / Strength and
Conditioning



Code of Conduct

The Baringa State Secondary College Summit Netball is a Program of development that reflects our College's commitment to empowering students to be confident, creative, and aspirational about their chosen future. Program participants are expected to model the school's core values of **Respect, Integrity, and Courage**, both on and off the court.

Parent/Caregiver Expectations

By accepting a place in the Baringa SSC Summit Netball Program we:

- Understand and accept that the College reserves the right to withdraw a student's place in the Program if false or incomplete information is provided.
- Accept the expectations and responsibilities outlined in this Code of Conduct.
- Acknowledge that student conduct, commitment, and performance in all areas of school life influence continued participation in the Program.
- Support the values, vision, and policies of Baringa SSC both at school and in the wider community.

Student Expectations

Summit Netball students are expected to:

- **Commit to Growth**
 - Show sustained effort and a growth mindset in all netball, academic, and personal development activities.
- **Prioritise Summit Netball and School Engagement**
 - Participate in all training, games, and events scheduled by the Program. School-based netball takes precedence over external sporting commitments unless agreed upon by Program staff and the Principal.
- **Be a Role Model**
 - Demonstrate leadership, sportsmanship, and school pride. Be a positive influence within the Program and wider school community.
- **Represent School Values**
 - Uphold the College's core values of **Respect, Integrity, and Courage** through your actions, behaviour, and interactions on and off the court.
- **Demonstrate Positive Conduct**
 - Follow the Baringa SSC Student Code of Conduct. Maintain Good Standing by meeting behavioural, attendance, and academic expectations.
- **Maintain Uniform and Equipment Standards**
 - Always wear the correct school and Summit Netball uniforms and ensure all netball equipment is used responsibly and respectfully.



- **Communicate Respectfully**
 - Engage respectfully with coaches, staff, teammates, opponents, and officials.
Address any concerns through appropriate channels.
- **Meet Financial Obligations**
 - Ensure full payment of Summit Netball and Student Resource Scheme fees by the due date or arrange an approved payment plan.

Breach of Expectations

Failure to meet the above expectations may result in:

- Minor Infringement: Warnings and coaching conversation
- Breach 1: Meeting with Parent/Carers
- Breach 2: Temporary suspension from Program activities
- Breach 3: Removal from the program (following consultation with student, caregivers, and leadership staff due breaches)
 - Baringa SSC is committed to restorative practice and will support students in regaining Good Standing when appropriate, then an opportunity for reinstatement in the program after a term of Good Standing.



Costs

To secure a position in the program, student athletes will be invoiced for their participation. This is in addition to the school compulsory Student Resource Scheme.

The yearly cost is \$250 per student.

This includes apparel, strength and conditioning coaching, camps competition entrance.

Disclaimer – while all efforts have been made to include as many costing factors as possible, predictions can change. Due to these circumstances costs (for example transport) may arise throughout the year. Be assured you will be given plenty of warning if this happens.

To organise a payment plan you are able to contact our front office.

- \$50 deposit due end of Week 2, Term 1 2026 – **6 February 2026**
- Remaining fees due end of Week 9, Term 1 2026 – **27 March 2026**